



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. Nyck Harbor | 2024 | 6.61 |
| Corey Bridges | 1997 | |
| 4. Johnathan Hancock | 2009 | 6.63 |
| 5. Kendall Kee | 2014 | 6.65 |
| 6. David Winters | 2016 | 6.66 |
| Damiere Byrd | 2013 | |
| 8. Nncillili Titi | 2018 | 6.69 |
| 9. Anthony Greenhow | 2023 | 6.70 |
| 10. Duan Barrino | 2002 | 6.71 |
| Pap Howard | 2001 | |

200-METER DASH

| | | |
|--------------------------|-------------|--------------|
| 1. Rodney Martin | 2005 | 20.38 |
| 2. Nncillili Titi | 2018 | 20.45 |
| 3. Tyson Williams | 2026 | 20.47 |
| 4. Anthony Greenhow | 2024 | 20.60 |
| 5. David Winters | 2016 | 20.61 |
| 6. Evan Miller | 2022 | 20.71 |
| 7. Nyck Harbor | 2024 | 20.83 |
| Antonio Sales | 2008 | |
| 9. Pap Howard | 2001 | 20.84 |
| 10. Andre Totton | 2001 | 20.90 |

300-METER DASH (Since 2010)

| | | |
|---------------------------|-------------|--------------|
| 1. Tyson Williams | 2026 | 32.22 |
| 2. Josiah Wrice | 2026 | 32.36 |
| 3. Evan Miller | 2022 | 32.54 |
| 4. Anthony Greenhow | 2023 | 32.65 |
| 5. Devan Crumpton | 2025 | 32.67 |
| 6. Jasauna Dennis | 2026 | 32.93 |
| 7. Arinze Chance | 2019 | 33.00 |
| 8. Andrew Salvodon | 2026 | 33.45 |
| 9. Eric Winfrey | 2014 | 33.56 |
| 10. Clayton Gravesande | 2011 | 33.62 |

400-METER DASH

| | | |
|---------------------------|-------------|--------------|
| 1. Quincy Hall | 2019 | 45.25 |
| 2. Andrew Salvodon | 2026 | 45.44 |
| 3. Josiah Wrice | 2026 | 45.55 |
| 4. Evan Miller | 2023 | 45.91 |
| 5. Jasauna Dennis | 2025 | 46.02 |
| 6. Arinze Chance | 2019 | 46.15 |
| 7. Jonathan Fortenberry | 2003 | 46.19 |
| 8. Otis Harris | 2002 | 46.28 |
| 9. Devan Crumpton | 2026 | 46.40 |
| 10. Jimmie Hackley | 1999 | 46.49 |

600-METER RUN (Since 2010)

| | | |
|---------------------------|-------------|----------------|
| 1. Otis Jones | 2019 | 1:18.77 |
| 2. Rayon Buttler | 2020 | 1:19.73 |
| 3. Aidan Hatton | 2024 | 1:19.84 |
| 4. Kaleb Burroughs | 2026 | 1:19.89 |
| 5. Ethan Mathis | 2025 | 1:20.54 |
| 6. Ricky Circelli | 2024 | 1:20.71 |
| 7. Jacob Mangione | 2022 | 1:21.81 |
| 8. Blake Newcome | 2019 | 1:22.07 |
| 9. Nigel Redic | 2015 | 1:22.27 |
| 10. Ian Fladd | 2019 | 1:22.72 |

800-METER RUN

| | | |
|-----------------------------|-------------|----------------|
| 1. Otukile Lekote | 2001 | 1:46.13 |
| 2. Edouard Lecrivain | 2026 | 1:47.31 |
| 3. Marvin Watts | 1997 | 1:47.73 |
| 4. Adrian Bonner | 1995 | 1:48.13 |
| 5. Otis Jones | 2018 | 1:48.96 |
| 6. Joshua Kosgei | 2024 | 1:49.06 |
| 7. Knox Eaton | 2026 | 1:49.18 |
| 8. Ricky Circelli | 2026 | 1:49.40 |
| 9. Aidan Hatton | 2024 | 1:49.48 |
| 10. Jack Mensch | 2023 | 1:49.70 |

