OUTDOOR RECORDS

100m

1.	11.47	Haley Bishop	2022
2.	11.52	Madison Fuller	2021
3.	11.65	Lena Gooden	2024
4.	11.80	Anna Carr	2010
5.	***11.83***	***Alima Kassim***	***2026***
6.	11.89	Ella Escobar	2023
	11.89	Taylor Jackson	2011
8.	11.92	Sophia Falco	2018
9.	11.93	Andrea Rosemond	2005
10.	11.97	Melissa Mailand	1998

200m

1.	23.20	Haley Bishop	2022
2.	23.49	Ryan Tolbert	1996
3.	23.64	Madison Fuller	2021
4.	23.65	Tina Benzinger	2025
5.	23.90	Jennifer Edobi	2018
6.	24.02	Rondajai Washington	2023
7.	24.05	Brooke Overholt	2023
8.	24.08	Lena Gooden	2024
9.	24.14	Devyn Parham	2025
10.	24.15	Beatrice Juskeviciute	2023

400m

1.	51.14	Ryan Tolbert	1997
2.	51.43	Taiya Shelby	2023
3.	***52.24***	***Faith Franklin***	***2026***
4.	52.75	Jennifer Edobi	2017
5.	***52.99***	***Josie Donelson***	***2026***
6.	53.40	Brooke Overholt	2023
7.	53.47	Allyria McBride	2024
8.	54.04	Kaira Brown	2022
9.	54.24	Madison Fuller	2022
10	54.40	Erin Edmond	2015

800m

1.	***2:03.04***	***Jayden Hill***	***2026***
2.	2:03.89	Taiya Shelby	2023
3.	2:04.02	Courtney Clayton	2017
4.	2:04.35	Ruby Stauber	2021
5.	2:04.53	Jennifer Edobi	2019
6.	***2:05.27***	***Kelty Oaster***	***2026***
7.	2:05.54	Rita Jorgensen	2011
8.	2:05.91	Grace Jensen	2022
9.	2:06.06	Stacey Carpenter	1998
10.	2:06.22	Reagan Bustamante	2018

1,500m

1.	4:13.82	Grace Jensen	2022
2.	4:14.74	Kristen Findley	2013
3.	4:15.60	Julia Rosenberg	2024
4.	4:17.96	Kat Delaney	2016
5.	4:20.36	Sara Barron	2013
6.	4:20.49	Lily Kriegel	2025
7.	***4:21.11***	***Betsy Jepkemei***	***2026***
8.	4:21.19	Reagan Bustamante	2018
9.	4:22.48	Lily Williams	2013
10.	4:22.49	Whitney Spannuth	1994

3,000m Steeplechase

1.	10:21.20	Becca Chandler	2015
2.	10:27.72	Amira Joseph	2014
3.	10:32.72	Ellie Wolski	2025
4.	10:34.15	Kylene Kownurko	2002
5.	10:39.59	Ashleigh Wetzel	2007
6.	10:43.86	Kacie Breeding	2018
7.	10:43.92	Val Kazmer	2008
8.	10:46.27	Allie Scalf	2011
9.	10:51.00	Joslin Blair	2022
10.	11:26.57	Emma Curry	2023

3,000m

1.	9:28.97	Carmen Carlos	2016
2.	9:29.1	Beth Tallent	1994
3.	9:34.68	Sara Barron	2015
4.	9:36.30	Vanessa Valentine	2016
5.	9:36.70	Niki Narayani	2022
6	9:37.06	Amy Huss	2006
7.	9:38.56	Liz Anderson	2014
8.	9:40.59	Kristen Smith	2012
9.	9:41.01	Gillian Mortimer	2021
10.	9:42.44	Beth VanDusen	1999

5,000m

1.	***15:45.08***	***Lily Kriegel***	***2026***
2.	16:04.24	Julia Rosenberg	2024
3.	16:05.11	Bria Bennis	2024
4.	16:07.34	Liz Anderson	2014
5.	16:09.18	Erika Schneble	2004
6.	16:10.52	Vanessa Valentine	2016
7.	16:12.14	Caroline Eck	2023
8.	***16:18.57***	***Tyla Lumley***	***2026***
9.	16:21.22	Kristen Smith	2012
10.	16:22.71	Niki Narayani	2022

OUTDOOR RECORDS

10,000m

1.	***33:18.15***	***Tyla Lumley***	***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***	***Falon Spearman***	***2026***
2.	13.23	Santana Spearman	2025
3.	13.26	Devyn Parham	2025
4.	***13.47***	***Taylor McKinnon***	***2026***
5.	13.51	Jennifer Cannon	2013
	13.51	Amanda Mullins-Hall	2003
7.	***13.57***	***Marta Sivina***	***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***	***Falon Spearman***	***2026***
5.	***56.82***	***Madyson Wilson***	***2026***
6.	56.94	Faith Washington	2015
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

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.	***L. Jackson-Bray, D. Dunning, A. Kassim, J. Donelson***	***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. ***J. Donelson, M. Georgiadis, M. Wilson, F. Franklin . 3:30.93 . . . . . 2026***
2. A. McBride, T. Shelby, K. Brown, B. Overholt. 3:32.29 2023
3. ***J. Donelson, M. Wilson, J. Moorer, F. Franklin . . . . . 3:34.04 . . . . . 2026***
4. ***F. Franklin, F. Spearman, J. Moorer, J. Donelson. . . 3:34.40 . . . . . 2026***
5. F. Washington, S. Carpenter, C. Clayton, E. Edmond 3:34.74 . . . . . .2015 . . . . . [53.8, 53.9, 53.6, 53.3]
6. ***M. Wilson, F. Franklin, J. Hill, J. Donelson. . . . . 3:34.84 . . . . . 2026***
7. K. Brown, M. Fuller, T. Shelby, J. Smith. 3:35.06 2021
8. J. Moorer, J. Donelson, M. Wilson, A. McBride. 3:35.86 2025
9. T. Shelby, M. Fuller, K. Brown, H. Bishop 3:36.22 2022
10. J. Walk, A. Helberg, M. Baskin, R. Tolbert. 3:36.13 1998

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) . . . . . Pryncess Jackson 2026***
   5-8 (1.73) . . . . . Madison Murray 2024
10. 5-8 (1.72) . . . . . Becky Collins. 1999

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. ***12-6 (3.81) ..... Jacqueline Rose 2026***
10. 12-5.5 (3.80) .... Kaitlyn Deutsch 2021

Long Jump

1. ***20-8.5 (6.31)..... Lena Gooden 2026***
2. 20-0.5 (6.11) .... Beatrice Juskeviciute 2023
3. ***20-0.25 (6.10).... MartaSivina 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).... Kayleigh Stargell 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)... Lena Gooden 2026***
3. ***41-4 (12.57) ..... Pryncess Jackson 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)... Anaya Webster 2026***
8. ***38-7 (11.76) ..... Anya Carey 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) .... Elizabeth Bailey 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..... Marta Sivina 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..... Gianna Bullock 2026***
8. 5,417..... Garnetta Holloway 2006
9. 5,399..... Julie Walk 1999
10. 5,340..... Madison Murray 2024