



## OUTDOOR RECORDS

### 100m

1.	11.47.....	Haley Bishop .....	2022
2.	11.52.....	Madison Fuller.....	2021
<b>3.</b>	<b>11.65 .....</b>	<b>Lena Gooden .....</b>	<b>2024</b>
4.	11.80.....	Anna Carr .....	2010
5.	11.89.....	Taylor Jackson .....	2011
	11.89.....	Ella Escobar .....	2023
7.	11.92.....	Sophia Falco .....	2018
8.	11.93.....	Andrea Rosemond .....	2005
9.	11.97.....	Melissa Mailand.....	1998
10.	11.98.....	Ryan Tolbert.....	1996

### 200m

1.	23.20.....	Haley Bishop .....	2022
2.	23.49.....	Ryan Tolbert.....	1996
3.	23.64.....	Madison Fuller.....	2021
4.	23.90.....	Jennifer Edobi .....	2018
5.	24.02.....	Rondajai Washington.....	2023
6.	24.05.....	Brooke Overholt .....	2023
<b>7.</b>	<b>24.08 .....</b>	<b>Lena Gooden .....</b>	<b>2024</b>
8.	24.15.....	Beatrice Juskeviciute.....	2023
9.	24.18.....	Anna Carr .....	2010
10.	24.25.....	Taylor Jackson .....	2010

### 400m

1.	51.14.....	Ryan Tolbert.....	1997
2.	51.43.....	Taiya Shelby.....	2023
3.	52.75.....	Jennifer Edobi .....	2017
4.	53.40.....	Brooke Overholt .....	2023
<b>5.</b>	<b>53.47 .....</b>	<b>Allyria McBride.....</b>	<b>2024</b>
6.	54.04.....	Kaira Brown .....	2022
7.	54.24.....	Madison Fuller.....	2022
8.	54.40.....	Erin Edmond .....	2015
9.	54.92.....	Michele Baskin .....	1998
10.	55.01.....	Teegan Hill .....	2009

### 800m

1.	2:03.89.....	Taiya Shelby.....	2023
2.	2:04.02.....	Courtney Clayton .....	2017
3.	2:04.35.....	Ruby Stauber.....	2021
4.	2:04.53.....	Jennifer Edobi .....	2019
5.	2:05.54.....	Rita Jorgensen.....	2011
6.	2:05.91.....	Grace Jensen.....	2022
7.	2:06.06.....	Stacey Carpenter .....	1998
8.	2:06.22.....	Reagan Bustamante.....	2018
9.	2:06.25.....	Haley Walker .....	2019
<b>10.</b>	<b>2:07.45 .....</b>	<b>Julia Rosenberg.....</b>	<b>2024</b>

### 1,500m

1.	4:13.82.....	Grace Jensen.....	2022
2.	4:14.74.....	Kristen Findley.....	2013
<b>3.</b>	<b>4:15.60 .....</b>	<b>Julia Rosenberg.....</b>	<b>2024</b>
4.	4:17.96.....	Kat Delaney .....	2016
5.	4:20.36.....	Sara Barron .....	2013
6.	4:21.19.....	Reagan Bustamante.....	2018
7.	4:22.48.....	Lily Williams.....	2013
8.	4:22.49.....	Whitney Spannuth .....	1994
9.	4:22.56.....	Stacey Carpenter .....	1999
10.	4:22.77.....	Rita Jorgensen.....	2010

### 3,000m Steeplechase

1.	10:21.20.....	Becca Chandler.....	2015
2.	10:27.72.....	Amira Joseph.....	2014
3.	10:34.15.....	Kylene Kownurko .....	2002
4.	10:39.59.....	Ashleigh Wetzel.....	2007
5.	10:43.86.....	Kacie Breeding .....	2018
6.	10:43.92.....	Val Kazmer .....	2008
7.	10:46.27.....	Allie Scalf .....	2011
8.	10:51.00.....	Joslin Blair .....	2022
9.	11:26.57.....	Emma Curry.....	2023
10.	11:47.46.....	Christine Brown .....	2006



