



OUTDOOR RECORDS

100m

| | | | |
|-----|------------|---------------------------|-------------|
| 1. | 11.47..... | Haley Bishop | 2022 |
| 2. | 11.52..... | Madison Fuller | 2021 |
| 3. | 11.80..... | Anna Carr | 2010 |
| 4. | 11.89..... | Taylor Jackson | 2011 |
| 5. | 11.92..... | Sophia Falco | 2018 |
| 6. | 11.93..... | Andrea Rosemond | 2005 |
| 7. | 11.97..... | Melissa Mailand | 1998 |
| 8. | 11.98..... | Ryan Tolbert | 1996 |
| 9. | 12.21..... | Andrea Andrews | 2001 |
| 10. | 12.22..... | Ella Escobar | 2023 |

800m

| | | | |
|-----|--------------|-------------------------|------|
| 1. | 2:04.02..... | Courtney Clayton | 2017 |
| 2. | 2:04.35..... | Ruby Stauber | 2021 |
| 3. | 2:04.53..... | Jennifer Edobi | 2019 |
| 4. | 2:05.16..... | Taiya Shelby | 2022 |
| 5. | 2:05.54..... | Rita Jorgensen | 2011 |
| 6. | 2:05.91..... | Grace Jensen | 2022 |
| 7. | 2:06.06..... | Stacey Carpenter | 1998 |
| 8. | 2:06.22..... | Reagan Bustamante | 2018 |
| 9. | 2:06.25..... | Haley Walker | 2019 |
| 10. | 2:07.84..... | Kat Delaney | 2015 |

200m

| | | | |
|-----|------------|------------------------|------|
| 1. | 23.20..... | Haley Bishop | 2022 |
| 2. | 23.49..... | Ryan Tolbert | 1996 |
| 3. | 23.64..... | Madison Fuller | 2021 |
| 4. | 23.90..... | Jennifer Edobi | 2018 |
| 5. | 24.18..... | Anna Carr | 2010 |
| 6. | 24.25..... | Taylor Jackson | 2010 |
| 7. | 24.26..... | Erin Edmond | 2015 |
| 8. | 24.31..... | Taiya Shelby | 2019 |
| 9. | 24.39..... | Faith Washington | 2015 |
| 10. | 24.48..... | Teegan Hill | 2009 |

1,500m

| | | | |
|-----|--------------|-------------------------|------|
| 1. | 4:13.82..... | Grace Jensen | 2022 |
| 2. | 4:14.74..... | Kristen Findley | 2013 |
| 3. | 4:17.96..... | Kat Delaney | 2016 |
| 4. | 4:20.36..... | Sara Barron | 2013 |
| 5. | 4:21.19..... | Reagan Bustamante | 2018 |
| 6. | 4:22.48..... | Lily Williams | 2013 |
| 7. | 4:22.49..... | Whitney Spannuth | 1994 |
| 8. | 4:22.56..... | Stacey Carpenter | 1999 |
| 9. | 4:22.77..... | Rita Jorgensen | 2010 |
| 10. | 4:24.50..... | Jordan White | 2012 |

400m

| | | | |
|-----|------------|------------------------|------|
| 1. | 51.14..... | Ryan Tolbert | 1997 |
| 2. | 51.45..... | Taiya Shelby | 2021 |
| 3. | 52.75..... | Jennifer Edobi | 2017 |
| 4. | 54.04..... | Kaira Brown | 2022 |
| 5. | 54.24..... | Madison Fuller | 2022 |
| 6. | 54.40..... | Erin Edmond | 2015 |
| 7. | 54.92..... | Michele Baskin | 1998 |
| 8. | 55.01..... | Teegan Hill | 2009 |
| 9. | 55.15..... | Skyler Carpenter | 2016 |
| 10. | 55.30..... | Kaira Brown | 2021 |

Steeplechase

| | | | |
|-----|---------------|------------------------|------|
| 1. | 10:21.20..... | Becca Chandler | 2015 |
| 2. | 10:27.72..... | Amira Joseph | 2014 |
| 3. | 10:34.15..... | Kylene Kownurko | 2002 |
| 4. | 10:39.59..... | Ashleigh Wetzell | 2007 |
| 5. | 10:43.86..... | Kacie Breeding | 2018 |
| 6. | 10:43.92..... | Val Kazmer | 2008 |
| 7. | 10:46.27..... | Allie Scalf | 2011 |
| 8. | 10:51.00..... | Joslin Blair | 2022 |
| 9. | 11:47.46..... | Christine Brown | 2006 |
| 10. | 11:58.95..... | Jackie Wachsmann | 2003 |



