



SAN JOSE STATE TRACK & FIELD

All-Time Indoor Records and Performances

Updated March 11, 2023





WOMEN'S All-Time Indoor Records

TRACK EVENTS

60 Meters

1. Sophie Liao	7.43	2023
2. Mahkaia Lee	7.51	2022
3. Destiny Longmire	7.55	2018
4. Eve Divinity	7.59	2023
5. Sharli'e McCuller	7.60	2023

200 Meters

1. Alyssa Bean	23.67	2023
2. Gabrielle Spencer	23.80	2022
3. Kaylen Fletcher	24.09	2023
4. Caitlin Wilson	24.34	2015
5. Sydney Bentley	24.47	2022

300 Meters

1. Madiha Raza	46.68	2015
2. Kayla Denson	46.98	2015
3. Raven Adams	47.48	2015

400 Meters

1. Alyssa Bean	53.41	2023
2. Sarah Mosteller	55.01	2023
3. Sydney Bentley	55.60	2022
4. Aliyah Williams	55.91	2023
5. Daryia Greene	56.17	2020

500 Meters

Savana Dutton	1:21.42	2023
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600 Meters

1. Juliette Noyer	1:36.40	2022
2. Savanna Perez	1:38.55	2019
3. Mikayla Akers	1:40.58	2019

800 Meters

1. Jennifer Beckingham	2:11.87	2016
2. Aliyah Williams	2:14.10	2023
3. Juliette Noyer	2:15.40	2020
4. Mikayla Akers	2:17.25	2020
5. Savanna Perez	2:17.69	2019

3000 Meters

1. Kai Bohannon	9:44.65	2018
2. Jennifer Beckingham	9:47.06	2016
3. Jennifer Sandoval	9:48.97	2017
4. Jeanette Zambrano	9:55.37	2017
5. Adilene Aldapa	9:55.79	2018

5000 Meters

Jennifer Sandoval	16:24.85	2020
Jeanette Zambrano	16:46.40	2020

One Mile

1. Kai Bohannon	4:59.17	2018
2. Jennifer Beckingham	5:00.02	2016
3. Jennifer Sandoval	5:03.73	2018
4. Jeanette Zambrano	5:07.39	2020
5. Mikayla Akers	5:12.13	2020

60-Meter Hurdles

1. Osayi Omorodion	8.47	2023
2. Brittany Brown	8.48	2018
3. Makayla Webb	8.66	2016
4. Jade Childs	8.68	2017
5. Jayla Williams	8.73	2016

4x400 Meter Relay

1.	3:43.91	2023
Sarah Mosteller, Kaiya Johnson, Alyssa Bean, Aliyah Williams		
2.	3:45.16	2022
Sydney Bentley, Sarah Mosteller, Kaiya Johnson, Gabrielle Spencer		
3.	3:47.80	2020
Daryia Greene, Diamond Tabron, Deborah Cornish, Sydney Bentley		
4.	3:48.66	2020
Diamond Tabron, Daryia Greene, Lonsha Bradford, Sydney Bentley		

Distance Medley Relay

1.	11:58.67	2019
Jeanette Zambrano, Mikayla Akers, Savanna Perez, Kai Bohannon		
2.	12:19.40	2020
Juliette Noyer, Deborah Cornish, Mikayla Akers, Savanna Perez		
3.	12:25.58	2018
Kai Bohannon, Lovenie Dantes, Mikayla Akers, Savanna Perez		

FIELD EVENTS

High Jump

1. Lina Schubert	1.77m	5'9.6"	2023
2. Emma Sutherland	1.75m	5'8.75"	2015
3. Natalie Gutierrez	1.69m	5'7.25"	2015
4. Kolbi Sims	1.69m	5'6.5"	2018
5. Devyn Weisenberger	1.66m	5'5"	2018

Long Jump

1. Emilia Sjostrand	6.48m	21'3.25"	2023
2. Mahkaia Lee	6.26m	20'6.5"	2022
3. Destiny Longmire	6.24m	20'5.75"	2018
4. Cambree Harbaugh	6.09m	19'11.75"	2018
5. Victoria Agyin	5.91m	19'4.75"	2023

