# Indoor Records

**55m**
1. Ryan Tolbert......................7.22...........................................1997

**55m Hurdles**
1. Ryan Tolbert......................7.87...........................................1998

**60m**
1. Haley Bishop ....................7.37.........................................2022
2. *Janie Ford .......................7.38..................................... 2026*
3. *London Jackson-Bray .......7.42..................................... 2026*
4. Madison Fuller...................7.46.........................................2022
5. Lena Gooden.....................7.53.........................................2024
6. *Alima Kassim....................7.56..................................... 2026*
7. Tina Benzinger ..................7.59.........................................2025
8. *Danielle Dunning ..............7.60..................................... 2026*
   *Kylah Woods.....................7.60..................................... 2026*
10. Ella Escobar......................7.61.........................................2023

**60m Hurdles**
1. *Falon Spearman ................8.07......................................... 2026*
2. Beatrice Juskeviciute .......8.23.........................................2023
3. *Devyn Parham...................8.24......................................... 2025*
   *Santana Spearman ...........8.24......................................... 2025*
5. *Taylor McKinnon................8.27......................................... 2026*
6. *Janie Ford ........................8.30......................................... 2026*
7. Amanda Mullins-Hall .........8.37.........................................2004
8. Marta Sivina .....................8.44.........................................2025
9. Brooke Overholt................8.51.........................................2023
10. Janetra Gleaves ................8.52.........................................2015

**200m**
1. *Janie Ford ........................23.37....................................... 2026*
2. Haley Bishop ....................23.47.......................................2022
3. Tina Benzinger ..................23.82.......................................2025
4. Ryan Tolbert......................23.99.......................................1998
5. Madison Fuller...................24.11.......................................2022
6. Allyria McBride ..................24.30.......................................2025
7. Taiya Shelby......................24.35.......................................2021
8. *Alima Kassim....................24.37....................................... 2026*
   *Falon Spearman ...............24.37....................................... 2026*
10. *Josie Donelson .................24.38....................................... 2026*
    *London Jackson-Bray ......24.38....................................... 2026*

**300m**
1. Taiya Shelby......................37.41.......................................2022
2. *Janie Ford .......................37.64....................................... 2026*
3. *Allyria McBride .................37.78....................................... 2026*
4. Haley Bishop ....................38.33.......................................2022
5. *Devyn Parham...................38.83....................................... 2026*
6. Brooke Overholt................39.08.......................................2023
7. *Joy Moorer .......................39.24....................................... 2026*
8. Tina Benzinger ..................39.34.......................................2025
9. *Falon Spearman ...............39.36....................................... 2026*
10. Kaira Brown......................39.45.......................................2022

**400m**
1. Taiya Shelby......................52.40.......................................2022
2. Ryan Tolbert......................52.75.......................................1996
3. *Josie Donelson .................52.91..................................... 2026*
4. *Faith Franklin ...................53.09..................................... 2026*
5. Jennifer Edobi....................53.45.......................................2018
6. Allyria McBride ..................53.57.......................................2025
7. Brooke Overholt................53.82.......................................2023
8. *Joy Moorer .......................54.61..................................... 2026*
9. Faith Washington................54.63.......................................2015
10. Erin Edmond ....................54.78.......................................2015

**500m**
1. Jennifer Edobi..................1:13.66.......................................2016
2. Erin Edmond ...................1:15.17.......................................2014
3. Skyler Carpenter .............1:15.37.......................................2014
4. Lydia Witty ......................1:16.64.......................................2016
5. Courtney Clayton.............1:16.80.......................................2014

**600m**
1. *Janie Ford ......................1:27.61 ..................................... 2026*
2. *Jayden Hill .....................1:28.76 ..................................... 2026*
3. Taiya Shelby....................1:29.06.......................................2023
4. *Madyson Wilson...............1:29.94 ..................................... 2026*
5. Allyria McBride .................1:31.29.......................................2025
6. Michele Baskin .................1:31.43.......................................1998
7. Jennifer Edobi..................1:31.70.......................................2015
8. *Kenyah Conner ...............1:31.72 ..................................... 2026*
   Skyler Carpenter .............1:31.72.......................................2015
10. Stacey Carpenter ............1:32.17 ......................................1997

**800m**
1. *Jayden Hill .....................2:04.24 ..................................... 2026*
   Courtney Clayton.............2:04.24 ......................................2017
3. Taiya Shelby....................2:04.25 ......................................2023
4. *Kelty Oaster....................2:06.87 ..................................... 2026*
5. Ruby Stauber ..................2:07.29 ......................................2021
6. Grace Jensen...................2:07.40 ......................................2022
7. Michele Baskin ................2:07.54 ......................................1998
8. *Kenyah Conner ...............2:07.67 ..................................... 2026*
9. Stacey Carpenter .............2:08.72 ......................................1998
10. Amanda Helberg .............2:08.86 ......................................2000