1,000-METER RUN

| | | |
|-----------------------------|-------------|----------------|
| 1. Jaouad Khchina | 2026 | 2:17.36 |
| 2. Edouard Lecrivain | 2026 | 2:21.67 |
| 3. Kaleb Burroughs | 2026 | 2:23.80 |
| 4. Aidan Hatton | 2024 | 2:24.79 |
| 5. Bob Kaczka | 1969 | 2:25.00 |
| 6. Jim Schaper | 1974 | 2:26.85 |
| 7. Noah Contreras | 2025 | 2:26.87 |
| 8. Drew Ricci | 2014 | 2:27.65 |
| 9. George Luke | 2024 | 2:27.72 |
| 10. Joshua Kosgei | 2024 | 2:28.02 |

MILE RUN

| | | |
|----------------------------------|-------------|----------------|
| 1. Anass Essayi | 2023 | 3:50.46 |
| 2. Jaouad Khchina | 2026 | 3:53.90 |
| 3. Rogerio Amaral | 2025 | 3:56.64 |
| 4. Joshua Kosgei | 2025 | 3:59.91 |
| 5. Edouard Lecrivain | 2026 | 4:03.25 |
| 6. Kaleb Burroughs | 2025 | 4:05.28 |
| 7. Carlos Lanzagorta-Ruiz | 2026 | 4:05.87 |
| 8. Robert Razick | 2013 | 4:06.47 |
| 9. Tim Colas | 1982 | 4:08.03 |
| 10. Tom Cronin | 1993 | 4:08.09 |

3,000-METER RUN

| | | |
|--------------------------|-------------|----------------|
| 1. Anass Essayi | 2024 | 7:39.11 |
| 2. Jaouad Khchina | 2025 | 7:51.76 |
| 3. Rogerio Amaral | 2024 | 7:58.77 |
| 4. Bradley Makuvire | 2024 | 8:10.96 |
| 5. Joshua Kosgei | 2024 | 8:15.73 |
| 6. Robert Razick | 2013 | 8:16.00 |
| 7. Bob Day | 1975 | 8:18.14 |
| 8. Andy Foster | 1989 | 8:22.46 |
| 9. Elijah Poore | 2025 | 8:23.61 |
| 10. Mike Hedgecock | 1990 | 8:23.75 |

5,000-METER RUN

| | | |
|---------------------|------|----------|
| 1. Bradley Makuvire | 2024 | 13:49.20 |
| 2. Rogerio Amaral | 2024 | 13:49.33 |
| 3. Keith Gorski | 1992 | 14:25.58 |
| 4. Bob Day | 1976 | 14:27.54 |
| 5. Steve Mance | 2005 | 14:36.36 |
| 6. Drew Trusty | 2016 | 14:43.24 |
| 7. Paul Laymon | 1992 | 14:50.15 |
| 8. Mark Cruz | 1994 | 14:53.64 |
| 9. Eric Roschick | 1995 | 15:04.13 |
| 10. Daniel Smoak | 2010 | 15:12.28 |

55-METER HURDLES

| | | |
|------------------------|------|------|
| 1. Terrence Trammell | 1999 | 6.94 |
| 2. Jason Richardson | 2008 | 7.18 |
| Stanislavs Oliars | 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 Oliars | 1999 | 7.65 |
| 5. Kenneth Ferguson | 2003 | 7.67 |
| Corey Taylor | 2003 | |
| 7. Dondre Echols | 2016 | 7.69 |
| 8. Filip Demsar | 2023 | 7.70 |
| 9. Johnny Dutch | 2009 | 7.71 |
| 10. Stephon Torrence | 2020 | 7.73 |

4X400-METER RELAY

| | | |
|--|-------------|----------------|
| 1. Wrice, Dennis, Crumpton, Salvodon | 2026 | 3:00.86 |
| 2. Dennis, Crumpton, Williams, Salvodon | 2026 | 3:04.15 |
| 3. Chance, O. Jones, Hall, Robbins | 2019 | 3:05.68 |
| 4. Fortenberry, Lekote, Harris, Pressley | 2002 | 3:05.90 |
| 5. Wrice, Williams, Salvodon, Dennis | 2026 | 3:05.91 |
| 6. Moore, Dutch, Ngwigwa, Anderson | 2009 | 3:06.11 |
| 7. Howard, Lekote, Harris, Pressley | 2001 | 3:06.43 |
| 8. Chance, Richardson, Leacock, Spencer | 2020 | 3:06.53 |
| 9. Richardson, Chance, Spencer Jr., Hall | 2020 | 3:06.63 |
| 10. Hinnant, Hilliard, Miley, Moore | 2007 | 3:06.84 |

