



CAROLINA TRACK & FIELD

ALL-TIME PROGRAM RECORDS

MEN'S INDOOR

HEPTATHLON (Since 2002)

1.	Fred Townsend	2004	5,581 points
2.	Markus Leemet	2015	5,459 points
3.	Scott Pierce	2009	5,325 points
4.	Greg Royster	2004	5,293 points
5.	Curt McGill	2009	5,292 points
6.	Alexandre Asselin	2016	5,273 points
7.	Elisha Brooks	2022	5,207 points
8.	Simon Gyllensten	2018	5,155 points
9.	Eddie Stoudemire	2009	5,016 points
10.	Jerry Thompson, III	2011	4,968 points



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WOMEN'S INDOOR

55-METER DASH

1. Amberly Nesbitt	2006	6.72
2. Shalonda Solomon	2006	6.73
3. LaKya Brookins	2009	6.76
4. Miki Barber	2003	6.82
5. Shayla Mahan	2009	6.83
Aleen Bailey	2002	
Erica Whipple	2002	
8. Mechelle Lewis	2000	6.84
9. Tatianna Fisher	2010	6.89
Gabby Glenn	2010	

60-METER DASH

1. LaKya Brookins	2011	7.09
2. Amberly Nesbitt	2006	7.21
Shalonda Solomon	2006	
4. Shayla Mahan	2009	7.23
Aleen Bailey	2003	
6. Lisa Barber	2000	7.28
7. Jayla Jamison	2022	7.30
8. Gabrielle Glenn	2008	7.32
9. Khalilah Carpenter	2005	7.33
Mechelle Lewis	2000	

200-METER DASH

1. Shalonda Solomon	2006	22.57
2. Aleen Bailey	2003	23.03
3. Miki Barber	2000	23.06
4. Lisa Barber	2002	23.08
5. Erica Whipple	2002	23.13
6. Tierra Frasier	2022	23.29
Khalilah Carpenter	2005	
8. Demetria Washington	2001	23.33
9. Natasha Hastings	2007	23.39
10. Stephanie Smith	2004	23.41

400-METER DASH

1. Natasha Hastings	2007	50.80
2. Stephanie Davis	2022	51.29
3. Lashinda Demus	2004	51.59
4. Miki Barber	2000	51.92
5. Demetria Washington	2001	52.06
6. Brandi Cross	2008	52.12
7. Erika Rucker	2013	52.22
8. Aliyah Abrams	2019	52.27
9. Briana Haith	2016	52.34
10. Tiffany Ross	2005	52.43

800-METER RUN

1. Shay Shelton	2006	2:06.05
2. Charmaine Howell	1998	2:06.13
3. Tawana Watkins	2003	2:08.27
4. Kristina Brown	1999	2:08.77
5. Shannon Wyont	1990	2:09.30
6. Andrea Hallmon	2001	2:10.39
7. Anna Todd	2013	2:10.61
8. Boikhutso Ramomene	2004	2:10.71
9. Lisa Zimmer	2013	2:11.00
10. Tracey Capper	1996	2:11.25

1,000-METER RUN

1. Anna Todd	2015	2:50.51
2. Irene Vian	2016	2:51.52
3. Alex Costantino	2023	2:52.81
4. Grace Zamrowski	2023	2:54.38
5. Allie Mueller	2018	2:57.67
6. Scolastica Jpngetich	2011	2:57.81
7. Liz Figlar	1993	2:57.84
8. Tracey Capper	1993	2:58.90
9. Sierra Biber	2020	3:00.15
10. Dana Purser	1990	3:00.34

MILE RUN

1. Tracey Capper	1996	4:43.90
2. Dani Barnes	2009	4:47.19
3. Anna Todd	2015	4:49.46
4. Allie Mueller	2018	4:52.45
5. Anna Kathryn Stoddard	2020	4:53.38
6. Meredith Mill	2012	4:54.73
7. Jenny Lake	2003	4:55.10
8. Sue McGhie	1992	4:56.89
9. Alex Costantino	2022	4:56.93
10. Danielle Adams	1992	4:57.10

3,000-METER RUN

1. Beatrice Biwott	2011	9:39.97
2. Jenny Lake	2005	9:41.35
3. Anna Kathryn Stoddard	2020	9:44.36
4. Dani Barnes	2009	9:44.55
5. Heather Stone	2021	9:51.88
6. Anna Todd	2015	9:53.82
7. Allie Mueller	2019	9:54.13
8. Sue McGhie	1992	9:54.72
9. Chelsea France	2013	9:55.90
10. Tracy Capper	1994	9:56.09

