



OUTDOOR RECORDS

100m

1.	11.47	Haley Bishop	2022
2.	11.52	Madison Fuller	2021
3.	11.65	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.	53.47	Allyria McBride	2024
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.	2:07.45	Julia Rosenberg	2024

1,500m

1.	4:13.82	Grace Jensen	2022
2.	4:14.74	Kristen Findley	2013
3.	4:15.60	Julia Rosenberg	2024
4.	4:17.96	Kat Delaney	2016
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.	34:11.28	Bria Bennis	2024
6.	34:48.05	Grace Orders	2013
7.	34:50.53	Allie Scalf	2013
8.	35:30.76	Claire Benjamin	2014
9.	35:34.41	Vanessa Valentine	2015
10.	35:40.27	Kristabel Doebel-Hickok	2008

100m Hurdles

1.	13.39	Falon Spearman	2024
2.	13.51	Jennifer Cannon	2013
	13.51	Amanda Mullins-Hall	2003
4.	13.62	Beatrice Juskeviciute	2023
5.	13.63	Santana Spearman	2023
6.	13.65	Ryan Tolbert	1996
7.	13.72	Taylor McKinnon	2024
8.	13.97	Josephine Dal	2022
	13.97	Julie Walk	1999
10.	13.98	Alix Still	2024

400m Hurdles

1.	54.21	Ryan Tolbert	1997
2.	55.50	Brooke Overholt	2023
3.	56.05	Allyria McBride	2024
4.	56.94	Faith Washington	2015
5.	57.56	Amanda Helberg	1999
6.	57.74	Mya Georgiadis	2023
7.	58.05	Falon Spearman	2024
8.	58.50	Skyler Carpenter	2015
9.	58.60	Jennifer Cannon	2013
10.	1:00.97	Autumn Smith	2001

Mile

1.	4:42.44	Sara Barron	2014
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OUTDOOR RECORDS

4x100m Relay

- 1. L. Gooden, H. Bishop, E. Escobar, A. McBride 44.21
. 2024
2. H. Bishop, T. Shelby, N. Anderson, M. Fuller 44.93
. 2022
3. M. Fuller, T. McKinnon, E. Escobar, A. McBride 45.49
. 2023
4. E. Escobar, H. Bishop, N. Anderson, A. McBride 45.52
. 2024
5. M. Fuller, T. Shelby, E. Escobar, A. McBride 45.66
. 2023
6. A. McBride, T. Shelby, E. Escobar, R. Washington 45.76
. 2023
7. H. Bishop, M. Fuller, J. Smith, T. Shelby 45.81
. 2021
8. M. Fuller, E. Escobar, N. Anderson, A. McBride 46.37
. 2023
9. M. Mailand, J. Walk, A. Helberg, R. Tolbert 46.38
. 1998
10. A. Carr, T. Jackson, T. Hill, B. Bamigboye 46.46
. 2010

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. E. Escobar, A. McBride, E. Gautreaux, F. Spearman 3:38.97
. 2024

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
5'7 (1.70) *Alix Still* 2024
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) Kyschia 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' 3 (6.17)Lena Gooden2024**
2. 20' 0.5 (6.11) Beatrice Juskeviciute 2023
3. 19' 10.75 (6.06) Sophia Falco 2018
4. 19' 10.25 (6.05) Buky Bamigboye 2010
19' 10.25 (6.05) Ryan Tolbert 1996
6. 19' 7 (5.96) Lauryn Smith 2006
7. 19' 6.5 (5.95) Julie Walk 1999
8. **19' 4 (5.89)Alix Still2024**
9. **19' 2.75 (5.86)Anaya Webster2024**
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. **39' 3 (11.96)Anaya Webster2024**
6. 37' 2.5 (11.34) Veronica Shead 2001

Shot Put

1. **60' 0.25 (18.29)Veronica Fraley2023**
2. 58' 11.5 (17.97) Divine Oladipo 2022
3. **58' 4.5 (17.79)Sarah Omoregie2024**
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 Umerah2024**
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. **155' 7 (47.43)Sarah Marvin2024**
5. 153' 5 (46.76) Vensherrie Campbell 2003
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 (58.70)Kosi Umerah2024**
3. **169' 9 (51.74)Veronica Fraley2024**
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. **5,471Alix Still2024**
6. 5,417 Garnetta Holloway 2006
7. 5,399 Julie Walk 1999
8. **5,340Madison Murray2024**
9. 5,337 Sarah Goodale 2017
10. **5,231Marta Sivina2024**