



## OUTDOOR RECORDS

<b>100m</b>		<b>1,500m</b>
1. 11.47..... Haley Bishop ..... 2022		1. 4:13.82..... Grace Jensen ..... 2022
2. 11.52..... Madison Fuller ..... 2021		2. 4:14.74..... Kristen Findley ..... 2013
3. 11.65..... Lena Gooden ..... 2024		3. 4:15.60..... Julia Rosenberg ..... 2024
4. 11.80..... Anna Carr ..... 2010		4. 4:17.96..... Kat Delaney ..... 2016
5. 11.89..... Taylor Jackson ..... 2011		5. 4:20.36..... Sara Barron ..... 2013
11.89..... Ella Escobar ..... 2023		6. 4:21.19..... Reagan Bustamante ..... 2018
7. 11.92..... Sophia Falco ..... 2018		7. 4:22.48..... Lily Williams ..... 2013
8. 11.93..... Andrea Rosemond ..... 2005		8. 4:22.49..... Whitney Spannuth ..... 1994
9. 11.97..... Melissa Mailand ..... 1998		9. 4:22.56..... Stacey Carpenter ..... 1999
10. 11.98..... Ryan Tolbert ..... 1996		10. 4:22.77..... Rita Jorgensen ..... 2010
<b>200m</b>		<b>3,000m Steeplechase</b>
1. 23.20..... Haley Bishop ..... 2022		1. 10:21.20..... Becca Chandler ..... 2015
2. 23.49..... Ryan Tolbert ..... 1996		2. 10:27.72..... Amira Joseph ..... 2014
3. 23.64..... Madison Fuller ..... 2021		3. 10:34.15..... Kylene Kownurko ..... 2002
<b>4. 23.85..... Tina Benzinger ..... 2025</b>		<b>4. 10:35.66..... Ellie Wolski ..... 2025</b>
5. 23.90..... Jennifer Edobi ..... 2018		5. 10:39.59..... Ashleigh Wetzell ..... 2007
6. 24.02..... Rondajai Washington ..... 2023		6. 10:43.86..... Kacie Breeding ..... 2018
7. 24.05..... Brooke Overholt ..... 2023		7. 10:43.92..... Val Kazmer ..... 2008
8. 24.08..... Lena Gooden ..... 2024		8. 10:46.27..... Allie Scalf ..... 2011
9. 24.15..... Beatrice Juskeviciute ..... 2023		9. 10:51.00..... Joslin Blair ..... 2022
10. 24.18..... Anna Carr ..... 2010		10. 11:26.57..... Emma Curry ..... 2023
<b>400m</b>		<b>3,000m</b>
1. 51.14..... Ryan Tolbert ..... 1997		1. 9:28.97..... Carmen Carlos ..... 2016
2. 51.43..... Taiya Shelby ..... 2023		2. 9:29.1..... Beth Tallent ..... 1994
3. 52.75..... Jennifer Edobi ..... 2017		3. 9:34.68..... Sara Barron ..... 2015
4. 53.40..... Brooke Overholt ..... 2023		4. 9:36.30..... Vanessa Valentine ..... 2016
5. 53.47..... Allyria McBride ..... 2024		5. 9:36.70..... Niki Narayani ..... 2022
<b>6. 53.58..... Josie Donelson ..... 2025</b>		6. 9:37.06..... Amy Huss ..... 2006
7. 54.04..... Kaira Brown ..... 2022		7. 9:38.56..... Liz Anderson ..... 2014
8. 54.24..... Madison Fuller ..... 2022		8. 9:40.59..... Kristen Smith ..... 2012
9. 54.40..... Erin Edmond ..... 2015		9. 9:41.01..... Gillian Mortimer ..... 2021
10. 54.92..... Michele Baskin ..... 1998		10. 9:42.44..... Beth VanDusen ..... 1999
<b>800m</b>		<b>5,000m</b>
1. 2:03.89..... Taiya Shelby ..... 2023		1. 16:04.24..... Julia Rosenberg ..... 2024
2. 2:04.02..... Courtney Clayton ..... 2017		2. 16:05.11..... Bria Bennis ..... 2024
3. 2:04.35..... Ruby Stauber ..... 2021		3. 16:07.34..... Liz Anderson ..... 2014
4. 2:04.53..... Jennifer Edobi ..... 2019		4. 16:09.18..... Erika Schneble ..... 2004
5. 2:05.54..... Rita Jorgensen ..... 2011		5. 16:10.52..... Vanessa Valentine ..... 2016
6. 2:05.91..... Grace Jensen ..... 2022		6. 16:12.14..... Caroline Eck ..... 2023
7. 2:06.06..... Stacey Carpenter ..... 1998		7. 16:21.22..... Kristen Smith ..... 2012
8. 2:06.22..... Reagan Bustamante ..... 2018		8. 16:22.71..... Niki Narayani ..... 2022
9. 2:06.25..... Haley Walker ..... 2019		9. 16:26.36..... Carmen Carlos ..... 2017
10. 2:07.45..... Julia Rosenberg ..... 2024		10. 16:26.46..... Alexa Rogers ..... 2012



