



TRACK AND FIELD

CAREER OUTDOOR TOP 10

100-METER DASH

1.	Octavious Freeman	10.87	June 21, 2013
2.	Raynia Jones	10.94	May 14, 2023
3.	Aurieyall Scott	11.14	June 5, 2013
4.	Beyonce Defreitas	11.16	Apr. 1, 2023
5.	Kaylor Harris	11.27	May 25, 2023
6.	Janyah Jasper	11.28	April 22, 2023
7.	Daija Lampkin	11.31	May 14, 2023
8.	Sheila Paul	11.35	May 12, 2011
9.	Shian Hyde	11.37	April 12, 2019
10.	Briana Vaughn	11.38	April 17, 2014
	Ani Wells	11.38	Apr. 29, 2023

200-METER DASH

1..	Latasha Smith	22.09	May 14, 2023
2.	Aurieyall Scott	22.46	June 22, 2013
3.	Octavious Freeman	22.55	May 23, 2013
4.	Raynia Jones	22.64	May 14, 2023
5.	Beyonce Defreitas	22.81	May 14, 2023
6.	Kiah Williams	22.95	March 22, 2024
7.	J'Nea Bellamy	23.06	May 14, 2015
8.	Daija Lampkin	23.16	Mar. 25, 2023
9.	Sheila Paul	23.25	May 24, 2012
10.	SheKara Martin	23.36	May 12, 2016

400-METER DASH

1.	Latasha Smith	51.21	May 14, 2023
2.	Kiah Williams	51.32	April 12, 2024
3.	Afia Charles	52.49	May 9, 2013
4.	Ashley Jocelyn	52.92	May 14, 2015
5.	Danielle Bess	53.32	April 23, 2022
6.	Valerie Beau brun	53.90	2002
7.	Aurieyall Scott	53.96	March 25, 2011
8.	Champelle Brown	54.26	March 25, 2011
9.	Samieriah Bradwell	54.36	May 14, 2022
10.	Rosie Chamberlain	54.69	May 12, 2017

800-METER RUN

1.	Rosie Chamberlain	2:04.19	April 13, 2017
2.	Ne'Ausha Logna	2:06.37	April 13, 2013
3.	Erica Wintson	2:06.86	May 2, 2014
4.	Shantile Blackburn	2:06.96	April 11, 2009
5.	Caitlin Pinnell	2:07.28	April 10, 2021
6.	Amelia Williams	2:07.48	May 14, 2015
7.	Charlotte Crook	2:07.64	April 10, 2021
8.	Karin Dobiasch	2:08.88	March 30, 2024
9.	Carley Dart	2:08.92	April 17, 2010
10.	Mariana Rodriguez	2:09.02	April 15, 2023

1500-METER RUN

1.	Charlotte Crook	4:19.30	May 26, 2022
2.	Anne-Marie Blaney	4:21.64	Jan. 27, 2017
3.	Valerie Lastra	4:26.75	April 16, 2021
4.	Mariana Rodriguez	4:26.94	Apr. 28, 2023
5.	Lillian Holtery	4:29.00	Mar. 30, 2023
6.	Amirah Johnson	4:29.83	Feb. 28, 2016
7.	Rosie Chamberlain	4:31.03	Jan. 20, 2017
8.	Kendall Hughes	4:33.10	Apr. 28, 2023
9.	Shantile Blackburn	4:33.61	May 10, 2009
10.	Isabella Richardson	4:33.83	Mar. 30, 2023

3,000-METER RUN

1.	Valerie Lastra	9:58.73	March 19, 2022
2.	Kalleigh Forrester	10:08.93	April 28, 2017
3.	Laura Korsmit	10:10.24	April 24, 2015
4.	Ali Del Re	10:11.09	April 17, 2021
5.	Heather Classes	10:13.18	April 20, 2013
6.	Jenny Clausen	10:13.59	April 28, 2007
7.	Astrid Claessens	10:15.97	2004
8.	Victoria Jung	10:16.30	March 22, 2019
9.	Ocean Cohen	10:18.14	April 17, 2010
10.	Brittany Gill	10:21.75	April 28, 2017

5,000-METER RUN

1.	Anne-Marie Blaney	15:43.61	April 13, 2017
2.	Valerie Lastra	16:55.94	April 29, 2021
3.	Holly Wooley	16:57.04	April 1, 2016
4.	Ali Del Re	17:02.01	March 29, 2024
5.	Sonja Shedden	17:03.50	2001
6.	Anne Panaggio	17:21.34	1999
7.	Isabella Richardson	17:22.04	March, 29, 2024
8.	Jenny Clausen	17:22.74	2007
9.	Victoria Jung	17:32.06	April 19, 2019
10.	Mariana Rodriguez	17:35.17	April 21, 2023