OUTDOOR RECORDS

3,000m

| | | | | | |
|-----|---------|-------|-------------------|-------|------|
| 1. | 9:28.97 | | Carmen Carlos | | 2016 |
| 2. | 9:29.1 | | Beth Tallent | | 1994 |
| 3. | 9:34.68 | | Sara Barron | | 2015 |
| 4. | 9:36.30 | | Vanessa Valentine | | 2016 |
| 5. | 9:36.70 | | Niki Narayani | | 2022 |
| 6. | 9:37.06 | | Amy Huss | | 2006 |
| 7. | 9:38.56 | | Liz Anderson | | 2014 |
| 8. | 9:40.59 | | Kristen Smith | | 2012 |
| 9. | 9:41.01 | | Gillian Mortimer | | 2021 |
| 10. | 9:42.44 | | Beth VanDusen | | 1999 |

5,000m

| | | | | | |
|-----|----------|-------|-------------------|-------|------|
| 1. | 16:07.34 | | Liz Anderson | | 2014 |
| 2. | 16:09.18 | | Erika Schneble | | 2004 |
| 3. | 16:10.52 | | Vanessa Valentine | | 2016 |
| 4. | 16:21.22 | | Kristen Smith | | 2012 |
| 5. | 16:22.71 | | Niki Narayani | | 2022 |
| 6. | 16:26.36 | | Carmen Carlos | | 2017 |
| 7. | 16:26.46 | | Alexa Rogers | | 2012 |
| 8. | 16:29.07 | | Claire Benjamin | | 2015 |
| 9. | 16:29.59 | | Carmen Mims | | 2007 |
| 10. | 16:29.66 | | Amy Huss | | 2006 |

10,000m

| | | | | | |
|-----|----------|-------|-------------------------|-------|------|
| 1. | 33:44.76 | | Liz Anderson | | 2014 |
| 2. | 34:10.30 | | McKenzie Yanek | | 2022 |
| 3. | 34:48.05 | | Grace Orders | | 2013 |
| 4. | 34:50.53 | | Allie Scalf | | 2013 |
| 5. | 35:30.76 | | Claire Benjamin | | 2014 |
| 6. | 35:34.41 | | Vanessa Valentine | | 2015 |
| 7. | 35:40.27 | | Kristabel Doebel-Hickok | | 2008 |
| 8. | 35:44.75 | | Stephanie Black | | 1989 |
| 9. | 35:57.48 | | Caroline Pietrzyk | | 2019 |
| 10. | 36:03.76 | | Whitney Spannuth | | 1996 |

100m Hurdles

| | | | | | |
|-----|-------|-------|---------------------|-------|------|
| 1. | 13.51 | | Jennifer Cannon | | 2013 |
| 2. | 13.51 | | Amanda Mullins-Hall | | 2003 |
| 3. | 13.65 | | Ryan Tolbert | | 1996 |
| 4. | 13.97 | | Josephine Dal | | 2022 |
| | 13.97 | | Julie Walk | | 1999 |
| 6. | 14.02 | | Janetra Gleaves | | 2015 |
| | 14.02 | | Cherice Robertson | | 2008 |
| | 14.02 | | Amanda Helberg | | 1998 |
| 9. | 14.08 | | Buky Bamigboye | | 2010 |
| 10. | 14.12 | | Sarah Goodale | | 2017 |

400m Hurdles

| | | | | | |
|-----|----------------|-------|------------------------|-------|-------------|
| 1. | 54.21 | | Ryan Tolbert | | 1997 |
| 2. | 56.94 | | Faith Washington | | 2015 |
| 3. | 57.56 | | Amanda Helberg | | 1999 |
| 4. | 58.50 | | Skyler Carpenter | | 2015 |
| 5. | 58.60 | | Jennifer Cannon | | 2013 |
| 6. | 59.61 | | Mya Georgiadis | | 2023 |
| 7. | 1:00.04 | | Allyria McBride | | 2023 |
| 8. | 1:00.97 | | Autumn Smith | | 2001 |
| 9. | 1:00.99 | | Josie Hahn | | 2005 |
| 10. | 1:01.24 | | Nicole Hare | | 1987 |

Mile

| | | | | | |
|----|---------|-------|-------------|-------|------|
| 1. | 4:42.44 | | Sara Barron | | 2014 |
|----|---------|-------|-------------|-------|------|