## OUTDOOR RECORDS

### 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.	<b>35:37.90</b>	<b>Gigi Clifford</b>	<b>2025</b>

### 100m Hurdles

1.	<b>13.16</b>	<b>Falon Spearman</b>	<b>2025</b>
2.	<b>13.29</b>	<b>Santana Spearman</b>	<b>2025</b>
3.	13.51	Jennifer Cannon	2013
	13.51	Amanda Mullins-Hall	2003
5.	<b>13.62</b>	<b>Taylor McKinnon</b>	<b>2025</b>
	13.62	Beatrice Juskeviciute	2023
7.	13.65	Ryan Tolbert	1996
8.	<b>13.95</b>	<b>Devyn Parham</b>	<b>2025</b>
9.	13.97	Josephine Dal	2022
	13.97	Julie Walk	1999

### 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.	<b>57.85</b>	<b>Falon Spearman</b>	<b>2025</b>
8.	58.50	Skyler Carpenter	2015
9.	58.60	Jennifer Cannon	2013
10.	<b>59.31</b>	<b>Joy Moorer</b>	<b>2025</b>

### Mile

1.	4:42.44	Sara Barron	2014
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### 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.	<b>E. Escobar, T. Benzinger, A. Kassim, J. Donelson</b>	<b>45.68</b>
		<b>2025</b>
7.	A. McBride, T. Shelby, E. Escobar, R. Washington	45.76
		2023
8.	H. Bishop, M. Fuller, J. Smith, T. Shelby	45.81
		2021
9.	M. Fuller, E. Escobar, N. Anderson, A. McBride	46.37
		2023
10.	M. Mailand, J. Walk, A. Helberg, R. Tolbert	46.38
		1998

### 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



## OUTDOOR RECORDS

### 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. **A. McBride, J. Moorer, M. Wilson, J. Donelson . . . 3:36.08**  
..... **2025**
5. T. Shelby, M. Fuller, K. Brown, H. Bishop . . . . . 3:36.22  
.....2022
6. J. Walk, A. Helberg, M. Baskin, R. Tolbert. . . . . 3:36.13  
.....1998
7. M. Baskin, A. Helberg, S. Carpenter, R. Tolbert. . . . . 3:36.51  
.....1997
8. A. McBride, T. Shelby, M. Georgiadis, K. Brown. . . . . 3:36.57  
.....2023
9. H. McIntosh, A. Helberg, M. Baskin, R. Tolbert . . . . . 3:37.14  
.....1998
10. J. Walk, A. Helberg, S. Carpenter, R. Tolbert . . . . . 3:38.08  
.....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

### 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



## OUTDOOR RECORDS

### 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.	20-3 (6.17)	.....	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.	<b>39-4 (11.99)</b>	....	<b>Anaya Webster</b>	.....	<b>2025</b>
6.	<b>39-2.5 (11.95)</b>	....	<b>Prynness Jackson</b>	.....	<b>2025</b>
7.	<b>37-9.25 (11.51)</b>	..	<b>Anya Carey</b>	.....	<b>2025</b>
8.	37-2.5 (11.34)	..	Veronica Shead	.....	2001

### Shot Put

1.	60-0.25 (18.29)	..	Veronica Fraley	.....	2024
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