5,000-METER RUN

1. Kayla Lampe	2013	16:19.02
2. Anna Kathryn Stoddard	2020	16:41.02
3. Sue McGhie	1992	16:54.61
4. Heather Stone	2020	17:10.39
5. Jenny Lake	2004	17:03.45
6. Mary Reiser	2014	17:07.81
7. Beatrice Biwott	2010	17:13.30
8. Mary Fouse	2013	17:14.85
9. Brooke Wilson	2021	17:17.44
10. Hannah Twine	2020	17:19.83

55-METER HURDLES

1. Kierre Beckles	2012	7.55
2. Ronnetta Alexander	2006	7.60
Jackie Madison	1998	
4. Tiffany Ross	2003	7.63
5. Lashinda Demus	2004	7.64
6. Ellakisha Williamson	2000	7.66
7. Chiquita Martin	2007	7.76
8. Taranisha Taylor	2016	7.79
9. Kettiany Clarke	2006	7.80
Janica Austin	2010	

60-METER HURDLES

1. Destinee Rocker	2022	8.07
2. Kierre Beckles	2012	8.11
Lashinda Demus	2004	
4. Ellakisha Williamson	2000	8.15
5. Jackie Madison	2001	8.16
6. Ronnetta Alexander	2006	8.17
7. Caitlyn Little	2020	8.21
8. Milan Parks	2019	8.23
9. Taranisha Taylor	2017	8.25
10. Tiffany Ross	2005	8.29

4X400-METER RELAY

1. Ross, M. Barber, Washington, Demus	2003	3:28.25
2. Dunmore, Davis, Johnson, Pyatt	2022	3:29.36
3. Smith, Stoddard, Watkins, Demus	2004	3:29.53
4. Davis, Abrams, Mills, Jonathas	2019	3:29.56
5. Smith, Cantey, Cross, Hastings	2007	3:29.57
6. Ross, Stoddard, Smith, Solomon	2005	3:30.01
7. Ross, Stoddard, Smith, Hastings	2005	3:30.07
8. Bass, M. Barber, Griffin, Washington	2001	3:30.08
9. Stoddard, Washington, Bass, Demus	2002	3:30.36
10. Cantey, Cross, Giles, Hastings	2007	3:30.95

4X800-METER RELAY

1. Singletary, Capper, Figlar, Bertrand	1993	9:13.20
2. Evans, Todd, Sprague, Miller	2015	9:15.76
3. Watkins, Chain, Lake, Shelton	2005	9:23.58
4. Mueller, Vian, Evans, Heneage	2016	9:27.69
5. Bertrand, Fife, Purser, St. Peter	1990	9:28.34
6. Crouse, Evans, Beaubien, Stoddard	2017	9:28.95
7. Bertrand, St. Peter, Adams, McGhie	1991	9:29.22

DISTANCE MEDLEY RELAY

1. Ramomene, Stoddard, Watkins, Lake	2003	11:30.72
2. Mueller, Mills, Kavanaugh, Stoddard	2019	11:38.69
3. Nasir, Biber, Kavanaugh, Mueller	2019	11:40.39
4. Chain, Martin, Watkins, Lake	2005	11:42.73
5. Ramonene, Martin, Shelton, Rackow	2004	11:44.30
6. Mueller, Williams, Kavanaugh, Stoddard	2019	11:46.08
7. Locke, Allen, Henderson, Biwott	2011	11:46.13
8. Shelton, Giles, Watkins, Lake	2005	11:46.23
9. Mueller, Reckling, Kavanaugh, Stoddard	2019	11:48.77
10. Zimmer, Harris, Higgins, Todd	2013	11:49.79

HIGH JUMP

1. Jeannelle Scheper	2013	1.91m	6-3.25
2. Rachell Glenn	2022	1.88m	6-2
3. Jordan Fields	2018	1.85m	6-0.75
Lissa Labiche	2018		
5. Nakita Gray	2016	1.82m	5-11.50
6. Hanifah Abdulqadir	2018	1.80m	5-10.75
7. Sarah Graham	2014	1.79m	5-10.50
Chelsea Hammond	2004		
9. Kayla Blake	2008	1.73m	5-8
Erin Narzinski	1999		

POLE VAULT

1. Hailey Sweatman	2020	4.35m	14-3.25
2. Vica Shobe	2010	4.26m	13-11.75
3. Petra Olsen	2013	4.24m	13-11
4. Cheryl Terrio	2006	4.12m	13-6.25
5. Sallie Gurganus	2009	4.02m	13-2.25
6. Allie Nicosia	2010	4.00m	13-1.50
Liza Todd	2009		
8. Adele Blalock	2020	3.95m	12-11.50
Angie Rummans	2011		
10. Megan Wall	2014	3.85m	12-7.50
Kylene Nixon	1999		

