



OUTDOOR RECORDS

| | | | |
|---------------|---|----------------------------|---|
| 100m | | Mile | |
| 1. | 11.47..... Haley Bishop..... 2022 | 1. | 4:42.44..... Sara Barron..... 2014 |
| 2. | 11.52..... Madison Fuller..... 2021 | 3,000m Steeplechase | |
| 3. | 11.65..... Lena Gooden..... 2024 | 1. | 10:21.20..... Becca Chandler..... 2015 |
| 4. | 11.80..... Anna Carr..... 2010 | 2. | 10:27.72..... Amira Joseph..... 2014 |
| 5. | 11.89..... Taylor Jackson..... 2011 | 3. | 10:34.15..... Kylene Kownurko..... 2002 |
| | 11.89..... Ella Escobar..... 2023 | 4. | 10:39.59..... Ashleigh Wetzel..... 2007 |
| 7. | 11.92..... Sophia Falco..... 2018 | 5. | 10:43.86..... Kacie Breeding..... 2018 |
| 8. | 11.93..... Andrea Rosemond..... 2005 | 6. | 10:43.92..... Val Kazmer..... 2008 |
| 9. | 11.97..... Melissa Mailand..... 1998 | 7. | 10:46.27..... Allie Scalf..... 2011 |
| 10. | 11.98..... Ryan Tolbert..... 1996 | 8. | 10:51.00..... Joslin Blair..... 2022 |
| 200m | | 9. | 11:26.57..... Emma Curry..... 2023 |
| 1. | 23.20..... Haley Bishop..... 2022 | 10. | 11:47.46..... Christine Brown..... 2006 |
| 2. | 23.49..... Ryan Tolbert..... 1996 | 3,000m | |
| 3. | 23.64..... Madison Fuller..... 2021 | 1. | 9:28.97..... Carmen Carlos..... 2016 |
| 4. | 23.90..... Jennifer Edobi..... 2018 | 2. | 9:29.1..... Beth Tallent..... 1994 |
| 5. | 24.02..... Rondajai Washington..... 2023 | 3. | 9:34.68..... Sara Barron..... 2015 |
| 6. | 24.05..... Brooke Overholt..... 2023 | 4. | 9:36.30..... Vanessa Valentine..... 2016 |
| 7. | 24.08..... Lena Gooden..... 2024 | 5. | 9:36.70..... Niki Narayani..... 2022 |
| 8. | 24.15..... Beatrice Juskeviciute..... 2023 | 6. | 9:37.06..... Amy Huss..... 2006 |
| 9. | 24.18..... Anna Carr..... 2010 | 7. | 9:38.56..... Liz Anderson..... 2014 |
| 10. | 24.25..... Taylor Jackson..... 2010 | 8. | 9:40.59..... Kristen Smith..... 2012 |
| 400m | | 9. | 9:41.01..... Gillian Mortimer..... 2021 |
| 1. | 51.14..... Ryan Tolbert..... 1997 | 10. | 9:42.44..... Beth VanDusen..... 1999 |
| 2. | 51.43..... Taiya Shelby..... 2023 | 5,000m | |
| 3. | 52.75..... Jennifer Edobi..... 2017 | 1. | 16:04.24..... Julia Rosenberg..... 2024 |
| 4. | 53.40..... Brooke Overholt..... 2023 | 2. | 16:05.11..... Bria Bennis..... 2024 |
| 5. | 53.47..... Allyria McBride..... 2024 | 3. | 16:07.34..... Liz Anderson..... 2014 |
| 6. | 54.04..... Kaira Brown..... 2022 | 4. | 16:09.18..... Erika Schneble..... 2004 |
| 7. | 54.24..... Madison Fuller..... 2022 | 5. | 16:10.52..... Vanessa Valentine..... 2016 |
| 8. | 54.40..... Erin Edmond..... 2015 | 6. | 16:12.14..... Caroline Eck..... 2023 |
| 9. | 54.92..... Michele Baskin..... 1998 | 7. | 16:21.22..... Kristen Smith..... 2012 |
| 10. | 55.01..... Teegan Hill..... 2009 | 8. | 16:22.71..... Niki Narayani..... 2022 |
| 800m | | 9. | 16:26.36..... Carmen Carlos..... 2017 |
| 1. | 2:03.89..... Taiya Shelby..... 2023 | 10. | 16:26.46..... Alexa Rogers..... 2012 |
| 2. | 2:04.02..... Courtney Clayton..... 2017 | 10,000m | |
| 3. | 2:04.35..... Ruby Stauber..... 2021 | 1. | 33:44.76..... Liz Anderson..... 2014 |
| 4. | 2:04.53..... Jennifer Edobi..... 2019 | 2. | 33:48.61..... Niki Narayani..... 2023 |
| 5. | 2:05.54..... Rita Jorgensen..... 2011 | 3. | 33:55.33..... Caroline Eck..... 2024 |
| 6. | 2:05.91..... Grace Jensen..... 2022 | 4. | 34:10.30..... McKenzie Yanek..... 2022 |
| 7. | 2:06.06..... Stacey Carpenter..... 1998 | 5. | 34:11.28..... Bria Bennis..... 2024 |
| 8. | 2:06.22..... Reagan Bustamante..... 2018 | 6. | 34:48.05..... Grace Orders..... 2013 |
| 9. | 2:06.25..... Haley Walker..... 2019 | 7. | 34:50.53..... Allie Scalf..... 2013 |
| 10. | 2:07.45..... Julia Rosenberg..... 2024 | 8. | 35:30.76..... Claire Benjamin..... 2014 |
| 1,500m | | 9. | 35:34.41..... Vanessa Valentine..... 2015 |
| 1. | 4:13.82..... Grace Jensen..... 2022 | 10. | 35:40.27..... Kristabel Doebel-Hickok..... 2008 |
| 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 | | |



OUTDOOR RECORDS

100m Hurdles

| | | | |
|-----|--------------|-------------------------|-------------|
| 1. | 13.16 | Falon Spearman | 2024 |
| 2. | 13.51 | Jennifer Cannon | 2013 |
| | 13.51 | Amanda Mullins-Hall | 2003 |
| 4. | 13.52 | Santana Spearman | 2024 |
| 5. | 13.62 | Beatrice Juskeviciute | 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 |

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 |

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-Threath, R. Tolbert, H. McIntosh | 3:54.56 | 1997 |
| 4. | J. Walk, C. Miles-Threath, R. Tolbert, A. Helberg | 3:54.58 | 1997 |
| 5. | J. Walk, M. Baskin, R. Tolbert, A. Helberg | 3:54.70 | 1998 |



OUTDOOR RECORDS

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

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) Kyshia 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) 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. **5,340 Madison Murray 2024**
9. 5,337 Sarah Goodale 2017
10. **5,231 Marta Sivina 2024**