



OUTDOOR RECORDS

100m

| | | | |
|-----------|--------------------|--------------------------|-------------|
| 1. | 11.47..... | Haley Bishop | 2022 |
| 2. | 11.52..... | Madison Fuller..... | 2021 |
| 3. | 11.76 | Lena Gooden | 2024 |
| 4. | 11.80..... | Anna Carr | 2010 |
| 5. | 11.89..... | Taylor Jackson | 2011 |
| | 11.89..... | Ella Escobar | 2023 |
| 7. | 11.92..... | Sophia Falco | 2018 |
| 8. | 11.93..... | Andrea Rosemond | 2005 |
| 9. | 11.97..... | Melissa Mailand..... | 1998 |
| 10. | 11.98..... | Ryan Tolbert..... | 1996 |

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. | 24.02..... | Rondajai Washington..... | 2023 |
| 6. | 24.05..... | Brooke Overholt | 2023 |
| 7. | 24.08 | Lena Gooden | 2024 |
| 8. | 24.15..... | Beatrice Juskeviciute..... | 2023 |
| 9. | 24.18..... | Anna Carr | 2010 |
| 10. | 24.25..... | Taylor Jackson | 2010 |

400m

| | | | |
|-----|------------|-----------------------|------|
| 1. | 51.14..... | Ryan Tolbert..... | 1997 |
| 2. | 51.43..... | Taiya Shelby..... | 2023 |
| 3. | 52.75..... | Jennifer Edobi | 2017 |
| 4. | 53.40..... | Brooke Overholt | 2023 |
| 5. | 53.55..... | Allyria McBride | 2023 |
| 6. | 54.04..... | Kaira Brown | 2022 |
| 7. | 54.24..... | Madison Fuller..... | 2022 |
| 8. | 54.40..... | Erin Edmond | 2015 |
| 9. | 54.92..... | Michele Baskin | 1998 |
| 10. | 55.01..... | Teegan Hill | 2009 |

800m

| | | | |
|-----|--------------|------------------------|------|
| 1. | 2:03.89..... | Taiya Shelby..... | 2023 |
| 2. | 2:04.02..... | Courtney Clayton | 2017 |
| 3. | 2:04.35..... | Ruby Stauber..... | 2021 |
| 4. | 2:04.53..... | Jennifer Edobi | 2019 |
| 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 |

1,500m

| | | | |
|-----------|----------------------|-----------------------------|-------------|
| 1. | 4:13.82..... | Grace Jensen..... | 2022 |
| 2. | 4:14.74..... | Kristen Findley..... | 2013 |
| 3. | 4:17.96..... | Kat Delaney | 2016 |
| 4. | 4:19.23 | Julia Rosenberg..... | 2024 |
| 5. | 4:20.36..... | Sara Barron | 2013 |
| 6. | 4:21.19..... | Reagan Bustamante..... | 2018 |
| 7. | 4:22.48..... | Lily Williams..... | 2013 |
| 8. | 4:22.49..... | Whitney Spannuth | 1994 |
| 9. | 4:22.56..... | Stacey Carpenter | 1999 |
| 10. | 4:22.77..... | Rita Jorgensen..... | 2010 |

3,000m 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 Wetzel..... | 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. | 11:26.57..... | Emma Curry..... | 2023 |
| 10. | 11:47.46..... | Christine Brown | 2006 |



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. | 16:04.24 | | Julia Rosenberg | | 2024 |
| 2. | 16:05.11 | | Bria Bennis | | 2024 |
| 3. | 16:07.34 | | Liz Anderson | | 2014 |
| 4. | 16:09.18 | | Erika Schneble | | 2004 |
| 5. | 16:10.52 | | Vanessa Valentine | | 2016 |
| 6. | 16:12.14 | | Caroline Eck | | 2023 |
| 7. | 16:21.22 | | Kristen Smith | | 2012 |
| 8. | 16:22.71 | | Niki Narayani | | 2022 |
| 9. | 16:26.36 | | Carmen Carlos | | 2017 |
| 10. | 16:26.46 | | Alexa Rogers | | 2012 |