Triple Jump

1. Emilia Sjostrand	13.98m	45'10.5"	2023
2. Nicole Iloanya	12.95m	42'6"	2018
3. Mahkaia Lee	12.48m	40'11.5"	2022
4. Cambree Harbaugh	12.34m	40'6"	2018
5. Victoria Agyin	12.30m	40'4.25"	2023

Shot Put

1. Jasmine Pharms	15.76m	51'8.5"	2020
2. Grace Togiai	14.10m	46'3.25"	2022
3. Jade Childs	11.86m	38'11"	2017
4. Kolbi Sims	10.39m	34'1.25"	2018
5. Nicole Iloanya	10.19m	33'5.25"	2018

Weight Throw

1. Jasmine Pharms	16.92m	55'6.25"	2020
2. Grace Togiai	16.90m	55'5.5"	2022
3. Nysiah Legardye	16.13m	52'11"	2020
4. Silvia Gutierrez	15.29m	50'2"	2019
5. Naiylah Shepherd	14.25m	46'9"	2022



WOMEN'S

All-Time Indoor Performances

TRACK EVENTS

60 Meters

1. Sophie Liao	7.43	2023
2. Sophie Liao	7.48	2022
3. Sophie Liao	7.49	2022
4. Mahkaia Lee	7.51	2022
5. Mahkaia Lee	7.52	2022

200 Meters

1. Alyssa Bean	23.67	2023
2. Alyssa Bean	23.73	2023
3. Gabrielle Spencer	23.80	2022
4. Gabrielle Spencer	23.86	2022
5. Alyssa Bean	23.92	2023

300 Meters

1. Madiha Raza	46.68	2015
2. Kayla Denson	46.98	2015
3. Raven Adams	47.48	2015

400 Meters

1. Alyssa Bean	53.41	2023
2. Alyssa Bean	53.69	2023
3. Alyssa Bean	54.91	2023
4. Sarah Mosteller	55.01	2023
5. Sarah Mosteller	55.48	2023

500 Meters

Savana Dutton	1:21.42	2023
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600 Meters

1. Juliette Noyer	1:36.40	2022
2. Juliette Noyer	1:36.88	2020
3. Savanna Perez	1:38.55	2019

800 Meters

1. Jennifer Beckingham	2:11.87	2016
2. Aliyah Williams	2:14.10	2023
3. Juliette Noyer	2:15.40	2020
4. Juliette Noyer	2:15.70	2020
5. Aliyah Williams	2:15.82	2023

3000 Meters

1. Kai Bohannon	9:44.65	2018
2. Jennifer Beckingham	9:47.06	2016
3. Jennifer Sandoval	9:48.97	2017
4. Jennifer Sandoval	9:49.34	2019
5. Kai Bohannon	9:50.07	2018

5000 Meters

1. Jennifer Sandoval	16:24.85	2020
2. Jeanette Zambrano	16:46.40	2020
3. Jennifer Sandoval	17:03.70	2020
4. Jennifer Sandoval	17:07.29	2018
5. Jeanette Zambrano	17:21.23	2020

One Mile

1. Kai Bohannon	4:59.17	2018
2. Jennifer Beckingham	5:00.02	2016
3. Jennifer Sandoval	5:03.73	2018
4. Jeanette Zambrano	5:07.39	2020
5. Jennifer Sandoval	5:07.41	2020

60-Meter Hurdles

1. Osayi Omorodion	8.47	2023
2. Brittany Brown	8.48	2018
T-3. Osayi Omorodion	8.50	2023
T-3. Brittany Brown	8.50	2018
4. Brittany Brown	8.51	2018
5. Brittany Brown	8.61	2018

4x400 Meter Relay

1.	3:43.91	2023
Sarah Mosteller, Kaiya Johnson, Alyssa Bean, Aliyah Williams		
2.	3:45.16	2022
Sydney Bentley, Sarah Mosteller, Kaiya Johnson, Gabrielle Spencer		
3.	3:47.80	2020
Daryia Greene, Diamond Tabron, Deborah Cornish, Sydney Bentley		
4.	3:48.66	2020
Diamond Tabron, Daryia Greene, Lonsha Bradford, Sydney Bentley		

