
Johns Hopkins University

• Women's Outdoor Track and Field Records •

(As of June 1, 2007)

Event	Record	Record Holder (s)	Date
100 Meter Dash	12.12	Krista Johnson	1998
200 Meter Dash	25.72	Giselle Joseph	2007
400 Meter Dash	59.09	Mary Glendinning	1992
800 Meter Run	2:15.03	Mary Glendinning	1992
1500 Meter Run	4:36.64c	Eleanor Simonsick	1980
One Mile Run	5:26.84c	Eleanor Simonsick	1980
3000 Meter Run	10:05.24c	Eleanor Simonsick	1980
3000 Meter Steeplechase	12:08.39	Mary O'Grady	2007
5000 Meter Run	17:15.88	Laura Paulsen	2007
10000 Meter Run	36:28.98	Laura Paulsen	2007
100 Meter Hurdles	15.35	Ilolochika Emuh	2004
400 Meter Hurdles	66.30	Stephanie Watkins	1992
Long Jump	17' 11.5" (5.47)	Ilolochika Emuh	2005
Triple Jump	36' 10.25" (11.23)	Ilolochika Emuh	2006
High Jump	5' 2" (1.58)	Cindy Harper	1985
		Kim Fahrenbrook	1991
Pole Vault	10' 6.25" (3.20)	Lauren Chun	2006
Shot Put	40' 11" (12.48)	Amarachi Onyima	2006
Discus Throw	167' 6" (51.04)	Kathy Darling	2003
Javelin Throw	159' 3" (48.53)	Kathy Darling	2002
Heptathlon	3,396	Kathy Horn	2007
4 X 100 Meter Relay	50.05	Giselle Joseph, Jessica Reeves, Paula Osborn, Jordan Ireton	2007
4 X 200 Meter Relay	1:55.55	Nancy Yu, Kathy Cain, Megan Clarke, Hannah Bracken	2004
4 X 400 Meter Relay	4:11.01	Laura Perlinn, Diana Logan, April Savoye, Suzi McGinn	1988
4 X 800 Meter Relay	9:51.60	Rachel Hogen, Mira Patel, Mary O'Grady, Laura Paulsen	2007
Distance Medley Relay	12:59.24c	Stephanie Galloway, Cathy Kral, Sue Kanuck, Joyce Hairston	1997

"c" indicates .24 seconds added to convert from hand timing
