



# CAROLINA TRACK & FIELD

## ALL-TIME PROGRAM RECORDS

### MEN'S OUTDOOR

#### 100-METER DASH

1. Anthony Greenhow	2024	10.01w
2. Terrence Trammell	2000	10.04
3. Nyck Harbor	2024	10.11
4. Andre Totton	2001	10.12
5. Corey Bridges	1996	10.13
6. Ncincillii Titi	2018	10.16w
7. Chris Royster	2013	10.17w
8. Leroy Dixon	2005	10.19
9. David Winters	2017	10.20
10. Marcus Robinson	1996	10.21

#### 200-METER DASH

1. Ncincillii Titi	2018	20.00
2. Nyck Harbor	2024	20.20
3. Rodney Martin	2005	20.34
4. Evan Miller	2022	20.35
5. Leroy Dixon	2006	20.44
6. Terrence Trammell	1999	20.45
7. Pap Howard	2001	20.47
8. David Winters	2017	20.53
9. Antonio Sales	2010	20.54
10. Obakeng Ngwigwa	2010	20.56

#### 400-METER DASH

1. Quincy Hall	2019	44.53
2. Otis Harris	2003	44.57
3. Josiah Wrice	2026	44.72
4. Devan Crumpton	2026	44.93
5. Evan Miller	2023	45.11
6. Jimmie Hackley	2000	45.64
7. Jonathan Fortenberry	2002	45.67
8. Jasauna Dennis	2026	45.70
9. Clayton Gravesande	2012	45.93
10. Arinze Chance	2019	46.05

#### 800-METER RUN

1. Otukile Lekote	2001	1:44.47
2. Anass Essayi	2024	1:46.06
3. Kaleb Burroughs	2026	1:46.78
4. Jaouad Khchina	2026	1:46.80
5. Edouard Lecrivain	2026	1:47.67
6. Marvin Watts	1998	1:47.74
7. Otis Jones	2018	1:47.83
8. Bob Kaczka	1970	1:48.01
9. Adrian Booner	1995	1:48.13
10. William Emase	2005	1:48.23

#### 1,500-METER RUN

1. Jaouad Khchina	2026	3:35.07
2. Anass Essayi	2023	3:36.89
3. Kaleb Burroughs	2026	3:42.28
4. Jim Schaper	1974	3:42.48
5. Edouard Lecrivain	2026	3:42.79
6. Rogerio Amaral	2024	3:43.30
7. Tim Colas	1982	3:44.79
8. Joshua Kosgei	2025	3:45.51
9. Alan Drosky	1984	3:45.79
10. Halston Taylor	1976	3:47.14

#### 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. Anass Essayi	2024	13:34.92
2. Bradley Makuvire	2024	13:52.88
3. Rogerio Amaral	2023	13:52.94
4. Tom Howe	1987	14:06.54
5. Ken Castello	1987	14:13.24
6. Bob Day	1975	14:16.14
7. Jaouad Khchina	2025	14:20.64
8. Paul Laymon	1992	14:29.40
9. Jim Carey	1978	14:30.24
10. Sam Kolowith	2025	14:31.91

#### 10,000-METER RUN

1. Rogerio Amaral	2025	28:23.41
2. Bradley Makuvire	2024	28:29.91
3. Rob Devlin	1986	30:05.24
4. Leon Cook	1976	30:12.86
5. Keith Gorski	1992	30:23.88
6. Mark Cruz	1994	30:29.89
7. Paul Laymon	1989	30:52.20
8. Andy Bredfield	1990	31:09.05
9. Carson Strom	2019	31:11.28
10. Ted Fort	1990	31:17.70

#### 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. Filip Demsar	2023	13.57w
9. Jermaine Collier	2016	13.61
10. David Warmington	2024	13.67

#### 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. William Spencer, Jr.	2022	49.56
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. Elijah Poore	2026	8:52.71
2. Andy Foster	1988	8:57.96
3. Tom Cronin	1995	9:00.58
4. Leon Cook	1977	9:01.44
5. Mike Hedgecock	1989	9:03.79
6. Brad Herbster	1991	9:08.57
7. Paul Laymon	1993	9:10.90
8. Max Minter	1981	9:13.04
9. Mike Costello	1985	9:14.11
10. Jered Haag	1994	9:16.97

