



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. Josiah Wrice	2026	45.34
3. Andrew Salvodon	2026	45.44
4. Jasauna Dennis	2026	45.63
5. Evan Miller	2023	45.91
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. Lecrivain, Salvodon, Burroughs, Khchina	2026	9:30.08
3. Khchina, Miller, Kosgei, Essayi	2024	9:34.50
4. Khchina, Salvodon, Lecrivain, Lanzagorta-Ruiz	2026	9:36.71
5. Bonner, Swartz, Towle, Cronin	1995	9:43.26
6. Khchina, Wrice, Kosgei, Amaral	2025	9:44.41
7. Petersen, Junkins, Mensch, Amaral	2022	9:49.50
8. Newcomb, Leacock, Cobbe, Petersen	2021	9:54.99
9. Hoffmam, Hilliard, Cunningham, Emase	2005	9:56.46
10. Petersen, Sessom, Cobbe, Amaral	2022	9:57.97

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



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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. JaMeesia Ford	2026	7.24
9. Lisa Barber	2000	7.28
10. Cynteria James	2026	7.29
Tristen Harris	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. Cynteria James	2026	23.14

300-METER DASH (Since 2007)

1. JaMeesia Ford	2023	35.83
2. Zaya Akins	2025	36.27
3. Aallyyah 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 Todd	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. Eline Mast	2026	4:41.20
6. Abigail White	2026	4:42.88
7. Tracey Capper	1996	4:43.90
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	9:19.64
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. Akala Garrett	2026	8.04
2. Joslyn Hamilton	2026	8.06
3. Destinee Rocker	2022	8.07
4. Kyndall Harrington-Spain	2026	8.11
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. Garrett, James, Ford, Akins	2026	3:26.85
3. Akins, Chelangat, Ford, Jamison	2025	3:27.24
4. Akins, Love, Garrett, Ford	2026	3:27.75
5. Ross, M. Barber, Washington, Demus	2003	3:28.25
6. Dunmore, Davis, Johnson, Pyatt	2022	3:29.36
7. Smith, Stoddart, Watkins, Demus	2004	3:29.53
8. Davis, Abrams, Mills, Jonathas	2019	3:29.56
9. Smith, Cantey, Cross, Hastings	2007	3:29.57
10. Ross, Stoddart, Smith, Solomon	2005	3:30.01

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. Mast, Garrett, Chelangat, Elbadra	2026	10:45.64
2. White, Akins, Chelangat, Elbadra	2026	10:48.42
3. Buridon, Garrett, Mast, Elbadra	2026	10:51.52
4. A. White, Ford, Chelangat, Elbadra	2025	10:55.41
5. Costantino, Registre, Kelety, Sommer	2023	11:22.59
6. Ramomene, Stoddart, Watkins, Lake	2003	11:30.72
7. Mueller, Mills, Kavanaugh, Stoddard	2019	11:38.69
8. Nasir, Biber, Kavanaugh, Mueller	2019	11:40.39
9. Chain, Martin, Watkins, Lake	2005	11:42.73
10. Costantino, Kelety, Gayle, Zamrowski	2023	11:42.88

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		



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LONG JUMP

1.	Antoinette Wilks	2001	6.60m	21-8
2.	Chelsea Hammond	2006	6.52m	21-4.75
3.	Tristen Harris	2026	6.46m	21-2.5
	Rougui Sow	2017		
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