DISTANCE MEDLEY RELAY

| | | |
|---|-------------|----------------|
| 1. Khchina, Crumpton, Kosgei, Amaral | 2025 | 9:27.14 |
| 2. Khchina, Miller, Kosgei, Essayi | 2024 | 9:34.50 |
| 3. Khchina, Salvodon, Lecrivain, Lanzagorta-Ruiz | 2026 | 9:36.71 |
| 3. Bonner, Swartz, Towle, Cronin | 1995 | 9:43.26 |
| 4. Khchina, Wrice, Kosgei, Amaral | 2025 | 9:44.41 |
| 5. Petersen, Junkins, Mensch, Amaral | 2022 | 9:49.50 |
| 6. Newcomb, Leacock, Cobbe, Petersen | 2021 | 9:54.99 |
| 7. Hoffmam, Hilliard, Cunningham, Emase | 2005 | 9:56.46 |
| 8. Petersen, Sessom, Cobbe, Amaral | 2022 | 9:57.97 |
| 9. DePiano, Walker, Gaitner, Razick | 2012 | 9:59.81 |

HIGH JUMP

| | | | |
|----------------------|------|-------|--------|
| 1. Tye Williams | 2018 | 2.20m | 7-2.5 |
| 2. David Wilkins | 2011 | 2.19m | 7-2.25 |
| 3. Paul Wichern | 1989 | 2.18m | 7-2 |
| 4. Channing Ferguson | 2024 | 2.16m | 7-1 |
| Fred Townsend | 2004 | | |
| 6. Kobe Franklin | 2023 | 2.15m | 7-0.5 |
| 7. Jackson Marseille | 2021 | 2.14m | 7-0.25 |
| Steve Wilson | 1976 | | |
| 9. Nate Figgers | 2025 | 2.12m | 6-11.5 |
| 10. Steve Owens | 1992 | 2.11m | 6-11 |
| Art Henson | 1992 | | |

POLE VAULT

| | | | |
|---------------------------|-------------|--------------|---------------|
| 1. Marvin Reitze | 2012 | 5.50m | 18-0.5 |
| Chris Steddum | 2004 | | |
| 3. Elliott Haynie | 2010 | 5.38m | 17-7.75 |
| 4. Patrick Tvarunas | 2000 | 5.36m | 17-7 |
| 5. Khaliq Muhammad | 2026 | 5.35m | 17-6.5 |
| Matt Shuler | 2011 | | |
| 7. Armand Woodley | 2019 | 5.34m | 17-6.25 |
| 8. Carson Lenser | 2022 | 5.26m | 17-3 |
| 9. Simon Gyllensten | 2016 | 5.20m | 17-0.75 |
| Dan McKenzie | 2007 | | |

LONG JUMP

| | | | |
|-----------------------|------|-------|---------|
| 1. Tony Allmond | 2004 | 8.08m | 26-6.25 |
| 2. Phillip 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 | 25-3.5 |
| 7. Channing Ferguson | 2025 | 7.47m | 24-6.25 |
| 8. Michael Wamer | 2016 | 7.42m | 24-4.25 |
| 9. Isaiah Moore | 2015 | 7.38m | 24-2.5 |
| 10. Blair Brooks | 2023 | 7.33m | 24-0.75 |



CAROLINA TRACK & FIELD

ALL-TIME PROGRAM RECORDS

MEN'S INDOOR

TRIPLE JUMP

| | | | | |
|-----|-------------------|------|--------|---------|
| 1. | Theo Mudzengerere | 2023 | 16.00m | 52-6 |
| 2. | Greig Cryer | 2006 | 15.98m | 52-5.25 |
| 3. | Michael Wamer | 2017 | 15.88m | 52-1 |
| 4. | Lincoln Carr | 2011 | 15.67m | 51-5 |
| 5. | Marcus Sutton | 1993 | 15.66m | 51-4.5 |
| 6. | Dorian Johnson | 2012 | 15.21m | 49-11 |
| 7. | Derek Pressley | 2008 | 15.19m | 49-10 |
| | Ron Adams | 1976 | | |
| 9. | Tony Allmond | 2003 | 15.12m | 49-7.25 |
| 10. | Blair Brooks | 2023 | 14.88m | 48-10 |

