



☆ Women's Top-10 All-Time: Indoor ☆

55-Meter Dash

1.	7.12	Tameka Hinton	1994
2.	7.24	Lynnette McBride	1990
3.	7.28	Sue Rowland	1987
	7.28	Yetunde Daniels	2000
5.	7.31	Tricia Plasko	1991
	7.31	Christina Muccio	2009
7.	7.34	Tolu Fayanjola	2003
8.	7.35	Chessa Forer	2006
9.	7.38	Danielle Todman	2006
10.	7.41	Stephanie Evans	2008

55-Meter HH

1.	8.24	Karen Shimomura	1991
2.	8.25	Catherine Trentacoste	2007
3.	8.32	Melanie Buczko	2006
4.	8.37	Kiley MacDonald	2003
5.	8.38	Danielle Todman	2006
6.	8.40	Jamie Lilien	2003
7.	8.43	Tina Hall	1996
8.	8.47	Edwina Bourn	2003
9.	8.52	Margaret Wilkes	1989
	8.52	Sara Vargo	1999

60-Meter Dash (run since 2002)

1.	7.75	Tolu Fayanjola	2004
2.	7.90	Christina Muccio	2009
3.	7.92	Stephanie Evans	2008
4.	7.99	Chessa Forer	2007
5.	8.00	Kalle James-Wintjen	2006
	8.00	Jaime Rasmussen	2008
7.	8.03	Catherine Trentacoste	2006
8.	8.05	Sarah Vanden Broek	2005
9.	8.08	Rehana Lanewala	2005
10.	8.09	Danielle Todman	2004

60-Meter Hurdles (run since 2002)

1.	8.78	Catherine Trentacoste	2007
2.	8.89	Melanie Buczko	2005
3.	9.10	Jamie Lilien	2004
4.	9.15	Danielle Todman	2005
5.	9.16	Kiley MacDonald	2003
6.	9.25	Samantha Klotz	2002
	9.25	Ashley Curry	2005
9.	9.26	Jamie Lecock	
10.	9.27	Nina Reinhardt	2005

200-Meter Dash

1.	24.94	Yetunde Daniels	2000
2.	24.95	Tameka Hinton	1994
3.	25.72	Rehana Lanewala	2002
4.	25.76	Chessa Forer	2006
5.	25.78	Charity Brady	2003
6.	25.79	Sue Rowland	1989
7.	25.80	Tricia Plasko	1991
8.	25.86	Kalle James-Wintjen	2007
9.	25.92	Stephanie Evans	2009
10.	25.99	Kiley MacDonald	2003

300-Meter Dash

(No longer competed in Division I)

1.	41.54	Tameka Hinton	1992
2.	41.81	Catherine Trentacoste	2006
3.	41.99	Kalle James-Wintjen	2006
4.	42.34	Lynnette McBride	1991
5.	42.84	Tricia Plasko	1991
6.	43.34	Dana Harbst	1993
7.	43.37	Chessa Forer	2006
8.	43.43	Lesley Emons	2006
9.	43.43	Stacey Haas	2006
10.	43.51	Sarah Vanden Broek	2006

400-Meter Dash

1.	56.74	Yetunde Daniels	2000
2.	56.89	Stephanie Bango	2002
3.	57.26	Amy Calvo	2004
4.	57.28	Charity Brady	2003
5.	57.52	Catherine Trentacoste	2007
6.	57.59	Rehana Lanewala	2002
7.	58.03	Jennifer Pierce	2009
8.	58.07	Monique Boley	2004
9.	58.19	Lindsay Appel	2009
10.	58.44	Sue Rowland	1989

500-Meter Dash

1.	1:14.25	Megan Hathaway	2009
2.	1:15.01	Amy Calvo	2003
3.	1:15.27	LaTonya McSwain	2000
4.	1:15.37	Stephanie Bango	2002
5.	1:15.56	Monique Boley	2005
6.	1:15.59	Christa Sawko	2005
7.	1:16.45	Laura Ryan	2001
8.	1:17.04	Lauren Bricker	2006
9.	1:17.09	Nicki Piper	2003

10. 1:17.10 Allison Janda 2008

800-Meter Run

1.	2:09.08	Stephanie Bango	2002
2.	2:09.18	Christa Sawko	2005
3.	2:12.13	Megan Hathaway	2009
4.	2:13.42	LaTonya McSwain	2002
5.	2:13.60	Pamela Richardson	1996
6.	2:14.22	Amy Calvo	2005
7.	2:14.29	Lauren Bricker	2006
8.	2:14.56	Offieba Hanson-Hall	2008
9.	2:14.58	Nicki Piper	2003
10.	2:15.34	Julie Sweitzer	1998

