



# CAROLINA TRACK & FIELD

## ALL-TIME PROGRAM RECORDS

### MEN'S INDOOR

#### 55-METER DASH

|                      |      |      |
|----------------------|------|------|
| 1. Terrence Trammell | 1999 | 6.12 |
| 2. Corey Bridges     | 1998 | 6.15 |
| 3. Adrian Durant     | 2004 | 6.23 |
| 4. Damiere Byrd      | 2012 | 6.24 |
| Johnathan Hancock    | 2009 |      |
| 6. Clint Crenshaw    | 1999 | 6.26 |
| 7. Andre Totton      | 2002 | 6.27 |
| 8. Shamus Singletary | 2001 | 6.28 |
| 9. David Winters     | 2016 | 6.29 |
| Marcus Robinson.     | 1996 |      |

#### 60-METER DASH

|                      |      |      |
|----------------------|------|------|
| 1. Terrence Trammell | 2000 | 6.54 |
| 2. Corey Bridges     | 1997 | 6.61 |
| 3. Johnathan Hancock | 2009 | 6.63 |
| 4. Kendall Kee       | 2014 | 6.65 |
| 5. David Winters     | 2016 | 6.66 |
| Damiere Byrd         | 2013 |      |
| 7. Ncincillii Titi   | 2018 | 6.69 |
| 8. Duan Barrino      | 2002 | 6.71 |
| Pap Howard           | 2001 |      |
| 10. Corey Taylor     | 2003 | 6.72 |
| Marcus Robinson      | 1996 |      |

#### 200-METER DASH

|                          |      |       |
|--------------------------|------|-------|
| 1. Rodney Martin         | 2005 | 20.38 |
| 2. Ncincillii Titi       | 2018 | 20.45 |
| 3. David Winters         | 2016 | 20.61 |
| 4. Evan Miller           | 2022 | 20.71 |
| 5. Antonio Sales         | 2008 | 20.83 |
| 6. Pap Howard            | 2001 | 20.84 |
| 7. Anthony Greenhow, Jr. | 2022 | 20.89 |
| 8. Andre Totton          | 2001 | 20.90 |
| 9. Leroy Dixon           | 2006 | 21.01 |
| 10. Marcus Robinson      | 1996 | 21.14 |

#### 400-METER DASH

|                         |      |       |
|-------------------------|------|-------|
| 1. Quincy Hall          | 2019 | 45.25 |
| 2. Evan Miller          | 2023 | 45.91 |
| 3. Arinze Chance        | 2019 | 46.15 |
| 4. Jonathan Fortenberry | 2003 | 46.19 |
| 5. Otis Harris          | 2002 | 46.28 |
| 6. Jimmie Hackley       | 1999 | 46.49 |
| 7. Obakeng Ngwigwa      | 2010 | 46.54 |
| 8. William Spencer, Jr. | 2023 | 46.70 |
| 9. Keith Hinnant        | 2006 | 46.76 |
| 10. Clayton Gravesande  | 2013 | 46.81 |

#### 800-METER RUN

|                   |      |         |
|-------------------|------|---------|
| 1. Otukile Lekote | 2001 | 1:46.13 |
| 2. Marvin Watts   | 1997 | 1:47.73 |
| 3. Adrian Bonner  | 1995 | 1:48.13 |
| 4. Otis Jones     | 2018 | 1:48.96 |
| 5. William Emase  | 2005 | 1:50.06 |
| 6. Blake Newcomb  | 2021 | 1:50.14 |
| 7. Hayden Cobbe   | 2022 | 1:50.23 |
| 8. Aidan Hatton   | 2023 | 1:50.56 |
| 9. Jim Schaper    | 1974 | 1:50.58 |
| 10. Kevin Keating | 2015 | 1:50.59 |

#### 1,000-METER RUN

|                       |      |         |
|-----------------------|------|---------|
| 1. Bob Kaczka         | 1969 | 2:25.00 |
| 2. Jim Schaper        | 1974 | 2:26.85 |
| 3. Aidan Hatton       | 2023 | 2:27.54 |
| 4. Drew Ricci         | 2014 | 2:27.65 |
| 5. Kevin Keating      | 2015 | 2:28.27 |
| 6. Jack Mensch        | 2023 | 2:28.61 |
| 7. Tim Colas          | 1982 | 2:28.90 |
| 8. LaMonte Pennington | 1998 | 2:29.30 |
| 9. Alex Sullivan      | 2015 | 2:29.39 |
| 10. Adrian Bonner     | 1993 | 2:29.60 |

#### MILE RUN

|                   |      |         |
|-------------------|------|---------|
| 1. Anass Essayi   | 2022 | 3:57.37 |
| 2. Robert Razick  | 2013 | 4:06.47 |
| 3. Tim Colas      | 1982 | 4:08.03 |
| 4. Tom Cronin     | 1993 | 4:08.09 |
| 5. Rogério Amaral | 2022 | 4:08.68 |
| 6. Jim Schaper    | 1974 | 4:10.84 |
| 7. David Olds     | 2022 | 4:12.13 |
| 8. William Emase  | 2004 | 4:12.38 |
| 9. Sean Petersen  | 2021 | 4:12.49 |
| 10. Bill Latham   | 1959 | 4:12.64 |

#### 3,000-METER RUN

|                   |      |         |
|-------------------|------|---------|
| 1. Rogério Amaral | 2023 | 8:02.55 |
| 2. Robert Razick  | 2013 | 8:16.00 |
| 3. Bob Day        | 1975 | 8:18.14 |
| 4. Andy Foster    | 1989 | 8:22.46 |
| 5. Mike Hedgecock | 1990 | 8:23.75 |
| 6. Tom Cronin     | 1992 | 8:25.71 |
| 7. Paul Laymon    | 1993 | 8:27.14 |
| 8. Steve Mance    | 2005 | 8:28.97 |
| 9. Keith Gorski   | 1992 | 8:30.00 |