OUTDOOR RECORDS

4x100m Relay

1. H. Bishop, T. Shelby, N. Anderson, M. Fuller 44.93
.....2022
2. H. Bishop, M. Fuller, J. Smith, T. Shelby 45.81
.....2021
3. M. Mailand, J. Walk, A. Helberg, R. Tolbert 46.38
.....1998
4. A. Carr, T. Jackson, T. Hill, B. Bamigboye 46.46
.....2010
5. T. Jackson, A. Carr, T. Hill, Jos. White 46.52
.....2011
6. S. Carpenter, F. Washington, E. Radan, E. Edmond . . . 46.79
.....2015
7. J. Edobi, T. Shelby, J. Smith, R. Clay 46.89
.....2019
8. M. Mailand, J. Walk, A. Helberg, M. Baskin. 46.90
.....1998
9. **E. Escobar, M. Fuller, T. McKinnon, T. Shelby 46.91**
..... **2023**
10. J. Gleaves, F. Washington, E. Radan, E. Edmond 46.95
.....2015

4x200m Relay

1. E Edmond, S Carpenter, F Washington, J Edobi 1:37.45
.....2015
2. E Edmond, S Carpenter, C Clayton, S Charley. 1:40.24
.....2014
3. G Holloway, L Fortson, L Smith, A Floyd. 1:40.26
.....2006
4. A Andrews, M Carr, M Baldwin, C Liggins 1:43.72
.....2002
5. K Brewer, A Andrews, V Lagios, A Smith. 1:44.60
.....2001

4x400m Relay

1. F Washington, S Carpenter, C Clayton, E Edmond . . 3:34.74
.....2015
..... [53.8, 53.9, 53.6, 53.3]
2. K. Brown, M. Fuller, T. Shelby, J. Smith. 3:35.06
.....2021
3. T. Shelby, M. Fuller, K. Brown, H. Bishop 3:36.22
.....2022
4. J Walk, A Helberg, M Baskin, R Tolbert 3:36.13
.....1998
5. M Baskin, A Helberg, S Carpenter, R Tolbert 3:36.51
.....1997
6. H McIntosh, A Helberg, M Baskin, R Tolbert 3:37.14
.....1998
7. J Walk, A Helberg, S Carpenter, R Tolbert. 3:38.08
.....1997
8. J Walk, A Helberg, H McIntosh, R Tolbert. 3:38.85
.....1997
9. K. Brown, J. Smith, R. Stauber, T. Shelby 3:39.71
.....2021
10. F Washington, L Witty, C Clayton, J Edobi 3:39.84
.....2016

4x800m Relay

1. H Walker, J Edobi, G Jensen, R Bustamante 8:37.45
.....2019
2. G Hutton, C Clayton, M Criscione, R Bustamante. . . 8:38.34
.....2017
3. C Clayton, G Hutton, K Derry, R Bustamante. 8:41.71
.....2018
4. G Jensen, G Hutton, H Walker, R Bustamante. 8:44.55
.....2019
5. E Redig, N Underwood, K Elliot, S Carpenter 8:45.43
.....1996



OUTDOOR RECORDS

4x1500m Relay

1. H Walker, G Jensen, G Hutton, R Bustamante 17:54.86
.....2019
2. A Scalf, K Findley, A Rogers, Jor White 18:04.85
.....2012
3. G Hutton, R Bustamante, M Criscione, K Derry 18:07.20
.....2018
4. B Tallent, K Oyama, N Underwood, W Spannuth . 18:13.46
.....1994
5. Jor White, A Rogers, L Anderson, R Jorgensen 18:14.20
.....2011

Sprint Medley Relay

1. M Mailand, J Walk, R Tolbert, S Carpenter 3:46.98
.....1998
2. T Price, B Schulte, J Edobi, C Clayton 3:50.46
.....2017
3. J Walk, C Miles-Threatt, R Tolbert, H McIntosh 3:54.56
.....1997
4. J Walk, C Miles-Threatt, R Tolbert, A Helberg 3:54.58
.....1997
5. J Walk, M Baskin, R Tolbert, A Helberg 3:54.70
.....1998

Distance Medley Relay

1. K Derry, J Edobi, G Hutton, R Bustamante 11:22.86
.....2018
2. S Tsai, J Edobi, G Hutton, M Huebner 11:31.65
.....2018
3. G Hutton, B Schulte, R Bustamante, C Clayton 11:34.58
.....2017
4. P Johnson, M Baskin, Ca Miles-Threatt, S Carpenter 11:36.19
.....1998
5. S Carpenter, M Mailand, K Howisey, C Bryne 11:40.84
.....1999

Shuttle Hurdle Relay

1. J Walk, A Hodgen R Tolbert, A Helberg 57.70
..... 1998

High Jump

1. 6' 0 (1.82) Josie Hahn 2004
2. 5' 10.75 (1.80) Brionne Williams 2013
3. 5' 9.75 (1.77) Ellie Tidman 2012
4. 5' 8.75 (1.75) Buky Bamigboye 2010
5. 5' 8.5 (1.74) Jada Sims 2021
6. 5' 8 (1.72) Becky Collins 1999
7. 5' 7 (1.70) Cherice Robertson 2008
8. 5' 6 (1.67) Tina Blair 1983
5' 6 (1.67) Ashley Berry 1991
5' 6 (1.67) Cheri Calahan 1995
5' 6 (1.67) Kyshia Ewing 2001
5' 6 (1.67) Madison Murray 2021

