

# UAB TRACK & FIELD

## All-Time Records

### INDOOR:

55 Meters	Stacey Adewakun	7.00	2005
60 Meters	Yolanda Cooper	7.36	2000
200 Meters	Vonetta Jeffery	23.87	1995
300 Meters	Tara Colvin	39.59	2007
400 Meters	Tara Colvin	53.64	2008
500 Meters	Tara Colvin	1:13.43	2006
800 Meters	Alina Varpioitaite	2:07.58	2008
<b>1,000 Meters</b>	<b>Lucy Taylor</b>	<b>2:59.68</b>	<b>2010</b>
Mile	Lori Usrey	4:59.60	1999
3,000 Meters	Elizabeth Ambrus	9:32.17	2008
5,000 Meters	Elizabeth Ambrus	16:18.92	2008
55-Meter Hurdles	Theresa Smith	8.00	2003
60-Meter Hurdles	Nakeshia Jackson	8.46	2000
4x400 Relay	Adewakun-Varpioitaite-Collins-Colvin	3:44.07	2007
Distance Medley Relay	Collins-Colvin-Varpioitaite-Mays	11:37.50	2008
High Jump	Nora Mehl	5-11 1/4 (1.81m)	2010
Long Jump	Vonetta Jeffery	21-8 3/4 (6.62m)	1995
Triple Jump	Kim White	41-2 1/2 (12.56m)	1998
Shot Put	Jessica Moore	40-9 1/2 (12.43m)	2004
Pole Vault	Rebecca Brown	10-0 (3.05m)	2005
	Anna Fearon	10-0 (3.05m)	2006
Pentathlon	Nora Mehl	3,774 points	2010

### OUTDOOR:

100 Meters	Vonetta Jeffery	11.30	1995
200 Meters	Vonetta Jeffery	23.05	1995
400 Meters	Barbara May	53.30	1988
800 Meters	Alina Varpioitaite	2:08.33	2008
<b>1,500 Meters</b>	<b>Rhiannon Johns</b>	<b>4:28.59</b>	<b>2011</b>
3,000 Meters	Beth Groom	9:47.18	1995
<b>5,000 Meters</b>	<b>Rhiannon Johns</b>	<b>16:13.32</b>	<b>2011</b>
10,000 Meters	Elizabeth Ambrus	34:07.95	2006
100-Meter Hurdles	Nakeshia Jackson	13.25	2000
400-Meter Hurdles	Nakeshia Jackson	58.44	2000
3000-Meter Steeplechase	Whitney Mays	10:31.90	2007
4x100 Relay	Gibson-Thomas-Fincher-Jeffery	45.22	1995
4x200 Relay	Gibson-Thomas-Christopher-Jeffery	1:35.44	1995
4x400 Relay	Scruggs-Collins-Varpioitaite-Colvin	3:38.51	2008
4x800 Relay	Hood-Collins-Varpioitaite-Le'Blanc	9:04.02	2008
4x1500 Relay	Usrey-Kelly-Caywood-Hopkins	19:01.76	1999
Distance Medley Relay	Collins-Colvin-Varpioitaite-Mays	11:34.37	2008
Shuttle Hurdle Relay	Shepherd-Russ-Smith-Harris	56.96	2005
Sprint Medley Relay	Carter-Lockett-Colvin-Collins	3:52.77	2005
Long Jump	Vonetta Jeffery	21-8 3/4 (6.62m)	1994
Triple Jump	Penny Shields	41-5 3/4 (12.64m)	2008
High Jump	Nora Mehl	5-10 1/2 (1.79m)	2010
	Meredith George	5-10 3/4 (1.79m)	2000
	Carla Turnbough	5-10 3/4 (1.79m)	1988
Shot Put	Cadetric Walker	40-8 (12.39m)	1988
Discus	Cadetric Walker	143-3 (43.66m)	1988
Javelin	Nakeshia Jackson	127-1 (39.49m)	2000
Pole Vault	Tiffany Parker	10-0 (3.05m)	2005
	Anna Fearon	10-0 (3.05m)	2006
Heptathlon	Angela King	5,436	1988

\*Bold indicates current UAB athletes

# **UAB TRACK & FIELD**

## ***Freshman Records***

### **INDOOR:**

55 Meters	Stacey Adewakun	7.00	2005
60 Meters	Taneeshia Jones	7.47	1998
<b>200 Meters</b>	<b>Angel Watson</b>	<b>24.81</b>	<b>2010</b>
300 Meters	Jacinta Scruggs	40.13	2008
400 Meters	Tara Colvin	56.40	2005
500 Meters	Alina Varpioitaite	1:14.90	2006
800 Meters	Alina Varpioitaite	2:13.90	2006
Mile	Kendel Hood	5:07.85	2007
<b>3,000 Meters</b>	<b>Rhiannon Johns</b>	<b>9:52.96</b>	<b>2009</b>
5,000 Meters	Elizabeth Hilligoss	17:23.09	2005
60-Meter Hurdles	Taneeshia Jones	8.58	1998
High Jump	Meredith George	5-8 1/2 (1.74m)	1999
Long Jump	Vonetta Jeffery	19-11 (6.07m)	1993
Triple Jump	Samantha Hamilton	39-7 (12.07m)	2008
<b>Pentathlon</b>	<b>Akira McSwain</b>	<b>3,527</b>	<b>2010</b>

### **OUTDOOR:**

100 Meters	Taneeshia Jones	11.54	1998
200 Meters	Taneeshia Jones	23.88	1998
400 Meters	Tara Colvin	53.85	2005
800 Meters	Alina Varpioitaite	2:10.78	2006
1,500 Meters	Lori Usrey	4:36.55	1996
3,000 Meters	Sandra Lundberg	9:53.39	2009
5,000 Meters	Sandra Lundberg	17:10.35	2009
<b>10,000 Meters</b>	<b>Rhiannon Johns</b>	<b>36:47.51</b>	<b>2009</b>
100-Meter Hurdles	Nakeshia Jackson	13.86	1998
400-Meter Hurdles	Nakeshia Jackson	59.00	1998
3,000-Meter Steeplechase	Whitney Mays	10:45.60	2005
High Jump	Meredith George	5-6 1/2 (1.69m)	1999
Long Jump	Vonetta Jeffery	20-9 3/4 (6.34m)	1992
Triple Jump	Samantha Hamilton	41-3 (12.57m)	2008
Shot Put	Alecia Robertson	35-1 1/4 (10.67m)	1995
<b>Heptathlon</b>	<b>Akira McSwain</b>	<b>4,983</b>	<b>2010</b>

\*Bold indicates current UAB athletes