



## 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.	<b>11.83</b>	<b>Alima Kassim</b>	<b>2026</b>	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.	<b>4:21.11</b>	<b>Betsy Jepkemei</b>	<b>2026</b>
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
<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.	10:32.72	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
<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.	<b>52.28</b>	<b>Faith Franklin</b>	<b>2026</b>	3.	9:34.68	Sara Barron	2015
4.	52.75	Jennifer Edobi	2017	4.	9:36.30	Vanessa Valentine	2016
5.	<b>52.99</b>	<b>Josie Donelson</b>	<b>2026</b>	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
<b>800m</b>			<b>5,000m</b>				
1.	<b>2:03.04</b>	<b>Jayden Hill</b>	<b>2026</b>	1.	<b>15:45.08</b>	<b>Lily Kriegel</b>	<b>2026</b>
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.	<b>2:05.27</b>	<b>Kelty Oaster</b>	<b>2026</b>	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.	<b>16:18.57</b>	<b>Tyla Lumley</b>	<b>2026</b>
9.	2:06.06	Stacey Carpenter	1998	9.	16:21.22	Kristen Smith	2012
10.	2:06.22	Reagan Bustamante	2018	10.	16:22.71	Niki Narayani	2022



## 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 Moorer	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. Moorer, 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.	41-9.25 (12.73)	....	<i>Lena Gooden</i>	.....	2026
3.	41-4 (12.57)	.....	<i>Pryncess Jackson</i>	.....	2026
4.	40-9.5 (12.43)	..	Sophia Falco	.....	2018
5.	40-7.5 (12.38)	..	Tierney Price	.....	2015
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