10,000m

| | | | | | |
|-----------|-----------------|-------|-------------------------|-------|-------------|
| 1. | 33:44.76 | | Liz Anderson | | 2014 |
| 2. | 33:48.61 | | Niki Narayani | | 2023 |
| 3. | 33:55.33 | | Caroline Eck | | 2024 |
| 4. | 34:10.30 | | McKenzie Yanek | | 2022 |
| 5. | 34:48.05 | | Grace Orders | | 2013 |
| 6. | 34:50.53 | | Allie Scalf | | 2013 |
| 7. | 35:30.76 | | Claire Benjamin | | 2014 |
| 8. | 35:34.41 | | Vanessa Valentine | | 2015 |
| 9. | 35:40.27 | | Kristabel Doebel-Hickok | | 2008 |
| 10. | 35:44.75 | | Stephanie Black | | 1989 |

100m Hurdles

| | | | | | |
|-----------|--------------|-------|-----------------------|-------|-------------|
| 1. | 13.51 | | Jennifer Cannon | | 2013 |
| | 13.51 | | Amanda Mullins-Hall | | 2003 |
| 3. | 13.62 | | Beatrice Juskeviciute | | 2023 |
| 4. | 13.63 | | Santana Spearman | | 2023 |
| 5. | 13.65 | | Ryan Tolbert | | 1996 |
| 6. | 13.73 | | Taylor McKinnon | | 2023 |
| 7. | 13.97 | | Josephine Dal | | 2022 |
| | 13.97 | | Julie Walk | | 1999 |
| 9. | 13.98 | | Alix Still | | 2024 |
| 10. | 14.02 | | Janetra Gleaves | | 2015 |
| | 14.02 | | Cherice Robertson | | 2008 |
| | 14.02 | | Amanda Helberg | | 1998 |

400m Hurdles

| | | | | | |
|-----------|--------------|-------|-----------------------|-------|-------------|
| 1. | 54.21 | | Ryan Tolbert | | 1997 |
| 2. | 55.50 | | Brooke Overholt | | 2023 |
| 3. | 56.40 | | Allyria McBride | | 2023 |
| 4. | 56.94 | | Faith Washington | | 2015 |
| 5. | 57.56 | | Amanda Helberg | | 1999 |
| 6. | 57.74 | | Mya Georgiadis | | 2023 |
| 7. | 58.50 | | Skyler Carpenter | | 2015 |
| 8. | 58.60 | | Jennifer Cannon | | 2013 |
| 9. | 59.19 | | Falon Spearman | | 2024 |
| 10. | 1:00.97 | | Autumn Smith | | 2001 |

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. M. Fuller, T. McKinnon, E. Escobar, A. McBride 45.49
.....2023
3. M. Fuller, T. Shelby, E. Escobar, A. McBride 45.66
.....2023
4. A. McBride, T. Shelby, E. Escobar, R. Washington 45.76
.....2023
5. H. Bishop, M. Fuller, J. Smith, T. Shelby 45.81
.....2021
6. **E. Escobar, H. Bishop, N. Anderson, A. McBride** **46.15**
..... **2024**
7. M. Fuller, E. Escobar, N. Anderson, A. McBride 46.37
.....2023
8. M. Mailand, J. Walk, A. Helberg, R. Tolbert 46.38
.....1998
9. A. Carr, T. Jackson, T. Hill, B. Bamigboye 46.46
.....2010
10. T. Jackson, A. Carr, T. Hill, Jos. White 46.52
.....2011

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. A. McBride, T. Shelby, K. Brown, B. Overholt 3:32.29
.....2023
2. F Washington, S Carpenter, C Clayton, E Edmond . 3:34.74
.....2015
..... [53.8, 53.9, 53.6, 53.3]
3. K. Brown, M. Fuller, T. Shelby, J. Smith 3:35.06
.....2021
4. T. Shelby, M. Fuller, K. Brown, H. Bishop 3:36.22
.....2022
5. J Walk, A Helberg, M Baskin, R Tolbert 3:36.13
.....1998
6. M Baskin, A Helberg, S Carpenter, R Tolbert 3:36.51
.....1997
7. A. McBride, T. Shelby, M. Georgiadis, K. Brown 3:36.57
.....2023
8. H McIntosh, A Helberg, M Baskin, R Tolbert 3:37.14
.....1998
9. J Walk, A Helberg, S Carpenter, R Tolbert 3:38.08
.....1997
10. J Walk, A Helberg, H McIntosh, R Tolbert 3:38.85
.....1997

