TRACK & FIELD
PROGRAM INDOOR RECORDS

MEN'S INDOOR RECORDS

Event	Time/Mark	Name	Location	Date
55 Meters	6.06a	Syan Williams	Colorado Springs, Colo.	Feb. 14, 1998
60 Meters	6.47	Ronnie Baker	Birmingham, Ala.	March 12, 2016
200 Meters	20.52	Kim Collins	Fayetteville, Ark.	March 10, 2000
400 Meters	45.67	Lewis Banda	Fayetteville, Ark.	March 10, 2006
800 Meters	1:47.02	Jackson Langat	Fayetteville, Ark.	Feb. 10, 2006
1000 Meters	2:08.83	Johnny Walker	Fort Worth, Texas	Feb. 15, 1986
Mile Run	4:00.53	Eliud Njubi	Fayetteville, Ark.	March 10, 2001
3,000 Meters	7:58.36	Kip Kangogo	South Bend, Ind.	March 4, 2006
5,000 Meters	13:50.21	Festus Kigen	Fayetteville, Ark.	March 12, 2010
55 Meter Hurdles	7.43	Jimmy Oliver	----	1994
60 Meter Hurdles	7.70	Jordan Moore	Fayetteville, Ark.	Feb. 14 2014
4x400 Meter Relay	3:04.82	Maness, Richard, Burnett, Cannon	Flagstaff, Ariz.	March 3, 1984
Distance Medley Relay	9:54.46	Smith, Williams, Voss, Brookins	Fort Worth, Texas	1996
High Jump	2.28m (7-5 3/4)	Jason Howard	Fayetteville, Ark.	Jan. 22, 1999
Long Jump	7.97m (26-1 3/4)	Aundre Edwards	Fayetteville, Ark.	March 12, 2004
Triple Jump	16.32m (53-6 1/2)	Jonathan Jackson	Fayetteville, Ark.	March 15, 2008
Pole Vault	4.70m (15-5)	Cody Koontz	Fayetteville, Ark.	Feb. 1, 2002
Shot Put	18.83m (61-9 1/2)	Jordan Reynolds	----	1992
Weight Throw	18.92m (62-1)	Cameron Tabor	Albuquerque, N.M.	Feb. 24, 2012

WOMEN'S INDOOR RECORDS

Event	Time/Mark	Name	Location	Date
55 Meters	6.71a	Giesla Jackson	----	1998
60 Meters	7.17	Jessica Young	Albuquerque, N.M	Feb. 26, 2011
200 Meters	22.99	Virgil Hodge	Fayetteville, Ark.	March 9, 2007
400 Meters	52.94	Kristal Juarez	Fayetteville, Ark.	March 13, 2010
800 Meters	2:10.69	Rebecca Allison	----	1986
1000 Meters	2:32.70	Rebecca Allison	----	1985
Mile Run	4:42.52	Tricia Terry	Fayetteville, Ark.	Feb. 14, 2014
3,000 Meters	9:28.92	Tricia Terry	Ames, Iowa	Feb. 24, 2013
5,000 Meters	16:23.55	Mary Kinyanjui	Ames, Iowa	March 6, 2004
55 Meter Hurdles	7.83	Chessna Davis	----	1997
60 Meter Hurdles	8.14	Brianna McGhee	Ames, Iowa	Feb. 26, 2016
4x400 Meter Relay	3:34.00	Charles, Juarez, Peart, Young	College Station, Texas	March 12, 2011
Distance Medley Relay	11:42.32	Sullivan, Terry, Cozart, Rice	Fayetteville, Ark.	Feb. 14, 2015
Long Jump	6.91m (22-8)	Whitney Gipson	Nampa, Idaho	March 9, 2012
Triple Jump	13.41m (44-0)	Neidra Covington	Colorado Springs, Colo.	March 1, 2008
High Jump	1.76m (5-9 1/4)	Orlene Parris	Albuquerque, N.M.	Feb. 24, 2012
Shot Put	16.77m (55-0 1/4)	Stevanie Wadsworth-Ferguson	Fort Worth, Texas	1993
Weight Throw	18.08m (59-4)	Kelsey Samuels	Ames, Iowa	Feb. 23, 2013

