

# UK FRESHMAN RECORDS - WOMEN

## INDOOR

Event	Record Holder	Time/Mark	Year
55 Meters	Passion Richardson	6.78	1994
55-Meter Hurdles	Michelle Williams	7.83	1998
<b>60 Meters</b>	<b>Abby Steiner</b>	<b>7.30</b>	<b>2019</b>
<b>60-Meter Hurdles</b>	<b>Masai Russell</b>	<b>8.18</b>	<b>2019</b>
200 Meters	Sydney McLaughlin	22.68	2018
300 Meters	Sydney McLaughlin	36.12	2017 (December of 2017-18 season)
400 Meters	Sydney McLaughlin	50.36	2018
<b>800 Meters</b>	<b>Jenna Schwinghamer</b>	<b>2:07.55</b>	<b>2021</b>
<b>Mile</b>	<b>Tori Herman</b>	<b>4:39.52</b>	<b>2021</b>
3,000 Meters	Lisa Breiding	9:07.66	1986
5,000 Meters	Lynne Segreti	16:40.68	1986
Shot Put	Ashley Muffet	52-4 / 15.95m	2006
20 lb. Weight	Ashley Muffet	61-9 / 18.82m	2006
High Jump	Raina Turner	6-0 / 1.82m	1993
Long Jump	Ola Sesay	20-7.25 / 6.28m	1998
Triple Jump	Marie-Josée Ebwea-Bile	42-0.75 / 12.82m	2016
Pole Vault	Olivia Gruver	13-9.75 / 4.21m	2016
<b>Pentathlon</b>	<b>Annika Williams</b>	<b>3752</b>	<b>2020</b>

## OUTDOOR

Event	Record Holder	Time/Mark	Year
100 Meters	Kianna Gray	11.16	2018
100-Meter Hurdles	Jasmine Camacho-Quinn	12.69	2016
200 Meters	Sydney McLaughlin	22.39	2018
400 Meters	Sydney McLaughlin	50.07	2018
400-Meter Hurdles	Sydney McLaughlin	52.75	2018
800 Meters	Sherry Hoover	2:06.47	1986
<b>1,500 Meters</b>	<b>Tori Herman</b>	<b>4:14.12</b>	<b>2021</b>
Mile	Patricia Padorno	4:48.04	1987
3,000m Steeplechase	Amy Hansen	10:32.73	2014
5,000 Meters	Lisa Breiding	16:01.57	1986
10,000 Meters	Lynne Segreti	36:45.76	1986
Shot Put	Ashley Muffet	54-2.50	2006
Discus	Rebecca Famurewa	187-4 / 57.09m	2013
Javelin	Cindy Crapper	161-4 / 49.17m	1981
Javelin (Post 1985)	Sarah Blake	163-8/49.90m	2016
Hammer	Ashley Muffet	186-6 / 56.84m	2006
High Jump	Raina Turner	6-0.5 / 1.84m	1993
Long Jump	Sha'Keela Saunders	21-1.25 / 6.43m	2014
<b>Triple Jump</b>	<b>Sophie Galloway</b>	<b>42-9 / 13.04m</b>	<b>2022</b>
Pole Vault	Olivia Gruver	14-1.25 / 4.30m	2016
Heptathlon	Danielle Sampley	5377	2008

# UK FRESHMAN RECORDS - MEN

## INDOOR

Event	Record Holder	Time/Mark	Year
55 Meters	Tim Harden	6.26	1993
55-Meter Hurdles	Reggie Payton	7.47	1994
<b>60 Meters</b>	<b>Langston Jackson</b>	<b>6.58</b>	<b>2020</b>
<b>60-Meter Hurdles</b>	<b>Tai Brown</b>	<b>7.85</b>	<b>2019</b>
<b>200 Meters</b>	<b>Langston Jackson</b>	<b>20.58</b>	<b>2020</b>
<b>300 Meters</b>	<b>Dwight St. Hillaire</b>	<b>32.83</b>	<b>2017</b>
<b>400 Meters</b>	<b>Dwight St. Hillaire</b>	<b>46.20</b>	<b>2018</b>
800 Meters	James Doaty	1:47.93	2001
Mile	Lou Styles	4:05.18	2015
<b>3,000 Meters</b>	<b>Jake Allen</b>	<b>8:06.22</b>	<b>2021</b>
<b>5,000 Meters</b>	<b>Matt Duvall</b>	<b>14:18.71</b>	<b>2021</b>
4x400m Relay	Harden, Lindsey, Vaughn, Perry	3:19.02	1993
Distance Medley Relay	Spencer, Graves, Johnson, Morgan	9:52.83	1999
Shot Put	Jeff Chakouian	65-10.5 / 20.07m	2001
35 lb.Weight	Matt Kavanagh	64-4 / 19.60m	1997
High Jump	Michael Mason	7-2.25 / 2.19m	2005
Long Jump	Derrick Locke	25-5.25 / 7.75m	2008
<b>Triple Jump</b>	<b>Luke Brown</b>	<b>53-05 / 16.28m</b>	<b>2022</b>
Pole Vault	Matt Peare/Charles Moushey	16-10 / 5.13m	2018/2014
Heptathlon	Tim Duckworth	5454	2015

## OUTDOOR

Event	Record Holder	Time/Mark	Year
<b>100 Meters</b>	<b>Lance Lang/Jim Green</b>	<b>10.24/c</b>	<b>2021/1967</b>
<b>110-Meter Hurdles</b>	<b>Tai Brown</b>	<b>13.57</b>	<b>2019</b>
<b>200 Meters</b>	<b>Lance Lang</b>	<b>20.51</b>	<b>2021</b>
<b>400 Meters</b>	<b>Dwight St. Hillaire</b>	<b>44.55</b>	<b>2018</b>
400-Meter Hurdles	Jeff Ellis	50.39	1998
800 Meters	David Freeman	1:48.44	2001
1,500 Meters	Martin Clark	3:44.50	1982
Mile	Kendall Muhammad	4:03.28	2016
3,000m Steeplechase	Luis Orta	8:52.39	2009
<b>5,000 Meters</b>	<b>Matt Duvall</b>	<b>14:09.16</b>	<b>2021</b>
10,000 Meters	Dave Bensema	30:12.00	1978
Shot Put	Jeff Chakouian	66-0.50 / 20.12m	2001
Discus	Colin Boevers	181-4 / 55.27m	2008
Javelin	Raymond Dykstra	247-5 / 75.41m	2012
<b>Hammer</b>	<b>Logan Coles</b>	<b>208-01 / 63.43m</b>	<b>2022</b>
High Jump	Grant Lindsey	7-5 / 2.26m	2008
Long Jump	Derrick Locke	25-3.25 / 7.70m	2008
Triple Jump	Dwight Phillips	50-7.50 / 15.43m	1997
<b>Pole Vault</b>	<b>Keaton Daniel</b>	<b>18-08.25 / 5.45m</b>	<b>2021</b>
Decathlon	Tim Duckworth	7156	2015