#### 5,000-METER RUN

|                  |      |          |
|------------------|------|----------|
| 1. Keith Gorski  | 1992 | 14:25.58 |
| 2. Bob Day       | 1976 | 14:27.54 |
| 3. Steve Mance   | 2005 | 14:36.36 |
| 4. Drew Trusty   | 2016 | 14:43.24 |
| 5. Paul Laymon   | 1992 | 14:50.15 |
| 6. Mark Cruz     | 1994 | 14:53.64 |
| 7. Eric Roschick | 1995 | 15:04.13 |
| 8. Daniel Smoak  | 2010 | 15:12.28 |
| 9. Jered Haag    | 1994 | 15:18.10 |
| 10. Carson Strom | 2018 | 15:23.55 |

#### 55-METER HURDLES

|                        |      |      |
|------------------------|------|------|
| 1. Terrence Trammell   | 1999 | 6.94 |
| 2. Jason Richardson    | 2008 | 7.18 |
| Stanislavs Olijars     | 1999 |      |
| 4. Thomas Hilliard, IV | 2007 | 7.23 |
| 5. Corey Taylor        | 2003 | 7.24 |
| 6. Terry Winston       | 1994 | 7.27 |
| 7. Fred Townsend       | 2004 | 7.30 |
| Kenneth Ferguson       | 2003 |      |
| Frank Mensah           | 1995 |      |
| 10. Johnny Dutch       | 2010 | 7.31 |

#### 60-METER HURDLES

|                       |      |      |
|-----------------------|------|------|
| 1. Terrence Trammell  | 1999 | 7.52 |
| 2. Jason Richardson   | 2008 | 7.53 |
| 3. Booker Nunley      | 2010 | 7.58 |
| 4. Stanislavs Olijars | 1999 | 7.65 |
| 5. Kenneth Ferguson   | 2003 | 7.67 |
| Corey Taylor          | 2003 |      |
| 7. Dondre Echols      | 2016 | 7.69 |
| 8. Johnny Dutch       | 2009 | 7.71 |
| 9. Stephen Torrence   | 2020 | 7.73 |
| 10. Filip Demsar      | 2021 | 7.74 |
| Thomas Hilliard       | 2007 |      |

#### HIGH JUMP

|                      |      |       |        |
|----------------------|------|-------|--------|
| 1. Tye Williams      | 2018 | 2.20m | 7-2.50 |
| 2. David Wilkins     | 2011 | 2.19m | 7-2.25 |
| 3. Paul Wichern      | 1989 | 2.18m | 7-2    |
| 4. Fred Townsend     | 2004 | 2.16m | 7-1    |
| 5. Kobe Franklin     | 2023 | 2.15m | 7-0.50 |
| 6. Jackson Marseille | 2021 | 2.14m | 7-0.25 |
| Steve Wilson         | 1976 |       |        |
| 8. Steve Owens       | 1992 | 2.11m | 6-11   |
| Art Henson           | 1992 |       |        |

#### POLE VAULT

|                     |      |       |         |
|---------------------|------|-------|---------|
| 1. Marvin Reitze    | 2012 | 5.50m | 18-0.50 |
| Chris Steddum       | 2004 |       |         |
| 3. Elliott Haynie   | 2010 | 5.38m | 17-7.75 |
| 4. Patrick Tvarunas | 2000 | 5.36m | 17-7    |
| 5. Matt Shuler      | 2011 | 5.35m | 17-6.50 |
| 6. Armand Woodley   | 2019 | 5.34m | 17-6.25 |
| 7. Carson Lenser    | 2022 | 5.26m | 17-3    |
| 8. Simon Gyllensten | 2016 | 5.20m | 17-0.75 |
| Dan McKenzie        | 2007 |       |         |
| 10. Dale Gereck     | 1989 | 5.18m | 17-0    |

#### LONG JUMP

|                       |      |       |         |
|-----------------------|------|-------|---------|
| 1. Tony Allmond       | 2004 | 8.08m | 26-6.25 |
| 2. Phillipe Williams  | 1990 | 8.00m | 26-3    |
| 3. Jarrod Hutchen     | 2012 | 7.97m | 26-1.75 |
| 4. Yann Randrianasolo | 2019 | 7.94m | 26-0.75 |
| 5. Greig Cryer        | 2006 | 7.92m | 26-0    |
| 6. Christian Lewis    | 2022 | 7.71m | 25-3.50 |
| 7. Michael Wamer      | 2016 | 7.42m | 24-4.25 |
| 8. Isaiah Moore       | 2015 | 7.38m | 24-2.50 |
| 9. Blair Brooks       | 2023 | 7.33m | 24-0.75 |
| 10. Fred Townsend     | 2004 | 7.32m | 24-0    |

#### TRIPLE JUMP

|                    |      |        |         |
|--------------------|------|--------|---------|
| 1. Greig Cryer     | 2006 | 15.98m | 52-5.25 |
| 2. Michael Wamer   | 2017 | 15.88m | 52-1    |
| 3. Lincoln Carr    | 2011 | 15.67m | 51-5    |
| 4. Marcus Sutton   | 1993 | 15.66m | 51-4.50 |
| 5. Dorian Johnson  | 2012 | 15.21m | 49-11   |
| 6. Derek Pressley  | 2008 | 15.19m | 49-10   |
| Ron Adams          | 1976 |        |         |
| 8. Tony Allmond    | 2003 | 15.12m | 49-7.25 |
| 9. Blair Brooks    | 2023 | 14.88m | 48-10.0 |
| 10. Roderic Dubose | 1992 | 14.77m | 48-5.50 |

#### SHOT PUT

|                   |      |        |          |
|-------------------|------|--------|----------|
| 1. Josh Awotunde  | 2018 | 21.33m | 69-11.75 |
| 2. Brad Snyder    | 1998 | 20.32m | 66-8     |
| 3. Eric Favors    | 2020 | 19.68m | 64-5     |
| 4. Kevin Tarrant  | 1997 | 19.39m | 63-7.50  |
| 5. Dylan Targgart | 2023 | 19.25m | 63-0.2   |
| 6. Jason Cook     | 2009 | 18.87m | 61-11    |
| 7. Jeff Shalayda  | 1997 | 18.50m | 60-8.50  |