## OUTDOOR RECORDS

### 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.	<b>16:04.24</b>	.....	<b>Julia Rosenberg</b>	.....	<b>2024</b>
2.	<b>16:05.11</b>	.....	<b>Bria Bennis</b>	.....	<b>2024</b>
3.	16:07.34	.....	Liz Anderson	.....	2014
4.	16:09.18	.....	Erika Schneble	.....	2004
5.	16:10.52	.....	Vanessa Valentine	.....	2016
6.	16:12.14	.....	Caroline Eck	.....	2023
7.	16:21.22	.....	Kristen Smith	.....	2012
8.	16:22.71	.....	Niki Narayani	.....	2022
9.	16:26.36	.....	Carmen Carlos	.....	2017
10.	16:26.46	.....	Alexa Rogers	.....	2012

### 10,000m

1.	33:44.76	.....	Liz Anderson	.....	2014
2.	33:48.61	.....	Niki Narayani	.....	2023
3.	<b>33:55.33</b>	.....	<b>Caroline Eck</b>	.....	<b>2024</b>
4.	34:10.30	.....	McKenzie Yanek	.....	2022
5.	<b>34:11.28</b>	.....	<b>Bria Bennis</b>	.....	<b>2024</b>
6.	34:48.05	.....	Grace Orders	.....	2013
7.	34:50.53	.....	Allie Scalf	.....	2013
8.	35:30.76	.....	Claire Benjamin	.....	2014
9.	35:34.41	.....	Vanessa Valentine	.....	2015
10.	35:40.27	.....	Kristabel Doebel-Hickok	.....	2008

### 100m Hurdles

1.	<b>13.16</b>	.....	<b>Falon Spearman</b>	.....	<b>2024</b>
2.	13.51	.....	Jennifer Cannon	.....	2013
	13.51	.....	Amanda Mullins-Hall	.....	2003
4.	<b>13.52</b>	.....	<b>Santana Spearman</b>	.....	<b>2024</b>
5.	13.62	.....	Beatrice Juskeviciute	.....	2023
6.	13.65	.....	Ryan Tolbert	.....	1996
7.	<b>13.72</b>	.....	<b>Taylor McKinnon</b>	.....	<b>2024</b>
8.	13.97	.....	Josephine Dal	.....	2022
	13.97	.....	Julie Walk	.....	1999
10.	<b>13.98</b>	.....	<b>Alix Still</b>	.....	<b>2024</b>

### 400m Hurdles

1.	54.21	.....	Ryan Tolbert	.....	1997
2.	55.50	.....	Brooke Overholt	.....	2023
3.	<b>56.05</b>	.....	<b>Allyria McBride</b>	.....	<b>2024</b>
4.	56.94	.....	Faith Washington	.....	2015
5.	57.56	.....	Amanda Helberg	.....	1999
6.	57.74	.....	Mya Georgiadis	.....	2023
7.	<b>58.05</b>	.....	<b>Falon Spearman</b>	.....	<b>2024</b>
8.	58.50	.....	Skyler Carpenter	.....	2015
9.	58.60	.....	Jennifer Cannon	.....	2013
10.	1:00.97	.....	Autumn Smith	.....	2001

### Mile

1.	4:42.44	.....	Sara Barron	.....	2014
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## OUTDOOR RECORDS

### 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. M. Fuller, T. McKinnon, E. Escobar, A. McBride . . . . . 45.49  
.....2023
4. **E. Escobar, H. Bishop, N. Anderson, A. McBride . . . . . 45.52**  
..... **2024**
5. M. Fuller, T. Shelby, E. Escobar, A. McBride . . . . . 45.66  
.....2023
6. A. McBride, T. Shelby, E. Escobar, R. Washington . . . . . 45.76  
.....2023
7. H. Bishop, M. Fuller, J. Smith, T. Shelby . . . . . 45.81  
.....2021
8. M. Fuller, E. Escobar, N. Anderson, A. McBride . . . . . 46.37  
.....2023
9. M. Mailand, J. Walk, A. Helberg, R. Tolbert . . . . . 46.38  
.....1998
10. A. Carr, T. Jackson, T. Hill, B. Bamigboye . . . . . 46.46  
.....2010