**1,000m**
1. Julia Rosenberg ..............2:43.76 ......................................2024
2. *Betsy Jepkemei ..............2:46.55 ..................................... 2026*
3. Kat Delaney.....................2:47.16 ......................................2016
4. *Kelty Oaster....................2:47.50 ..................................... 2026*
5. Grace Jensen...................2:47.52 ......................................2022
6. Audrey Allman..................2:48.69 ......................................2025
7. Sara Barron .....................2:49.08 ......................................2016
8. Kristen Findley ................2:49.64 ......................................2012
9. Caroline Eck ...................2:50.33 ......................................2022
10. *Mackenzie Culpepper..... 2:51.53 ..................................... 2026*

## Mile

1. Julia Rosenberg ............. 4:37.26 ........................2025
2. Grace Jensen................... 4:37.56 ........................2022
3. Audrey Allman.................4:39.73 ........................2025
4. Sara Barron .................... 4:39.96 ........................2016
5. *Lily Kriegel ................... 4:41.39 ........................ 2026*
6. Emma Curry ...................4:46.08 ........................2024
7. Caroline Eck ................... 4:46.44 ........................2023
8. Ellie Wolski .................... 4:46.47 ........................2025
9. Kat Delaney ....................4:46.61 ........................2016
10. Jordan White...................4:46.71 ........................2012

## 3,000m

1. *Lily Kriegel ................... 9:05.28 ........................ 2026*
2. Julia Rosenberg ............. 9:14.16 ........................2025
3. Niki Narayani...................9:18.66 ........................2023
4. Caroline Eck ................... 9:20.85 ........................2023
5. Liz Anderson....................9:21.05 ........................2014
6. Carmen Carlos.................9:21.34 ........................2016
7. *Claire Petersen .............. 9:24.64 ........................ 2026*
8. *Tyla Lumley ................... 9:27.66 ........................ 2026*
9. Ellie Wolski .....................9:31.06 ........................2025
10. Vanessa Valentine...........9:31.25 ........................2016

## 5,000m

1. Liz Anderson.................... 16:14.30 ........................2014
2. Bria Bennis ..................... 16:17.40 ........................2024
3. Niki Narayani................. 16:17.82 ........................2023
4. *Tyla Lumley ...................16:18.92........................ 2026*
5. Vanessa Valentine.......... 16:25.75 ........................2016
6. Caroline Eck ................... 16:26.39 ........................2024
7. Erika Schneble ............... 16:32.06 ........................2004
8. Caroline Pietrzyk............ 16:37.74 ........................2016
9. Louise Hannallah ........... 16:39.40 ........................2012
10. Claire Benjamin.............. 16:44.34 ........................2015

## High Jump

1. Brionne Williams .........6-0 (1.83m).........................2013
    Josie Hahn ..................6-0 (1.83m).........................2004
3. *Cali Bryant ................ 5-10 (1.78m) ................................ 2026*
    *Mackenzie Dagrosa ... 5-10 (1.78m) ................................ 2026*
5. Ellie Tidman ............. 5-9.75 (1.77m) ........................2013
    Becky Collins.............5-9.75 (1.77m) ........................1999
7. *Rowan Houston ........ 5-9.25 (1.76m)........................ 2026*
8. Marta Sivina ............. 5-8.75 (1.75m) ........................2025
9. *Janie Ford ................5-8.5 (1.74m)................................ 2026*
    Jennifer Cannon ........ 5-8.5 (1.74m) ........................2014

## Pole Vault

1. Kristen Denk ........... 14-2.75 (4.34m) ........................2019
2. Sarah Bell ............... 13-11.25 (4.25m) ........................2017
3. Caleigh Lofstead ...... 13-5.25 (4.10m) ........................2017
4. Margaret Ollinger .......13-5 (4.09m)........................2019
5. Meagan Martin ... 12-11.5 (3.95m) ........................2012
6. Megan McCabe.......... 12-9.5 (3.90m) ........................2016
7. *Olivia Kosanovich .... 12-8.25 (3.87m)........................ 2026*
    *Jacqueline Rose....... 12-8.25 (3.87m)........................ 2026*
9. Kaitlyn Deutsch......... 12-7.5 (3.85m) ........................2020
10. Katherine Hendricks 12-2.75 (3.73m) ........................2010

## Long Jump

1. *Janie Ford ............... 21-6.25 (6.56m)........................ 2026*
2. *Lena Gooden ............. 20-8 (6.30m) ........................ 2026*
3. *Anaya Webster ........ 20-5.25 (6.23m)........................ 2026*
4. Allyria McBride .......... 20-1.5 (6.13m)........................2024
5. Ryan Tolbert................19-8 (5.99m)........................1996
6. Beatrice Juskeviciute19-5.25 (5.92m)........................2023
7. Devyn Parham........... 19-2.25 (5.85m)........................2025
    *Kayleigh Stargell ..... 19-2.25 (5.85m)........................ 2026*
9. Sohia Falco............... 19-1.25 (5.82m)........................2018
10. Marta Sivina ...................(5.81m)........................2026