SHOT PUT

| | | | | |
|----|-------------------------|-------------|---------------|----------------|
| 1. | Josh Awotunde | 2018 | 21.33m | 69-11.75 |
| 2. | CJ Licata | 2025 | 20.46m | 67-1.5 |
| 3. | Brad Snyder | 1998 | 20.32m | 66-8 |
| 4. | Dylan Targgart | 2024 | 19.99m | 65-7 |
| 5. | Eric Favors | 2020 | 19.68m | 64-5 |
| 6. | Logan Montgomery | 2026 | 19.64m | 64-5.25 |
| 7. | Kevin Mannon | 1997 | 19.39m | 63-7.5 |
| 8. | Jason Cook | 2009 | 18.87m | 61-11 |
| 9. | Jeff Shalayda | 1997 | 18.50m | 60-8.5 |

35-POUND WEIGHT

| | | | | |
|----|---------------|------|--------|----------|
| 1. | Ryan Harrison | 1999 | 22.40m | 73-6 |
| 2. | Ron Willis | 1994 | 21.98m | 72-1.25 |
| 3. | Bert Sorin | 1999 | 21.97m | 72-1 |
| 4. | Brett Murray | 1994 | 21.30m | 69-10.75 |
| 5. | Michael Zajac | 2011 | 21.27m | 69-9.5 |
| 6. | Kevin Mannon | 1997 | 21.20m | 69-6.75 |
| 7. | Malik Paul | 2020 | 20.82m | 68-3 |
| 8. | Brook Antonio | 2006 | 20.79m | 68-2.5 |

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 |



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. Alexis Brown | 2026 | 7.18 |
| 3. Amberly Nesbitt | 2006 | 7.21 |
| Shalonda Solomon | 2006 | |
| 5. Jayla Jamison | 2023 | 7.23 |
| Shayla Mahan | 2009 | |
| Aleen Bailey | 2003 | |
| 8. Lisa Barber | 2000 | 7.28 |
| 9. Tristen Harris | 2026 | 7.29 |
| JaMeesia Ford | 2026 | |

200-METER DASH

| | | |
|-------------------------|-------------|--------------|
| 1. JaMeesia Ford | 2025 | 22.34 |
| 2. Shalonda Solomon | 2006 | 22.57 |
| 3. Jayla Jamison | 2025 | 22.96 |
| 4. Aleen Bailey | 2003 | 23.03 |
| 5. Miki Barber | 2000 | 23.06 |
| 6. Lisa Barber | 2002 | 23.08 |
| 7. Alexis Brown | 2026 | 23.09 |
| 8. Zaya Akins | 2025 | 23.12 |
| 9. Erica Whipple | 2002 | 23.13 |
| 10. Tierra Frasier | 2022 | 23.29 |
| Khalilah Carpenter | 2005 | |

300-METER DASH (Since 2007)

| | | |
|-------------------------|-------------|--------------|
| 1. JaMeesia Ford | 2023 | 35.83 |
| 2. Zaya Akins | 2025 | 36.27 |
| 3. Aalliyah Francis | 2022 | 36.83 |
| 4. Shalonda Solomon | 2007 | 36.93 |
| 5. Natasha Hastings | 2007 | 37.07 |
| 6. Stephanie Davis | 2019 | 37.10 |
| 7. Jayla Jamison | 2024 | 37.22 |
| 8. Aliyah Abrams | 2018 | 37.45 |
| 9. Jahnile Registre | 2023 | 37.60 |
| 10. Erika Rucker | 2014 | 37.62 |

400-METER DASH

| | | |
|-------------------------|-------------|---------------|
| 1. Natasha Hastings | 2007 | 50.80 |
| 2. Zaya Akins | 2026 | 51.15 |
| 3. JaMeesia Ford | 2025 | 51.20@ |
| 4. Stephanie Davis | 2022 | 51.29 |
| 5. Lashinda Demus | 2004 | 51.59 |
| 6. Miki Barber | 2000 | 51.92 |
| 7. Demetria Washington | 2001 | 52.06 |
| 8. Brandi Cross | 2008 | 52.12 |
| 9. Erika Rucker | 2013 | 52.22 |
| 10. Aliyah Abrams | 2019 | 52.27 |