1,000-Meter Run

1.	2:53.90	Christa Sawko	2006
2.	2:54.21	Jennifer Marsh	2005
3.	2:54.35	Pamela Richardson	1998
4.	2:54.38	Gena Korrell	1989
5.	2:54.50	Julie Sweitzer	1998
6.	2:54.81	Stephanie Bango	2002
7.	2:55.12	Stephanie Fulmer	2009
8.	2:56.53	Nicki Piper	2003
9.	2:57.38	Lauren Bricker	2006
10.	2:57.54	Liz Ludwigson	1987

1,500-Meter Run

(No longer competed in Division I)

1.	4:39.63	Julie Sweitzer	1997
2.	4:39.93	Kathy Wurster	1994
3.	4:40.37	Gena Korrell	1989
4.	4:40.66	Gabi Czaja	1985
5.	4:41.74	Gina Abraham	1991
6.	4:42.44	Liz Ludwigson	1987
7.	4:44.74	Katrina Bikis	1983
8.	4:46.14	Tracey Bigley	1985
9.	4:46.88	Debbie Passmore	1983
10.	4:47.22	Mary Beth Allen	1988

Mile

1.	4:52.41	Julie Sweitzer	1997
2.	4:53.78	Erin Cranmer-Hart	2007
3.	4:55.74	Kelly McConnell	2002
4.	4:58.11	Christa Sawko	2007
5.	4:59.16	Stephanie Fulmer	2009
6.	4:59.74	Jenny Stevens	2006
7.	4:59.87	Gena Korrell	1989
8.	5:00.16	Gabi Czaja	1985
9.	5:01.14	Gina Abraham	1991
10.	5:01.54	Jennifer Marsh	2004

3,000-Meter Run

1.	9:46.27	Gabi Czaja	1985
2.	9:50.01	Becki Marshall	2001
3.	9:55.24	Stacey Nicholson	1984
4.	9:59.04*	Ann Bischoff	1980
5.	10:00.74	Kristen Opdyke	1992
6.	10:02.26	Jenny Stevens	2007
7.	10:03.23	Leanna Nastase	2006
8.	10:08.19	Judy Perry	1987
9.	10:08.74	Theresa Dennis	2003
10.	10:09.03	Jennifer Hart	2000

5,000-Meter Run

1.	16:56.76	Gabi Czaja	1985
2.	16:59.78	Judy Perry	1987
3.	17:12.57	Theresa Dennis	2003
4.	17:16.61	Jennifer Hart	2000
5.	17:22.73	Leanna Nastase	2007
6.	17:25.64*	Stacey Nicholson	1983
7.	17:27.15	Carly Graytock	2000
8.	17:29.92	Andrea Beisser	2001
9.	17:30.78	Jenny Stevens	2007
10.	17:32.64*	Kelly Hoskins	1983

Long Jump

1.	19-1 1/2	Jen Rice	1998
2.	19-0 1/2	Tolu Fayanjola	2005
3.	18-10 3/4	Lynnette McBride	1991
4.	18-8 1/2	Kim McGrath	2000
5.	18-8	Nina Reinhardt	2006
6.	18-3 3/4	Nicole Ayala	2008
7.	18-2 3/4	Kate Dei Cas	1997
8.	18-2 3/4	Jamie Lilien	2000
9.	18-2 1/2	Kati Dempsey	2006
10.	18-2	Jill Wise	1988

Triple Jump

1.	41-1 1/2	Jill Wise	1988
2.	39-3 1/4	Kim McGrath	2000
3.	38-10 1/2	Ann Doty	2004
4.	38-8 3/4	Amy Mantush	2008
5.	38-8 1/2	Jen Rice	1998

6.	38-0	Nicole Ayala	2008
7.	37-10 3/4	Dionne Bonds	2003
	37-10 3/4	Lauren Bricker	2004
9.	37-5	Kelly Peet	1993
10.	37-1 3/4	Meghan Frate	2009

High Jump

1.	5-8	Amy Mantush	2007
2.	5-7 1/4	Heather Dahl	1986
3.	5-6 1/2	Jen Rice	1998
4.	5-5 1/2	Lonnie Fertik	1980
5.	5-5 1/4	Jamie Lilien	2001
6.	5-5	Pam DelRio	1985
	5-5	Shannon Maher	2002
	5-5	Kati Dempsey	2005
9.	5-4 1/2	Dawn Ellery	1991
10.	5-4 1/2	Norine Nadeau	1995