LONG JUMP

1. Antoinette Wilks	2001	6.60m	21-8
2. Chelsea Hammond	2006	6.52m	21-4.75
3. Rougui Sow	2017	6.46m	21-2.50
4. Erin Narzinski	1998	6.35m	20-10
5. Kemesha Whitmire	2003	6.24m	20-5.75
6. Brittny James	2008	6.22m	20-5
7. Alexis Murphy	2015	6.15m	20-2.25
8. Tacita Bass	2002	6.12m	20-0.75
9. Makyla Stanley	2017	6.05m	19-10.25
10. Rodena Barr	2000	6.01m	19-8.75

TRIPLE JUMP

1. Natasha Dicks	2017	13.47m	44-2.50
2. LeAnna Morrison	2015	13.24m	43-5.25
3. Hanifah Abdulqadir	2020	13.21m	43-4.25
4. Rodena Barr	2000	13.09m	42-11.50
5. Kemesha Whitmire	2006	13.03m	42-9
6. Radiance Basden	2012	12.88m	42-3.25
7. Antoinette Wilks	2001	12.68m	41-7.25
8. Shaienne Sipsev	2022	12.58m	41-3.25
9. Rashida Abdul-Malik	2003	12.55m	41-2.25
10. Funlayo Oluwole	2017	12.11m	39-8.75



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WOMEN'S INDOOR

SHOT PUT

1.	Crystal Brownlee	1998	17.07m	56-0
2.	Breanna Radford	2013	16.68m	54-8.75
3.	Nicole Kendrick	2003	16.35m	53-7.75
4.	Dawn Ellerbe	1997	16.31m	53-6
5.	<i>KD Young</i>	<i>2022</i>	<i>16.08m</i>	<i>59-9.25</i>
6.	Lisa Misipeka	1997	16.05m	52-8
7.	Alycia Springs	2021	16.01m	52-6.50
8.	India Odum	2004	15.94m	52-3.75
9.	Lynette Keppler	2001	15.92m	52-2.75
10.	Precious Akins	2007	15.48m	50-9.50

20-POUND WEIGHT

1.	Dawn Ellerbe	1997	21.72m	71-3.75
2.	Lisa Misipeka	1998	21.58m	70-9.75
3.	<i>Kayla Racine</i>	<i>2022</i>	<i>20.08m</i>	<i>65-10.50</i>
4.	Michelle Fournier	1999	19.65m	64-5.75
5.	Mamee Groves	2002	19.62m	64-4.25
6.	Precious Akins	2007	19.15m	62-10
7.	Crystal Brownlee	1997	19.04m	62-5.75
8.	<i>KD Young</i>	<i>2022</i>	<i>19.01m</i>	<i>62-4.50</i>
9.	Amanda Murphy	2020	18.82m	61-9
10.	Loren Thouvenot	1998	18.00m	59-0.75

PENTATHLON (Since 2002)

1.	Chelsea Hammond	2004	4,133 points
2.	Sarah Graham	2014	4,107 points
3.	Antoinette Wilks	2003	4,066 points
4.	Kettiany Clarke	2010	4,064 points
5.	Jordan Fields	2018	3,967 points
6.	Chalese Davis	2016	3,931 points
7.	Tacita Bass	2002	3,723 points
8.	Kara Lyles	2017	3,564 points
9.	Reanna Townsend	2007	3,434 points
10.	Chelsea Kaczmarek	2006	3,229 points



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MEN'S OUTDOOR

POLE VAULT

1. Marvin Reitze	2012	5.51m	18-1
2. Elliott Haynie	2009	5.45m	17-10.50
3. Chris Steddum	2002	5.38m	17-7.75
4. Dale Gerke	1988	5.32m	17-5.50
5. Armand Woodley	2018	5.30m	17-4.50
Matt Shuler	2011		
7. Carson Lenser	2022	5.25m	17-2.75
8. Darren Davis	1988	5.23m	17-1.75
9. Dan McKenzie	2006	5.20m	17-0.75
10. Jarad Farabee	2002	5.16m	16-11

