



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. 4:21.11 Betsy Jepkemei 2026 |
| 8. 11.92..... Sophia Falco 2018 | | 8. 4:21.19..... Reagan Bustamante 2018 |
| 9. 11.93..... Andrea Rosemond 2005 | | 9. 4:22.48..... Lily Williams 2013 |
| 10. 11.97..... Melissa Mailand 1998 | | 10. 4:22.49..... Whitney Spannuth 1994 |
| 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. 52.28 Faith Franklin 2026 | | 3. 9:34.68..... Sara Barron 2015 |
| 4. 52.75..... Jennifer Edobi 2017 | | 4. 9:36.30..... Vanessa Valentine 2016 |
| 5. 52.99 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. | 13.57 | | <i>Marta Sivina</i> | | 2026 |
| 8. | 13.62 | | Beatrice Juskeviciute | | 2023 |
| 9. | 13.65 | | Ryan Tolbert | | 1996 |
| 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. | 57.36 | | <i>Madyson Wilson</i> | | 2026 |
| 7. | 57.56 | | Amanda Helberg | | 1999 |
| 8. | 57.74 | | Mya Georgiadis | | 2023 |
| 9. | 58.34 | | Joy Moorner | | 2025 |
| 10. | 58.50 | | Skyler Carpenter | | 2015 |

Mile

| | | | | | |
|----|---------|-------|-------------|-------|------|
| 1. | 4:42.44 | | Sara Barron | | 2014 |
|----|---------|-------|-------------|-------|------|

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. Franklin, F. Spearman, J. Moorer, J. Donelson* **3:34.40**
..... 2026
4. F. Washington, S. Carpenter, C. Clayton, E. Edmond 3:34.74
.....2015
..... [53.8, 53.9, 53.6, 53.3]
5. *M. Wilson, F. Franklin, J. Hill, J. Donelson* **3:34.84**
..... 2026
6. K. Brown, M. Fuller, T. Shelby, J. Smith. 3:35.06
.....2021
7. J. Moorer, J. Donelson, M. Wilson, A. McBride. 3:35.86
.....2025
8. T. Shelby, M. Fuller, K. Brown, H. Bishop 3:36.22
.....2022
9. J. Walk, A. Helberg, M. Baskin, R. Tolbert. 3:36.13
.....1998
10. M. Baskin, A. Helberg, S. Carpenter, R. Tolbert. 3:36.51
.....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. 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-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. **5-7.25 (1.71)**. *Gianna Bullock* **2026**



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. | 19-11.5 (6.08) | | <i>Marta Sivina</i> | | 2026 |
| 4. | 19-10.75 (6.06) | .. | Sophia Falco | | 2018 |
| 5. | 19-10.25 (6.05) | .. | Buky Bamigboye | | 2010 |
| | 19-10.25 (6.05) | .. | Ryan Tolbert | | 1996 |
| 7. | 19-7 (5.96) | | Lauryn Smith | | 2006 |
| 8. | 19-6.5 (5.95) | | Julie Walk | | 1999 |
| 9. | 19-4.75 (5.91) | | <i>Kayleigh Stargell</i> | | 2026 |
| 10. | 19-4 (5.89) | | Alix Still | | 2024 |

Triple Jump

| | | | | | |
|----|-----------------|-------|-------------------------|-------|------|
| 1. | 45-2.25 (13.77) | .. | Simone Charley | | 2016 |
| 2. | 41-4 (12.57) | | <i>Prynness 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. | 5,665 | | <i>Marta Sivina</i> | | 2026 |
| 3. | 5,638 | | Jada Sims | | 2023 |
| 4. | 5,527 | | Buky Bamigboye | | 2010 |
| 5. | 5,503 | | Josie Hahn | | 2004 |
| 6. | 5,471 | | Alix Still | | 2024 |
| 7. | 5,421 | | <i>Gianna Bullock</i> | | 2026 |
| 8. | 5,417 | | Garnetta Holloway | | 2006 |
| 9. | 5,399 | | Julie Walk | | 1999 |
| 10. | 5,340 | | Madison Murray | | 2024 |