10,000-METER RUN

1.	Anne-Marie Blaney	33:18.81	April 21, 2017
2.	Sonja Shedden	35:08.81	2001
3.	Jenny Clausen	35:41.00	2008
4.	Holly Wooley	36:09.08	May 12, 2016
5.	Ocean Cohen	36:20.88	April 20, 2010
6.	Sara Dillman	36:41.26	2004
7.	GeAna Rivera	38:47.59	2000
8.	Allison Palmer	39:37.66	2008
9.	Jocelyn Adona	39:49.60	March 22, 2013
10.	Ashton McMurray	40:03.44	May 12, 2016

100-METER HURDLES

1.	Raynia Jones	12.63	Apr. 29, 2023
2.	Jackie Coward	12.81	Mar. 9, 2012
3.	Kaylor Harris	13.01	May 14, 2023
4.	Tiki James	13.03	Mar. 7, 2009
5.	Lutisha Bowen	13.15	Feb. 23, 2013
	Selena Wright	13.15	May. 14, 2023
7.	Karessa Farley	13.22	Mar. 5, 2011
8.	Alexis Woodley	13.24	May 16, 2021
9.	Alicia Coleman	13.40	May 14, 2023
10.	Mica Wimberly	13.41	May 12, 2011
	Y'Vette Harris	13.63	March 22, 2024

400-METER HURDLES

1.	Sandy Jean-Claude	57.07	May 23, 2013
2.	Jackie Coward	57.59	May 12, 2011
3.	Selena Wright	57.64	May 13, 2022
4.	Devinn Cartwright	58.74	April 16, 2015
5.	Devin D'Oliveira	58.80	May 10, 2019
6.	Ebony Crear	58.90	May 12, 2017
7.	Lizzie Harris	58.92	April 3, 2009
8.	Aisha Frazier	59.20	May 13, 2010
9.	Kellie Marzetta	59.34	2001
10.	Victoria Chin	59.60	2007



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CAREER OUTDOOR TOP 10

3000-METER STEEPLECHASE

1.	Kalleigh Forrester	10:38.07	April 13, 2017
2.	Brenna Mullaney	10:47.59	March 29, 2024
3.	Andrea Morrow	10:50.27	2004
4.	Victoria Jung	10:52.37	May 15, 2021
5.	Jamie Rzepecki	11:02.66	April 2, 2010
6.	Astrid Claessens	11:21.98	2005
7.	Elizabeth Miller	11:22.61	2008
8.	Amy Giles	11:44.93	2004
9.	Claire Castillo	11:45.67	April 24, 2015
10.	Teresa Huff	11:46.38	May 11, 2012

HIGH JUMP

1.	Lizzie Harris	5-11.25/1.81m	May 15, 2009
	Ann Louise Larsen	5-11.25/1.81m	April 16, 2005
	LesSundra Ford	5-11.25/1.81m	March 27, 2007
4.	Natosha Jordan	5-9.25/1.76m	April 20, 2018
5.	Natalia Madison	5-8.75/1.75m	April 16, 2022
	Allison Lampert	5-8.75/1.75m	May 9, 2013
7.	Sonnisha Williams	5-8/1.73m	May 11, 2012
	Kaliah Jones	5-8/1.73m	March 25, 2023
9.	Kelly Roloff	5-7.25/1.70m	2002
10.	Brittany Floyd	5-5.75/1.67m	March 25, 2022
	Holly Cassels	5-5.75/1.67m	April 7, 2023

POLE VAULT

1.	Katie Fowke	12-5.5/3.80m	April 22, 2006
2.	Erica Weiss	12-4.75/3.78m	March 17, 2012
3.	Paige Byrnes	12-4.5/3.77m	May 4, 2016
4.	Anna Chamness	12-3.5/3.75m	April 13, 2018
5.	Madison Bryan	11-7.75/3.55m	April 27, 2018
6.	London Enos	11-5.75/3.50m	March 25, 2011
	Tracy Fischler	11-5.75/3.50m	April 29, 2006
8.	Michelle Teuton	10-11.75/3.35m	April 15, 2006
	Kelsey Bealert	10-11.75/3.35m	April 15, 2006
10.	Bailey Ranson	10-8/3.25m	March 17, 2017
	Brittney McDermott	10-8/3.25m	2009

LONG JUMP

1.	Sonnisha Williams	21-7.5/6.59m	May 11, 2012
2.	Alexis Faulknor	21-4.75/6.52m	May 9, 2013
3.	Jen Clayton	21-3.5/6.49m	May 9, 2013
4.	Asherah Collins	21-2/6.45m	March 29, 2024
5.	Jasmine Scott-Kilgo	20-11.25/6.38m	Mar. 17, 2023
6.	Dione Thomas	20-7.25/6.28m	2009
7.	Jacquelyn Gilchrist	20-6.25/6.25m	June 6, 2012
8.	Brittany Floyd	20-1.5/6.13m	April 9, 2022
9.	Diana Chin	20-0.25/6.10m	April 30, 2015
10.	Octavious Freeman	19-10.25/6.05m	March 23, 2012
	Leiya Green	19-10.25/6.05m	Apr. 28, 2023