#### 35-POUND WEIGHT

|                  |      |        |           |
|------------------|------|--------|-----------|
| 1. Ryan Harrison | 1999 | 22.40m | 73-6      |
| 2. Ron Willis    | 1994 | 21.98m | 72-1 1/4  |
| 3. Bert Sorin    | 1999 | 21.97m | 72-1      |
| 4. Brett Murray  | 1994 | 21.30m | 69-10 3/4 |
| 5. Michael Zajac | 2011 | 21.27m | 69-9 1/2  |
| 6. Kevin Mannon  | 1997 | 21.20m | 69-6 3/4  |
| 7. Malik Paul    | 2020 | 20.82m | 68-3      |
| 8. Brook Antonio | 2006 | 20.79m | 68-2 1/2  |

#### 4X400-METER RELAY

|  |      |         |
|--|------|---------|
| 1. Chance, O. Jones, Hall, Robbins       | 2019 | 3:05.68 |
| 2. Fortenberry, Lekote, Harris, Pressley | 2002 | 3:05.90 |
| 3. Moore, Dutch, Ngwigwa, Anderson       | 2009 | 3:06.11 |
| 4. Howard, Lekote, Harris, Pressley      | 2001 | 3:06.43 |
| 5. Chance, Richardson, Leacock, Spencer  | 2020 | 3:06.53 |
| 6. Richardson, Chance, Spencer Jr., Hall | 2020 | 3:06.63 |
| 7. Hinnant, Hilliard, Miley, Moore       | 2007 | 3:06.84 |
| 8. Hinnant, James, Luster, Richarson     | 2005 | 3:06.87 |

#### DISTANCE MEDLEY RELAY

|   |      |          |
|---|------|----------|
| 1. Bonner, Swartz, Towle, Cronin        | 1995 | 9:43.26  |
| 2. Petersen, Junkins, Mensch, Amaral    | 2022 | 9:49.50  |
| 3. Newcomb, Leacock, Cobbe, Petersen    | 2021 | 9:54.99  |
| 4. Hoffmam, Hilliard, Cunningham, Emase | 2005 | 9:56.46  |
| 5. Petersen, Sessom, Cobbe, Amaral      | 2022 | 9:57.97  |
| 6. DePiano, Walker, Gaiter, Razick      | 2012 | 9:59.81  |
| 7. Swartz, Watts, Towle, Cronin         | 1995 | 10:00.59 |
| 8. Johnson, Coleman, Drosky, Murphy     | 1984 | 10:01.60 |
| 9. Leyh, James, Fortenberry, Baez       | 2007 | 10:02.98 |
| 10. Petersen, Sessom, Reers, Olds       | 2022 | 10:06.01 |



# 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.  | <b>Elisha Brooks</b> | <b>2022</b> | <b>5,207 points</b> |
| 8.  | Simon Gyllensten     | 2018        | 5,155 points        |
| 9.  | Eddie Stoudemire     | 2009        | 5,016 points        |
| 10. | Jerry Thompson, III  | 2011        | 4,968 points        |



# CAROLINA TRACK & FIELD

## ALL-TIME PROGRAM RECORDS

### 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. <b>Jayla Jamison</b> | <b>2023</b> | <b>7.25</b> |
| 7. Lisa Barber          | 2000        | 7.28        |
| 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. <b>Tierra Frasier</b> | <b>2022</b> | <b>23.29</b> |
| Khalilah Carpenter       | 2005        |              |
| 8. Demetria Washington   | 2001        | 23.33        |
| 9. <b>Jayla Jamison</b>  | <b>2023</b> | <b>23.39</b> |
| Natasha Hastings         | 2007        |              |

#### 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. <b>Grace Zamrowski</b> | <b>2023</b> | <b>2:09.83</b> |
| 7. Andrea Hallmon         | 2001        | 2:10.39        |
| 8. Anna Todd              | 2013        | 2:10.61        |
| 9. <b>Kieleigh Gayle</b>  | <b>2023</b> | <b>2:10.67</b> |
| 10. Boikhutso Ramomene    | 2004        | 2:10.71        |

#### 1,000-METER RUN

|                           |             |                |
|---------------------------|-------------|----------------|
| 1. Anna Todd              | 2015        | 2:50.51        |
| 2. Irene Vian             | 2016        | 2:51.52        |
| 3. <b>Alex Costantino</b> | <b>2023</b> | <b>2:52.81</b> |
| 4. <b>Grace Zamrowski</b> | <b>2023</b> | <b>2:54.38</b> |
| 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. <b>Alex Costantino</b> | <b>2023</b> | <b>4:53.84</b> |
| 7. Meredith Mill          | 2012        | 4:54.73        |
| 8. Jenny Lake             | 2003        | 4:55.10        |
| 9. Sue McGhie             | 1992        | 4:56.89        |
| 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. Kettianya 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. <b>Rachell Glenn</b> | <b>2022</b> | <b>1.88m</b> | <b>6-2</b> |
| 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. <b>Shaienne Sipsey</b> | <b>2022</b> | <b>12.58m</b> | <b>41-3.25</b> |
| 9. Rashida Abdul-Malik    | 2003        | 12.55m        | 41-2.25        |
| 10. Funlayo Oluwole       | 2017        | 12.11m        | 39-8.75        |



# CAROLINA TRACK & FIELD

## ALL-TIME PROGRAM RECORDS

### 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 |



# CAROLINA TRACK & FIELD

## ALL-TIME PROGRAM RECORDS

### MEN'S OUTDOOR

#### 100-METER DASH

|                          |      |        |
|--------------------------|------|--------|
| 1. Terrence Trammell     | 2000 | 10.04  |
| 2. Andre Totton          | 2001 | 10.12w |
| 3. Corey Bridges         | 1996 | 10.13  |
| 4. Nncillili Titi        | 2018 | 10.16w |
| 5. Chris Royster         | 2013 | 10.17w |
| 6. Leroy Dixon           | 2005 | 10.19  |
| 7. David Winters         | 2017 | 10.20  |
| 8. Marcus Robinson       | 1996 | 10.21  |
| 9. Darrell Singleton Jr. | 2019 | 10.23  |
| 10. Rodney Martin        | 2005 | 10.25  |

