



## OUTDOOR RECORDS

<b>100m</b>		<b>Mile</b>	
1.	11.47..... Haley Bishop..... 2022	1.	4:42.44..... Sara Barron..... 2014
2.	11.52..... Madison Fuller..... 2021	<b>3,000m Steeplechase</b>	
3.	<b>11.65..... Lena Gooden..... 2024</b>	1.	10:21.20..... Becca Chandler..... 2015
4.	11.80..... Anna Carr..... 2010	2.	10:27.72..... Amira Joseph..... 2014
5.	11.89..... Taylor Jackson..... 2011	3.	10:34.15..... Kylene Kownurko..... 2002
	11.89..... Ella Escobar..... 2023	4.	10:39.59..... Ashleigh Wetzel..... 2007
7.	11.92..... Sophia Falco..... 2018	5.	10:43.86..... Kacie Breeding..... 2018
8.	11.93..... Andrea Rosemond..... 2005	6.	10:43.92..... Val Kazmer..... 2008
9.	11.97..... Melissa Mailand..... 1998	7.	10:46.27..... Allie Scalf..... 2011
10.	11.98..... Ryan Tolbert..... 1996	8.	10:51.00..... Joslin Blair..... 2022
<b>200m</b>		9.	11:26.57..... Emma Curry..... 2023
1.	23.20..... Haley Bishop..... 2022	10.	11:47.46..... Christine Brown..... 2006
2.	23.49..... Ryan Tolbert..... 1996	<b>3,000m</b>	
3.	23.64..... Madison Fuller..... 2021	1.	9:28.97..... Carmen Carlos..... 2016
4.	23.90..... Jennifer Edobi..... 2018	2.	9:29.1..... Beth Tallent..... 1994
5.	24.02..... Rondajai Washington..... 2023	3.	9:34.68..... Sara Barron..... 2015
6.	24.05..... Brooke Overholt..... 2023	4.	9:36.30..... Vanessa Valentine..... 2016
7.	<b>24.08..... Lena Gooden..... 2024</b>	5.	9:36.70..... Niki Narayani..... 2022
8.	24.15..... Beatrice Juskeviciute..... 2023	6.	9:37.06..... Amy Huss..... 2006
9.	24.18..... Anna Carr..... 2010	7.	9:38.56..... Liz Anderson..... 2014
10.	24.25..... Taylor Jackson..... 2010	8.	9:40.59..... Kristen Smith..... 2012
<b>400m</b>		9.	9:41.01..... Gillian Mortimer..... 2021
1.	51.14..... Ryan Tolbert..... 1997	10.	9:42.44..... Beth VanDusen..... 1999
2.	51.43..... Taiya Shelby..... 2023	<b>5,000m</b>	
3.	52.75..... Jennifer Edobi..... 2017	1.	<b>16:04.24..... Julia Rosenberg..... 2024</b>
4.	53.40..... Brooke Overholt..... 2023	2.	<b>16:05.11..... Bria Bennis..... 2024</b>
5.	<b>53.47..... Allyria McBride..... 2024</b>	3.	16:07.34..... Liz Anderson..... 2014
6.	54.04..... Kaira Brown..... 2022	4.	16:09.18..... Erika Schneble..... 2004
7.	54.24..... Madison Fuller..... 2022	5.	16:10.52..... Vanessa Valentine..... 2016
8.	54.40..... Erin Edmond..... 2015	6.	16:12.14..... Caroline Eck..... 2023
9.	54.92..... Michele Baskin..... 1998	7.	16:21.22..... Kristen Smith..... 2012
10.	55.01..... Teegan Hill..... 2009	8.	16:22.71..... Niki Narayani..... 2022
<b>800m</b>		9.	16:26.36..... Carmen Carlos..... 2017
1.	2:03.89..... Taiya Shelby..... 2023	10.	16:26.46..... Alexa Rogers..... 2012
2.	2:04.02..... Courtney Clayton..... 2017	<b>10,000m</b>	
3.	2:04.35..... Ruby Stauber..... 2021	1.	33:44.76..... Liz Anderson..... 2014
4.	2:04.53..... Jennifer Edobi..... 2019	2.	33:48.61..... Niki Narayani..... 2023
5.	2:05.54..... Rita Jorgensen..... 2011	3.	<b>33:55.33..... Caroline Eck..... 2024</b>
6.	2:05.91..... Grace Jensen..... 2022	4.	34:10.30..... McKenzie Yanek..... 2022
7.	2:06.06..... Stacey Carpenter..... 1998	5.	<b>34:11.28..... Bria Bennis..... 2024</b>
8.	2:06.22..... Reagan Bustamante..... 2018	6.	34:48.05..... Grace Orders..... 2013
9.	2:06.25..... Haley Walker..... 2019	7.	34:50.53..... Allie Scalf..... 2013
10.	<b>2:07.45..... Julia Rosenberg..... 2024</b>	8.	35:30.76..... Claire Benjamin..... 2014
<b>1,500m</b>		9.	35:34.41..... Vanessa Valentine..... 2015
1.	4:13.82..... Grace Jensen..... 2022	10.	35:40.27..... Kristabel Doebel-Hickok..... 2008
2.	4:14.74..... Kristen Findley..... 2013		
3.	<b>4:15.60..... Julia Rosenberg..... 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		



## OUTDOOR RECORDS

### 100m Hurdles

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

### 400m Hurdles

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

### 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

### 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-Threath, R. Tolbert, H. McIntosh	3:54.56	1997
4.	J. Walk, C. Miles-Threath, R. Tolbert, A. Helberg	3:54.58	1997
5.	J. Walk, M. Baskin, R. Tolbert, A. Helberg	3:54.70	1998



## OUTDOOR RECORDS

### 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

### 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. **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. 5,417 ..... 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**