Distance Medley Relay

1.	11:58.67	2019
Jeanette Zambrano, Mikayla Akers, Savanna Perez, Kai Bohannon		
2.	12:19.40	2020
Juliette Noyer , Deborah Cornish, Mikayla Akers, Savanna Perez		
3.	12:25.58	2018
Kai Bohannon, Lovenie Dantes, Mikayla Akers, Savanna Perez		

FIELD EVENTS

High Jump

1. Lina Schubert	1.77m	5'9.6"	2023
2. Emma Sutherland	1.75m	5'8.75"	2015
3. Lina Schubert	1.73m	5'8"	2022
4. Lina Schubert	1.73m	5'8"	2023
5. Emma Sutherland	1.72m	5'7.75"	2015

Long Jump

1. Emilia Sjostrand	6.48m	21'3.25"	2023
2. Emilia Sjostrand	6.29m	20'7.75"	2023
3. Emilia Sjostrand	6.27m	20'7"	2023
4. Mahkaia Lee	6.26m	20'6.5"	2022
5. Destiny Longmire	6.24m	20'5.75"	2018

Triple Jump

1. Emilia Sjostrand	13.98m	45'10.5"	2023
2. Emilia Sjostrand	13.93m	45'8.5"	2023
3. Emilia Sjostrand	13.87m	45'6.25"	2023
4. Emilia Sjostrand	13.77m	45'2.25"	2023
5. Emilia Sjostrand	13.71m	44'11.75"	2023

Shot Put

1. Jasmine Pharms	15.76m	51'8.5"	2020
2. Jasmine Pharms	15.61m	51'2.75"	2020
3. Jasmine Pharms	15.48m	50'9.5"	2020
4. Jasmine Pharms	15.37m	50'5.25"	2020
5. Jasmine Pharms	14.86m	48'9"	2020

Weight Throw

1. Jasmine Pharms	16.92m	55'6.25"	2020
2. Grace Togia	16.90m	55'5.5"	2022
3. Grace Togia	16.52m	54'2.5"	2022
4. Grace Togia	16.19m	53'1.5"	2022
5. Grace Togia	16.16m	53'0.25"	2022



MEN'S

All-Time Indoor Records

ALL-TIME TRACK EVENTS

60 Meters

1. Roman Johnson	6.66	2022
2. Ron Whitaker	6.70	1976
3. Cameron Tarver	6.74	2023
4. Shamond Brooks Jr.	6.80	2023
5. Paul McCants	6.89	2022

200 Meters

1. Cameron Tarver	20.87	2023
2. Chris Coats	21.01	2023
3. Jeremiah Walker	21.08	2023
4. Jaden Smith	21.53	2023
5. Paul McCants	21.56	2022

400 Meters

1. Chris Coats	46.27	2023
2. Tommie Smith	46.44	1967
3. Jaden Smith	47.68	2023
4. Nicholas Harper	47.94	2022
5. Jeremiah Walker	48.04	2023

600 Meters

1. Jeffrey Page	1:22.25	2019
2. Javier Ubaldo	1:23.90	2019
3. Iman Bayat	1:24.25	2020

800 Meters

1. Christian Rodriguez	1:53.01	2022
2. Iman Bayat	1:55.65	2020
3. Christopher Malone	1:55.97	2023
4. Jose Pina	1:57.78	2020
5. Javier Ubaldo	1:58.90	2019

3000 Meters

1. Craig Huff	8:28.05	2019
2. Jose Pina	8:30.09	2019
3. Charlie Pope	8:34.12	2019
4. Edgar Bonilla	8:44.11	2019
5. Luis Chavez	8:44.53	2019