600-METER RUN (Since 2010)

| | | |
|----------------------------|-------------|----------------|
| 1. Sylvia Chelangat | 2024 | 1:30.91 |
| 2. Maddie Beaubien | 2017 | 1:33.01 |
| 3. Maya Evans | 2014 | 1:33.11 |
| 4. De'Andrea Young | 2020 | 1:35.16 |
| 5. Macie Kavanaugh | 2019 | 1:36.11 |
| 6. Briana Reckling | 2019 | 1:36.68 |
| 7. Sinead Joyce | 2026 | 1:36.84 |
| 8. Sierra Biber | 2019 | 1:37.68 |
| 9. Kieleay Gayle | 2021 | 1:39.23 |
| 10. Ashley Miller | 2014 | 1:39.28 |

800-METER RUN

| | | |
|----------------------------|-------------|----------------|
| 1. Judy Kosgei | 2024 | 2:02.87 |
| 2. Sylvia Chelangat | 2025 | 2:04.61 |
| 3. Shay Shelton | 2006 | 2:06.05 |
| 4. Charmaine Howell | 1998 | 2:06.13 |
| 5. Silan Ayyildiz | 2023 | 2:06.41 |
| 6. Jade Buridon | 2026 | 2:06.60 |
| 7. Elena Kelety | 2023 | 2:07.43 |
| 8. Tawana Watkins | 2003 | 2:08.27 |
| 9. Kristina Brown | 1999 | 2:08.77 |
| 10. Eline Mast | 2026 | 2:09.13 |

1,000-METER RUN

| | | |
|----------------------------|-------------|----------------|
| 1. Jade Buridon | 2026 | 2:43.85 |
| 2. Eline Mast | 2026 | 2:44.17 |
| 3. Abir Reffas | 2026 | 2:44.60 |
| 4. Judy Kosgei | 2024 | 2:46.04 |
| 5. Sylvia Chelangat | 2026 | 2:48.93 |
| 6. Abigail White | 2026 | 2:49.13 |
| 7. Anna Todde | 2015 | 2:50.51 |
| 8. Irene Vian | 2016 | 2:51.52 |
| 9. Alex Costantino | 2023 | 2:52.81 |
| 10. Grace Zamrowski | 2023 | 2:54.38 |

MILE RUN

| | | |
|-------------------------|-------------|----------------|
| 1. Salma Elbadra | 2026 | 4:27.54 |
| 2. Silan Ayyildiz | 2023 | 4:32.14 |
| 3. Abir Reffas | 2026 | 4:34.07 |
| 4. Judy Kosgei | 2024 | 4:34.21 |
| 5. Abigail White | 2026 | 4:43.15 |
| 6. Tracey Capper | 1996 | 4:43.90 |
| 7. Eline Mast | 2026 | 4:47.08 |
| 8. Dani Barnes | 2009 | 4:47.19 |
| 9. Jade Buridon | 2025 | 4:47.23 |
| 10. Svenja Sommer | 2023 | 4:48.23 |

3,000-METER RUN

| | | |
|----------------------------|-------------|----------------|
| 1. Salma Elbadra | 2025 | 8:41.76 |
| 2. Abir Reffas | 2025 | 9:06.12 |
| 3. Silan Ayyildiz | 2023 | 9:10.54 |
| 4. Judy Kosgei | 2024 | 9:10.76 |
| 5. Teresa Cherotich | 2025 | 9:15.16 |
| 6. Abigail White | 2025 | 9:25.04 |
| 7. Cate Conklin | 2025 | 9:29.56 |
| 8. Emma Torbert | 2026 | 9:31.79 |
| 9. Anya Arroyo | 2026 | 9:32.82 |
| 10. Hattie Jennings | 2026 | 9:37.68 |