Women's Indoor Top 10

55 Meters

1.	Giesla Jackson	6.71a	1998
2.	Catoshia Lewis	6.76	1998
3.	Tinesha Hackney	6.80	1998
4.	Monica Twum	6.82	2002
5.	Jessica Young	6.85	2009
6.	Virgil Hodge	6.88	2006
7.	Lisa Ford	6.91	1987
8.	Sonia Williams	6.96	2001
9.	Jamee Jones	7.04	2006
10.	Chaunte Baldwin	7.06	2001

60 Meters

1.	Jessica Young	7.17	2011
2.	Virgil Hodge	7.30	2008
3.	Chaniqua Corinealdi	7.32	2012
4.	Monica Twum	7.33	2002
5.	La'Toya White	7.42	2003
6.	Donita Harmon	7.46	2003
	Sonia Williams	7.46	2001
8.	Giesla Jackson	7.47	1998
9.	Dywana Crudup	7.48	2000
	Chaunte Baldwin	7.48	2002

55 Meter Hurdles

1.	Chessna Davis	7.83	1997
2.	MaKeatha Cooper	7.94	2005
2.	Kishelle Paul	7.97	2008
3.	Julie Curtis	8.25	2006
4.	Esther Thomas	8.27	2001
5.	Mary Minor	8.33	2006

60 Meter Hurdles

1.	Brianna McGhee	8.14	2016
2.	MaKeatha Cooper	8.30	2004
3.	Kishelle Paul	8.37	2008
4.	Larissa Matthews	8.41	2010
5.	Makaila Flannigan	8.44	2015
6.	Chessna Davis	8.63	1999
7.	Julie Curtis	8.73	2003
8.	Lexi Aitken	8.82	2015
9.	Esther Thomas	8.88	2001
10.	Mary Minor	8.92	2006

200 Meters

1.	Virgil Hodge	22.99	2007
2.	Jessica Young	23.20	2011
3.	Giesla Jackson	23.57a	1998
	Donita Harmon	23.57	2003
5.	Chaniqua Corinealdi	23.61	2012
6.	Teneshia Peart	23.91	2010
7.	Jessica Clarke	24.02	2008
8.	Lisa Ford	24.03	1988
9.	Monica Twum	24.10	2001
10.	Brittany Blaylock	24.12	2008

400 Meters

1.	Kristal Juarez	52.94	2010
2.	Nathandra John	53.80	2007
3.	Jessica Young	53.81	2009
4.	Dywana Crudup	53.84	2000
5.	Deborah Jones	53.98	2006
6.	Quinterra Charles	54.26	2012
7.	Marquita Davis	54.31	2006
8.	Tiffany Terry	54.60	2015
9.	Kayla Heard	54.72	2016
10.	Larissa Bakasa	54.91	2004

800 Meters

1.	Rebecca Allison	2:10.69	1986
2.	Briyanni Thomas	2:10.90	2012
3.	Cindy Dietrich	2:12.30	2001
4.	Perhona Tomlin	2:13.32	2002
5.	Arin Rice	2:13.79	2015
6.	Meaghan Peoples	2:14.25	2008
7.	Calandra Stewart	2:14.33	2004
8.	Justina Malone	2:14.40	2004
9.	Tricia Terry	2:15.74	2013
10.	Cassie Hostick	2:16.19	2005

1000 Meters

1.	Rebecca Allison	2:32.70	1985
2.	Cindy Dietrich	2:52.89	2001
3.	Tanja Ivandic	2:57.75	2009
4.	Cassie Hostick	2:57.79	2005
5.	Dani Selner	2:58.65	2009
6.	Anna Cozart	3:03.13	2015
7.	Justina Malone	3:04.55	2005
8.	Hanna Jane Stradinger	3:06.38	2012
9.	Brenley Goertzen	3:07.18	2016
10.	Melody Raffloer	3:11.88	2001