TRIPLE JUMP

1.	Asherah Collins	43-7.50/13.48m	June 10, 2023
2.	Jasmine Scott-Kilgo	43-7.25/13.29m	Mar. 24, 2023
3.	Dione Thomas	43-5.75/13.25m	May 31, 2009
4.	Kiara Lee	42-0.5/12.81m	March 20, 2021
5.	Natalia Madison	41-11.25/12.78m	April 22, 2023
6.	Jen Clayton	41-3.25/12.58m	May 9, 2013
7.	Jacquelyn Gilchrist	40-2.5/12.56m	March 23, 2012
	LaTrica Firby	41-2.5/12.56m	2002
9.	Tomika Story	41-1.75/12.54m	May 24, 2012
10.	Daneesha Davidson	41-0.25/12.50m	April 26, 2019

SHOT PUT

1.	Jhane' Carter	51-7.75/15.74m	May 12, 2016
2.	Lakendra Thames	51-4.25/15.65m	May 13, 2010
3.	Kelsey Poljanek	49-3.75/15.03m	2009
4.	Precious Ogunleye	48-9/14.86m	April 28, 2012
5.	Shanell Atkins	48-1.25/14.66m	March 16, 2018
6.	Courtney Morgan	47-6.5/14.49m	March 22, 2018
7.	Megan Patterson	47-6.5/14.49m	May 9, 2013
8.	Tara Daniels	47-11/14.60m	March 25, 2016
9.	Tiffany Roebuck	47-2.5/14.38m	2005
10.	Destinee Romain	46-10.25/14.28m	March 28, 2014

DISCUS

1.	Adrienne Adams	189-6/57.76m	March 24, 2023
2.	Lakendra Thames	174-4/53.14m	May 13, 2010
3.	Kelsey Poljanek	170-2/51.86m	April 23, 2009
4.	Precious Ogunleye	156-8/47.75m	April 21, 2012
5.	Nicole Whitaker	156-5/47.67m	May 15, 2022
6.	Tayla Greene	156-1/47.58m	March 25, 2016
7.	Tiffany Roebuck	153-8/46.83m	2004
8.	Satrina Oliveira	153-6/46.80m	May 11, 2012
9.	Jessica Francis	152-11/46.62m	March 20, 2010
10.	Kelly Kobia	150-6/45.87m	1997

HAMMER THROW

1.	Gabby Durant	200-6/61.12m	April 20, 2018
2.	Chelsea Gobourne	198-1/60.37m	March 30, 2017
3.	Tayla Greene	196-6/59.90m	March 31, 2016
4.	Chloe Hill	193-0/58.84m	April 1, 2022
5.	Jhane' Carter	192-7/58.71m	May 10, 2019
6.	Kalen Hambrick	192-5/58.64m	May 26, 2016
7.	Tiffany Roebuck	192-3/58.61m	March 24, 2006
8.	Precious Ogunleye	184-2/56.13m	May 3, 2013
9.	Destinee Romain	181-11/55.45m	April 26, 2014
10.	Rian Thomas	178-3/54.33m	2004

JAVELIN

1.	Jenna Lucas	149-7/45.59m	April 24, 2015
2.	Brittany Floyd	142-3/43.36m	May 14, 2022
3.	Precious Williams	139-11/42.65m	March 30, 2017
4.	Siaina Campbell	134-6/41.01m	April 19, 2014
5.	Amber Twyner	133-2/40.60m	1997
6.	Kelly Kobia	131-3/40.00m	1997
7.	Jamie Pew	129-5/39.44m	2002
8.	Taylor Bartolotta	125-7/38.29m	March 26, 2010
9.	Michelle Olandese	112-11/34.41m	April 29, 2005
10.	Holly Cassels	112-6/34.30m	March 18, 2022

HEPTATHLON

1.	Brittany Floyd	5,643 pts.	April 9 2022
2.	Natalia Madison	5,247 pts.	May 14, 2023
3.	Jamie Pew	5,233 pts.	2003
4.	Holly Cassels	5,185 pts.	April 6, 2024
5.	Kelly Roloff	5,091 pts.	2006
6.	Y'Vette Harris	5,076 pts.	April 6, 2024
7.	Natosha Jordan	4,980 pts.	May 11, 2018
8.	Kayla Pritchett	4,744 pts.	May 12, 2016
9.	Samantha Shields	4,578 pts.	May 13, 2010
10.	Sheree Carter	4,512 pts.	2007