5,000-METER RUN

| | | |
|--------------------------|-------------|-----------------|
| 1. Anya Arroyo | 2025 | 16:04.64 |
| 2. Teresa Cherotich | 2024 | 16:06.16 |
| 3. Cate Conklin | 2025 | 16:12.44 |
| 4. Kayla Lampe | 2013 | 16:19.02 |
| 5. Emma Torbert | 2025 | 16:30.69 |
| 6. Anna Kathryn Stoddard | 2020 | 16:41.02 |
| 7. Sue McGhie | 1992 | 16:54.61 |
| 8. Heather Stone | 2020 | 17:10.39 |
| 9. Jenny Lake | 2004 | 17:03.45 |
| 10. Mary Reiser | 2014 | 17:07.81 |

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. Joslyn Hamilton | 2026 | 8.10 |
| 3. Akala Garrett | 2026 | 8.11 |
| Kyndall Harrington-Spain | 2026 | |
| Kierre Beckles | 2012 | |
| Lashinda Demus | 2004 | |
| 7. Ellakisha Williamson | 2000 | 8.15 |
| 8. Jackie Madison | 2001 | 8.16 |
| 9. Ronnetta Alexander | 2006 | 8.17 |
| 10. Caitlyn Little | 2020 | 8.21 |

4X400-METER RELAY

| | | |
|---------------------------------------|-------------|----------------|
| 1. Akins, Registre, Jamison, Ford | 2024 | 3:26.05 |
| 2. Akins, Chelangat, Ford, Jamison | 2025 | 3:27.24 |
| 3. Akins, Love, Garrett, Ford | 2026 | 3:27.75 |
| 4. Ross, M. Barber, Washington, Demus | 2003 | 3:28.25 |
| 5. Dunmore, Davis, Johnson, Pyatt | 2022 | 3:29.36 |
| 6. Smith, Stoddard, Watkins, Demus | 2004 | 3:29.53 |
| 7. Davis, Abrams, Mills, Jonathas | 2019 | 3:29.56 |
| 8. Smith, Cantey, Cross, Hastings | 2007 | 3:29.57 |
| 9. Ross, Stoddard, Smith, Solomon | 2005 | 3:30.01 |
| 10. Ross, Stoddard, Smith, Hastings | 2005 | 3:30.07 |

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. Crounse, Evans, Beaubien, Stoddard | 2017 | 9:28.95 |
| 7. Bertrand, St. Peter, Adams, McGhie | 1991 | 9:29.22 |

DISTANCE MEDLEY RELAY

| | | |
|--|-------------|-----------------|
| 1. White, Akins, Chelangat, Elbadra | 2026 | 10:48.42 |
| 2. Buridon, Garrett, Mast, Elbadra | 2026 | 10:51.52 |
| 3. A. White, Ford, Chelangat, Elbadra | 2025 | 10:55.41 |
| 4. Costantino, Registre, Kelety, Sommer | 2023 | 11:22.59 |
| 5. Ramomene, Stoddard, Watkins, Lake | 2003 | 11:30.72 |
| 6. Mueller, Mills, Kavanaugh, Stoddard | 2019 | 11:38.69 |
| 7. Nasir, Biber, Kavanaugh, Mueller | 2019 | 11:40.39 |
| 8. Chain, Martin, Watkins, Lake | 2005 | 11:42.73 |
| 9. Costantino, Kelety, Gayle, Zamrowski | 2023 | 11:42.88 |
| 10. Ramonene, Martin, Shelton, Rackow | 2004 | 11:44.30 |

HIGH JUMP

| | | | |
|-----------------------|------|-------|---------|
| 1. Jeannelle Scheper | 2013 | 1.91m | 6-3.25 |
| 2. Cheyla Scott | 2025 | 1.89m | 6-2.25 |
| 3. Rachell Glenn | 2022 | 1.88m | 6-2 |
| 4. Jordan Fields | 2018 | 1.85m | 6-0.75 |
| Lissa Labiche | 2018 | | |
| 6. Nakita Gray | 2016 | 1.82m | 5-11.5 |
| 7. Hanifah Abdulqadir | 2018 | 1.80m | 5-10.75 |
| 8. Sarah Graham | 2014 | 1.79m | 5-10.5 |
| Chelsea Hammond | 2004 | | |
| 10. Kayla Blake | 2008 | 1.73m | 5-8 |
| Erin Narzinski | 1999 | | |