#### 200-METER DASH

|                                  |             |              |
|----------------------------------|-------------|--------------|
| 1. Nncillili Titi                | 2018        | 20.00        |
| 2. Rodney Martin                 | 2005        | 20.34        |
| 3. <u>Evan Miller</u>            | <u>2022</u> | <u>20.35</u> |
| 4. Leroy Dixon                   | 2006        | 20.44        |
| 5. Terrence Trammell             | 1999        | 20.45        |
| 6. Pap Howard                    | 2001        | 20.47        |
| 7. David Winters                 | 2017        | 20.53        |
| 8. Antonio Sales                 | 2010        | 20.54        |
| 9. Obakeng Ngwigwa               | 2010        | 20.56        |
| 10. <u>Anthony Greenhow, Jr.</u> | <u>2022</u> | <u>20.57</u> |

#### 400-METER DASH

|                         |      |       |
|-------------------------|------|-------|
| 1. Quincy Hall          | 2019 | 44.53 |
| 2. Otis Harris          | 2003 | 44.57 |
| 3. Jimmie Hackley       | 2000 | 45.64 |
| 4. Jonathan Fortenberry | 2002 | 45.67 |
| 5. Clayton Gravesande   | 2012 | 45.93 |
| 6. Arinze Chance        | 2019 | 46.05 |
| 7. Obakeng Ngwigwa      | 2010 | 46.09 |
| 8. Otukile Lekote       | 2001 | 46.12 |
| 9. Quentin Moore        | 2008 | 46.18 |
| 10. Jamil James         | 2007 | 46.28 |

#### 800-METER RUN

|                        |             |                |
|------------------------|-------------|----------------|
| 1. Otukile Lekote      | 2001        | 1:44.47        |
| 2. <u>Anass Essayi</u> | <u>2022</u> | <u>1:47.70</u> |
| 3. Marvin Watts        | 1998        | 1:47.74        |
| 4. Otis Jones          | 2018        | 1:47.83        |
| 5. Bob Kaczka          | 1970        | 1:48.01        |
| 6. Adrian Booner       | 1995        | 1:48.13        |
| 7. William Emase       | 2005        | 1:48.23        |
| 8. Jim Schaper         | 1972        | 1:48.71        |
| 9. John Brown          | 1974        | 1:49.94        |
| 10. Johnny Baez        | 2006        | 1:50.03        |

#### 1,500-METER RUN

|                                |             |                |
|--------------------------------|-------------|----------------|
| 1. <u>Anass Essayi</u>         | <u>2022</u> | <u>3:39.03</u> |
| 2. Jim Schaper                 | 1974        | 3:42.48        |
| 3. Tim Colas                   | 1982        | 3:44.79        |
| 4. Alan Drosky                 | 1984        | 3:45.79        |
| 5. Halston Taylor              | 1976        | 3:47.14        |
| 6. Bob Crumble                 | 1965        | 3:48.24        |
| 7. Tom Howe                    | 1987        | 3:48.90        |
| 8. William Emase               | 2003        | 3:49.07        |
| 9. Tom Cronin                  | 1993        | 3:49.12        |
| 10. <u>Alexander Galbraith</u> | <u>2022</u> | <u>3:49.55</u> |

#### 3,000-METER RUN (SINCE 2000)

|                    |      |         |
|--------------------|------|---------|
| 1. Sean Petersen   | 2021 | 8:37.90 |
| 2. Carson Strom    | 2018 | 8:40.65 |
| 3. Drew Trusty     | 2016 | 8:50.57 |
| 4. Mason Joiner    | 2021 | 8:57.61 |
| 5. Greg Lowing     | 2015 | 9:01.42 |
| 6. Benjamin Thoms  | 2019 | 9:01.83 |
| 7. Daniel Williams | 2005 | 9:02.95 |
| 8. Sango Asante    | 2014 | 9:06.38 |
| 9. Alex Sullivan   | 2014 | 9:07.79 |
| 10. Daniel Smoak   | 2009 | 9:15.41 |

#### 5,000-METER RUN

|                   |      |          |
|-------------------|------|----------|
| 1. Tom Howe       | 1987 | 14:06.54 |
| 2. Ken Castello   | 1987 | 14:13.24 |
| 3. Bob Day        | 1975 | 14:16.14 |
| 4. Paul Laymon    | 1992 | 14:29.40 |
| 5. Jim Carey      | 1978 | 14:30.24 |
| 6. Tim Colas      | 1983 | 14:32.54 |
| 7. Mike Hedgecock | 1990 | 14:33.20 |
| 8. Keith Gorski   | 1993 | 14:35.40 |
| 9. Rob Devlin     | 1986 | 14:41.74 |
| 10. Jim Karcanes  | 1991 | 14:41.90 |

#### 10,000-METER RUN

|                    |      |          |
|--------------------|------|----------|
| 1. Rob Devlin      | 1986 | 30:05.24 |
| 2. Leon Cook       | 1976 | 30:12.86 |
| 3. Keith Gorski    | 1992 | 30:23.88 |
| 4. Mark Cruz       | 1994 | 30:29.89 |
| 5. Paul Laymon     | 1989 | 30:52.20 |
| 6. Andy Bredfield  | 1990 | 31:09.05 |
| 7. Carson Strom    | 2019 | 31:11.28 |
| 8. Ted Fort        | 1990 | 31:17.70 |
| 9. Greg Wimer      | 1985 | 31:26.24 |
| 10. Mike Hedgecock | 1991 | 31:27.50 |

#### 110-METER HURDLES

|                        |             |              |
|------------------------|-------------|--------------|
| 1. Terrence Trammell   | 2000        | 13.19        |
| 2. Jason Richardson    | 2008        | 13.21        |
| 3. Isaiah Moore        | 2019        | 13.25w       |
| 4. Johnny Dutch        | 2010        | 13.30w       |
| 5. Booker Nunley       | 2009        | 13.32        |
| 6. Dondre Echols       | 2016        | 13.35w       |
| 7. Kenneth Ferguson    | 2003        | 13.53        |
| 8. Jermaine Collier    | 2016        | 13.61        |
| 9. <u>Filip Demsar</u> | <u>2021</u> | <u>13.69</u> |
| 10. Thomas Hilliard    | 2007        | 13.70        |

