

**Women's Outdoor Track Records
(following 2011 season)**

100-METER DASH

| | | |
|-------------------------|--------------|-------------|
| 1. Shana Robinson | 11.23 | 2004 |
| 2. Chantelle Willard | 11.65 | 2007 |
| 3. Carla Hanson | 11.88 | 2000 |
| 4. Jennifer Mace | 11.96 | 2011 |
| 5. Mary Carr | 12.00 | 2004 |
| Krystol Lartey | 12.00 | 2004 |

200-METER DASH

| | | |
|-----------------------|-------|------|
| 1. Shana Robinson | 22.84 | 2003 |
| 2. Chantelle Willard | 23.78 | 2006 |
| 3. Caroline Avbovbede | 23.82 | 1999 |
| Karlisha Atkins | 23.82 | 2000 |
| 5. Paula Richardson | 23.91 | 2003 |

400-METER DASH

| | | |
|---------------------|-------|------|
| 1. Tiffany Williams | 53.12 | 1999 |
| 2. Jennifer Mace | 53.46 | 2009 |
| 3. Wendy McFarlane | 53.47 | 2000 |
| 4. Shameka Holloway | 53.99 | 2006 |

800-METER RUN

| | | |
|-------------------|---------|------|
| 1. Monica Joannes | 2:05.65 | 2003 |
| Melanie Hardy | 2:05.65 | 2004 |
| 3. Tayler Rigsby | 2:08.07 | 2010 |
| 4. Dawn Nagazina | 2:08.25 | 2009 |
| Katie Wright | 2:08.25 | 2010 |

1,500-METER RUN

| | | |
|-------------------------|----------------|-------------|
| 1. Paula Whiting | 4:19.78 | 2011 |
| 2. Katie Wright | 4:20.61 | 2010 |
| 3. Alex Becker | 4:22.39 | 2007 |
| 4. Fride Vullum | 4:26.31 | 2001 |
| 5. Melanie Cleland | 4:26.71 | 2010 |

3,000-METER RUN

| | | |
|------------------------|----------|------|
| 1. Fride Vullum | 9:34.45 | 1998 |
| 2. Alex Becker | 9:39.54 | 2009 |
| 3. Charlotte Sanderson | 10:00.74 | 2001 |
| 4. Debbie Cardenas | 10:02.77 | 2000 |
| 5. Natalie Rasmussen | 10:04.09 | 2005 |

5,000-METER RUN

| | | |
|--------------------------|-----------------|-------------|
| 1. Paula Whiting | 15:46.91 | 2011 |
| 2. Alex Becker | 15:58.01 | 2010 |
| 3. Fride Vullum | 16:01.41 | 2001 |
| 4. Ashley Scott | 16:40.52 | 2011 |
| 5. Jaclyn Rollins | 16:48.04 | 2011 |

10,000-METER RUN

| | | |
|--------------------------|-----------------|-------------|
| 1. Alex Becker | 33:44.63 | 2009 |
| 2. Charlotte Sanderson | 34:25.78 | 2001 |
| 3. Lise Olivier | 35:15.60 | 2006 |
| 4. Sarah Haskins | 35:18.57 | 2003 |
| 5. <i>Jaelyn Rollins</i> | <i>35:47.27</i> | <i>2011</i> |

100-METER HURDLES

| | | |
|-------------------------|--------------|-------------|
| 1. Kendra Lollis | 13.99 | 2001 |
| 2. Jamese James | 14.00 | 2003 |
| 3. Danielle German | 14.01 | 2000 |
| 4. <i>Carolyn Imhof</i> | <i>14.17</i> | <i>2011</i> |
| 5. Suzanne Smith | 14.25 | 2003 |

400-METER HURDLES

| | | |
|---------------------|---------|------|
| 1. Jamese James | 57.86 | 2002 |
| 2. April Montgomery | 58.71 | 2009 |
| 3. Danielle German | 59.85 | 2000 |
| 4. Erin Fogarty | 1:01.45 | 2005 |
| 5. Carrie Swayze | 1:02.28 | 1997 |