Mile Run

1.	Rebecca Allison	4:47.49	1986
2.	Tricia Terry	4:47.75	2013
3.	Calandra Stewart	4:51.59	2006
4.	Cindy Dietrich	4:54.41	2002
5.	Kelly Dawson	4:56.23	2012
6.	Arin Rice	4:56.32	2015
7.	Mary Kinyanjui	4:58.70	2004
8.	Bailey Sullivan	4:59.37	2016
9.	Agnes Kemboi	4:59.63	2010
10.	Glady's Keitany	5:00.53	2000

3000 Meters

1.	Tricia Terry	9:28.92	2013
2.	Agnes Kemboi	9:32.09	2012
3.	Mary Kinyanjui	9:39.09	2004
4.	Calandra Stewart	9:42.75	2006
5.	Kelly Dawson	9:46.09	2012
6.	Ashley Eckhoff	9:50.55	2013
7.	Bailey Sullivan	9:52.14	2016
8.	Glady's Keitany	9:53.90	2001
9.	Rose Tanui	9:55.53	2010
10.	Laura Orlie	9:57.72	2013

5000 Meters

1.	Mary Kinyanjui	16:23.55	2004
2.	Agnes Kemboi	16:38.89	2013
3.	Robin Schacht	16:57.00	1999
4.	Gladys Keitany	17:03.61	1999
5.	Robin Schacht	17:07.50	1999
6.	Rose Tanui	17:09.46	2010
7.	Tricia Terry	17:13.00	2011
8.	Katie Singleton	17:14.88	2000
9.	Alayne Thompson	17:23.81	2004
10.	Kelly Dawson	17:26.40	2012

Long Jump

1.	Whitney Gipson	6.91m 22-8*	2012
2.	Donna Thomas	6.53m 21-5 1/4	1985
3.	Lorraine Ugen	6.51m 21-4 1/4	2012
4.	Neidra Covington	6.26m 20-6 1/2	2008
5.	JimAnne Hejny	6.20m 20-4 1/4	2008
6.	Samantha Collins	5.95m 19-6 1/4	2011
7.	Makaila Flannigan	5.82m 19-11/4	2016
8.	Esther Thomas	5.77m 18-111/4	2001
9.	La'Quinta Ross	5.73m 18-9 3/4	2008
10.	Briona Oliver	5.68m 18-7 3/4	2015

Triple Jump

1.	Neidra Covington	13.41m 44-0	2008
2.	Donna Thomas	12.90m 42-4	1985
3.	Nafissatou Boixel	12.20m 40-0.5	2016
4.	Whitney Gipson	12.17m 39-111/4	2009
5.	Samatha Reynolds	11.77m 38-7 1/2	2013
6.	Saria Hawkins	11.31m 37-11/4	2010

High Jump

1.	Orlene Parris	1.76m 5-9 1/4	2012

Weight Throw

1.	Kelsey Samuels	18.08m 59-4	2013
2.	Paola Miranda	17.68m 58-0 1/4	2015
3.	Megan Smith	15.72m 51-7	2013
4.	Zelma Wade	11.86m 38-11	2004

Shot Put

1.	Stevanie Ferguson	16.77m 55-0 1/4	1993
2.	Megan Smith	16.09m 52-9 1/2	2013
3.	Kelsey Samuels	16.03m 52-7 1/4	2011
4.	Stormy Harrison	15.82m 51-11	2010
5.	Candis Kelley	15.31m 50-2 3/4	2009
6.	Zelma Wade	14.71m 48-3 1/4	2006
7.	Sara Talley	14.05m 46-11/4	2012
8.	Kandra Lakey	12.95m 42-6	2004
9.	Anastazia Gilman	11.78m 38-7 3/4	2015
10.	Esther Thomas	10.94m 35-10 3/4	2001