#### 400-METER HURDLES

|                                |             |              |
|--------------------------------|-------------|--------------|
| 1. Johnny Dutch                | 2010        | 47.63        |
| 2. Quincy Hall                 | 2019        | 48.48        |
| 3. Kenneth Ferguson            | 2003        | 48.79        |
| 4. Tony Rambo                  | 1982        | 48.90        |
| 5. Jussi Heikkila              | 2008        | 49.39        |
| 6. <u>William Spencer, Jr.</u> | <u>2022</u> | <u>49.56</u> |
| 7. Thomas Hilliard             | 2007        | 49.63        |
| 8. Jussi Kanervo               | 2015        | 49.66*       |
| 9. Jason Richardson            | 2006        | 49.82        |
| 10. Anthony Bennon             | 1987        | 50.04        |

#### 3,000-METER STEEPLECHASE

|                   |      |         |
|-------------------|------|---------|
| 1. Andy Foster    | 1988 | 8:57.96 |
| 2. Tom Cronin     | 1995 | 9:00.58 |
| 3. Leon Cook      | 1977 | 9:01.44 |
| 4. Mike Hedgecock | 1989 | 9:03.79 |
| 5. Brad Herbster  | 1991 | 9:08.57 |
| 6. Paul Laymon    | 1993 | 9:10.90 |
| 7. Max Minter     | 1981 | 9:13.04 |
| 8. Mike Costello  | 1985 | 9:14.11 |
| 9. Jered Haag     | 1994 | 9:16.97 |
| 10. Steve Mance   | 2005 | 9:24.07 |

#### 4X100-METER RELAY

|  |      |       |
|--|------|-------|
| 1. Crenshaw, Trammell, Hackley, Howard | 2000 | 38.45 |
| 2. Crenshaw, Trammell, Mays, Price     | 1999 | 38.92 |
| 3. Kee, Royster, Winfrey, Sanders      | 2014 | 38.98 |
| 4. Barrino, Law, Totton, Taylor        | 2002 | 39.01 |
| 5. Carter, Sales, Moore, Ngwigwa       | 2010 | 39.07 |
| 6. Trammell, Bridges, Dempers, Price   | 1998 | 39.08 |
| 7. Hancock, Sales, Moore, Ngwigwa      | 2009 | 39.09 |
| 8. Lewis, Winters, Bermudez, Titi      | 2017 | 39.12 |
| 9. Totton, Howard, Crenshaw, Taylor    | 2001 | 39.19 |
| 10. Trammell, Price, Dempers, Williams | 1998 | 39.27 |

#### 4X200-METER RELAY

|   |      |         |
|---|------|---------|
| 1. Ngwigwa, Sales, Moore, Anderson      | 2009 | 1:21.60 |
| 2. Chance, Singleton, Miller, Hall      | 2019 | 1:21.87 |
| 3. Bermudez, Collier, Titi, Winters     | 2016 | 1:21.93 |
| 4. USC A                                | 1999 | 1:21.94 |
| 5. Singleton, Winters, Bermudez, Titi   | 2017 | 1:22.01 |
| 6. Winters, Lewis, Titi, Bermudez       | 2016 | 1:22.38 |
| 7. Singleton, Winters, Lewis, Titi      | 2017 | 1:22.48 |
| 8. Ngwigwa, Sales, Carter, Dutch        | 2010 | 1:22.69 |
| 9. Carter, Royster, Winfrey, Gravesande | 2012 | 1:22.76 |
| 10. Walker, Echols, Lewis, Chiles       | 2015 | 1:22.80 |

#### 4X400-METER RELAY

|  |      |         |
|--|------|---------|
| 1. Law, Lekote, Harris, Fortenberry      | 2002 | 3:02.16 |
| 2. Chance, Robbins, Hall, Jones          | 2019 | 3:02.68 |
| 3. Ferguson Lekote, Fortenberry, Harris  | 2003 | 3:02.86 |
| 4. Dutch, Ngwigwa, Anderson, Moore       | 2009 | 3:02.88 |
| 5. Gravesande, Echols, Winfrey, Bermudez | 2015 | 3:03.13 |
| 6. Ngwigwa, Dutch, Anderson, Moore       | 2010 | 3:03.58 |
| 7. Moore, Hilliard, James, Miley         | 2007 | 3:03.86 |
| 8. Ngwigwa, Richardson, Dutch, Anderson  | 2009 | 3:03.89 |
| 9. Law, Howard, Lekote, Harris           | 2001 | 3:04.36 |
| 10. Ngwigwa, Dutch, Moore, Richardson    | 2009 | 3:04.49 |

#### 4X800-METER RELAY

|   |      |         |
|---|------|---------|
| 1. Sheley, J. Brown, D. Brown, J. Schaper | 1974 | 7:24.94 |
| 2. Towle, Watts, Cronin, Bonner           | 1995 | 7:26.41 |
| 3. Towle, Swaetz, Goodwin, Bonner         | 1994 | 7:28.50 |
| 4. Cronin, Kerns, Swartz, Bonner          | 1993 | 7:32.69 |
| 5. Howe, Peddie, Kaczka, Eidson           | 1968 | 7:34.74 |

#### 4X1500-METER RELAY

|  |      |          |
|--|------|----------|
| 1. Bahura, Haire, Foster, Howe             | 1987 | 15:56.35 |
| 2. Cronin, Robinson, Karcanes, Herbster    | 1991 | 15:57.99 |
| 3. Robinson, Hart, Hedgecock, Foster       | 1989 | 15:59.61 |
| 4. Karcanes, Herbster, Robinson, Hedgecock | 1991 | 16:00.90 |
| 5. Hart, Laymon, Hedgecock, Foster         | 1989 | 16:01.03 |

#### SPRINT MEDLEY RELAY

|                                       |      |         |
|---------------------------------------|------|---------|
| 1. Price, Trammell, Dempers, Watts    | 1998 | 3:13.00 |
| 2. USC A                              | 2001 | 3:13.58 |
| 3. Barrino, Harris, Pressley, Lekote  | 2002 | 3:16.25 |
| 4. Durant, Martin, Richardson, Emase  | 2005 | 3:19.15 |
| 5. USC A                              | 2003 | 3:19.82 |
| 6. Small, Eidson, Harris, Kaczka      | 1974 | 3:20.04 |
| 7. Robinson, Williams, Price, Watts   | 1997 | 3:20.18 |
| 8. Griddine, Coleman, Rhodes, Drosky  | 1984 | 3:20.89 |
| 9. Bennon, Taylor, Patterson, Taylor  | 1986 | 3:21.24 |
| 10. Singleton, Howard, Robbins, Jones | 2018 | 3:21.84 |

