



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. Robert Stitts Jr. | 2026 | 10.18 |
| 9. Leroy Dixon | 2005 | 10.19 |
| 10. David Winters | 2017 | 10.20 |

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 | 44.83 |
| 5. Evan Miller | 2023 | 45.11 |
| 6. Jasauna Dennis | 2026 | 45.53 |
| 7. Jimmie Hackley | 2000 | 45.64 |
| 8. Jonathan Fortenberry | 2002 | 45.67 |
| 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 | 1:47.01 |
| 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. Dennis, Salvodon, Burroughs, Crumpton | 2026 | 3:03.69 |
| 9. Wrice, Dennis, Burroughs, Crumpton | 2026 | 3:03.71 |
| 10. Moore, Hilliard, James, Miley | 2007 | 3:03.86 |

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 |



CAROLINA TRACK & FIELD

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 |
| 2. Khalig Muhammad | 2026 | 5.50m | 18-0.5 |
| 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 |
| 4. Ellis Neighbors | 2026 | 68.42m | 224-5 |
| 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 |
| 10. Jalen Barry | 2025 | 62.43m | 204-10 |

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. 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 |
| 4. Alexis Brown | 2026 | 11.04 |
| 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 |
| 4. Alexis Brown | 2026 | 22.49 |
| 5. Aleen Bailey | 2002 | 22.54 |
| 6. Natasha Hastings | 2007 | 22.61 |
| 7. Cynteria James | 2026 | 22.71 |
| 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 |
| 3. JaMeesia Ford | 2026 | 50.25 |
| 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

| | | |
|-------------------------|-------------|----------------|
| 1. Salma Elbadra | 2026 | 2:00.55 |
| 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 |
| 6. Eline Mast | 2026 | 2:06.55 |
| 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

| | | |
|--------------------------|-------------|----------------|
| 1. Salma Elbadra | 2026 | 4:02.63 |
| 2. Judy Kosgei | 2024 | 4:07.65 |
| 3. Silan Ayyildiz | 2023 | 4:12.11 |
| 4. Abigail White | 2026 | 4:17.78 |
| 5. Eline Mast | 2026 | 4:23.18 |
| 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 |
| 10. Ella Zeigler | 2026 | 4:28.50 |

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 |
| 2. Anya Arroyo | 2026 | 15:52.56 |
| 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 |
| 7. Abigail White | 2026 | 16:26.50 |
| 8. Emma Torbert | 2025 | 16:27.29 |
| 9. Ella Zeigler | 2026 | 16:37.01 |
| 10. Sue McGhie | 1994 | 16:42.83 |

10,000-METER RUN

| | | |
|----------------------------|-------------|-----------------|
| 1. Anya Arroyo | 2026 | 33:43.49 |
| 2. Kayla Lampe | 2013 | 33:43.95 |
| 3. Teresa Cherotich | 2026 | 33:48.33 |
| 4. Emma Torbert | 2026 | 34:20.11 |
| 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 |
| 2. Joslyn Hamilton | 2026 | 12.91 |
| 3. Jackie Madison | 2000 | 12.92 |
| 4. Destinee Rucker | 2022 | 12.95 |
| 5. Tiffany Ross | 2005 | 12.99 |
| Lashinda Demus | 2004 | |
| 7. Kierre Beckles | 2011 | 13.01 |
| 8. Akala Garrett | 2026 | 13.06 |
| 9. Ronnetta Alexander | 2006 | 13.08 |
| 10. Caitlyn Little | 2018 | 13.10 |

400-METER HURDLES

| | | |
|------------------------------------|-------------|--------------|
| 1. Akala Garrett | 2026 | 53.32 |
| 2. Lashinda Demus | 2004 | 53.43 |
| 3. Shevon Stoddard | 2005 | 54.47 |
| 4. Tiffany Ross | 2005 | 54.56 |
| 5. Kyndall Harrington-Spain | 2026 | 55.37 |
| 6. Tyler Brockington | 2017 | 55.97 |
| 7. Krystal Cantey | 2007 | 56.21 |
| 8. Rachel Glenn | 2022 | 56.43 |
| 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. A. Brown, James, Williams, Ford | 2026 | 42.32 |
| 2. Jamison, James, Akins, Ford | 2025 | 42.40 |
| 3. A. Brown, James, Hamilton, Ford | 2026 | 42.62 |
| 4. A. Brown, James, Akins, Ford | 2026 | 42.82 |
| 5. Ross, Whipple, Joyce, Bailey | 2003 | 42.83 |
| 6. A. Brown, James, Williams, Hamilton | 2026 | 42.87 |
| 7. Ross, Whipple, Joyce, Solomon | 2005 | 43.00 |
| 8. Hastings, Nesbitt, Giles, Solomon | 2006 | 43.09 |
| 9. Whipple, Washington, L. Barber, Bailey | 2002 | 43.12 |
| 10. Jamison, Dunmore, Frank, Frasier | 2022 | 43.21 |

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. Garrett, Ford, James, Akins | 2026 | 3:23.42 |
| 2. Akins, James, Ford, Jamison | 2025 | 3:24.26 |
| 3. Akins, Chelangat, Jamison, Ford | 2024 | 3:24.86 |
| 4. Garrett, Ford, Harrington-Spain, James | 2026 | 3:25.09 |
| 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, 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, Coquillard-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. | <i>Jathiyah Muhammad</i> | 2026 | 4.35m | 14-3.25 |
| 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. | <i>Tristen Harris</i> | 2026 | 6.49m | 21-3.5 |
| 5. | Brittney James | 2008 | 6.33m | 20-9.25 |
| | Kemesha Whitmire | 2004 | | |
| 7. | <i>Cameran Gist</i> | 2026 | 6.26m | 20-6.5 |
| 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. | <i>Cameran Gist</i> | 2025 | 13.07m | 42-10.75 |
| 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. | Stacee Roberts | 2011 | 15.31m | 50-2.75 |

DISCUS

| | | | | |
|-----|-------------------|------|--------|--------|
| 1. | Precious Akins | 2006 | 56.63m | 185-9 |
| 2. | Dawn Ellerbe | 1997 | 55.99m | 183-8 |
| 3. | <i>Ella Lucas</i> | 2024 | 53.35m | 175-0 |
| 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. | <i>Hailey Sharkey</i> | 2026 | 45.98m | 150-10 |
| 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 |