POLE VAULT

| | | | |
|-----------------------------|-------------|--------------|---------------|
| 1. Jathiyah Muhammad | 2026 | 4.50m | 14-9 |
| 2. Hailey Sweatman | 2020 | 4.35m | 14-3.25 |
| 3. Vica Shobe | 2010 | 4.26m | 13-11.75 |
| 4. Petra Olsen | 2013 | 4.24m | 13-11 |
| 5. Cheryl Terrio | 2006 | 4.12m | 13-6.25 |
| 6. Hannah Toqami | 2026 | 4.05m | 13-3.5 |
| 7. Sallie Gurganus | 2009 | 4.02m | 13-2.25 |
| 8. Allie Nicosia | 2010 | 4.00m | 13-1.5 |
| Liza Todd | 2009 | | |
| 10. Adele Blalock | 2020 | 3.95m | 12-11.5 |
| Angie Rummans | 2011 | | |



CAROLINA TRACK & FIELD

ALL-TIME PROGRAM RECORDS

WOMEN'S INDOOR

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 | 21-2.5 |
| 4. | Tristen Harris | 2026 | 6.45m | 21-2 |
| 5. | Erin Narzinski | 1998 | 6.35m | 20-10 |
| 6. | Kemesha Whitmire | 2003 | 6.24m | 20-5.75 |
| 7. | Brittney James | 2008 | 6.22m | 20-5 |
| 8. | Omaria Gordon | 2025 | 6.19m | 20-3.75 |
| 9. | Alexis Murphy | 2015 | 6.15m | 20-2.25 |
| 10. | Tacita Bass | 2002 | 6.12m | 20-0.75 |

TRIPLE JUMP

| | | | | |
|-----|---------------------|-------------|---------------|-------------|
| 1. | Natasha Dicks | 2017 | 13.47m | 44-2.5 |
| 2. | LeAnna Morrison | 2015 | 13.24m | 43-5.25 |
| 3. | Hanifah Abdulqadir | 2020 | 13.21m | 43-4.25 |
| 4. | Rodena Barr | 2000 | 13.09m | 42-11.5 |
| 5. | Cameran Gist | 2025 | 13.03m | 42-9 |
| | Kemesha Whitmire | 2006 | | |
| 7. | Radiance Basden | 2012 | 12.88m | 42-3.25 |
| 8. | Antoinette Wilks | 2001 | 12.68m | 41-7.25 |
| 9. | Shaienne Sipsey | 2022 | 12.58m | 41-3.25 |
| 10. | Rashida Abdul-Malik | 2003 | 12.55m | 41-2.25 |

SHOT PUT

| | | | | |
|-----|------------------|------|--------|---------|
| 1. | Crystal Brownlee | 1998 | 17.07m | 56-0 |
| 2. | KD Young | 2023 | 16.84m | 55-3 |
| 3. | Breanna Radford | 2013 | 16.68m | 54-8.75 |
| 4. | Nicole Kendrick | 2003 | 16.35m | 53-7.75 |
| 5. | Dawn Ellerbe | 1997 | 16.31m | 53-6 |
| 6. | Lisa Misipeka | 1997 | 16.05m | 52-8 |
| 7. | Alycia Springs | 2021 | 16.01m | 52-6.5 |
| 8. | India Odum | 2004 | 15.94m | 52-3.75 |
| 9. | Lynette Keppler | 2001 | 15.92m | 52-2.75 |
| 10. | Precious Akins | 2007 | 15.48m | 50-9.5 |

20-POUND WEIGHT

| | | | | |
|-----|-------------------|------|--------|---------|
| 1. | Dawn Ellerbe | 1997 | 21.72m | 71-3.75 |
| 2. | Lisa Misipeka | 1998 | 21.58m | 70-9.75 |
| 3. | Kayla Racine | 2022 | 20.08m | 65-10.5 |
| 4. | Michelle Fournier | 1999 | 19.65m | 64-5.75 |
| 5. | Mamee Groves | 2002 | 19.62m | 64-4.25 |
| 6. | KD Young | 2023 | 19.25m | 63-2 |
| 7. | Precious Akins | 2007 | 19.15m | 62-10 |
| 8. | Crystal Brownlee | 1997 | 19.04m | 62-5.75 |
| 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 |