#### 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. Wrice, Crumpton, Richardson, Salazar, Dennis	2025	3:03.26
7. Ngwigwa, Dutch, Anderson, Moore	2010	3:03.58
8. Wrice, Dennis, Burroughs, Crumpton	2026	3:03.71
9. Moore, Hilliard, James, Miley	2007	3:03.86
10. Ngwigwa, Richardson, Dutch, Anderson	2009	3:03.89

#### 4X800-METER RELAY

1. Sheley, J. Brown, D. Brown, J. Schaper	1974	7:24.94
2. Wright, Hatton, Dawson, Mensch	2023	7:25.33
3. Towle, Watts, Cronin, Bonner	1995	7:26.41
4. Towle, Swaetz, Goodwin, Bonner	1994	7:28.50
5. Cronin, Kerns, Swartz, Bonner	1993	7:32.69
6. 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, Mensch, 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
8. Hatton, Wright, Dawson, Luke	2023	10:12.09

#### 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



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## ALL-TIME PROGRAM RECORDS

### MEN'S OUTDOOR

#### HIGH JUMP

1. Tye Williams	2017	2.25m	7-4.5
2. Paul Wiechern	1988	2.22m	7-3.25
3. Nate Figgers	2025	2.20m	7-2.5
Gus Kirkland	1981		
5. Jackson Marseille	2022	2.18m	7-1.75
Steve Wilson	1977		
7. Channing Ferguson	2024	2.17m	7-1.5
8. Fred Townsend	2001	2.16m	7-1
Marve Johnson	1983		
10. David Wilkins	2011	2.15m	7-0.5

#### POLE VAULT

1. Marvin Reitze	2012	5.51m	18-1
<b>2. Khalig Muhammad</b>	<b>2026</b>	<b>5.50m</b>	<b>18-0.5</b>
3. Elliott Haynie	2009	5.45m	17-10.5
4. Chris Steddum	2002	5.38m	17-7.75
5. Dale Gerke	1988	5.32m	17-5.5
6. Dillon McCarthy	2023	5.30m	17-4.5
Armand Woodley	2018		
Matt Shuler	2011		
9. Carson Lenser	2022	5.25m	17-2.75
10. Darren Davis	1988	5.23m	17-1.75

#### 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. Channing Ferguson	2025	7.92m	26-0
5. Greig Cryer	2006	7.86m	25-9.25
6. Rolando Adams	1979	7.80m	25-7
7. Phillipe Williams	1991	7.67m	25-2
8. Peter Edeh	1984	7.65m	25-1
Sam Scott	1982		
10. Anthony Wood	1982	7.56m	24-9.75

#### TRIPLE JUMP

1. Michael Wamer	2015	16.47m	54-0.5
2. Theo Mudzengerere	2025	16.38m	53-9
3. Ron Adams	1975	15.90m	52-2
4. Derek Pressley	2007	15.81m	51-10.5
5. Lincoln Carr	2011	15.66m	51-4.5
6. Marcus Sutton	1993	15.65m	51-4.25
7. Greig Cryer	2006	15.64m	51-4
8. Yann Randrianasolo	2019	15.61m	51-2.75
9. Berle Stocks	1976	15.47m	50-9
10. James Wilson	1982	15.44m	50-8

#### SHOT PUT

1. Josh Awotunde	2018	20.77m	68-1.75
2. CJ Licata	2024	20.51m	67-3.5
Brad Snyder	1999		
4. Dylan Targgart	2024	20.45m	67-1.25
5. Eric Favors	2021	19.85m	65-1.5
6. Jason Cook	2009	19.39m	63-7.5
7. Kevin Mannon	1997	19.07m	62-6.75
8. Ben Bonhurst	2017	18.77m	61-7
9. Ron Yarab	1981	18.66m	61-2.5
10. Ron Willis	1994	18.61m	61-0.75

#### 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. Dylan Targgart	2024	56.09m	184-0

#### 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
<b>4. Ellis Neighbors</b>	<b>2026</b>	<b>68.42m</b>	<b>224-5</b>
5. Erik Heymann	2007	68.16m	223-7
6. Derek McMillian	1994	65.83m	215-11
7. Patrick Keegan	1988	64.83m	212-8
8. Joe Schroeder	2007	63.26m	207-6
9. Scott Alsup	2003	62.85m	206-2
<b>10. Jalen Barry</b>	<b>2025</b>	<b>62.43m</b>	<b>204-10</b>