5000 Meters

Jose Pina	14:58.02	2020
Huruy Zeratision	16:37.16	2019

One Mile

1. Ben Tucker	4:05.64	1964
2. Pete Santos	4:08.84	1968
3. Joe Neff	4:10.34	1965

60-Meter Hurdles

1. Demaris Waters	7.72	2023
2. Dedy Cooper	7.74	1977
3. Micah Hairston	7.96	2022

4x400 Meter Relay†

1.	3:08.30	2023
Christopher Coats, Jaden Smith, William Mullins, Jeremiah Walker		
2.	3:12.79	2023
Harry Overstreet, Christopher Coats, Jaden Smith, Jeremiah Walker		
3.	3:12.87	2022
Nicholas Harper, Bashar Barksdale, Harry Overstreet , Mekhi Evans-Bey		
4.	3:15.00	2022
Nicholas Harper, Bashar Barksdale, Mikael Tyler, Mekhi Evans-Bey		
5.	3:18.06	2023
Cameron Tarver, Christopher Coats, Jaden Smith, William Mullins		

Distance Medley Relay†

1.	10:04.51	2020
Luis Chavez, Mikael Tyler, Iman Bayat, Omar Pina		
2.	10:19.26	2019
Luis Chavez, Peter Handy, Jeffrey Page, Edgar Bonilla		
3.	10:34.58	2023
Michael Chadwick, William Mullins, Chris Malone, Amelio Chio		

ALL-TIME FIELD EVENTS

High Jump

1. Ron Livers	2.235m	7'4"	1976
2. Joel Wyrick	2.159m	7'1"	1981
3. Thurlis Gibbs	2.13m	7'0"	1979
4. Kyle Jankans	2.14m	7'0.25"	2022
5. Keith Nelson	2.08m	6'10"	1976

Long Jump

1. Ajamu Reed	7.82m	25'8"	2023
2. Marlon Anderson	7.55m	24'9.5"	1969
3. James Burbank	7.28m	23'10.6"	2020
4. Chuck Sundsten	7.27m	23'10.5"	1971
5. Curtis Davis	7.19m	23'7"	1974

Triple Jump

1. Ron Livers	16.88m	55'4.5"	1978
2. Mike Marlow	16.10m	52'10"	1977
3. Craig Fergus	15.42m	50'7"	1977
4. Adrian Porter	15.08m	49'5.25"	1969
5. Les Bond	14.98m	49'2"	1965

Pole Vault

1. Felix Bohni	5.64m	18'5.5"	1983
2. Dan Ripley	5.51m	18'1.0"	1975
3. Chris Papanicolaou	5.22m	17'1.5"	1969
4. Sam Caruthers	5.21m	17'1.25"	1970
5. Greg Woepse	5.18m	17'0"	1977

Shot Put

1. Jim Doehring	19.84m	65'10"	1985
2. Ron Semkiw	19.12m	62'9"	1976
3. Richard Marks	18.73m	61'5.5"	1970
4. Pat Kelso	17.91m	58'9.25"	1964
5. Greg Born	17.42m	57'2"	1972

Weight Throw

1. Kjell Bystedt	21.24m	69'7.5"	1985
2. Fred Schumacher	20.37m	66'10"	1987
3. Bryson Smith	19.08m	62'7"	2023
4. Bryan Quintero	17.01m	55'9.75"	2022
5. Gabriel Coronado	16.73m	55'9.75"	2022



HISTORICAL EVENTS

50 Meters

Kirk Clayton	5.7	1970
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50 Yards

1. Kirk Clayton	5.0	1970
2. John Carlos	5.3	1969
3. Ronnie Ray Smith	5.3	1969
4. Ed Moody	5.3	1963
5. Wayne Herman	5.4	1963

60 Yards

1. John Carlos	5.9	1969
T-2. Kirk Clayton	6.0	1971
T-2. Ronnie Ray Smith	6.0	1969
T-4. Sam Davis	6.1	1968
T-4. Bob Griffin	6.1	1968
T-4. Tommie Smith	6.1	1967

160 Yards

Wayne Herman	16.4	1966
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440 Yards