4x400 Meter Relay

1.	Q. Charles, K. Juarez T. Peart, J. Young	3:34.00	2011
2.	H. Shade, K. Paul, J. Clarke, J. Young	3:34.63	2009
3.	J. Jones, K. Paul, D. Jones, N. John	3:34.75	2007

4.	Thomas, Charles Hall, Collins	3:38.94	2012
5.	J. Clarke, K. Paul, B. Blaylock, V. Hodge	3:39.01	2008
6.	J. Clarke, K. Paul, H. Shade, J. Young	3:39.08	2009
7.	N. John, M. Davis, D. Jones, K. Paul	3:39.39	2006
8.	L. Bakasa, D. Harmon, D. Jones, M. Davis	3:39.56	2004
9.	Q. Charles, C. Corinealdi, T. Peart, K. Juarez	3:40.92	2010
10.	Shade, Charles Thomas, A. Collins	3:42.00	2012

Distance Medley Relay

1.	B. Sullivan, T. Terry, A. Cozart, A. Rice	11:42.32	2015
2.	C. Dietrich, H. Hanchak, P. Tomlin, G. Keitany	11:50.15	2001
3.	H. Bullin, John, C. Hostick, C. Stewart	11:51.18	2005
4.	Escobar, Caldwell Thoams, Orlie	11:54.12	2013
5.	H. Isbell, L. Bakasa, J. Malone, C. Stewart	11:56.61	2004
6.	H. Isbell, C. Hewitt, J. Malone, D. Harmon	12:04.94	2003
7.	A.Kemboi, H. Shade K. Dawson, T. Terry	12:10.63	2011
8.	H. Bullin, John, K. Zielinski, C. Stewart	12:16.97	2006
9.	A. Kemboi, H. Shade, K. Dawson, R. Tanui	12:17.29	2010
10.	L. Orlie, B. Thomas M. Escobar, K. Dalton	12:20.33	2013

* - Collegiate Record; a - Altitude Mark

Men's Indoor Top 10

55 Meters

1.	Syan Williams	6.06a	1998
2.	Raymond Stewart	6.07	1989
3.	Jarmiene Holloway	6.10	1998
4.	Jonathan Drummond	6.13	1990
5.	Roscoe Tatum	6.15	1985
6.	Bryan Howard	6.20	1999
7.	Kim Collins	6.22	2001
8.	Bradley Reed	6.26	2005
9.	Terran Williams	6.32	1999
10.	Justyn Warner	6.33	2006

60 Meters

1.	Ronnie Baker	6.47	2016
2.	Kim Collins	6.53	2000
3.	Bryan Howard	6.59	1999
4.	Raymond Bozmans	6.60	2014
	Charles Silmon	6.60	2013
6.	Jarmiene Holloway	6.62	1999
7.	Bradley Reed	6.64	2006
	Michael Frater	6.64	2002
	Demario Wesley	6.64	2002
10.	Kolby Listenbee	6.67	2015
	Syan Williams	6.67	1998

55 Meter Hurdles

1.	Jimmy Oliver	7.43	1994
2.	Reggie Harrell	7.47	2001
3.	Mark Hill	7.65	1999
4.	Bruce Galbert	7.81	2001
5.	Jordan Pitts	7.89	2008
6.	LaTarence Dunbar	8.00	2001
7.	Jared Bradley	8.20	2001

60 Meter Hurdles

1.	Jordan Moore	7.70	2014
2.	LaTarence Dunbar	7.88	2000
3.	Jordan Pitts	7.92	2008
4.	Reggie Harrell	7.94	2003
5.	----	8.06	2004
6.	Mark Hill	8.11	2000
7.	Michael Whitmarsh	8.36	1998
8.	Bruce Galbert	8.53	2001
9.	Jared Bradley	8.64	2001