Shot Put

1.	46-2	Marjorie Grap	2007
2.	45-5 1/4	Lori Allen	2000
3.	45-2 1/2	Chelsey Musante	2009
4.	44-4	Triya Tyler	1999
5.	43-4 1/4	Sarah Bella	2009
6.	43-2 1/2	Amanda Mockbee	2008
7.	43-2 1/4	Lisa Allen	1997
8.	43-0 1/2	Beth Bittel	1980
9.	42-11 3/4	Laura Schaffer	2003
10.	42-7	Joylyn Brown	1994

20-Pound Weight

1.	65-7 1/2	Marjorie Grap	2007
2.	56-8 3/4	Chelsey Musante	2009
3.	54-11 1/2	Amanda Mockbee	2008
4.	54 1/2	Maria Garcia	2004
5.	53-9 3/4	Angie McFarland	2005
6.	53-0 1/4	Lisa Allen	1997
7.	52-4	Joylyn Brown	1998
8.	51-6	Liz Pendleton	2005
9.	50-6	Triya Tyler	1999
10.	50-3 1/4	Laura Schaffer	2004

Pole Vault

1.	13-5 1/2	Melanie Buczko	2005
2.	12-3 1/2	Angie Hall	2005
3.	12-1 1/2	Rebecca Frey	2009
4.	12-1	Andrea Nyce	2002
5.	11-3 3/4	Ashley Curry	2005
6.	10-10	Shannon Benson	2001
	10-10	Sam Klotz	2002
8.	10-6	A. Bouzan-Kaloustian	2003
	10-6	Andrea Asimoglou	2006
10.	10-4	Brittany Vogt	2005

Pentathlon

1.	3,504	Nina Reinhardt	2007
2.	3,460	Lonnie Fertik	1982
3.	3,435	Amy Mantush	2008
4.	3,403	Sara Vargo	1999
5.	3,400	Norine Nadeau	1994
6.	3,271	Jamie Lilien	2001
7.	3,267	Danielle Todman	2006
8.	3,147	Karen Middleton	2000
9.	3,098	Megan Frederick	2004
10.	3,044	Denise Manero	2008

4x400-Meter Relay (Mile Relay+1.2)

1.	3:47.13	McSwain, Daniels, Wolfgang, Bango	2000
2.	3:47.64	Bango, McSwain, Wolfgang, Daniels	2000
3.	3:49.84	Calvo, McSwain, Lanewala, Bango	2002
4.	3:50.82	Bango, Ryan, McSwain, Daniels	1999
5.	3:51.54	Calvo, Lanewala, McSwain, Bango	2002
6.	3:52.99	Appel, Dalzell, Pierce, Hathaway	2009
7.	3:53.05	Wolfgang, Shariff, McSwain, Bango	2001
8.	3:53.15	Trentacoste, Sawko, James-Wintjen, Pierce	2007
9.	3:53.47	Quintana, Wolfgang, Ryan, Daniels	1999
10.	3:53.89	Wolfgang, Shariff, McSwain, Bango	2001

4x800-Meter Relay (Two-mile-3.0)

1.	8:57.71	Ryan, McConnell, McSwain, Bango	2001
2.	8:58.26	Bricker, Hanson-Hall, Gilbert, Sawko	2006
3.	8:59.38	Ryan, McConnell, McSwain, Bango	2001

4.	9:00.10	Bango, McSwain, Sweitzer, O'Doherty	1999
5.	9:00.22	Bango, McSwain, Sweitzer, O'Doherty	1999
6.	9:02.37	Bricker, Hanson-Hall, Franker, Sawko	2006
7.	9:04.40	Fulmer, Dalzell, Janda, Hathaway	2009
8.	9:04.95	Sawko, Bricker, Gilbert, Hanson-Hall	2006
9.	9:04.98	C. Hamlin, A. Hamlin, Richardson, Sweitzer	1998
10.	9:05.84	Marsh, Calvo, Bricker, Sawko	2004

Distance Medley Relay (DMR metric-5.0)

1.	11:35.10	Bango, Lanewala, McSwain, McConnell	2002
2.	11:36.05	Cranmer-Hart, Sawko, Trentacoste, Stevens	2006
3.	11:50.74	Bango, Lanewala, McSwain, McConnell	2002
4.	11:55.00	McSwain, Marshall, Mangan, Bango	2000
5.	11:56.00	Bricker, Trentacoste, Sawko, Cranmer-Hart	2006
6.	11:58.46	Bango, Shariff, McSwain, Marshall	2001
7.			