1. Tommie Smith	46.2	1967
2. Lee Evans	47.6	1969
3. Elmo Dees	47.9	1971
4. Tom Knowles	48.4	1964
5. Larry Walls	52.6	1968

300 Yards

John Carlos	31.9	1968
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500 Yards

1. Lee Evans	55.6	1968
2. Tommie Smith	57.9	1967
3. Tom Knowles	58.2	1964
4. Ron Whitaker	59.2	1976
5. Jim Love	60.4	1964

600 Yards

Lee Evans	1:09.44	1968
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880 Yards

1. Neville Myton	1:49.8	1970
2. Joe Neff	1:56.4	1966
3. Lee Marshall	2:02.0	1971

1000 Yards

John Garrison	2:08.8	1964
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Two Mile

Danny Murphy	8:47.3	1963
Ben Tucker	9:01.4	1964

50-Yard High Hurdles

Sam Caruthers	6.1	1970
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60-Yard High Hurdles

T-1. Dedy Cooper	7.0	2/4/1977
T-1. George Carty	7.0	2/1/1969
3. Sam Caruthers	7.2	1/25/1970
4. Ricky Rogers	7.3	1/7/1969
5. Greg Tinnin	7.4	1/25/1974

120-Yard High Hurdles

George Carty	13.8	1971
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MEN'S

All-Time Indoor Performances

ALL-TIME TRACK EVENTS

60 Meters

1. Roman Johnson	6.66	2022
2. Roman Johnson	6.68	2023
3. Ron Whitaker	6.70	1976
4. Roman Johnson	6.73	2023
T-5. Cameron Tarver	6.74	2023
T-5. Roman Johnson	6.74	2023

200 Meters

1. Cameron Tarver	20.87	2023
2. Cameron Tarver	20.91	2023
3. Cameron Tarver	20.98	2023
4. Chris Coats	21.01	2023
5. Chris Coats	21.07	2023

400 Meters

1. Chris Coats	46.27	2023
2. Tommie Smith	46.44	1967
3. Chris Coats	47.37	2023
4. Jaden Smith	47.68	2023
5. Jaden Smith	47.80	2023

600 Meters

1. Jeffrey Page	1:22.25	2019
2. Javier Ubaldo	1:23.90	2019
3. Iman Bayat	1:24.25	2020

800 Meters

1. Christian Rodriguez	1:53.01	2022
2. Iman Bayat	1:55.65	2020
3. Christopher Malone	1:55.97	2023
4. Christopher Malone	1:56.69	2023
5. Jose Pina	1:57.78	2020

3000 Meters

1. Craig Huff	8:28.05	2019
2. Jose Pina	8:30.09	2019
3. Craig Huff	8:31.36	2019
4. Charlie Pope	8:34.12	2019
5. Jose Pina	8:37.17	2020

5000 Meters

Jose Pina	14:58.02	2020
Huruy Zeratisation	16:37.16	1970

One Mile

1. Ben Tucker	4:05.64	1964
2. Pete Santos	4:08.84	1968
3. Joe Neff	4:10.34	1965

60-Meter Hurdles

1. Demaris Waters	7.72	2023
2. Dedy Cooper	7.74	1977
3. Demaris Waters	7.80	2023
4. Micah Hairston	7.96	2022

4x400 Meter Relay†

1.	3:08.30	2023	Christopher Coats, Jaden Smith, William Mullins, Jeremiah Walker
2.	3:12.79	2023	Harry Overstreet, Christopher Coats, Jaden Smith, Jeremiah Walker

3.	3:12.87	2022	Nicholas Harper, Bashar Barksdale, Harry Overstreet , Mekhi Evans-Bey
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4.	3:15.00	2022	Nicholas Harper, Bashar Barksdale, Mikael Tyler, Mekhi Evans-Bey
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5.	3:18.06	2023	Cameron Tarver, Christopher Coats, Jaden Smith, William Mullins
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Distance Medley Relay†