TRACK AND FIELD

CAREER OUTDOOR TOP 10

Jean, Scott

4X100-METER RELAY

1.	Faulknor, Scott Charles, Freeman	43.15	June 5, 2013
2.	Jones, Hollback Defreitas, Wilsom	43.22	June 8, 2022
3.	Lampkin, Jones Defreitas, Wilson	43.26	April 22, 2023
4.	Freeman, Scott Bowen, Faulknor	43.32	March 22, 2013
5.	Booker, Freeman Scott, Paul	43.35	April 21, 2012
6.	Booker, Scott Layne, Paul	43.42	May 12, 2011
7.	Faulknor, Scott Charles, Freeman	43.48	May 9, 2013
8.	Booker, Freeman Scott, Coward	43.58	March 23, 2012
9.	Williams, Holback Defreitas, Gallmon	43.72	May 23, 2019
10.	Booker, Scott Paul, Smith	43.73	March 25, 2011

4X200-METER RELAY

1.	Booker, Scott Layne, Paul	1:32.81	April 2, 2011
2.		1:33.83	April 6, 2012
3.		1:34.71	April 4, 2013
4.		1:35.05	March 31, 2016
5.		1:35.62	March 30, 2017
6.	Wimberly, Thomas Adaramola, Harris	1:36.34	April 25, 2008
7.		1:36.47	April 2, 2010
8.		1:37.45	April 20, 2010
9.	Adaramola, Rogan Thomas, Chin	1:39.08	March 30, 2007
10.	Rogan, Williams Crusoe, Chin	1:39.75	March 24, 2006

4X400-METER RELAY

1.	Lampkin, Williams Jones, Smith	3:31.42	April 15, 2023
2.	Williams, Smith Bess, Bradwell	3:31.88	April 16, 2022
3.	Jean, Nieuwendam Henry, Jocelyn	3:32.22	May 28, 2015
4.	Jean, Clayton Jocelyn, Charles	3:32.59	May 2, 2014
5.	Kirkland, Bess Bradwell, Smith	3:35.82	April 30, 2021
6.	Cartwright, Clayton Jean, Charles	3:35.99	April 3, 2014
7.	Brown, Williams Jean, Winston	3:36.37	May 26, 2011
8.	Charles, Freeman Logan, Jean	3:36.37	May 9, 2013
9.	Williams, Smith Kirkland, Bradwell	3:36.39	May 13, 2022
10.	Brown, Charles	3:36.76	April 28, 2011

4X800-METER RELAY

1.	Pauls, Logan Williams, Chamberlain	8:38.75	April 2, 2015
2.		8:42.00	March 30, 2017
3.	Soltis, Crook Jung, Pinnell	8:49.56	March 28, 2019
4.		8:49.87	March 29, 2018
5.		8:59.49	April 6, 2012
6.	Blackburn, Skinner Skinner, Dart	9:01.70	April 4, 2009
7.	Pinnell, Soltis Sanders, Crook	9:07.10	March 15, 2019
8.		9:08.13	April 4, 2013
9.	Blackburn, Dart Zieminski, Knapp	9:12.47	March 23, 2007
10.	Adaramola, Stinney Thomas, Green	9:16.30	2007

SHUTTLE HURDLE RELAY

1.	Harris, Coleman Madison, Jones	53.45	Mar. 30, 2023
1.	Farley, Coward Wimberly, Bolling	53.83	April 28, 2011
2.	Coward, James Wimberly, Harris	54.07	2009
3.	Wimberly, Carter Harris, V. Chin	56.72	April 24, 2008
	Pew, Dunn D. Chin, Culver	56.72	March 30, 2002

SPRINT MEDLEY

1.	Vaughn, Bellamy Charles, Winston	3:46.12	April 3, 2014
2.		3:46.52	April 4, 2013
3.	Paul, Coward Harris, Blackburn	3:53.16	March 24, 2009
4.		3:53.68	April 2, 2010
5.		3:54.43	April 1, 2011
6.	Adaramola, Harris Chin, Blackburn	3:57.40	April 24, 2008
7.		3:59.66	April 20, 2010
8.	Thomas, Adaramola Chin, Knapp	4:04.06	March 23, 2007
9.		4:07.15	April 2, 2015
10.	Halverson, Lewis Beaubrun, Kureshi	4:12.40	March 27, 1998

DISTANCE MEDLEY

1.	Kozub, Harris Blackburn, Zieminski	11:30.13	April 24, 2008
2.		11:37.48	March 30, 2017
3.		11:41.84	April 3, 2014
4.	Harrington, Kearney Kureshi, Shedden	12:06.86	March 17, 2001
5.		12:26.90	March 31, 2016