

# Indoor Track & Field Records

Updated through 3/1/08

## 55 Meter

1.	6.87	Gloria Asumnu .....	12-1-07
2.	6.99	Quasheba Lee .....	2-26-00
3.	7.04	Angel Dooley .....	2-10-02
4.	7.13	Mashandra Hall .....	1993
5.	7.14	Asha James .....	2-26-00
6.	7.15	Nicole Royal .....	2-21-97
7.	7.25	Rebecca Murphy .....	1998
7.	7.25	Nadia Smith .....	5-21-97
9.	7.33	Shaina Pelham .....	12-1-07
10.	7.40	Kyra Lobbins.....	12-1-06

## 60 Meter

1.	7.22	Gloria Asumnu .....	3-1-08
2.	7.54	Angel Dooley.....	2-27-04
3.	7.55	Jasmine Momoh.....	2-29-05
4.	7.56	Asha James .....	2-23-01
5.	7.61	Rebecca Murphy.....	1-29-00
6.	7.62	Quasheba Lee .....	2-9-01
7.	7.70	Shaina Pelham.....	1-19-07
7.	7.70	Andrea Rosemond ..	1-12-08
9.	7.71	Deshawnda Williams	2-9-01
10.	7.74	Olivia Kizzee .....	2-10-07
10.	7.74	Taneekwa Ross.....	2-23-07

## 200 Meter

1.	23.72	Gloria Asumnu .....	2-9-07
2.	24.70	Asha James .....	1-27-01
3.	24.72	Nikelola Balogun ....	2-24-01
4.	24.81	Mashandra Hall.....	1994
4.	24.81	Rebecca Murphy.....	1-29-00
6.	24.84	Angel Dooley.....	2-25-05
7.	24.96	Quasheba Lee .....	2-27-00
8.	25.09	Shaina Pelham.....	2-2-08
9.	25.12	Lana Garner .....	2-19-99
10.	25.15	Olivia Kizzee .....	2-10-07

## 400 Meter

1.	53.26	Nadja Petersen .....	1-27-01
2.	53.61	Lana Garner .....	2-6-99
3.	54.06	Charlotte Plummer ....	2-8-97
4.	55.02	Nikelola Balogun ....	1-27-01
5.	55.49	Valencia Wilson.....	3-1-08
6.	55.69	Quasheba Lee .....	2-27-00
7.	55.83	Shanon Beelendorf ...	2-3-07
8.	55.95	Angel Dooley.....	2-12-05
9.	56.34	Gloria Asumnu .....	1-12-08
10.	56.44	Mashandra Hall.....	1994

## 800 Meter

1.	2:08.43	Hanne Lyngstad .....	1-30-99
2.	2:08.78	Lana Garner .....	1-23-99
3.	2:09.65	Eva Lustigova .....	2-10-02
4.	2:11.54	Angela Milner .....	2-10-01
5.	2:11.56	Katrina Gemmell .....	1999
6.	2:12.39	Whitney Hampton ...	2-11-06
7.	2:12.46	Hanna Ritakallio.....	2-27-00
8.	2:13.94	Alison Lambert .....	1-25-97
9.	2:14.62	Charlotte Plummer ..	1-25-97
10.	2:14.94	Shanon Beelendorf	1-26-07

## One Mile

1.	4:39.54	Hanne Lyngstad .....	3-6-99
2.	4:45.94	Theresa Maru.....	2-12-00
3.	4:47.94	Katrina Gemmell ....	2-10-02
4.	4:52.19	Hanna Ritakallio.....	2-5-00
5.	4:53.45	Alison Lambert .....	2-20-99
6.	4:53.84	Birka Wicke .....	2-1-04
7.	4:55.53	Eva Lustigova .....	2-1-02
8.	5:04.15	Carlyne Pradieu .....	2-1-04

## 3,000 Meters

1.	9:34.38	Hanne Lyngstad .....	2-20-99
2.	9:47.76	Alison Lambert .....	2-8-97
3.	9:54.40	Theresa Maru.....	2-26-00
4.	9:56.07	Laurie Dalrymple.....	3-1-08
5.	9:58.97	Katrina Gemmell ....	1-26-02
6.	10:07.83	Birka Wicke .....	2-28-04
7.	10:08.01	Aubrey Phillips .....	2-8-08
8.	10:16.12	Keriann Langley .....	1-26-07
9.	10:16.94	Heather Miller.....	2-22-97
10.	10:26.47	Stephanie Lohbeck .	2-22-97

## 5,000 Meters

1.	17:05.31	Aubrey Phillips .....	2-1-08
2.	17:35.64	Laurie Dalrymple ....	2-29-08
3.	18:04.25	Stephanie Lohbeck .	2-22-97
4.	18:29.44	Marla Pleyte.....	1-18-97
5.	18:43.64	Keriann Langley.....	2-9-08
6.	19:08.87	Cecelia Clarke .....	2-24-07

## 55 Meter Hurdles

1.	8.20	Tracy Harris .....	1994
2.	8.24	Lindsay Eustace.....	2-21-97
2.	8.24	Rebecca Murphy .....	2-28-98

