



OUTDOOR RECORDS

100m			1,500m				
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.	11.83	Alima Kassim	2026	5.	4:20.36	Sara Barron	2013
6.	11.89	Taylor Jackson	2011	6.	4:20.49	Lily Kriegel	2025
	11.89	Ella Escobar	2023	7.	4:21.19	Reagan Bustamante	2018
8.	11.92	Sophia Falco	2018	8.	4:22.48	Lily Williams	2013
9.	11.93	Andrea Rosemond	2005	9.	4:22.49	Whitney Spannuth	1994
10.	11.97	Melissa Mailand	1998	10.	4:22.56	Stacey Carpenter	1999
200m			3,000m Steeplechase				
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.	10:32.72	Ellie Wolski	2025
4.	23.65	Tina Benzinger	2025	4.	10:34.15	Kylene Kownurko	2002
5.	23.90	Jennifer Edobi	2018	5.	10:39.59	Ashleigh Wetzel	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.	24.14	Devyn Parham	2025	9.	10:51.00	Joslin Blair	2022
10.	24.15	Beatrice Juskeviciute	2023	10.	11:26.57	Emma Curry	2023
400m			3,000m				
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.	52.73	Faith Franklin	2026	3.	9:34.68	Sara Barron	2015
4.	52.75	Jennifer Edobi	2017	4.	9:36.30	Vanessa Valentine	2016
5.	53.27	Josie Donelson	2026	5.	9:36.70	Niki Narayani	2022
6.	53.40	Brooke Overholt	2023	6.	9:37.06	Amy Huss	2006
7.	53.47	Allyria McBride	2024	7.	9:38.56	Liz Anderson	2014
8.	54.04	Kaira Brown	2022	8.	9:40.59	Kristen Smith	2012
9.	54.24	Madison Fuller	2022	9.	9:41.01	Gillian Mortimer	2021
10.	54.40	Erin Edmond	2015	10.	9:42.44	Beth VanDusen	1999
800m			5,000m				
1.	2:03.45	Jayden Hill	2026	1.	15:56.34	Lily Kriegel	2026
2.	2:03.89	Taiya Shelby	2023	2.	16:04.24	Julia Rosenberg	2024
3.	2:04.02	Courtney Clayton	2017	3.	16:05.11	Bria Bennis	2024
4.	2:04.35	Ruby Stauber	2021	4.	16:07.34	Liz Anderson	2014
5.	2:04.53	Jennifer Edobi	2019	5.	16:09.18	Erika Schneble	2004
6.	2:05.27	Kelty Oaster	2026	6.	16:10.52	Vanessa Valentine	2016
7.	2:05.54	Rita Jorgensen	2011	7.	16:12.14	Caroline Eck	2023
8.	2:05.91	Grace Jensen	2022	8.	16:21.22	Kristen Smith	2012
9.	2:06.06	Stacey Carpenter	1998	9.	16:22.71	Niki Narayani	2022
10.	2:06.22	Reagan Bustamante	2018	10.	16:26.36	Carmen Carlos	2017



OUTDOOR RECORDS

10,000m

1.	33:18.15	<i>Tyla Lumley</i>	2026
2.	33:44.76	Liz Anderson	2014
3.	33:48.61	Niki Narayani	2023
4.	33:55.33	Caroline Eck	2024
5.	34:10.30	McKenzie Yanek	2022
6.	34:11.28	Bria Bennis	2024
7.	34:48.05	Grace Orders	2013
8.	34:50.53	Allie Scalf	2013
9.	35:30.76	Claire Benjamin	2014
10.	35:34.41	Vanessa Valentine	2015

100m Hurdles

1.	13.02	<i>Falon Spearman</i>	2026
2.	13.23	Santana Spearman	2025
3.	13.26	Devyn Parham	2025
4.	13.50	Taylor McKinnon	2025
5.	13.51	Jennifer Cannon	2013
	13.51	Amanda Mullins-Hall	2003
7.	13.62	Beatrice Juskeviciute	2023
8.	13.65	Ryan Tolbert	1996
9.	13.85	Marta Sivina	2025
10.	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.	55.65	Allyria McBride	2025
4.	56.33	<i>Falon Spearman</i>	2026
5.	56.94	Faith Washington	2015
6.	57.56	Amanda Helberg	1999
7.	57.74	Mya Georgiadis	2023
8.	57.78	<i>Madyson Wilson</i>	2026
9.	58.34	Joy Moorner	2025
10.	58.50	Skyler Carpenter	2015