#### 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. CJ Anderson	2000	6,817 points
10. Greg Royster	2006	6,776 points



# CAROLINA TRACK & FIELD

## ALL-TIME PROGRAM RECORDS

### WOMEN'S OUTDOOR

#### 100-METER DASH

1. JaMeesia Ford	2025	10.87
2. Cynteria James	2024	11.01
3. LaKya Brookins	2011	11.02
<b>4. Alexis Brown</b>	<b>2026</b>	<b>11.04</b>
5. Shalonda Solomon	2006	11.07
6. Jayla Jamison	2023	11.11w
7. Erica Whipple	2003	11.15
8. Aleen Bailey	2003	11.17
9. Amberly Nesbitt	2006	11.18
10. Shayla Mahan	2011	11.20

#### 200-METER DASH

1. JaMeesia Ford	2025	21.98
2. Jayla Jamison	2024	22.26
3. Shalonda Solomon	2006	22.36
<b>4. Alexis Brown</b>	<b>2026</b>	<b>22.54</b>
Aleen Bailey	2002	
6. Natasha Hastings	2007	22.61
<b>7. Cynteria James</b>	<b>2026</b>	<b>22.71</b>
Miki Barber	2001	
9. Aaliyah Francis	2024	22.82
Erica Whipple	2003	

#### 400-METER DASH

1. Wadeline Jonathas	2019	49.60
2. Natasha Hastings	2007	49.84
<b>3. JaMeesia Ford</b>	<b>2026</b>	<b>50.25</b>
4. Miki Barber	2001	50.63
5. Lisa Barber	2002	50.87
6. Stephanie Smith	2005	50.93
7. Aliyah Abrams	2019	51.13
8. Demetria Washington	2001	51.23
9. Lashinda Demus	2002	51.24
10. Zaya Akins	2024	51.33

#### 800-METER RUN

<b>1. Salma Elbadra</b>	<b>2026</b>	<b>2:00.55</b>
2. Sylvia Chelangat	2024	2:01.23
3. Judy Kosgei	2024	2:01.66
4. Charmaine Howell	1998	2:02.91
5. Shay Shelton	2005	2:06.30
<b>6. Eline Mast</b>	<b>2026</b>	<b>2:06.55</b>
7. Silan Ayyildiz	2023	2:07.15
8. Erika Rucker	2013	2:07.27
9. Andrea Hallmon	1999	2:07.29
10. Kristina Brown	1999	2:07.47

#### 1,500-METER RUN

<b>1. Salma Elbadra</b>	<b>2026</b>	<b>4:02.63</b>
2. Judy Kosgei	2024	4:07.65
3. Silan Ayyildiz	2023	4:12.11
<b>4. Abigail White</b>	<b>2026</b>	<b>4:17.78</b>
<b>5. Eline Mast</b>	<b>2026</b>	<b>4:23.18</b>
6. Anna Kathryn Stoddard	2021	4:25.74
7. Tracey Capper	1996	4:26.36
8. Anna Todd	2014	4:26.51
9. Shannon Wyont	1990	4:28.46
<b>10. Ella Zeigler</b>	<b>2026</b>	<b>4:28.50</b>

#### 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. Salma Elbadra	2025	15:51.24
<b>2. Anya Arroyo</b>	<b>2026</b>	<b>15:52.56</b>
3. Judy Kosgei	2024	16:12.65
4. Anna Kathryn Stoddard	2021	16:12.77
5. Teresa Cherotich	2024	16:13.55
6. Cate Conklin	2025	16:17.14
<b>7. Abigail White</b>	<b>2026</b>	<b>16:26.50</b>
8. Emma Torbert	2025	16:27.29
<b>9. Ella Zeigler</b>	<b>2026</b>	<b>16:37.01</b>
10. Sue McGhie	1994	16:42.83

#### 10,000-METER RUN

<b>1. Anya Arroyo</b>	<b>2026</b>	<b>33:43.49</b>
2. Kayla Lampe	2013	33:43.95
<b>3. Teresa Cherotich</b>	<b>2026</b>	<b>33:48.33</b>
<b>4. Emma Torbert</b>	<b>2026</b>	<b>34:20.11</b>
5. Heather Stone	2019	34:20.22
6. Tanya Povey	1998	34:31.41
7. Anna Kathryn Stoddard	2021	34:32.65
8. Mary Reiser	2014	35:41.08
9. Lisa Monti	1995	36:07.90
10. Sue McGhie	1994	36:11.80

