



## OUTDOOR RECORDS

### 100m

1.	11.47	Haley Bishop	2022
2.	11.52	Madison Fuller	2021
<b>3.</b>	<b>11.65</b>	<b>Lena Gooden</b>	<b>2024</b>
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
<b>7.</b>	<b>24.08</b>	<b>Lena Gooden</b>	<b>2024</b>
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
<b>5.</b>	<b>53.47</b>	<b>Allyria McBride</b>	<b>2024</b>
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
<b>10.</b>	<b>2:07.45</b>	<b>Julia Rosenberg</b>	<b>2024</b>

### 1,500m

1.	4:13.82	Grace Jensen	2022
2.	4:14.74	Kristen Findley	2013
<b>3.</b>	<b>4:15.60</b>	<b>Julia Rosenberg</b>	<b>2024</b>
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.	<b>16:04.24</b>	.....	<b>Julia Rosenberg</b>	.....	<b>2024</b>
2.	<b>16:05.11</b>	.....	<b>Bria Bennis</b>	.....	<b>2024</b>
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.	<b>33:55.33</b>	.....	<b>Caroline Eck</b>	.....	<b>2024</b>
4.	34:10.30	.....	McKenzie Yanek	.....	2022
5.	<b>34:11.28</b>	.....	<b>Bria Bennis</b>	.....	<b>2024</b>
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.	<b>13.16</b>	.....	<b>Falon Spearman</b>	.....	<b>2024</b>
2.	13.51	.....	Jennifer Cannon	.....	2013
	13.51	.....	Amanda Mullins-Hall	.....	2003
4.	<b>13.52</b>	.....	<b>Santana Spearman</b>	.....	<b>2024</b>
5.	13.62	.....	Beatrice Juskeviciute	.....	2023
6.	13.65	.....	Ryan Tolbert	.....	1996
7.	<b>13.72</b>	.....	<b>Taylor McKinnon</b>	.....	<b>2024</b>
8.	13.97	.....	Josephine Dal	.....	2022
	13.97	.....	Julie Walk	.....	1999
10.	<b>13.98</b>	.....	<b>Alix Still</b>	.....	<b>2024</b>

### 400m Hurdles

1.	54.21	.....	Ryan Tolbert	.....	1997
2.	55.50	.....	Brooke Overholt	.....	2023
3.	<b>56.05</b>	.....	<b>Allyria McBride</b>	.....	<b>2024</b>
4.	56.94	.....	Faith Washington	.....	2015
5.	57.56	.....	Amanda Helberg	.....	1999
6.	57.74	.....	Mya Georgiadis	.....	2023
7.	<b>58.05</b>	.....	<b>Falon Spearman</b>	.....	<b>2024</b>
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. Spanuth 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. Spearman . . . . .55.77  
..... 2023
2. 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) . . . . . 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) . . . . . 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' 5 (6.22) . . . . .Lena Gooden . . . . . 2024**
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 Still . . . . . 2024**
- 9. 19' 2.75 (5.86) . . . . .Anaya Webster . . . . . 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. 39' 3 (11.96) . . . . .Anaya Webster . . . . . 2024**
6. 37' 2.5 (11.34) . . . . . Veronica Shead . . . . . 2001

### Shot Put

- 1. 60' 0.25 (18.29) . . . . .Veronica Fraley . . . . . 2023**
2. 58' 11.5 (17.97) . . . . . Divine Oladipo . . . . . 2022
- 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) . . . . . Kyschia Ewing . . . . . 2003

### Discus

- 1. 208' 10 (63.66) . . . . .Veronica Fraley . . . . . 2024**
2. 181' 0 (55.18) . . . . . Divine Oladipo . . . . . 2022
3. 161' 5.5 (49.21) . . . . . Shelly Dove . . . . . 1999
- 4. 155' 7 (47.43) . . . . .Sarah Marvin . . . . . 2024**
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. 209' 2 (63.76) . . . . .Giavonna Meeks . . . . . 2024**
- 2. 187' 1 (58.70) . . . . .Kosi Umerah . . . . . 2024**
- 3. 169' 9 (51.74) . . . . .Veronica Fraley . . . . . 2024**
4. 169' 7 (51.68) . . . . . Vensherrie Campbell . . . . . 2003
5. 160' 7 (48.94) . . . . . Kyschia 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. 5,340 . . . . .Madison Murray . . . . . 2024**
9. 5,337 . . . . . Sarah Goodale . . . . . 2017
- 10. 5,231 . . . . .Marta Sivina . . . . . 2024**