### 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

### 4x400m Relay

1. A. McBride, T. Shelby, K. Brown, B. Overholt . . . . . 3:32.29  
.....2023
2. F. Washington, S. Carpenter, C. Clayton, E. Edmond 3:34.74  
.....2015  
..... [53.8, 53.9, 53.6, 53.3]
3. K. Brown, M. Fuller, T. Shelby, J. Smith . . . . . 3:35.06  
.....2021
4. T. Shelby, M. Fuller, K. Brown, H. Bishop . . . . . 3:36.22  
.....2022
5. J. Walk, A. Helberg, M. Baskin, R. Tolbert . . . . . 3:36.13  
.....1998
6. M. Baskin, A. Helberg, S. Carpenter, R. Tolbert . . . . . 3:36.51  
.....1997
7. A. McBride, T. Shelby, M. Georgiadis, K. Brown . . . . . 3:36.57  
.....2023
8. H. McIntosh, A. Helberg, M. Baskin, R. Tolbert . . . . . 3:37.14  
.....1998
9. J. Walk, A. Helberg, S. Carpenter, R. Tolbert . . . . . 3:38.08  
.....1997
10. **E. Escobar, A. McBride, E. Gautreaux, F. Spearman . . . 3:38.97**  
..... **2024**

### 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



## OUTDOOR RECORDS

### 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' 9.75 (1.77) . . . . . Jada Sims. . . . . 2023  
5' 9.75 (1.77) . . . . . Ellie Tidman. . . . . 2012
5. 5' 8.75 (1.75) . . . . . Buky Bamigboye . . . . . 2010
- 6. 5' 8 (1.73) . . . . . *Madison Murray* . . . . . 2024**
7. 5' 8 (1.72) . . . . . Becky Collins. . . . . 1999
8. 5' 7 (1.70) . . . . . Cherice Robertson . . . . . 2008  
**5'7 (1.70) . . . . . *Alix Still* . . . . . 2024**
9. 5' 6.5 (1.69) . . . . . Beatrice Juskeviciute . . . . . 2023
10. 5' 5.75 (1.67) . . . . . Tina Blair . . . . . 1983  
5' 5.75 (1.67) . . . . . Ashley Berry . . . . . 1991  
5' 5.75 (1.67) . . . . . Cheri Calahan . . . . . 1995  
5' 5.75 (1.67) . . . . . Kyshia Ewing. . . . . 2001

### 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) . . . . . Laine Roberts . . . . . 2022



## OUTDOOR RECORDS

### Long Jump

1. **20' 5 (6.22)** . . . . **Lena Gooden** . . . . . **2024**
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 (5.89)** . . . . **Alix Still** . . . . . **2024**
9. **19' 2.75 (5.86)** . . . . **Anaya Webster** . . . . . **2024**
10. 19' 0 (5.79) . . . . . Garnetta Holloway . . . . . 2006

### Triple Jump

1. 45' 2.25 (13.77) . . . . Simone Charley . . . . . 2016
2. 40' 9.5 (12.43) . . . . Sophia Falco . . . . . 2018
3. 40' 7.5 (12.38) . . . . Tierney Price . . . . . 2015
4. 40' 6.75 (12.36) . . . . Christina Penn . . . . . 1996
5. **39' 3 (11.96)** . . . . **Anaya Webster** . . . . . **2024**
6. 37' 2.5 (11.34) . . . . Veronica Shead . . . . . 2001

### Shot Put

1. **60' 0.25 (18.29)** . . . . **Veronica Fraley** . . . . . **2023**
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. 154' 1 (46.98) . . . . Beatrice Juskeviciute . . . . . 2023
2. 147' 2 (44.86) . . . . Josie Hahn . . . . . 2004
3. 145' 9 (44.42) . . . . Garnetta Holloway . . . . . 2007
4. 140' 11 (42.95) . . . . Janis Rose . . . . . 1993
5. 132' 10 (40.50) . . . . Madison Murray . . . . . 2021
6. 131' 1 (39.95) . . . . Leslie Vidmar . . . . . 1998
7. 122' 0 (37.19) . . . . Allyson Sisler . . . . . 2004
8. 121' 6 (37.02) . . . . Sarah Goodale . . . . . 2015

### Hammer

1. 199' 4 (60.77) . . . . Giavonna Meeks . . . . . 2023
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. 5,417 . . . . . Garnetta Holloway . . . . . 2006
7. 5,399 . . . . . Julie Walk . . . . . 1999
8. **5,340** . . . . . **Madison Murray** . . . . . **2024**
9. 5,337 . . . . . Sarah Goodale . . . . . 2017
10. **5,231** . . . . . **Marta Sivina** . . . . . **2024**