## Triple Jump

1. Simone Charley........ 44-5.25 (13.54m) ........................2017
2. *Pryncess Jackson ......41-9.5 (12.73)........................ 2026*
    Christina Penn.......... 41-9.5 (12.73m) ........................1996
4. *Anaya Webster ......... 41-8 (12.70m) ........................ 2026*
5. *Anya Carey ............ 40-11.75 (12.49m) ........................ 2026*
6. *Lena Gooden .......... 40-7.75 (12.39m)........................ 2026*
7. Tierney Price ..............40-0 (12.19m)........................2015
8. Sophia Falco............ 39-0.50 (11.90m) ........................2018

## Shot Put

1. Divine Oladipo ......... 58-9.5 (17.92m) ........................2022
2. Veronica Fraley ....... 56-7.25 (17.25m) ........................2023
3. Sarah Omoregie ...... 56-1.75 (17.11m) ........................2024
4. Leslie Vidmar........... 53-0.25 (16.16m) ........................1998
5. Sarah Marvin ........... 52-3.75 (15.94m) ........................2023
6. Giavonna Meeks....... 51-4.5 (15.66m) ........................2024
7. Beatrice Juskeviciute44-1.75 (13.76m)........................2023
8. Vensherrie Campbell44-6.25 (13.56m)........................2003
9. Kyshia Ewing........... 42-0.75 (12.82m) ........................2002
10. Deanna Morelli.........42-0 (12.80m)........................2007

## Weight Throw

1. Giavonna Meeks......75-7.25 (23.04m) ........................2024
2. Kosi Umerah..............65-2.25 (19.87)........................2023
3. Vensherrie Campbell 58-5.75 (17.82)........................2004
4. Kyshia Ewing.............54-3.75 (16.55)........................2002
5. Kasi Foster.................. 52-1 (15.57) ........................2007
6. Leslie Vidmar............. 48-10 (14.88) ........................1998
7. Deanna Morelli..........48-3.25 (14.71)........................2007

## Pentathlon

1. *Janie Ford* .......................*4,373*.....................................*2026*
2. Beatrice Juskeviciute .......4,282.........................................2023
3. *Marta Sivina* .....................*4,269*.................................... *2026*
4. Josie Hahn.........................4,064.........................................2004
5. Devyn Parham....................3,963.........................................2025
6. Sarah Goodale ...................3,878.........................................2017
7. Jada Sims...........................3,840.........................................2023
8. Garnetta Holloway.............3,832.........................................2007
9. Jennifer Cannon ...............3,771.........................................2014
10. Madison Murray ................3,640.........................................2024

## 4x400m Relay

1. *F. Franklin, J. Ford, F. Spearman, J. Donelson ............. 3:32.54 ...........2026*
2. *J. Donelson, J. Ford, F. Franklin, M. Wilson .................. 3:32.72 ...........2026*
3. A. McBride, B. Overholt, K. Brown, T. Shelby..................3:33.23.............2023
4. *J. Moorer, F. Franklin, A. McBride, M. Wilson................ 3:34.48 ...........2026*
5. *M. Wilson, J. Moorer, F. Spearman, F. Franklin............. 3:35.61 ...........2026*
6. H. McIntosh, A. Helberg, M. Baskin, R. Tolbert ...............3:36.73.............1998
7. T. Shelby, M. Fuller, J. Smith, K. Brown .........................3:37.20.............2022
8. J. Edobi, S. Carpenter, C. Clayton, E. Edmond ..............3:37.95.............2015
9. *J. Moorer, F. Franklin, M. Culpepper, J. Donelson........ 3:37.96 ...........2026*
10. J. Walk, M. Baskin, R. Tolbert, A. Helberg ......................3:38.54.............1998

## Distance Medley Relay

1. A. Allman, A. McBride, E. Wolski, J. Rosenberg.............11:13.61.............2025
2. G. Jensen, K. Brown, T. Shelby, C. Eck ..........................11:14.47.............2022
3. E. Curry, A. McBride, A. Allman, J. Rosenberg...............11:15.13.............2024
4. *K. Oaster, J. Moorer, B. Jepkemei, L. Kriegel...............11:16.24 ...........2026*
5. C. Clayton, J. Edobi, S. Carpenter, S. Barron ................11.19.34.............2015
6. J. White, E. Edmond, K. Findley, E. Anderson...............11:19.76.............2012
7. K. Delaney, J. Edobi, M. Criscione, C. Carlos.................11:22.96.............2016
8. R. Bustamante, J. Edobi, B. Schulte, G. Hutton............11:24.94.............2018
9. L. Williams, F. Washington, S. Barron, K .Findley .........11:25.57.............2013
10. K. Delaney, F. Washington, C. Clayton, S. Barron.........11:27.43.............2014

## 4x800m Relay

1. R. Anderson, M. Criscione, K. Delaney, S. Baron.............8:59.05.............2016

c • converted 60m to 55m (-.50) / 60m HH to 55m HH (-.53)
# • converted from hand to automatic time