



## Top Indoor Performances

### Individual Records

#### 55 Meter Dash

6.87	2009	Trisha-Ann Hawthorne
6.91	2007	Jessi Foreman
6.92	2009	Monique Hodges
6.92	1992	Cheryl Brantly
6.97	2010	Phylicia George
7.00	2010	Kristen Brown

#### 55 Meter Hurdles

7.69	2010	Phylicia George
7.85	2005	April Garner
7.97	2008	Tamara Highsmith
7.98	2001	Tamika Toppin
8.05	1990	Lana Howard

#### 60 Meter Dash

7.26	2011	Trisha-Ann Hawthorne
<b>7.40</b>	<b>2014</b>	<b>Taylor Anderson</b>
7.41	2007	Jessi Foreman
7.43	2009	Monique Hodges
7.49	2014	Deysha Smith-Jenkins

#### 60 Meter Hurdles

8.24	2010	Phylicia George
8.33	2005	April Garner
8.45	2012	Madalayne Smith
8.55	2014	Chantal Scott
8.61	2012	Shavon Briscoe

#### 200 Meter Dash

23.55	2010	Trisha-Ann Hawthorne
23.61	2016	Deysha Smith-Jenkins
23.97	2007	Alyssa Evering
<b>24.02</b>	<b>2014</b>	<b>Taylor Anderson</b>
24.04	2009	Mandela-Graves-Fulgham

#### 400 Meter Dash

53.38	2014	Celina Emerson
<b>53.57</b>	<b>2017</b>	<b>Kat Surin</b>
53.57	2009	Mandela Graves-Fulgham
54.34	2016	Deysha Smith-Jenkins
54.41	2014	Nyanka Joseph

#### 500 Meter

1:11.13	1994
<b>1:11.38</b>	<b>2016</b>
1:12.21	2012
1:12.40	2014
1:12.73	2012

#### 600 Meter

1:31.30	2016
1:32.97	2017
<b>1:33.27</b>	<b>2016</b>
1:33.99	2016

#### 800 Meter Run

2:04.34	2012
2:06.15	2012
<b>2:06.76</b>	<b>2017</b>
2:06.76	2015
<b>2:07.03</b>	<b>2016</b>

#### 1,000 Meter

2:46.97	2011
2:47.25	2011
2:47.55	2013
2:48.15	2016
2:49.65	2010

#### Mile

4:41.49	2012
4:42.45	2012
4:44.21	2016
4:45.98	2016
4:46.19	2012

#### 3,000 Meter

9:20.81	2013
9:21.04	2017
9:23.46	2013
9:29.68	2015
9:34.88	2012

#### 5,000m

15:58.47	2013
16:00.93	2017
16:09.95	2013
16:13.17	2013
16:21.33	2013

### Relays

#### 4x200m Relay

LeAndrea Banks	1:39.46	2010
<b>Sydnee Over</b>	1:39.71	2015
Brigitte Mania	1:39.84	2002
Faith Dismuke	1:39.95	2003
Heather Wilson	1:39.99	1998

#### 4x400m Relay

Paris Taft	3:37.92	2014
Sydnee Over	3:39.71	2013
<b>Katie Foley</b>	3:41.54	2012
Lisa Zimmer	3:41.65	2016
	3:41.72	2008

#### 4x800m Relay

Heather Wilson	8:38.37	2016
Brigitte Mania	8:41.38	2010
<b>Hannah Parker</b>	8:41.38	2010
Faith Dismuke	8:42.94	2011
<b>Sydnee Over</b>	8:43.31	2013
	8:43.89	2012

#### Distance Medley

Heather Wilson	10:59.99	2011
Leah Andrianos	11:01.40	2012
Brigitte Mania	11:01.40	2012
Alexis Panisse	11:02.05	2013
Meg Cunningham	11:32.66	2017
	11:35.38	2010

Lindsay Crevoiserat	
Heather Wilson	
Laura Williamson	
Alexia Panisse	
Brigitte Mania	