200 Meters

1.	Kim Collins	20.52	2000
2.	Ronnie Baker	20.60	2016
	Sam Watts	20.60	2016
4.	----	20.73	2001
5.	Bryan Howard	20.81	1999
6.	Brashant Carter	20.88	1996
7.	----	20.89	2000
8.	Syan Williams	20.90	1998
9.	Charles Silmon	20.96	2013
10.	Clemore Henry	21.02	2010

400 Meters

1.	Lewis Banda	45.67	2006
2.	Johnny L. Collins II	46.26	2000
3.	Roy Williams	46.58	2001
4.	Tony Allen	46.67	1986
5.	Che Chavez	46.87	2008
6.	Ronnie Baker	46.95	2013
7.	Brandon Simpson	47.04	2003
8.	Dell Guy	47.06	2007
9.	Matt Love	47.08	2010
10.	Joshua Washington	47.13	2013

800 Meters

1.	Jackson Langat	1:47.02	2006
2.	Khadevis Robinson	1:48.36	2003
3.	Eliud Njubi	1:49.01a	2002
4.	Sean Zurko	1:49.69	2010
5.	Jack O'Brien	1:50.34	2011
6.	Jason Morgan	1:52.58	2003
7.	Connor Wilkins	1:55.16	2013
8.	Jeff Pels	1:56.98	2008
9.	Antwaine Williams	1:57.82	1999
10.	Raita Yamanouchi	1:58.04	2004

1000 Meters

1.	Johnny Walker	2:08.83	1986
2.	Jackson Langat	2:25.46	2006
3.	Jeff Pels	2:28.13	2010
4.	Johnathan Bundren	2:32.50	2005
5.	Houston Bolin	2:35.60	2005
6.	Cody Cook	2:35.62	2006

Mile Run

1.	Eliud Njubi	4:00.53	2001
2.	Kip Kangogo	4:06.78	2005
3.	Eddie Crowe	4:07.00	1993
4.	Festus Kigen	4:08.04	2008
5.	Jeff Pels	4:14.95	2010
6.	Jake Rossmango	4:17.92	2011
7.	David Lagat	4:17.99	1998
8.	Johnathan Bundren	4:18.47	2005
9.	Ryan Womack	4:19.77	2000
10.	Justin Speer	4:20.99	2001

3000 Meters

1.	Kip Kangogo	7:58.36	2006
2.	Festus Kigen	7:58.47	2010
3.	Eliud Njubi	8:04.17	2002
4.	David Lagat	8:21.06	1999
5.	Herbert Mwangi	8:23.52	2002
6.	Cain Williams	8:30.38	1996
7.	Adrian Martinez	8:38.50	2000
8.	Matt Manly	8:47.08	2008
9.	Taylor Moult	8:49.72	2013
10.	Dillon Smith	8:52.02	2016

5000 Meters

1.	Festus Kigen	13:50.21	2010
2.	Glenn LeGros	14:10.17	1992
3.	David Lagat	14:17.71	2000
4.	Herbert Mwangi	14:22.05	2002
5.	Kip Kangogo	14:40.76	2005
6.	Eliud Njubi	14:43.32	2001
7.	Matt Manly	14.59.23	2007
8.	Adrian Martinez	15:03.47	2000
9.	Johnathan Bundren	15:28.96	2003
10.	Dillon Smith	15:31.38	2016

High Jump

1.	Jason Howard	2.28m 7-5 3/4	1999
2.	Chris Peoples	2.17m 7-11/2	2004
3.	Danny Cochran	2.01m 6-7 1/2	1988
4.	David Jeffrey	1.93m 6-4	2006
	Aaron Anderson	1.93m 6-4	2000
6.	Jared Bradley	1.84m 6-0 1/2	2001
7.	Brandal Lawrence	1.81m 5-111/4	2003