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.	E. Escobar, T. Benzinger, J. Moorner, J. Donelson	45.20
		2025
4.	<i>L. Jackson-Bray, D. Dunning, A. Kassim, J. Donelson</i>	45.27
		2026
5.	M. Fuller, T. McKinnon, E. Escobar, A. McBride	45.49
		2023
6.	E. Escobar, T. Benzinger, A. Kassim, J. Donelson	45.51
		2025
7.	E. Escobar, H. Bishop, N. Anderson, A. McBride	45.52
		2024
8.	M. Fuller, T. Shelby, E. Escobar, A. McBride	45.66
		2023
9.	A. McBride, T. Shelby, E. Escobar, R. Washington	45.76
		2023
10.	H. Bishop, M. Fuller, J. Smith, T. Shelby	45.81
		2021

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. **J. Donelson, M. Wilson, J. Moorer, F. Franklin 3:34.04**
..... 2026
3. F. Washington, S. Carpenter, C. Clayton, E. Edmond 3:34.74
.....2015
..... [53.8, 53.9, 53.6, 53.3]
4. **M. Wilson, F. Franklin, J. Hill, J. Donelson. 3:34.84**
..... 2026
5. K. Brown, M. Fuller, T. Shelby, J. Smith. 3:35.06
.....2021
6. J. Moorer, J. Donelson, M. Wilson, A. McBride. 3:35.86
.....2025
7. T. Shelby, M. Fuller, K. Brown, H. Bishop 3:36.22
.....2022
8. J. Walk, A. Helberg, M. Baskin, R. Tolbert. 3:36.13
.....1998
9. M. Baskin, A. Helberg, S. Carpenter, R. Tolbert. 3:36.51
.....1997
10. A. McBride, T. Shelby, M. Georgiadis, K. Brown. 3:36.57
.....2023

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. **5-10.5 (1.79). Cali Bryant. 2026**
4. 5-9.75 (1.77) Jada Sims. 2023
5-9.75 (1.77) Ellie Tidman. 2012
6. **5-9.25 (1.76). Mackenzie Dagrosa. 2026**
7. 5-8.75 (1.75) Buky Bamigboye 2010
8. 5-8 (1.73) Madison Murray 2024
9. 5-8 (1.72) Becky Collins. 1999
10. **5-7 (1.70) Rowan Houston. 2026**
5-7 (1.70) Pryncess Jackson 2026
5-7 (1.70) Cherice Robertson 2008
5-7 (1.70) Alix Still. 2024



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)	Jacqueline Rose	2025
	12-1.5 (3.70)	Laine Roberts	2022

Long Jump

1.	20-6.5 (6.26)	<i>Lena Gooden</i>	2026
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.	19-4.75 (5.91)	<i>Kayleigh Stargell</i>	2026
9.	19-4 (5.89)	Alix Still	2024
10.	19-2.75 (5.86)	..	Anaya Webster	2024

Triple Jump

1.	45-2.25 (13.77)	..	Simone Charley	2016
2.	41-4 (12.57)	<i>Pryncess Jackson</i>	2026
3.	40-9.5 (12.43)	..	Sophia Falco	2018
4.	40-7.5 (12.38)	..	Tierney Price	2015
5.	40-6.25 (12.35)	<i>Lena Gooden</i>	2026
6.	40-6.75 (12.36)	..	Christina Penn	1996
7.	40-0.75 (12.21)	<i>Anaya Webster</i>	2026
8.	38-7 (11.76)	<i>Anya Carey</i>	2026
9.	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.	168-7 (51.38)	<i>Elizabeth Bailey</i>	2026
2.	154-1 (46.98)	Beatrice Juskeviciute	2023
3.	147-2 (44.86)	Josie Hahn	2004
4.	145-9 (44.42)	Garnetta Holloway	2007
5.	140-11 (42.95)	..	Janis Rose	1993
6.	132-10 (40.50)	..	Madison Murray	2021
7.	131-1 (39.95)	Leslie Vidmar	1998
8.	122-0 (37.19)	Allyson Sisler	2004
9.	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.	5,452	Marta Sivina	2024
7.	5,417	Garnetta Holloway	2006
8.	5,399	Julie Walk	1999
9.	5,340	Madison Murray	2024
10.	5,337	Sarah Goodale	2017