1.	10:04.51	2020	Luis Chavez, Mikael Tyler, Iman Bayat, Omar Pina
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2.	10:19.26	2019	Luis Chavez, Peter Handy, Jeffrey Page, Edgar Bonilla
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3.	10:34.58	2023	Michael Chadwick, William Mullins, Chris Malone, Amelio Chio
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ALL-TIME FIELD EVENTS

High Jump

1. Ron Livers	2.235m	7'4"	1976
2. Joel Wyrick	2.159m	7'1"	1981
3. Thurlis Gibbs	2.13m	7'0"	1979
4. Kyle Jankans	2.14m	7'0.25"	2022
5. Keith Nelson	2.08m	6'10"	1976

Long Jump

1. Ajamu Reed	7.82m	25'8"	2023
2. Ajamu Reed	7.70m	25'3"	2023
3. Marlon Anderson	7.55m	24'9.5"	1969
4. Ajamu Reed	7.33m	24'05"	2023
5. James Burbank	7.28m	23'10.6"	2020

Triple Jump

1. Ron Livers	16.88m	55'4.5"	1978
2. Mike Marlow	16.10m	52'10"	1977
3. Craig Fergus	15.42m	50'7"	1977
4. Adrian Porter	15.08m	49'5.25"	1969
5. Les Bond	14.98m	49'2"	1965

Pole Vault

1. Felix Bohni	5.64m	18'5.5"	1983
2. Dan Ripley	5.51m	18'1.0"	1975
3. Chris Papanicolaou	5.22m	17'1.5"	1969
4. Sam Caruthers	5.21m	17'1.25"	1970
5. Greg Woepse	5.18m	17'0"	1977

Shot Put

1. Jim Doehring	19.84m	65'10"	1985
2. Ron Semkiw	19.12m	62'9"	1976
3. Richard Marks	18.73m	61'5.5"	1970
4. Pat Kelso	17.91m	58'9.25"	1964
5. Greg Born	17.42m	57'2"	1972

Weight Throw

1. Kjell Bystedt	21.24m	69'7.5"	1985
2. Fred Schumacher	20.37m	66'10"	1987
3. Bryson Smith	19.08	62'7"	2023
3. Bryson Smith	18.60m	61'0.25"	2022
4. Bryson Smith	18.47m	60'7.25"	2023



HISTORICAL EVENTS

50 Meters

Kirk Clayton 5.7 1970

50 Yards

1. Kirk Clayton 5.0 1970
2. John Carlos 5.3 1969
3. Ronnie Ray Smith 5.3 1969
4. Ed Moody 5.3 1963
5. Wayne Herman 5.4 1963

60 Yards

1. John Carlos 5.9 1969
T-2. Kirk Clayton 6.0 1971
T-2. Ronnie Ray Smith 6.0 1969
T-4. Sam Davis 6.1 1968
T-4. Bob Griffin 6.1 1968
T-4. Tommie Smith 6.1 1967

160 Yards

Wayne Herman 16.4 1966

440 Yards

1. Tommie Smith 46.2 1967
2. Lee Evans 47.6 1969
3. Elmo Dees 47.9 1971
4. Tom Knowles 48.4 1964
5. Larry Walls 52.6 1968

300 Yards

John Carlos 31.9 1968

500 Yards

1. Lee Evans 55.6 1968
2. Tommie Smith 57.9 1967
3. Tom Knowles 58.2 1964
4. Ron Whitaker 59.2 1976
5. Jim Love 60.4 1964

600 Yards

Lee Evans 1:09.44 1968

880 Yards

Neville Myton 1:49.8 1970
Joe Neff 1:56.4 1966
Lee Marshall 2:02.0 1971

1000 Yards

John Garrison 2:08.8 1964

Two Mile

Danny Murphy 8:47.3 1963
Ben Tucker 9:01.4 1964

50-Yard High Hurdles

Sam Caruthers 6.1 1970

60-Yard High Hurdles

T-1. Dedy Cooper 7.0 1977
T-1. George Carty 7.0 1969
3. Sam Caruthers 7.2 1970
4. Rickey Rogers 7.3 1969
5. Greg Tinnin 7.4 1974

120-Yard High Hurdles

George Carty 13.8 1971

