
Johns Hopkins University

• Women's Indoor Track Records •

(As of March 5, 2007)

<u>Event</u>	<u>Record</u>	<u>Record Holder (s)</u>	<u>Date</u>
55 Meter Dash	7.49	Jessica Bylander	2002
60 Meter Dash	8.23	Jessica Bylander	2002
200 Meter Dash	26.63	Giselle Joseph	2006
400 Meter Dash	59.93	Giselle Joseph	2006
500 Meter Dash	1:22.45	Stephanie Galloway	1996
800 Meter Run	2:17.68	Joyce Hairston	1998
1000 Meter Run	3:19.20	Cathy Kral	1998
1500 Meter Run	4:44.34	Heather Blair	2001
One Mile Run	4:57.27	Laura Paulsen	2007
3000 Meter Run	10:17.41	Laura Paulsen	2007
5000 Meter Run	18:38.95	Aline Bernard	2004
55 Meter Hurdles	8.64	Ilolochika Emuh	2004
60 Meter Hurdles	9.80	Ilolochika Emuh	2004
Long Jump	17'2 ¾" (5.25)	Ilolochika Emuh	2006
Triple Jump	35'6" (10.82)	Ilolochika Emuh	2006
High Jump	5'2" (1.58)	Katie Finnegan	2004
Pole Vault	11'1" (3.37)	Lauren Chun	2006
Shot Put	(12.48)	Amarachi Onyima	2007
4 X 200 Meter Relay	1:49.33	Giselle Joseph, Jessica Reeves, Francesca Peretti, Jordan Ireton	2006
4 X 400 Meter Relay	4:11.28	Giselle Joseph, Viann Nguyen, Paula Osborn, Jordan Ireton	2007
4 X 800 Meter Relay	9:44.65	Heather Relyea, Sue Kanuck, Cathy Kral, Joyce Hairston	1998
Distance Medley Relay	12:31.51	Rachel Hogen, Paula Osborn, Mary O'Grady, Laura Paulsen	2007