Shauna McNiff	
Emily Durgin	
Lindsay Crevoiserat	
Lauren Sara	
Heather Wilson	

Lindsay Crevoiserat	
Emily Durgin	
Shauna McNiff	
Allison Lasnicki	
Lauren Sara	



## Field Events

### High Jump

6-1.25	2004	Deirdre Mullen
6-1.02	2012	Natasha McLaren
6-0.00	2008	Carin Knight
	1999	Tamika Toppin
5-11.65	2012	Ilva Bikanova

### Long Jump

20-6.25	1992	Cheryl Brantle
20-1.73	2015	Sarah Bowens
20-0.50	1986	Carol Galloway
19-8.75	2006	Edwina Clark
19-8.61	2016	Odrine Belot

### Triple Jump

43-10.75	2008	Tamara Highsmith
42-8.99	2015	Odrine Belot
42-1.50	2001	Nicole Toney
41-5.00	1997	Tammy Peeples
41-2.25	2003	Andrea Gourdine

### Shot Put

54-9.25	2009	Tynisha McMillian
53-10.85	2013	Victoria Flowers
<b>53-10.03</b>	<b>2016</b>	<b>Divine Oladipo</b>
48-6.75	1995	Terry Roy
48-4.50	2005	Daisy Van Ravenaway

### 20lb. Weight Throw

72-11.75	2011	Victoria Flowers
64-11.25	2002	Wadudah Nurul-Islam
62-1.25	2009	Tynisha McMollian
<b>60-11.50</b>	<b>2017</b>	<b>Kelli Thomas</b>
60-8.00	2004	Amy Parkosewich

### Pole Vault

12-3.63	2013	Lauren O'Connell
<b>12-0.48</b>	<b>2017</b>	<b>Laurel Bailey</b>
12-0.04	2012	Angelica Gilsenan
<b>11-9.75</b>	<b>2017</b>	<b>Nicole Kelly</b>
11-9.75	2015	Megan Reese
	2001	Tali Griner

### Pentathlon

4,090	1995	Terry Roy
4,019	2007	Tamara Highsmith
3,906	2015	Saija Bikanova
3,888	1990	Angela Corson
3,710	1984	Deanna Michaels



## Top Outdoor Performances

### Individual Records

#### 100 Meter Dash

11.31	2011	Trisha-Ann Hawthorne
<b>11.47</b>	<b>2016</b>	<b>Taylor Anderson</b>
11.49	2007	Jessi Foreman
11.53	1993	Cheryl Brantle
11.66	2007	Monique Hodges

#### 100 Meter Hurdles

13.39	2010	Phylicia George
13.47	2012	Madalayne Smith
13.50	2005	April Garner
13.84	1989	April Davis

#### 200 Meter Dash

23.22	2011	Trisha-Ann Hawthorne
23.33	2015	Nyanka Joesph
23.60	2014	Deysha Smith-Jenkins
23.67	2010	Mandela Graves-Fulgham
23.72	2008	Phylicia George

#### 400 Meter Dash

52.79	2014	Celina Emerson
52.81	2015	Nyanka Joesph
53.05	2010	Mandela Graves-Fulgham
<b>53.65</b>	<b>2017</b>	<b>Kat Surin</b>
53.71	2015	Deysha Smith-Jenkins

#### 400 Meter Hurdles

1:00.37	2006	Tamara Highsmith
1:00.66	2001	Louise Agoston
1:00.96	2006	Marline Priest
<b>1:01.42</b>	<b>2017</b>	<b>Tia Strackman</b>
1:01.64	2008	Kaitlin Whitlock

#### 800 Meter

<b>2:02.66</b>	<b>2017</b>	<b>Susan Aneno</b>
2:04.23	2012	Heather Wilson
2:04.40	2013	Brigitte Mania
2:05.89	2015	Kat Vodopia
2:06.00	2015	Faith Dismukie

#### 1,500 Meter

4:16.49	2013
4:18.14	2012
4:21.04	2014
4:22.14	2011
4:22.15	2012

#### 3,000 Meter

9:21.88	2012
9:28.91	2017
9:33.13	2011
9:44.70	1986
9:46.79	2003

#### 3,000 Meter Steeplechase

10:11.57	2011
10:13.45	2007
10:16.18	2010
<b>10:26.44</b>	<b>2017</b>
<b>10:38.44</b>	<b>2017</b>

