

# 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                              |
| 60 Meters            | Abby Steiner              | 7.30                    | 2019                              |
| 60-Meter Hurdles     | Masai Russell             | 8.18                    | 2019                              |
| 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>                       |
| Mile                 | Tori Herman               | 4:39.52                 | 2021                              |
| 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                              |
| <b>20 lb. Weight</b> | <b>Kate Powers</b>        | <b>68-3.00 / 20.80m</b> | <b>2024</b>                       |
| 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                              |
| Pentathlon           | Annika Williams           | 4346                    | 2023                              |

## OUTDOOR

| Event               | Record Holder          | Time/Mark            | Year        |
|---------------------|------------------------|----------------------|-------------|
| 100 Meters          | Anthaya Charlton       | 11.11                | 2023        |
| 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        |
| 1,500 Meters        | Tori Herman            | 4:14.12              | 2021        |
| 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        |
| <b>Hammer</b>       | <b>Kate Powers</b>     | <b>210-2/64.05m</b>  | <b>2024</b> |
| 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        |
| 60 Meters             | Jordan Anthony                   | 6.55                  | 2023        |
| 60-Meter Hurdles      | Tai Brown                        | 7.85                  | 2019        |
| 200 Meters            | Langston Jackson                 | 20.58                 | 2020        |
| 300 Meters            | Dwight St. Hillaire              | 32.83                 | 2017        |
| 400 Meters            | Dwight St. Hillaire              | 46.20                 | 2018        |
| 800 Meters            | James Doaty                      | 1:47.93               | 2001        |
| Mile                  | Lou Styles                       | 4:05.18               | 2015        |
| <b>3,000 Meters</b>   | <b>Ed Bird</b>                   | <b>7:59.99</b>        | <b>2024</b> |
| <b>5,000 Meters</b>   | <b>Ed Bird</b>                   | <b>14:07.69</b>       | <b>2024</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        |
|---------------------|----------------------|-------------------------|-------------|
| 100 Meters          | Jordan Anthony       | 10.16                   | 2023        |
| 110-Meter Hurdles   | Tai Brown            | 13.57                   | 2019        |
| 200 Meters          | Lance Lang           | 20.51                   | 2021        |
| 400 Meters          | Dwight St. Hillaire  | 44.55                   | 2018        |
| 400-Meter Hurdles   | Jeff Ellis           | 50.39                   | 1998        |
| 800 Meters          | David Freeman        | 1:48.44                 | 2001        |
| <b>1,500 Meters</b> | <b>Ed Bird</b>       | <b>3:43.38</b>          | <b>2024</b> |
| Mile                | Kendall Muhammad     | 4:03.28                 | 2016        |
| 3,000m Steeplechase | Luis Orta            | 8:52.39                 | 2009        |
| <b>5,000 Meters</b> | <b>Ed Bird</b>       | <b>13:51.24</b>         | <b>2024</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           | Jordan Turner        | 26-4.50 / 8.04m         | 2023        |
| 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        |