#### DISTANCE MEDLEY RELAY

|                                      |      |          |
|--------------------------------------|------|----------|
| 1. D. Brown, Reid, J. Brown, Schaper | 1974 | 9:39.34  |
| 2. Cronin, Watts, Bonner, Towle      | 1995 | 9:46.01  |
| 3. Essayi, Mensah, Cobbe, Petersen   | 2022 | 9:49.11  |
| 4. Bonner, Kerns, Swartz, Cronin     | 1993 | 9:52.91  |
| 5. USC                               | 1976 | 9:59.50  |
| 6. Towle, Goodwin, Swartz, Cronin    | 1994 | 10:04.20 |
| 7. Kerns, Love, Bonner, Cronin       | 1991 | 10:12.02 |

#### SHUTTLE HURDLE RELAY

|  |      |       |
|--|------|-------|
| 1. Taylor, Townsend, Ryan, Ferguson      | 2003 | 53.94 |
| 2. Dutch, Nunley, Stoudemire, Richardson | 2009 | 55.47 |
| 3. Echols, Collier, Kanervo, Moore       | 2015 | 55.53 |
| 4. Anderson, Johnson, Taylor, Trammell   | 2000 | 56.28 |
| 5. Mensah, Owens, Phillips, Winston      | 1993 | 56.31 |
| 6. Mensah, Winston, Phillips, Owens      | 1994 | 56.59 |
| 7. Echols, Collier, Moore, Asselin       | 2016 | 56.63 |
| 8. Walker, Hall, Briggs, Moore           | 2019 | 57.49 |

#### HIGH JUMP

|                             |             |              |               |
|-----------------------------|-------------|--------------|---------------|
| 1. Tye Williams             | 2017        | 2.25m        | 7-4.50        |
| 2. Paul Wiechern            | 1988        | 2.22m        | 7-3.25        |
| 3. Gus Kirkland             | 1981        | 2.20m        | 7-2.75        |
| 4. <u>Jackson Marseille</u> | <u>2022</u> | <u>2.18m</u> | <u>7-1.75</u> |
| Steve Wilson                | 1977        |              |               |
| 6. Fred Townsend            | 2001        | 2.16m        | 7-1           |
| Marve Johnson               | 1983        |              |               |
| 8. David Wilkins            | 2011        | 2.15m        | 7-0.50        |
| 9. Lee Hughes               | 1999        | 2.14m        | 7-0.25        |
| 10. Art Henson              | 1992        | 2.11m        | 6-11          |



# CAROLINA TRACK & FIELD

## ALL-TIME PROGRAM RECORDS

### 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 |





# CAROLINA TRACK & FIELD

## ALL-TIME PROGRAM RECORDS

### WOMEN'S OUTDOOR

#### 100-METER DASH

|                     |      |        |
|---------------------|------|--------|
| 1. LaKya Brookins   | 2011 | 11.02w |
| 2. Shalonda Solomon | 2006 | 11.07  |
| 3. Erica Whipple    | 2003 | 11.15  |
| 4. Aleen Bailey     | 2003 | 11.17  |
| 5. Amberly Nesbitt  | 2006 | 11.18  |
| 6. Shayla Mahan     | 2011 | 11.20  |
| 7. Jayla Jamison    | 2022 | 11.26  |
| 8. Lisa Barber      | 2002 | 11.35  |
| 9. Gabrielle Glenn  | 2011 | 11.41  |
| 10. Makyla Stanley  | 2019 | 11.43  |

#### 200-METER DASH

|                        |      |       |
|------------------------|------|-------|
| 1. Shalonda Solomon    | 2006 | 22.36 |
| 2. Aleen Bailey        | 2002 | 22.54 |
| 3. Natasha Hastings    | 2007 | 22.61 |
| 4. Miki Barber         | 2001 | 22.71 |
| 5. Erica Whipple       | 2003 | 22.82 |
| 6. Demetria Washington | 2001 | 22.87 |
| 7. Stephanie Davis     | 2019 | 23.01 |
| 8. Lisa Barber         | 2002 | 23.01 |
| 9. Jayla Jamison       | 2022 | 23.02 |
| 10. Wadeline Jonathas  | 2019 | 23.20 |

#### 400-METER DASH

|                        |      |       |
|------------------------|------|-------|
| 1. Wadeline Jonathas   | 2019 | 49.60 |
| 2. Natasha Hastings    | 2007 | 49.84 |
| 3. Miki Barber         | 2001 | 50.63 |
| 4. Lisa Barber         | 2002 | 50.87 |
| 5. Stephanie Smith     | 2005 | 50.93 |
| 6. Aliyah Abrams       | 2019 | 51.13 |
| 7. Demetria Washington | 2001 | 51.23 |
| 8. Lashinda Demus      | 2002 | 51.24 |
| 9. Stephanie Davis     | 2021 | 51.36 |
| 10. Makenzie Dunmore   | 2022 | 51.62 |

#### 800-METER RUN

|                     |      |         |
|---------------------|------|---------|
| 1. Charmaine Howell | 1998 | 2:02.91 |
| 2. Shay Shelton     | 2005 | 2:06.30 |
| 3. Erika Rucker     | 2013 | 2:07.27 |
| 4. Andrea Hallmon   | 1999 | 2:07.29 |
| 5. Kristina Brown   | 1999 | 2:07.47 |
| 6. Tracey Capper    | 1996 | 2:07.90 |
| 7. Lashinda Demus   | 2004 | 2:09.16 |
| 8. Deanna Smith     | 1997 | 2:09.35 |
| 9. Shannon Wyont    | 1990 | 2:09.39 |
| 10. Tawana Watkins  | 2004 | 2:09.68 |