Women's Top-10 All-Time: Outdoor

100-Meter Dash

1.	12.07	Tricia Plasko	1990
2.	12.09	Tameka Hinton	1995
3.	12.10	Yetunde Daniels	1999
4.	12.12	Tolu Fayanjuola	2004
5.	12.17	Sue Rowland	1988
6.	12.21	Lynnette McBride	1990
7.	12.34	Karen Leonard	1995
8.	12.36	Stephanie Evans	2007
9.	12.39	Christina Muccio	2009
10.	12.44	Chessa Forer	2006

200-Meter Dash

1.	24.60	Yetunde Daniels	2000
2.	24.74	Tricia Plasko	1992
3.	24.85	Tameka Hinton	1995
4.	24.93	Charity Brady	2003
5.	25.11	Rehana Lanewala	2002
6.	25.21	Sue Rowland	1988
7.	25.30	Kiley McDonald	2003
8.	25.38	Stephanie Evans	2009
9.	25.48	Alison Saeger	1990
10.	25.58	Edwina Bourn	2003

400-Meter Dash

1.	55.50	Yetunde Daniels	2000
2.	56.41	Stephanie Bango	2002
3.	56.71	Catherine Trentacoste	2006
4.	56.88	Khadija Shariff	2001
5.	57.02	Rehana Lanewala	2002
6.	57.08	LaTonya McSwain	2000
7.	57.13	Charity Brady	2003
8.	57.13	Amy Calvo	2004
9.	57.15	Monique Boley	2005
10.	57.54	Sue Rowland	1989

800-Meter Run

1.	2:08.98	Christa Sawko	2006
2.	2:09.33	Stephanie Bango	2002
3.	2:11.17	Megan Hathaway	2009
4.	2:12.34	LaTonya McSwain	2002
5.	2:12.34	Lauren Bricker	2005
6.	2:12.45	Jenny Dalzell	2008
7.	2:12.54	Julie Sweitzer	1999
8.	2:12.92	Pamela Richardson	1998
9.	2:13.07	Amy Calvo	2005
10.	2:13.08	Offeibe Hanson-Hall	2007

1,500-Meter Run

1.	4:28.28	Christa Sawko	2006
2.	4:30.14	Lauren Bricker	2006
3.	4:33.04	Julie Sweitzer	1998
4.	4:33.57	Jennifer Marsh	2005
5.	4:34.56	Erin Cranmer-Hart	2006
6.	4:37.53	Kelly McConnell	2002
7.	4:38.44	Gina Abraham	1991
8.	4:38.71	Stephanie Fulmer	2009
9.	4:39.77	Jenny Stevens	2007
10.	4:39.84	Debbie Passmore	1984

3,000-Meter Run

(No longer competed in Division I)

1.	9:40.32	Julie Sweitzer	1999
2.	9:58.24	Leanna Nastase	2007
3.	9:59.79	Jenny Stevens	2007
4.	10:01.17	Stacey Nicholson	1983
5.	10:03.62	Sarah Moniz	2008
6.	10:04.41	Becki Marshall	2000
7.	10:08.54	Annie Hamlin	1999
8.	10:10.34	Mary Beth Allen	1988
9.	10:11.44	Kristen Opdyke	1991
10.	10:13.54	Gabi Czaja	1984

5,000-Meter Run

1.	16:59.98	Becki Marshall	2001
2.	17:09.74	Kelly Hoskins	1984
3.	17:10.94	Judy Perry	1987
4.	17:18.64	Jennifer Hart	2000
5.	17:20.88	Jenny Stevens	2006
6.	17:21.94	Leanna Nastase	2007
7.	17:27.54	Andrea Beisser	2000
8.	17:27.99	Chris Crowe	2002
9.	17:29.74	Karen Flanagan	1984
10.	17:34.65	Erin Cranmer-Hart	2008

10,000-Meter Run

1.	35:05.14	Judy Perry	1987
2.	35:59.62	Carly Graytock	2000
3.	36:03.24	Kelly Hoskins	1984
4.	36:18.28	Theresa Dennis	2003
5.	36:18.74	Helene Weiting	1989
6.	36:24.97	Katie Pfeifer	2004
7.	36:35.75	Leanna Nastase	2007

