



Johns Hopkins Track & Field Records

Outdoor Track & Field School Records

May 5, 2008

100 Meter	12.12 Krista Johnson (1998)	10.83 Tristan Thomas (2008)
200 Meter	25.73 Giselle Joseph (2007)	21.81 Quinlan Amos (2003)
400 Meter	59.09 Mary Glendinning (1992)	48.20 Bob Wilson (1982)
800 Meter	2:15.03 Mary Glendinning (1992)	1:53.77 Bob Wilson (1982)
1,500 Meter	4:36.64c Eleanor Simonsick (1980)	3:56.20 John Roemer IV (1982)
One Mile	5:22.00c Heather Blair (2001)	4:16.24c Bob Freamon (1977)
3,000 Meter	10:05.24c Eleanor Simonsick (1980)	
3,000 M Steeplechase	12:08.39 Mary O'Grady (2007)	9:07.27 John Robinson (1991)
5,000 Meter	17:15.88 Laura Paulsen (2007)	14:45.24c Jim Kennedy (1977)
10,000 Meter	36:38.98 Laura Paulsen (2007)	31:24.84 Patrick Brandon (2008)
High Hurdles	15.35 Holochika Emuh (2004)	14.54c Gerry Greenfield (1974)
400 Meter Hurdles	66.30 Stephanie Watkins (1992)	54.24c Gerry Greenfield (1974)
Long Jump	17'11.5" (5.47m) Holochika Emuh (2005)	23'1" (7.04m) James Hill (1923)
Triple Jump	36'10.25" (11.23m) Holochika Emuh (2006)	45'4.5" (13.80m) Bob Wilson (1982)
High Jump	5'2" (1.58m) Cindy Harper (1985) Kim Fahrenbrook (1991)	6'10.5" (2.10m) Ryan Bobko (1997)
Pole Vault	10'6.25" (3.20m) Lauren Chun (2006)	16' (4.88m) Brian Nichols (2000)
Shot Put	40'11.5" (12.48m) Amarachi Onyima (2006)	49'2.5" (14.99m) Glen Sabin (1991)
Discus Throw	167'6" (51.04m) Kathy Darling (2003)	150'9" (45.96m) Peter Li (2008)
Javelin Throw	159'3" (48.53m) Kathy Darling (2002) 165'3" (50.37m) Sike Knuppel (1993*)	175'5" (53.47m) Will Cairns (2000) 187'11" (57.28m) John Veil (1975*)
Heptathlon/Decathlon	3417 Kathy Horn (2008)	6049 Adam Waddell (2008)
4x100m Relay	50.05 Giselle Joseph, Jessica Reeves, Paula Osborn, Jordan Ireton (2007)	42.68 Christ Cottrell, James Walker, Pierre Hage, Tristan Thomas (2008)
4x200m Relay	1:55.55 Nancy Yu, Kathy Cain, Megan Clarke, Hannah Bracken (2004)	1:32.12 Aaron Landgraf, James Tang, Tai Kobayashi, Jason Dubyoski (2004)
4x400m Relay	4:04.67 Paula Osborn, Kit Harris, Martina Dodd, Jordan Ireton (2008)	3:22.01 Jason Dubyoski, Aaron Landgraf Shane Olalaye, Tai Kobayashi (2006)
4x800m Relay	9:33.45 Jordan Ireton, Kit Harris, Mira Patel, Laura Paulsen (2008)	8:00.10 James Bronson, Phil Aiken, Noah Jampol, Nate Sotuyo (2007)
Distance Medley Relay	12:59.24c Stephanie Galloway, Cathy Kral Sue Kanuck, Joyce Hairston (1997)	10:59.30 Mike Wortley, Magnus Lilledahl, John Apperson, Drew Kitchen (1999)
Sprint Medley Relay		3:38.90 Quinlan Amos, Kevin Johnson, Jesse Fulton, Alex Gochal (2002)

("c" indicates .24 seconds added to convert from hand timing), ("*" indicates record before the javelin was adjusted in 2000)