#### 100-METER HURDLES

1. Ellakisha Williamson	2000	12.81
<b>2. Joslyn Hamilton</b>	<b>2026</b>	<b>12.91</b>
3. Jackie Madison	2000	12.92
4. Destinee Rocker	2022	12.95
5. Tiffany Ross	2005	12.99
Lashinda Demus	2004	
7. Kierre Beckles	2011	13.01
<b>8. Akala Garrett</b>	<b>2026</b>	<b>13.06</b>
9. Ronnetta Alexander	2006	13.08
10. Caitlyn Little	2018	13.10

#### 400-METER HURDLES

1. Lashinda Demus	2004	53.43
<b>2. Akala Garrett</b>	<b>2026</b>	<b>54.02</b>
3. Shevon Stoddard	2005	54.47
4. Tiffany Ross	2005	54.56
5. Tyler Brockington	2017	55.97
6. Krystal Cantey	2007	56.21
7. Rachel Glenn	2022	56.43
<b>8. Kyndall Harrington-Spain</b>	<b>2026</b>	<b>56.78</b>
9. Tacita Bass	2001	57.31
10. Ellakisha Williamson	1999	57.32

#### 3,000-METER STEEPLECHASE

1. Teresa Cherotich	2024	9:59.61
2. Beatrice Biwott	2012	10:13.81
3. Chelsea France	2013	10:42.93
4. Claudia Satzke	2024	11:11.93
5. Kelsey Larkin	2019	11:14.38
6. Sarah Falta	2014	11:17.78
7. Allie Whitley	2015	11:35.13
8. Lisa McKinney	2008	11:46.99
9. Meredith Mill	2012	11:50.79
10. Kinsey Eschenburg	2002	12:03.35

#### 4X100-METER RELAY

1. Jamison, James, Akins, Ford	2025	42.40
<b>2. A. Brown, James, Hamilton, Ford</b>	<b>2026</b>	<b>42.62</b>
<b>3. A. Brown, James, Akins, Ford</b>	<b>2026</b>	<b>42.82</b>
4. Ross, Whipple, Joyce, Bailey	2003	42.83
<b>5. A. Brown, James, Williams, Hamilton</b>	<b>2026</b>	<b>42.87</b>
6. Ross, Whipple, Joyce, Solomon	2005	43.00
7. Hastings, Nesbitt, Giles, Solomon	2006	43.09
8. Whipple, Washington, L. Barber, Bailey	2002	43.12
9. Jamison, Dunmore, Frank, Frasier	2022	43.21
10. USC-A	2007	43.25

#### 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

<b>1. Garrett, Ford, James, Akins</b>	<b>2026</b>	<b>3:25.42</b>
2. Akins, James, Ford, Jamison	2025	3:24.26
3. Akins, Chelangat, Jamison, Ford	2024	3:24.86
<b>4. Garrett, Ford, Harrington-Spain, James</b>	<b>2026</b>	<b>3:25.09</b>
5. Davis, Dunmore, Frank, Registre	2022	3:25.45
6. Washington, Ross, Bass, Demus	2002	3:26.46
7. Johnson, Davis, Lindley, Abrams	2021	3:26.74
8. Davis, Abrams, Mills, Jonathas	2019	3:26.90
9. Demus, Stoddard, Watkins, Smith	2004	3:27.19
10. Stoddard, Hastings, Ross, Smith	2005	3:27.22

#### 4X800-METER RELAY

1. Gayle, Kelety, Costantino, Ayyildiz	2023	8:40.20
2. Demus, Shelton Watkins, Ramonene	2004	8:45.44
3. Gayle, Costantino, Zamrowski, Chelangat	2023	8:45.92
4. Nagbe, Gayle, Costantino, Zamrowski	2022	8:49.38
5. Hallmon, Williams, Howell, Brown	1998	8:56.46
6. Locke, Jpngetich, O'Reilly, Henderson	2011	8:56.61
7. Kelety, Chelangat, Gayle, Zamrowski	2023	8:56.91
8. Evans, Harding, M. McCoy, Miller	2015	8:57.85
9. Chelangat, Kosgei, Wilson, Weeks	2024	8:58.16
10. Brown, Hallmon, Peebles, Davis	1999	8:59.16