8.	36:45.14	Kelly Marsh	1991
9.	36:50.80	Gillian Nordquist	2009
10.	37:07.92	Kristin Ferrell	2002

100-Meter High Hurdles

1.	14.14	Catherine Trentacoste	2007
2.	14.44	Edwina Bourn	2002
3.	14.48	Kiley MacDonald	2003
4.	14.56	Margaret Wilkes	1990
5.	14.57	Melanie Buczko	2006
6.	14.60	Jamie Leacock	2009
7.	14.69	Jamie Lilien	2003
8.	14.73	Tina Hall	1996
9.	14.74	Nina Reinhardt	2007
10.	14.80	Norine Nadeau	1995

400-Meter Int. Hurdles

1.	1:00.75	Khadija Shariff	2001
2.	1:01.17	Catherine Trentacoste	2006
3.	1:02.81	Edwina Bourn	2000
4.	1:02.84	Bridget Dean	1995
5.	1:02.95	Jamie Leacock	2009
6.	1:03.12	Christa Sawko	2004
7.	1:03.14	Sue Lorch	1986
8.	1:03.32	Jen Flanders	1998
9.	1:04.17	Connie Hamlin	1999
10.	1:04.23	LaTonya McSwain	1999

Long Jump

1.	19-8 1/4	Tolu Fayanjuola	2004
2.	19-0 1/4	Jill Wise	1988
3.	19-0 1/4	Lynette McBride	1990
4.	19-0	Kate Dei Cas	1997
5.	19-0	Jen Rice	1997
6.	18-6	Jennifer Pierce	2008
7.	18-5 3/4	Nina Reinhardt	2006
8.	18-5 1/4	Kim McGrath	2000
9.	18-4 1/4	Amy Mantush	2008
10.	18-2 1/2	Dionne Bonds	2003

Triple Jump

1.	41-3 1/4	Jill Wise	1988
2.	39-1	Amy Mantush	2008
3.	39 1/2	Ann Doty	2005
4.	38-10 1/4	Kim McGrath	2000
5.	38-7 3/4	Lauren Bricker	2004
6.	38-4	Nicole Ayala	2006
7.	38-2	Stephanie Evans	2009
8.	38-1 1/2	Dionne Bonds	2003
9.	37-10	Lynda Rose	1989
10.	37-9 1/2	Kelly Peet	1993

High Jump

1.	5-7	Amy Mantush	2007
2.	5-6 1/2	Karen Middleton	1998
3.	5-6	Norine Nadeau	1996
4.	5-5 3/4	Lonnie Fertik	1983
5.	5-5	Shannon Maher	2002
5-5		Tolu Fayanjuola	2005
5-5		Kati Dempsey	2006
8.	5-4 1/2	Jen Rice	1998
9.	5-4	Pam DelRio	1984
10.	5-4	Dawn Ellery	1991

Shot Put

1.	45-7 3/4	Sarah Bella	2009
2.	45-0 1/2	Lori Allen	2000
3.	44-9 1/2	Marjorie Grap	2004
4.	44-8	Chelsey Mustante	2009
5.	43-11 3/4	Laura Schaffer	2004
6.	43-8 1/2	Beth Bittel	1990
7.	43-4	Tria Tyler	1999
8.	42-10 1/4	Tameka Hinton	1995
9.	42-7 1/2	Amanda Mockbee	2008
10.	42-2 1/2	Juli Winkler	1990

Hammer Throw

1.	202-8	Maria Garcia	2004
2.	192-0	Marjorie Grap	2007
3.	173-1	Angie McFarland	2004
4.	171-5	Chelsey Musante	2009
5.	170-3	Tria Tyler	1999
6.	166-2	Amanda Mockbee	2007
7.	164-3	Jen Kirschner	2000
8.	163-7	Erin Lee	2004
9.	163-4	Joylyn Brown	1998
10.	162-5	Liz Pendleton	2005

Discus

1.	159-10	Tria Tyler	1999
2.	157-8	Amanda Mockbee	2008
3.	151-3	Marjorie Grap	2007

4.	148-5	Kathleen Hart	2007
5.	147-4	Emily Hoch	1999
6.	145-10	Erin Lee	2002
7.	139-10	Joanne Skinner	1985
8.	139-5	Sarah Bella	2009
9.	138-6	Joylyn Brown	1997
10.	137-9	Laura Schaffer	2004

Javelin (1999-pres.)

