



OUTDOOR RECORDS

100m			800m			
1.	11.47.....	Haley Bishop 2022	1.	2:03.89.....	Taiya Shelby..... 2023	
2.	11.52.....	Madison Fuller..... 2021	2.	2:04.02.....	Courtney Clayton 2017	
3.	11.76	Lena Gooden	2024	3.	2:04.35.....	Ruby Stauber..... 2021
4.	11.80.....	Anna Carr 2010	4.	2:04.53.....	Jennifer Edobi 2019	
5.	11.89.....	Taylor Jackson 2011	5.	2:05.54.....	Rita Jorgensen..... 2011	
	11.89.....	Ella Escobar 2023	6.	2:05.91.....	Grace Jensen..... 2022	
7.	11.92.....	Sophia Falco 2018	7.	2:06.06.....	Stacey Carpenter 1998	
8.	11.93.....	Andrea Rosemond 2005	8.	2:06.22.....	Reagan Bustamante..... 2018	
9.	11.97.....	Melissa Mailand..... 1998	9.	2:06.25.....	Haley Walker 2019	
10.	11.98.....	Ryan Tolbert..... 1996	10.	2:07.84.....	Kat Delaney 2015	
200m			1,500m			
1.	23.20.....	Haley Bishop 2022	1.	4:13.82.....	Grace Jensen..... 2022	
2.	23.49.....	Ryan Tolbert..... 1996	2.	4:14.74.....	Kristen Findley..... 2013	
3.	23.64.....	Madison Fuller..... 2021	3.	4:17.96.....	Kat Delaney 2016	
4.	23.90.....	Jennifer Edobi..... 2018	4.	4:20.36.....	Sara Barron 2013	
5.	24.02.....	Rondajai Washington..... 2023	5.	4:21.19.....	Reagan Bustamante..... 2018	
6.	24.05.....	Brooke Overholt 2023	6.	4:22.48.....	Lily Williams..... 2013	
7.	24.08	Lena Gooden	2024	7.	4:22.49.....	Whitney Spannuth 1994
8.	24.15.....	Beatrice Juskeviciute..... 2023	8.	4:22.56.....	Stacey Carpenter 1999	
9.	24.18.....	Anna Carr 2010	9.	4:22.77.....	Rita Jorgensen..... 2010	
10.	24.25.....	Taylor Jackson 2010	10.	4:23.38.....	Caroline Eck..... 2023	
400m			3,000m Steeplechase			
1.	51.14.....	Ryan Tolbert..... 1997	1.	10:21.20.....	Becca Chandler..... 2015	
2.	51.43.....	Taiya Shelby..... 2023	2.	10:27.72.....	Amira Joseph..... 2014	
3.	52.75.....	Jennifer Edobi 2017	3.	10:34.15.....	Kylene Kownurko 2002	
4.	53.40.....	Brooke Overholt 2023	4.	10:39.59.....	Ashleigh Wetzell..... 2007	
5.	53.55.....	Allyria McBride 2023	5.	10:43.86.....	Kacie Breeding 2018	
6.	54.04.....	Kaira Brown 2022	6.	10:43.92.....	Val Kazmer 2008	
7.	54.24.....	Madison Fuller..... 2022	7.	10:46.27.....	Allie Scalf 2011	
8.	54.40.....	Erin Edmond 2015	8.	10:51.00.....	Joslin Blair 2022	
9.	54.92.....	Michele Baskin 1998	9.	11:26.57.....	Emma Curry..... 2023	
10.	55.01.....	Teegan Hill 2009	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.	16:07.34	Liz Anderson	2014
3.	16:09.18	Erika Schneble	2004
4.	16:10.52	Vanessa Valentine	2016
5.	16:12.14	Caroline Eck	2023
6.	16:21.22	Kristen Smith	2012
7.	16:22.71	Niki Narayani	2022
8.	16:26.36	Carmen Carlos	2017
9.	16:26.46	Alexa Rogers	2012
10.	16:29.07	Claire Benjamin	2015

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.	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.	1:00.97	Autumn Smith	2001
10.	1:00.99	Josie Hahn	2005

Mile

1.	4:42.44	Sara Barron	2014
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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. M. Fuller, E. Escobar, N. Anderson, A. McBride 46.37
.....2023
7. M. Mailand, J. Walk, A. Helberg, R. Tolbert 46.38
.....1998
8. A. Carr, T. Jackson, T. Hill, B. Bamigboye 46.46
.....2010
9. T. Jackson, A. Carr, T. Hill, Jos. White 46.52
.....2011
10. S. Carpenter, F. Washington, E. Radan, E. Edmond ... 46.79
.....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. 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.
11:36.191998
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 (1.72) Becky Collins. 1999
7. 5' 7 (1.70) Cherice Robertson 2008
8. 5' 6.5 (1.69) Beatrice Juskeviciute 2023
9. 5' 6 (1.68) Madison Murray 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' 0.5 (5.80)	Lena Gooden	2024
	19' 0.5 (5.80)	Anaya Webster	2024
9.	19' 0 (5.79)	Garnetta Holloway	2006
10.	18' 10.75 (5.76)	Josephine Dal	2021
	18' 10.75 (5.76)	Sydney Faulkner	2005

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.	54' 5.25 (16.59)	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.	169' 7 (51.68)	Vensherrie Campbell	2003
3.	160' 7 (48.94)	Kyshia Ewing	2002
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.	6,117	Beatrice Juskeviciute	2023
2.	5,638	Jada Sims	2023
3.	5,527	Buky Bamigboye	2010
4.	5,503	Josie Hahn	2004
5.	5,417	Garnetta Holloway	2006
6.	5,399	Julie Walk	1999
7.	5,337	Sarah Goodale	2017
8.	5,239	Madison Murray	2023
9.	5,183	Jennifer Cannon	2013
10.	5,022	Ryan Tolbert	1996