LONG JUMP

1. Tony Allmond	2004	8.35m	27-4.75w
2. Yann Randrianasolo	2019	8.12m	26-7.75
3. Jarrod Hutchen	2012	7.97m	26-1.75w
4. Greig Cryer	2006	7.86m	25-9.25
5. Rolando Adams	1979	7.80m	25-7
6. Phillipe Williams	1991	7.67m	25-2
7. Peter Edeh	1984	7.65m	25-1
Sam Scott	1982		
9. Anthony Wood	1982	7.56m	24-9.75
10. Ronn Adams	1976	7.53m	24-8.50

TRIPLE JUMP

1. Michael Warner	2015	16.47m	54-0.50
2. Ron Adams	1975	15.90m	52-2
3. Derek Pressley	2007	15.81m	51-10.50
4. Lincoln Carr	2011	15.66m	51-4.50
5. Marcus Sutton	1993	15.65m	51-4.25
6. Greig Cryer	2006	15.64m	51-4
7. Yann Randrianasolo	2019	15.61m	51-2.75
8. Berle Stocks	1976	15.47m	50-9
9. James Wilson	1982	15.44m	50-8
10. Wade Brantley	1988	15.41m	50-6.50

SHOT PUT

1. Josh Awotunde	2018	20.77m	68-1.75
2. Brad Snyder	1999	20.51m	67-3.50
3. Eric Favors	2021	19.85m	65-1.50
4. Jason Cook	2009	19.39m	63-7.50
5. Kevin Mannon	1997	19.07m	62-6.75
6. Dylan Targgart	2022	19.02m	62-5
7. Ben Bonhurst	2017	18.77m	61-7
8. Ron Yarab	1981	18.66m	61-2.50
9. Ron Willis	1994	18.61m	61-0.75
10. Jeff Shalayda	1996	18.48m	60-7.75

DISCUS

1. Ryan Harrison	1999	60.01m	196-10
2. Brett Murray	1994	59.43m	194-11
3. Brad Snyder	1999	58.71m	192-7
4. Art Swarts	1966	58.61m	192-3
5. Josh Awotunde	2017	58.51m	191-11
6. Malik Paul	2021	58.35m	191-5
7. Chad Moreau	1995	57.62m	189-0
8. Kevin Mannon	1997	57.41m	188-4
9. Ron Willis	1994	57.09m	187-3
10. Brook Antonio	2006	55.89m	183-4

HAMMER

1. John Stoikos	1995	67.78m	222-4
2. Clarence Gallop	2017	67.35m	220-11
3. Bert Sorin	1999	67.01m	219-10
4. Kevin Mannon	1997	66.18m	217-1
5. Ron Willis	1994	65.52m	214-11
6. Michael Zajac	2010	64.43m	211-0
7. Brett Murray	1995	63.79m	209-3
8. Ryan Harrison	1999	63.57m	208-6
9. Mattias Ohlsson	1997	63.42m	208-1
10. Malik Paul	2021	62.42m	204-9

JAVELIN (OLD)

1. Lou DeChicchio	1975	73.90m	242-5
2. Tom Chapman	1974	69.05m	226-6
3. Ron Yarab	1981	68.29m	224-0
4. Dick Bartulski	1956	66.36m	217-8
5. John Madden	1981	65.85m	216-0
6. Mike Cauley	1971	64.79m	212-6
7. Don Brown	1965	63.95m	209-9
8. James Jenkins	1967	61.83m	202-10
9. Eric Eversole	1983	56.40m	185-0

JAVELIN (NEW)

1. Joshua Suttmeier	2012	72.71m	238-6
2. Jason LaBarbera	1997	72.35m	237-4
3. Kaleb Zuidema	2016	71.08m	233-2
4. Erik Heymann	2007	68.16m	223-7
5. Derek McMillian	1994	65.83m	215-11
6. Patrick Keegan	1988	64.83m	212-8
7. Joe Schroeder	2007	63.26m	207-6
8. Scott Alsup	2003	62.85m	206-2
9. Garry Martin	2003	60.82m	199-6
10. Phillipe Williams	1990	60.61m	198-10

DECATHLON

1. Markus Leemet	2017	7,720 points
2. Phillipe Williams	1990	7,598 points
3. Wade Brantley	1988	7,406 points
4. Fred Townsend	2003	7,345 points
5. Alexandre Asselin	2016	7,219 points
6. Scott Pierce	2010	7,056 points
7. Steve Owens	1995	7,051 points
8. Eddie Stoudemire	2010	6,858 points
9. C.J. Anderson	2000	6,817 points
10. Greg Rovster	2006	6,776 points