#### 5,000 Meter

<b>16:05.44</b>	<b>2017</b>
16:15.70	2013
16:16.15	2013
16:32.67	2013
<b>16:44.45</b>	<b>2017</b>

#### 10,000 Meter

33:36.11	2013
33:48.48	2013
33:49.30	2017
34:09.49	1997
34:48.20	1998

### Relays

#### 4x100 Meter

44.42	2010	Julia Zrinyi
	2009	Heather Wilson
45.01	2015	Brigitte Mania
45.03	2008	Leah Andrianos
45.23	2014	Shauna McNiff

#### 4x200 Meter

1:33.38	2014	Lindsay Crevoiserat
1:34.90	2009	Emily Durgin
1:35.05	2010	Lauren Sara
1:35.22	2008	Kim Hawkws
1:35.76	2015	Kristen Meyer

#### 4x400 Meter

3:32.33	2015	Meg Cunningham
3:32.83	2014	Jillian Sullivan
3:37.61	2013	Shauna McNiff
3:38.94	2012	<b>Courtney Akerley</b>
3:40.84	2011	<b>Kelsey Swanson</b>

#### 4x800 Meter

8:32.98	2017	<b>Emily Durgin</b>
8:33.94	2011	Lauren Sara
8:35.78	2016	Lauren Sara
8:38.79	2012	Shauna McNiff
8:39.67	2014	<b>Courtney Akerley</b>

#### Sprint Medley

3:50.27	2017	Allison Lasnicki
3:53.52	2016	Laura Sara
3:55.06	2010	Emily Durgin
3:55.74	2012	Danyelle Wood
3:56.01	2015	Allison Ciosek

#### Distance Medley

11:26.57	2014
11:30.92	2016
11:40.61	2010



## Field Events

### High Jump

6-2.00	2004	Deirdre Mullen
6-1.25	2000	Tamika Toppin
6-0.83	2013	Ilva Bikanova
6-0.50	2009	Carin Knight
6-0.25	1989	Ronna Deefer

### Long Jump

21-2.25	1985	Carol Galloway
20-10.75	1991	Cheryl Brantle
20-7.64	2015	Sarah Bowens
20-6.50	2011	Whitney Holder
19-11.50	2007	Jennifer Rogers

### Triple Jump

44-1.25	2008	Tamara Highsmith
43-1.32	2015	Odrine Belot
42-9.00	2001	Nicole Toney
41-3.75	2007	Jennifer Rogers
40-7.00	2014	Mel Riley

### Shot Put

<b>54-7.11</b>	<b>2017</b>	<b>Divine Oladipo</b>
54-5.11	2013	Victoria Flowers
51-5.25	2008	Tynisha McMillian
48-0.75	1995	Terry Roy
47-1.50	1998	Typhanie Bates

### Hammer Throw

212-6.40	2013	Victoria Flowers
207-0.00	2000	Bethany Hart
<b>197-1.35</b>	<b>2017</b>	<b>Chanell Botsis</b>
192-7.00	2000	Melissa Houston
189-5.00	1997	Wendy Berutto

### Javelin

167-1.00	2009	Amanda Martin
158-0.25	2010	Emma Crowcroft
153-4.00	2002	Lisa Deskis
<b>152-5.92</b>	<b>2017</b>	<b>Thalia Ghalam</b>
152-1.00	2009	Danika Ham

### Discus

<b>174-3.73</b>	<b>2017</b>	<b>Divine Oladipo</b>
173-5.00	2004	Amy Parkosewich
168-10.0	2005	Daisy Van Ravensway
162-7.00	2008	Tynisha McMillian
162-0.00	1993	Shari Zembek

### Pole Vault

<b>12-0.10</b>	<b>2017</b>	<b>Nicole Kelly</b>
11-11.7	2013	Lauren O'Connell
<b>11-11.3</b>	<b>2017</b>	<b>Laurel Bailey</b>
11-6.25	2006	Lisa Kachmarsky
	2006	Leah Williams

### Heptathlon

5,790	1995	Terry Roy
5,203	2014	Saija Bikanova
4,675	1989	Angela Corson
4,593	1985	Dionne Laffond