Pole Vault

1. 14' 3.5 (4.36) Kristen Denk 2019
2. 14' 0.5 (4.28) Sarah Bell 2017
3. 13' 3.5 (4.05) Caleigh Lofstead 2018
4. 13' 1.75 (4.01) Margaret Ollinger 2019
5. 13' 0.25 (3.97) Meagan Martin 2012
6. 12' 9.5 (3.90) Morgan Toone 2012
7. 12' 8 (3.86) Katherine Hendrix 2011
8. 12' 6.25 (3.82) Megan McCabe 2015
9. 12' 5.5 (3.80) Kaitlyn Deutsch 2021
10. 12' 1.5 (3.70) Laine Roberts 2022

Long Jump

1. 19' 10.75 (6.06) Sophia Falco 2018
2. 19' 10.25 (6.05) Buky Bamigboye 2010
19' 10.25 (6.05) Ryan Tolbert 1996
4. 19' 7 (5.96) Lauryn Smith 2006
5. 19' 6.5 (5.95) Julie Walk 1999
6. 19' 0 (5.79) Garnetta Holloway 2006
7. 18' 10.75 (5.76) Josephine Dal 2021
18' 10.75 (5.76) Sydney Faulkner 2005
9. 18' 9.25 (5.72) Sarah Goodale 2017
10. 18' 7.25 (5.67) Jennifer Cannon 2014
18' 7.25 (5.67) Josie Hahn 2003



OUTDOOR RECORDS

Triple Jump

1. 45' 2.25 (13.77).. Simone Charley 2016
2. 40' 9.5 (12.43)... Sophia Falco 2018
3. 40' 7.5 (12.38)... Tierney Price 2015
4. 40' 6.75 (12.36) . Christina Penn. 1996
5. 37' 2.5 (11.34) .. Veronica Shead 2001

Shot Put

1. 58' 11.5 (17.97).. Divine Oladipo 2022
2. 52' 10.75 (16.12) Leslie Vidmar..... 1997
3. 48' 5 (14.76) Sarah Marvin..... 2022
- 4. 45' 6.5 (13.88) ..Giavonna Meeks..... 2023**
5. 45' 1.75 (13.76) . Vensherrie Campbell..... 2003
6. 42' 5.5 (12.94) .. Kyshia Ewing..... 2003
7. 40' 5 (12.31) Deanna Morelli 2007
8. 39' 10.5 (12.15).. Josie Hahn 2004

Discus

1. 196' 6.25 (59.90). Veronica Fraley 2022
2. 181' 0 (55.18) ... Divine Oladipo 2022
3. 161' 5.5 (49.21).. Shelly Dove 1999
4. 153' 5 (46.76) ... Vensherrie Campbell..... 2003
- 5. 149' 7.25 (45.60) Giavonna Meeks..... 2023**
6. 145' 2 (44.25) ... Leslie Vidmar..... 1997
7. 143' 8 (43.79) ... Janis Rose 1993
8. 141' 11 (43.26) .. Deanna Morelli 2006

Javelin

1. 147' 2 (44.86) ... Josie Hahn 2004
2. 145' 9 (44.42) ... Garnetta Holloway..... 2007
3. 140' 11 (42.95) .. Janis Rose 1993
4. 132' 10 (40.50) .. Madison Murray 2021
5. 131' 1 (39.95) ... Leslie Vidmar..... 1998
6. 122' 0 (37.19) ... Allyson Sisler..... 2004
7. 121' 6 (37.02) ... Sarah Goodale 2015

Hammer

1. 169' 7 (51.68) ... Vensherrie Campbell..... 2003
2. 160' 7 (48.94) ... Kyshia Ewing..... 2002
- 3. 159' 8 (48.67) ... Giavonna Meeks..... 2023**
4. 156' 3 (47.62) ... Kasi Foster 2007
5. 154' 3 (47.01) ... Deanna Morelli 2006
6. 141' 2 (43.02) ... Kara Rogers 1998

Heptathlon

1. 5,527..... Buky Bamigboye..... 2010
2. 5,503..... Josie Hahn 2004
3. 5,417..... Garnetta Holloway 2006
4. 5,399..... Julie Walk 1999
5. 5,337..... Sarah Goodale..... 2017
6. 5,183..... Jennifer Cannon 2013
7. 5,130..... Jada Sims..... 2021
8. 5,022..... Ryan Tolbert..... 1996
9. 4,858..... Amanda Helberg..... 1998
10. 4,854..... Cherice Robertson 2008