Long Jump

1.	Aundre Edwards	7.97m 26-13/4	2004
2.	Cameron Echols-Luper	7.91m 25-111/2	2015
3.	Cleavon Dillon	7.86m 25-9 1/2	2002

4. Jason Howard 7.56m 24-9 3/4 2001
5. Kimton Coleman 7.51m 24-7 3/4 2002
6. Abdul Rasheed 7.37m 24-2 1/4 2001
7. Brandal Lawrence 7.36m 24-1 3/4 2003
8. Scotty Newton 7.31m 23-11.75 2016
9. Ramone Bailey 7.31m 23-11 3/4 2015
10. Meelis Siimson 7.28m 23-10.75 2016

Triple Jump

1. Jonathan Jackson 16.32m 53-6 1/2 2008
2. Brandal Lawrence 15.97m 52-4 3/4 2002
3. Abdul Rasheed 15.96m 52-4 1/2 2001
4. Scotty Newton 15.81m 51-10.5 2016
5. Cameron Parker 15.64m 51-3 3/4 2011
6. ---- 14.91m 48-11 2000
7. Michael DePriest 14.74m 48-4 1/2 2006
8. Jason Howard 14.73m 48-4 2000
9. Chaime Breaux 14.27m 46-10 2004
10. Ryan Finnie 14.20m 46-7.25 2016

Weight Throw

1. Cameron Tabor 18.92m 62-1 2012
2. Adam Damadzic 18.07m 59-3 1/2 2015
3. Justin Sanchez 17.21m 56-5.75 2016
4. Aaron Tombleson 16.22m 53-2 3/4 2015
5. Fellan McGuigan 16.26m 53-4.25 2016
6. Cody Moore 15.24m 50-0 2005

Pole Vault

1. Cody Koontz 4.70m 15-5 2002
2. Rob Coffman 4.60m 15-1 2004

Shot Put

1. Jordan Reynolds 18.83m 61-9 1/2 1992
2. Cameron Tabor 18.01m 59-11/4 2012
3. Marcus Cannon 16.94m 55-7 2010
4. Paul Osunwa 16.72m 54-10 1/4 2012
   Tyler Sergent 16.72m 54-10 1/4 2012
6. Tommy Killen 16.45m 53-11 3/4 2010
7. Francisco Brito 16.11m 52-10 1/4 2012
8. Shane Sims 15.22m 49-11 1/4 2003
9. Cody Moore 14.97m 49-11/2 2005
10. Shawn Worthen 14.71m 48-3 1/4 1998

4x400 Meter Relay

1. Maness, Richard, 3:04.82 1984
   Burnett, Cannon
2. ---- 3:04.87 2003
3. McClanahan, Bozmans, 3:06.05 2015
   Watts, Baker
4. Henry, Guy, 3:06.19 2008
   Chavez, Love
5. Guy, Henry, 3:06.27 2010
   Dungey, Love
6. Amantine, Dunbar, 3:06.59 2001
   Williams
7. Williams, Amantine, 3:06.69 2000
   Campbell, Collins
8. Jackson, Washington, 3:06.89 2014
   McSwain, Baker
9. McClanahan, Bozmans, 3:07.03 2015
   Listenbee, Baker
10. McDaniel, Butler, 3:08.14 2006
    Langat, Banda

Distance Medley Relay

1. Smith, Williams 9:54.46 1996
   Voss, Brookins
2. Bundren, Butler, 9:58.26 2005
   Jackson, Kangogo
3. Cook, Chavez, 10:02.91 2006
   Langat, Kangogo
4. Zurko, Pels, 10:03.43 2010
   Pitts, Kigen
5. ---- 10:09.75 1999
6. ---- 10:20.04 2000
7. Rossmango, Chambers 10:21.68a 2012
   Wilkins, Newsome
8. Pels, Pescrillo 10:22.82 2011
   O'Brien, Kigen
9. Mackey, Collins 10:26.33 2013
   Wilkins, Rossmango
10. Tijerina, Macklin, 10:44.33 2009
    O'Brien, Pels