1.	154-3	Beverly Rogers	2007
2.	145-6	Laura Rycek	2008
3.	131-11	Danielle Brown	2002
4.	131-0	Erin Lee	2002
5.	130-8	Megan Frederick	2004

Javelin (old implement)

1.	152-9	Heather Korhammer	1986
2.	143-11	Corinne Dinardo	1984
3.	139-10	Norine Nadeau	1993
4.	137-1	Jen Hafer	1994
5.	134-8	Sarah Vargo	1998
6.	127-0	Miriam Lopez	1996
7.	127-7	Juli Winkler	1987
8.	126-0	Tona Williams	1986

Pole Vault

1.	13-3 1/2	Melanie Buczko	2004
2.	12-4	Angie Hall	2004
3.	11-11 3/4	Andrea Nyce	2001
11-11 3/4		Rebecca Frey	2009
5.	11-0	Samantha Klotz	2002
6.	11-0	Ashley Curry	2006
7.	10-11 3/4	Amanda Kronquist	2007
8.	10-10	Andrea Asimoglou	2009
9.	10-6	A. Bouzan-Kaloustian	2003
10-6		Lauren Bricker	2007

Heptathlon

1.	4,816	Lonnie Fertik	1983
2.	4,807	Norine Nadeau	1995
3.	4,640	Sara Vargo	1999
4.	4,630	Nina Reinhardt	2007
5.	4,434	Amy Mantush	2007
6.	4,208	Kat Allen	2007
7.	4,161	Danielle Todman	2006
8.	4,027	Karen Middleton	2000
9.	3,393	Rebecca Eppleman	2007

3,000 Steeplechase

1.	10:41.98	Chris Crowe	2002
2.	10:52.97	Lauren Bricker	2006
3.	11:05.17	Christine Totten	2007
4.	11:19.27	Samantha Bower	2009
5.	11:20.70	Nichole Smith	2007
6.	11:27.40	Rebecca Pierotti	2006
7.	11:31.02	Kelly Raffety	2005
8.	11:31.52	Jamie Gow	2004
9.	11:32.86	Gabrielle Skovira	2007
10.	11:34.94	Kelly Grosskurth	2009

4x100-Meter Relay

1.	48.06	Brady, Lanewala, Bourn, MacDonald	2003
2.	48.08	Diercks, Plasko, Wilson, Hinton	1992
48.08		Calvo, Vanden Broek, Lanewala, Fayanjuola	2004
4.	48.11	Calvo, Vanden Broek, Lanewala, Fayanjuola	2004
5.	48.16	Evans, Pierce, Steele, Bretscher	2008
6.	48.19	Evans, Pierce, Steele, Muccio	2009
7.	48.30	Daniels, Bourn, Vargo, McGrath	2000
8.	48.33	McGrath, Daniels, Rice, Leonard	1998
9.	48.42	Harbst, Plasko, Saeger, McBride	1990
10.	48.45	Bourn, MacDonald, Lanewala, Brady	2003

4x200-Meter Relay

1.	1:43.42	Bourn, McDonald, Lanewala, Brady	2003
2.	1:43.68	Dean, Plasko, Wilson, Hinton	1992
3.	1:43.84	Harbst, Plasko, Wilson, Hinton	1992
4.	1:44.08	Daniels, Quintana, Wolfgang, Vargo	1999
5.	1:44.15	Daniels, Nyce, Wolfgang, Bourn	2000

6.	1:47.04	Gilbert, Sawko Miller, Burke	2007
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4x400-Meter Relay

1.	3:47.09	Calvo, McSwain, Lanewala, Bango	2002
2.	3:48.51	McSwain, Quintana, Daniels, Bango	1999
3.	3:48.53	Calvo, McSwain, Lanewala, Bango	2002
4.	3:49.08	McSwain, Quintana, Daniels, Bango	1999
5.	3:50.13	Kyzmir, Bango, McSwain, Daniels	2000
6.	3:50.28	Kyzmir, Shariff, Daniels, McSwain	2000
7.	3:50.49	Kyzmir, Bango, McSwain, Daniels	2000
8.	3:50.65	Pierce, Janda, Hathaway, Trentacoste	2007
9.	3:50.86	Calvo, Boley, Piper, Brady	2003
10.	3:51.47	Calvo, Boley, Piper, Brady	2003

4x800-Meter Relay

1.	8:53.63	Bango, Kyzmir, McConnell, McSwain	2001
8:53.63		Calvo, Bricker, Marsh, Sawko	2005
3.	8:54.		