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WOMEN'S OUTDOOR

LONG JUMP

1.	Rougui Sow	2017	6.72m	22-0.75
2.	Chelsea Hammond	2004	6.57m	21-6.75
3.	Antoinette Wilks	2003	6.52m	21-4.75
4.	Brittney James	2008	6.33m	20-9.25
	Kemesha Whitmire	2004		
6.	Alexis Murphy	2014	6.22m	20-5
7.	Erin Narzinski	1998	6.13m	20-1.50
8.	Rashida Abdul-Malik	2002	6.11m	20-0.50
9.	Natasha Dicks	2016	6.10m	20-0.25
10.	Makyla Stanley	2018	6.09m	19-11.75

TRIPLE JUMP

1.	Natasha Dicks	2016	13.60m	44-7.50
2.	Rodena Barr	2000	13.46m	44-2
3.	Hanifah Abdulqadir	2018	13.30m	43-7.75
4.	Kemesha Whitmire	2005	13.28m	43-7
5.	Rhashida Abdul-Malik	2004	12.95m	42-6
6.	Radiance Basden	2012	12.93m	42-5.25
7.	Antoinette Wilks	2002	12.91m	42-4.25
8.	Shaienne Sipsey	2021	12.47m	40-11
9.	Dee Dee Fortman	1996	12.35m	40-6.25
10.	Ceci Kryst	2013	12.25m	40-2.25

SHOT PUT

1.	Crystal Brownlee	1997	17.28m	56-8.50
2.	Dawn Ellerbe	1997	16.70m	54-9.50
3.	Breanna Radford	2013	16.56m	54-4
4.	Carisma Holland	2019	16.33m	53-6.75
5.	KD Young	2022	16.23m	53-3
6.	Alycia Springs	2021	16.16m	53-0.25
7.	Precious Akins	2006	16.15m	53-0
8.	Lisa Misipeka	1997	16.01m	52-6.50
9.	India Odum	2004	15.85m	52-0
10.	Stacee Roberts	2011	15.31m	50-2.75

DISCUS

1.	Precious Akins	2006	56.63m	185-9
2.	Dawn Ellerbe	1997	55.99m	183-8
3.	Lisa Misipeka	1996	52.16m	171-1
4.	Keri Groover	2002	51.39m	168-7
5.	Alana Robinson	2000	51.37m	168-6
6.	Michelle Fournier	1999	50.97m	167-2
7.	Aimee Kodat	2011	50.13m	164-5
8.	Leslie Coons	1994	49.03m	160-10
9.	Kaysee Sullivan	2014	48.09m	157-9
10.	Carisma Holland	2019	48.01m	157-6

HAMMER

1.	Lisa Misipeka	1998	65.01m	213-3
2.	Dawn Ellerbe	1997	64.07m	210-2
3.	Michelle Fournier	1999	62.88m	206-3
4.	KD Young	2022	62.23m	204-2
5.	Kayla Racine	2022	59.77m	196-1
6.	Amanda Murphy	2019	56.95m	186-10
7.	Loren Thouvenot	1997	54.14m	177-7
8.	Candy Mitchell	1997	54.04m	177-3
9.	Precious Akins	2006	53.97m	177-0
10.	Kierstin Williams	2017	53.13m	174-3

JAVELIN (OLD)

1.	Candy Mitchell	1997	54.37m	178-4
2.	Leslie Coons	1994	51.24m	168-1
3.	Marcia Chmura	1996	51.03m	167-5
4.	Erin Narzinski	1997	46.89m	152-10
5.	Loren Thouvenot	1997	38.99m	127-11

JAVELIN (NEW)

1.	Candy Mitchell	2000	53.25m	174-8
2.	Shelby Freedman	2016	51.22m	168-0
3.	Olivia Hassler	2015	46.09m	151-2
4.	Amy Suttmeier	2016	45.23m	148-4
5.	Emily Laurence	2012	43.81m	143-8
6.	Erin Narzinski	1999	40.85m	134-0
7.	Katie Desin	2004	39.33m	129-0
8.	Heather Nisbit	2002	38.09m	124-11
9.	Chelsea Kaczmarek	2005	35.67m	117-0
10.	Jemekia Wilson	2013	34.13m	111-11

HEPTATHLON

1.	Erin Narzinski	1998	5,664 points
2.	Tacita Bass	2001	5,634 points
3.	Sarah Graham	2016	5,423 points
4.	Chelsea Hammond	2004	5,405 points
5.	Antoinette Wilks	2003	5,337 points
6.	Kettiany Clarke	2010	5,258 points
7.	Mathilde Coquillaud-Salomon	2019	5,066 points
8.	Jordan Fields	2018	4,769 points
9.	Reanna Townsend	2006	4,618 points
10.	Chelsea Kaczmarek	2006	4,466 points

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