#### 1,500-METER RUN

|                          |      |         |
|--------------------------|------|---------|
| 1. Anna Kathryn Stoddard | 2021 | 4:25.74 |
| 2. Tracey Capper         | 1996 | 4:26.36 |
| 3. Anna Todd             | 2014 | 4:26.51 |
| 4. Shannon Wyont         | 1990 | 4:28.46 |
| 5. Charmaine Howell      | 1998 | 4:29.35 |
| 6. Allie Mueller         | 2019 | 4:29.74 |
| 7. Jenny Lake            | 2005 | 4:29.91 |
| 8. Ivana Skladana        | 1997 | 4:31.03 |
| 9. Tanya Povey           | 1998 | 4:31.45 |
| 10. Maryah Nasir         | 2019 | 4:32.46 |

#### 3,000-METER RUN

|                          |      |         |
|--------------------------|------|---------|
| 1. Anna Kathryn Stoddard | 2021 | 9:29.76 |
| 2. Tracey Capper         | 1994 | 9:43.62 |
| 3. Ivana Skaldana        | 1997 | 9:45.42 |
| 4. Liz Figlar            | 1996 | 9:46.95 |
| 5. Dani Barnes           | 2009 | 9:49.64 |
| 6. Heather Stone         | 2019 | 9:49.83 |
| 7. Tanya Povey           | 1998 | 9:53.10 |
| 8. Sue McGhie            | 1993 | 9:54.10 |
| 9. Jenny Lake            | 2002 | 9:55.49 |
| 10. Christine Kent       | 2016 | 9:55.92 |

#### 5,000-METER RUN

|                          |      |          |
|--------------------------|------|----------|
| 1. Anna Kathryn Stoddard | 2021 | 16:12.77 |
| 2. Sue McGhie            | 1994 | 16:42.83 |
| 3. Heather Stone         | 2021 | 16:45.41 |
| 4. Mary Reiser           | 2016 | 16:47.24 |
| 5. Jenny Lake            | 2004 | 16:49.43 |
| 6. Kayla Lampe           | 2014 | 16:55.06 |
| 7. Tanya Povey           | 1998 | 16:58.87 |
| 8. Christine Kent        | 2016 | 16:59.40 |
| 9. Alexis Fife           | 1991 | 17:11.50 |
| 10. Hope Dominique       | 2022 | 17:13.19 |

#### 10,000-METER RUN

|                          |      |          |
|--------------------------|------|----------|
| 1. Kayla Lampe           | 2013 | 33:43.95 |
| 2. Heather Stone         | 2019 | 34:20.22 |
| 3. Tanya Povey           | 1998 | 34:31.41 |
| 4. Anna Kathryn Stoddard | 2021 | 34:32.65 |
| 5. Mary Reiser           | 2014 | 35:41.08 |
| 6. Lisa Monti            | 1995 | 36:07.90 |
| 7. Sue McGhie            | 1994 | 36:11.80 |
| 8. Christine Kent        | 2016 | 36:38.20 |
| 9. Kira Jenkins          | 2022 | 36:44.26 |
| 10. Penny Boswell        | 2012 | 36:53.83 |

#### 100-METER HURDLES

|                         |      |       |
|-------------------------|------|-------|
| 1. Ellakisha Williamson | 2000 | 12.81 |
| 2. Jackie Madison       | 2000 | 12.92 |
| 3. Destinee Rocker      | 2022 | 12.95 |
| 4. Tiffany Ross         | 2005 | 12.99 |
| Lashinda Demus          | 2004 |       |
| 6. Kierre Beckles       | 2011 | 13.01 |
| 7. Ronnetta Alexander   | 2006 | 13.08 |
| 8. Caitlyn Little       | 2018 | 13.10 |
| 9. Kettiany Clarke      | 2010 | 13.20 |
| 10. Milan Parks         | 2018 | 13.24 |

#### 400-METER HURDLES

|                         |      |       |
|-------------------------|------|-------|
| 1. Lashinda Demus       | 2004 | 53.43 |
| 2. Shevon Stoddard      | 2005 | 54.47 |
| 3. Tiffany Ross         | 2005 | 54.56 |
| 4. Tyler Brockington    | 2017 | 55.97 |
| 5. Krystal Cantey       | 2007 | 56.21 |
| 6. Rachel Glenn         | 2022 | 56.43 |
| 7. Tacita Bass          | 2001 | 57.31 |
| 8. Ellakisha Williamson | 1999 | 57.32 |
| 9. Tawana Watkins       | 2005 | 57.33 |
| 10. Ashton Lindley      | 2021 | 57.35 |

#### 3,000-METER STEEPLECHASE

|                      |      |          |
|----------------------|------|----------|
| 1. Beatrice Biwott   | 2012 | 10:13.81 |
| 2. Chelsea France    | 2013 | 10:42.93 |
| 3. Kelsey Larkin     | 2019 | 11:14.38 |
| 4. Sarah Falta       | 2014 | 11:17.78 |
| 5. Allie Whitley     | 2015 | 11:35.13 |
| 6. Lisa McKinney     | 2008 | 11:46.99 |
| 7. Meredith Mill     | 2012 | 11:50.79 |
| 8. Kinsey Eschenburg | 2002 | 12:03.35 |
| 9. Jessica Smith     | 2006 | 12:04.71 |
| 10. Sarah Taylor     | 2015 | 12:19.59 |

#### 4X100-METER RELAY

|   |      |       |
|---|------|-------|
| 1. Ross, Whipple, Joyce, Bailey           | 2003 | 42.83 |
| 2. Ross, Whipple, Joyce, Solomon          | 2005 | 43.00 |
| 3. Hastings, Nesbitt, Giles, Solomon      | 2006 | 43.09 |
| 4. Whipple, Washington, L. Barber, Bailey | 2002 | 43.12 |
| 5. Jamison, Dunmore, Frank, Frasier       | 2022 | 43.21 |
| 6. USC-A                                  | 2007 | 43.25 |
| 7. Nesbitt, Whipple, Joyce, Solomon       | 2005 | 43.40 |
| 8. Brookins, Mahan, Glenn, Jacobs         | 2009 | 43.41 |
| 9. Brookins, Bandy, Glenn, Mahan          | 2011 | 43.72 |
| 10. Davis, Stanley, Pennamon, Jonathas    | 2019 | 43.86 |