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. B. Juskeviciute, T. McKinnon, J. Sims, S. Spearman55.77
..... 2023
2. J Walk, A Hodgen R Tolbert, A Helberg57.70
..... 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) Jada Sims. 2023
5' 9.75 (1.77) Ellie Tidman. 2012
5. 5' 8.75 (1.75) Buky Bamigboye 2010
- 6. 5' 8 (1.73) *Madison Murray* 2024**
7. 5' 8 (1.72) Becky Collins. 1999
8. 5' 7 (1.70) Cherice Robertson 2008
9. 5' 6.5 (1.69) Beatrice Juskeviciute 2023
10. 5' 5.75 (1.67) Tina Blair 1983
5' 5.75 (1.67) Ashley Berry 1991
5' 5.75 (1.67) Cheri Calahan 1995
5' 5.75 (1.67) Kyshia Ewing. 2001

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



OUTDOOR RECORDS

Long Jump

1. 20' 0.5 (6.11) Beatrice Juskeviciute 2023
2. 19' 10.75 (6.06) Sophia Falco 2018
3. 19' 10.25 (6.05) Buky Bamigboye 2010
19' 10.25 (6.05) Ryan Tolbert 1996
5. 19' 7 (5.96) Lauryn Smith 2006
6. 19' 6.5 (5.95) Julie Walk 1999
- 7. 19' 4 (5.89) *Alix Still* 2024**
- 8. 19' 2.75 (5.86) *Anaya Webster* 2024**
- 9. 19' 0.5 (5.80) *Lena Gooden* 2024**
10. 19' 0 (5.79) Garnetta Holloway 2006

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. 38' 3.25 (11.66) *Anaya Webster* 2024**
6. 37' 2.5 (11.34) Veronica Shead 2001

Shot Put

1. 58' 11.5 (17.97) Divine Oladipo 2022
2. 58' 6.5 (17.84) Veronica Fraley 2023
- 3. 58' 4.5 (17.79) *Sarah Omoregie* 2024**
4. 52' 10.75 (16.12) Leslie Vidmar 1997
5. 52' 3.25 (15.93) Sarah Marvin 2023
6. 46' 3.5 (14.11) Giavonna Meeks 2023
7. 45' 9 (13.94) Beatrice Juskeviciute 2023
8. 45' 1.75 (13.76) Vensherrie Campbell 2003
- 9. 45' 1 (13.74) *Kosi Umerah* 2024**
10. 42' 5.5 (12.94) Kyshia Ewing 2003

Discus

1. 206' 2 (62.84) Veronica Fraley 2023
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. 153' 4 (46.73) Sarah Marvin 2023
6. 149' 7.25 (45.60) Giavonna Meeks 2023
7. 145' 2 (44.25) Leslie Vidmar 1997
8. 143' 8 (43.79) Janis Rose 1993
9. 141' 11 (43.26) Deanna Morelli 2006

Javelin

1. 154' 1 (46.98) Beatrice Juskeviciute 2023
2. 147' 2 (44.86) Josie Hahn 2004
3. 145' 9 (44.42) Garnetta Holloway 2007
4. 140' 11 (42.95) Janis Rose 1993
5. 132' 10 (40.50) Madison Murray 2021
6. 131' 1 (39.95) Leslie Vidmar 1998
7. 122' 0 (37.19) Allyson Sisler 2004
8. 121' 6 (37.02) Sarah Goodale 2015

Hammer

1. 199' 4 (60.77) Giavonna Meeks 2023
- 2. 187' 1 (57.04) *Kosi Umerah* 2024**
- 3. 169' 9 (51.74) *Veronica Fraley* 2024**
4. 169' 7 (51.68) Vensherrie Campbell 2003
5. 160' 7 (48.94) Kyshia Ewing 2002
6. 156' 3 (47.62) Kasi Foster 2007
7. 154' 3 (47.01) Deanna Morelli 2006
8. 141' 2 (43.02) Kara Rogers 1998

Heptathlon

1. 6,117 Beatrice Juskeviciute 2023
2. 5,638 Jada Sims 2023
3. 5,527 Buky Bamigboye 2010
4. 5,503 Josie Hahn 2004
- 5. 5,471 *Alix Still* 2024**
6. 5,417 Garnetta Holloway 2006
7. 5,399 Julie Walk 1999
8. 5,337 Sarah Goodale 2017
9. 5,239 Madison Murray 2023
10. 5,183 Jennifer Cannon 2013