## 60 Meter Hurdles

1.	8.85	Camilla Hatlen .....	2-25-05
2.	9.11	Pernilla Wigotthsson	1-29-00

## Long Jump

1.	20-07.25 (6.28)	Nadia Smith .....	2-28-97
2.	20-05.25 (6.23)	Mashandra Hall.....	1994
3.	19-07.00 (5.97)	Cecilie Rise .....	2-27-00
4.	19-04.25 (5.90)	Jillian Green .....	2-9-01
5.	19-04.00 (5.89)	Lissie Mo.....	2-5-05
6.	19-02.75 (5.86)	Frith Maunder.....	1995
7.	19-02.50 (5.85)	Marie Ahlander.....	2-23-01
7.	19-02.50 (5.85)	Camilla Hatlen.....	1-28-05
9.	19-01.25 (5.82)	Marilyn Sauls .....	2-28-03

## High Jump

1.	5-11.50 (1.82)	Nadia Smith .....	2-22-97
2.	5-06.50 (1.69)	Cassandra Howell.....	1994
3.	5-05.75 (1.67)	Zandria Debowles....	1-19-08
4.	5-04.50 (1.64)	Shanon Beelendorf ..	1-21-05
5.	5-03.75 (1.62)	Cecilie Rise .....	2-27-00
5.	5-03.75 (1.62)	Britney Hurst .....	3-1-03
7.	5-03.00 (1.60)	Helmi Leppanen.....	2-5-05
8.	5-02.50 (1.59)	Amber Burgess .....	1-15-00
9.	5-02.25 (1.58)	Arielle Minor .....	12-1-07

## Triple Jump

1.	43-05.00 (13.23)	Marie Ahlander.....	2-10-01
2.	43-00.50 (13.12)	Cecilie Rise .....	2-27-00
3.	41-08.50 (12.71)	Tracy Harris .....	1994
4.	40-08.25 (12.40)	Lissie Mo.....	2-1-04
5.	40-01.50 (12.23)	Nicolette Taku .....	2-2-08
6.	39-05.25 (12.02)	Jillian Green .....	2-24-01
7.	39-00.75 (11.90)	Yogi Weigel .....	1990
8.	38-09.75 (11.83)	Christina Tegbe .....	1-19-07
9.	38-04.75 (11.70)	Aisha Otori .....	2-21-03

## Shot Put

1.	48-07.25 (14.81)	Helmi Leppanen.....	1-26-02
2.	45-11.75 (14.01)	Jelena Jurlina.....	2-1-04
3.	44-10.00 (13.66)	Tracy Harris .....	1994
4.	39-08.75 (12.11)	Katarina Bušljeta.....	12-1-07
5.	38-09.00 (11.82)	Moji Alade .....	2-15-02
6.	35-06.50 (10.83)	Arielle Minor .....	1-31-08
7.	35-03.25 (10.75)	Liz Kritza .....	1996
7.	34-10.63 (10.63)	Camilla Hatlen.....	2-25-05
8.	34-4.00 (10.47)	Arielle Minor .....	1-12-08
9.	33-11.50 (10.35)	Catherine Betz .....	2-16-01
10.	30-10.25 (9.40)	Brianna Darragh.....	1-28-06

## Pole Vault

1.	11-09.75 (3.60)	Lindsey Karlik.....	2-21-03
2.	10-02.00 (3.10)	Ellen Vollmers .....	2-1-03

## Pentathlon

1.	3634 (8.85, 1.54, 10.63, 5.64, 2:28.22)	Camilla Hatlen	2-25-05
2.	3108 (9.72, 1.55, 10.83, 5.07, 2:46.29)	Arielle Minor	1-31-08
3.	3096 (9.40, 1.43, 8.44, 5.25, 2:34.18)	Nicolette Taku	2-23-07

## 4x400 Relay

1.	3:38.02	Nadja Petersen .....	2-10-01	Nikelola Balogun
		Angela Milner		Asha James
2.	3:41.02	Quasheba Lee .....	2-12-00	Charlotte Plummer
		Rebecca Murphy		Lana Garner
3.	3:41.23	Angela Milner .....	2-14-98	Quasheba Lee
		Lana Garner		Charlotte Plummer
4.	3:41.29	Nadja Petersen .....	1-27-01	Nikelola Balogun
		Angela Milner		Deshawnda Williams
5.	3:41.76	Quasheba Lee.....	2-5-00	Charlotte Plummer
		Rebecca Murphy		Lana Garner
6.	3:42.80	Shaina Pelham.....	2-2-08	Gloria Asumnu
		Vanessa Kienast		Valencia Wilson
7.	3:44.50	Angela Milner .....	1-15-00	Charlotte Plummer
		Quasheba Lee		Nikelola Balogun
8.	3:45.23	Shaina Pelham.....	2-24-07	Kyra Lobbins
		Gloria Asumnu		Shanon Beelendorf

## Distance Medley Relay

1.	11:14.67	Hanne Lyngstad .....	3-5-99	Lana Garner
		Katrina Gemmell		Alison Lambert
2.	11:19.71	Alison Lambert .....	1-30-99	Angela Milner
		Lana Garner		Hanne Lyngstad
3.	11:22.02	Alison Lambert .....	3-13-98	Lana Garner
		Charlotte Plummer		Hanne Lyngstad
4.	11:27.04	Hanne Lyngstad .....	1998	Lana Garner
		Angela Milner		Alison Lambert
5.	11:32.53	Hanne Lyngstad .....	2-12-00	Charlotte Plummer
		Hanna Ritakallio		Theresa Maru