#### DISTANCE MEDLEY RELAY

1. Sommer, Gayle, Zamrowski, Ayyildiz	2023	11:19.09
2. Mueller, Williams, Biber, Nasir	2019	11:39.22
3. Capper, Figlar, Grey, Smith	1996	11:40.52
4. Zimmer, Allen, Todd, Mill	2013	11:47.93
5. Eschenburg, Carpenter, Lewis, Lake	2002	11:53.28
6. Ramonene, King, Shelton, Rackow	2004	11:53.77
7. Figlar, Ferguson, Capper, McGhie	1993	11:54.11
8. 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, Sumpster, 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. Cheyla Scott	2025	1.87m	6-1.5
4. Lissa Labiche	2018	1.82m	5-11.5
Nakita Gray	2017		
Chelsea Hammond	2005		
7. Jordan Fields	2021	1.78m	5-10
Sarah Graham	2016		
9. Hanifah Abdulqadir	2018	1.75m	5-8.75
10. Julie Symonds	1994	1.73m	5-8



# CAROLINA TRACK & FIELD

## ALL-TIME PROGRAM RECORDS

### WOMEN'S OUTDOOR

#### POLE VAULT

1. <b>Jathiyah Muhammad</b>	2026	<b>4.35m</b>	<b>14-3.25</b>
2. Hannah Togami	2025	4.27m	14-0
3. Petra Olsen	2014	4.26m	13-11.75
4. Hailey Sweatman	2021	4.20m	13-9.25
5. Vica Shobe	2010	4.13m	13-6.5
6. Cheryl Terrio	2006	4.11m	13-5.75
7. Liza Todd	2009	4.01m	13-1.75
8. Angie Rummans	2011	4.00m	13-1.5
Sallie Gurganus	2009		
10. Emma Stone	2025	3.97m	13-0.25

#### 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. <b>Tristen Harris</b>	2026	<b>6.49m</b>	<b>21-3.5</b>
5. Brittney James	2008	6.33m	20-9.25
Kemesha Whitmire	2004		
7. <b>Cameran Gist</b>	2026	<b>6.26m</b>	<b>20-6.5</b>
8. Alexis Murphy	2014	6.22m	20-5
9. Prommyse Hoosier	2024	6.13m	20-1.5
Erin Narzinski	1998		

#### TRIPLE JUMP

1. Natasha Dicks	2016	13.60m	44-7.5
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. <b>Cameran Gist</b>	2025	<b>13.07m</b>	<b>42-10.75</b>
6. Rhashida Abdul-Malik	2004	12.95m	42-6
7. Radiance Basden	2012	12.93m	42-5.25
8. Antoinette Wilks	2002	12.91m	42-4.25
9. Shaianne Sipsey	2021	12.47m	40-11
10. Dee Dee Fortman	1996	12.35m	40-6.25

#### SHOT PUT

1. Crystal Brownlee	1997	17.28m	56-8.5
2. Dawn Ellerbe	1997	16.70m	54-9.5
3. Breanna Radford	2013	16.56m	54-4
4. KD Young	2023	16.45m	53-11.75
5. Carisma Holland	2019	16.33m	53-6.75
6. Alycia Springs	2021	16.16m	53-0.25
7. Precious Akins	2006	16.15m	53-0
8. Lisa Misipeka	1997	16.01m	52-6.5
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. <b>Ella Lucas</b>	2024	<b>53.35m</b>	<b>175-0</b>
4. Lisa Misipeka	1996	52.16m	171-1
5. Keri Groover	2002	51.39m	168-7
6. Alana Robinson	2000	51.37m	168-6
7. Michelle Fournier	1999	50.97m	167-2
8. Aimee Kodat	2011	50.13m	164-5
9. Leslie Coons	1994	49.03m	160-10
10. Kaysee Sullivan	2014	48.09m	157-9

#### 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. <b>Hailey Sharkey</b>	2026	<b>45.98m</b>	<b>150-10</b>
5. Amy Suttmeier	2016	45.23m	148-4
6. Emily Laurence	2012	43.81m	143-8
7. Erin Narzinski	1999	40.85m	134-0
8. Macey Dowe	2024	39.37m	129-2
9. Katie Desin	2004	39.33m	129-0
10. Sienna Lydon	2024	38.10m	125-0

#### 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