#### 4X200-METER RELAY

|  |      |         |
|--|------|---------|
| 1. Bailey, M. Barber, Joyce, Whipple       | 2003 | 1:30.73 |
| 2. M. Barber, L. Barber, Lewis, Washington | 2000 | 1:30.99 |
| 3. Smith, Whipple, Carpenter, Solomon      | 2005 | 1:31.56 |
| 4. Martin, Hastings, Giles, Solomon        | 2005 | 1:31.57 |
| 5. Martin, Giles, Cross, Hastings          | 2007 | 1:32.00 |

#### 4X400-METER RELAY

|                                      |      |         |
|--------------------------------------|------|---------|
| 1. Davis, Dunmore, Frank, Registre   | 2022 | 3:25.45 |
| 2. Washington, Ross, Bass, Demus     | 2002 | 3:26.46 |
| 3. Johnson, Davis, Lindley, Abrams   | 2021 | 3:26.74 |
| 4. Davis, Abrams, Mills, Jonathas    | 2019 | 3:26.90 |
| 5. Demus, Stoddard, Watkins, Smith   | 2004 | 3:27.19 |
| 6. Stoddard, Hastings, Ross, Smith   | 2005 | 3:27.22 |
| 7. Abrams, Davis, Jonathas, Mills    | 2019 | 3:27.53 |
| 8. Dunmore, Davis, Jamison, Johnson  | 2022 | 3:27.86 |
| 9. Washington, Ross, Stoddard, Demus | 2002 | 3:28.06 |
| 10. Davis, Abrams, Johnson, Lindley  | 2021 | 3:28.73 |

#### 4X800-METER RELAY

|   |      |         |
|---|------|---------|
| 1. Demus, Shelton Watkins, Ramonene         | 2004 | 8:45.44 |
| 2. Nagbe, Gayle, Costantino, Zamrowski      | 2022 | 8:49.38 |
| 3. Hallmon, Williams, Howell, Brown         | 1998 | 8:56.46 |
| 4. Locke, Jpngetich, O'Reilly, Henderson    | 2011 | 8:56.61 |
| 5. Evans, Harding, M. McCoy, Miller         | 2015 | 8:57.85 |
| 6. Brown, Hallmon, Peebles, Davis           | 1999 | 8:59.16 |
| 7. USC                                      | 2004 | 9:02.21 |
| 8. Mueller, Nasir, Kavanaugh, Biber         | 2019 | 9:02.50 |
| 9. Mueller, Vian, Evans, Miller             | 2016 | 9:03.91 |
| 10. Gayle, Kavanaugh, Costantino, Zamrowski | 2022 | 9:04.22 |

#### DISTANCE MEDLEY RELAY

|                                       |      |          |
|---------------------------------------|------|----------|
| 1. Mueller, Williams, Biber, Nasir    | 2019 | 11:39.22 |
| 2. Capper, Figlar, Grey, Smith        | 1996 | 11:40.52 |
| 3. Zimmer, Allen, Todd, Mill          | 2013 | 11:47.93 |
| 4. Eschenburg, Carpenter, Lewis, Lake | 2002 | 11:53.28 |
| 5. Ramonene, King, Shelton, Rackow    | 2004 | 11:53.77 |
| 6. Figlar, Ferguson, Capper, McGhie   | 1993 | 11:54.11 |
| 7. Bristol, Young, Brown, Chain       | 2007 | 11:58.00 |

#### SPRINT MEDLEY RELAY

|   |      |         |
|---|------|---------|
| 1. Joyce, Carpenter, Martin, Shelton          | 2005 | 3:46.44 |
| 2. Howze, Brown, Smith, Shelton               | 2006 | 3:49.86 |
| 3. Frasier, Sumpter, Nagbe, Gayle             | 2022 | 3:56.69 |
| 4. Holmes, Dendy, Evans, Mueller              | 2016 | 3:58.39 |
| 5. Little, Oluwole, Haith, Mueller            | 2018 | 4:04.08 |
| 6. Parks, Coquillaud-Salomon, Williams, Biber | 2019 | 4:05.08 |
| 7. Davis, Hubbard, Evans, Miller              | 2015 | 4:07.24 |

#### 4X1500-METER RELAY

|                                    |      |          |
|------------------------------------|------|----------|
| 1. Purser, Wyont, Fife, Adams      | 1990 | 19:00.20 |
| 2. Skladana, Brown, Peebles, Davis | 1998 | 19:17.55 |
| 3. Adams, McGhie, Monti, Capper    | 1994 | 19:22.56 |

#### HIGH JUMP

|                       |      |       |         |
|-----------------------|------|-------|---------|
| 1. Jeannelle Scheper  | 2015 | 1.96m | 6-5     |
| 2. Rachel Glenn       | 2021 | 1.93m | 6-4     |
| 3. Lissa Labiche      | 2018 | 1.82m | 5-11.50 |
| Nakita Gray           | 2017 |       |         |
| Chelsea Hammond       | 2005 |       |         |
| 6. Jordan Fields      | 2021 | 1.78m | 5-10    |
| Sarah Graham          | 2016 |       |         |
| 8. Hanifah Abdulqadir | 2018 | 1.75m | 5-8.75  |
| 9. Julie Symonds      | 1994 | 1.73m | 5-8     |
| 10. Monica Bozenski   | 2006 | 1.71m | 5-7.25  |

#### POLE VAULT

|                    |      |       |          |
|--------------------|------|-------|----------|
| 1. Petra Olsen     | 2014 | 4.26m | 13-11.75 |
| 2. Hailey Sweatman | 2021 | 4.20m | 13-9.25  |
| 3. Vica Shobe      | 2010 | 4.13m | 13-6.50  |
| 4. Cheryl Terrio   | 2006 | 4.11m | 13-5.75  |
| 5. Liza Todd       | 2009 | 4.01m | 13-1.75  |
| 6. Angie Rummans   | 2011 | 4.00m | 13-1.50  |
| Sallie Gurganus    | 2009 |       |          |
| 8. Adele Blalock   | 2018 | 3.95m | 12-11.50 |
| 9. Kylene Nixon    | 1998 | 3.87m | 12-8.25  |
| 10. Megan Wall     | 2014 | 3.85m | 12-7.50  |
| Allie Nicosia      | 2009 |       |          |



# CAROLINA TRACK & FIELD

## ALL-TIME PROGRAM RECORDS

### 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. Stacey 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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