3,000-METER STEEPLECHASE

| | | |
|---------------------------|-----------------|-------------|
| 1. Ashlea Gilfillan | 10:45.92 | 2007 |
| 2. Lise Olivier | 10:51.38 | 2006 |
| 3. <i>Erin Huddleston</i> | <i>10:52.39</i> | <i>2011</i> |
| 4. Renine Le Heron | 11:34.61 | 2006 |
| 5. Breanna Chipney | 11:38.38 | 2006 |

4x100-METER RELAY (400 Meters)

| | | | |
|----------|-------|------|---|
| 1. Tulsa | 45.35 | 2004 | Shameka Holloway, Chantelle Willard, Paula Richardson, Shana Robinson |
| 2. Tulsa | 45.48 | 2003 | Alisha Burnett, Shameka Holloway, Paula Richardson, Shana Robinson |
| 3. Tulsa | 45.72 | 2002 | Paula Richardson, Alisha Burnett, Karlisha Atkins, Shana Robinson |
| 4. Tulsa | 45.76 | 2002 | Shana Robinson, Paula Richardson, Alisha Burnett, Jamese James |
| 5. Tulsa | 45.81 | 2010 | Ashley Wills, Lenora Guion-Firmin, Jennifer Mace, Caroline Schuster |

4x200-METER RELAY (800 Meters)

| | | | |
|----------|---------|------|---|
| 1. Tulsa | 1:35.31 | 2003 | Shana Robinson, Chatney Noble, Paula Richardson, Jamese James |
| 2. Tulsa | 1:50.6 | 1992 | Joy Parker, Julie Parker, Carey Robien, Chau Vo |

4x400-METER RELAY (1,600 Meters)

| | | | |
|----------|---------|------|--|
| 1. Tulsa | 3:35.55 | 2002 | Paula Richardson, Alisha Burnett, Monica Joannes, Jamese James |
| 2. Tulsa | 3:36.74 | 2003 | Paula Richardson, Chatney Noble, Monica Joannes, Jamese James |

3. Tulsa 3:36.93 2000
Wendy McFarlane, Tiffany Williams, Jameese James, Inemesit Usoroh
4. Tulsa 3:37.45 2010
Caroline Schuster, Ashley Wills, Lenora Guion-Firmin, Jennifer Mace
5. Tulsa 3:37.86 2002
Chatney Noble, Alisha Burnett, Monica Joannes, Jameese James

MILE RELAY (4x440 Yards) (no longer contested)

1. Tulsa 3:41.30 2001
Wendy McFarlane, Monica Joannes, Jameese James, Tiffany Williams
2. Tulsa 3:53.32 2006
Shameka Holloway, Dawn Nagazina, Krystal Lartey, April Montgomery
3. Tulsa 3:55.19 1996
Jameka Roberts, Monique Poindexter, Erin Simpson, Carrie Swayze

4x800-METER RELAY (3,200 Meters)

1. Tulsa 8:48.27 2003
Chatney Noble, Melanie Hardy, Megan Langwell, Monica Joannes
2. Tulsa 8:53.27 2002
Chatney Noble, April Johnson, Melanie Hardy, Monica Joannes
3. Tulsa 8:59.16 1997
Monique Poindexter, Erin Simpson, Summer Lamons, Chris Haldeman
4. Tulsa 9:00.69 1998
Caroline Avbovbede, Erin Simpson, Monique Poindexter, Jany Van Gerwen

4x1,600-METER RELAY (6,400 Meters)

1. Tulsa 19:24.18 2010
Melanie Cleland, Katie Wright, Ashley Scott, Paula Whiting
2. *Tulsa 20:00.51 2011*
Jacqueline Fairchild, Melanie Cleland, Ashley Scott, Josie Wilcox
3. Tulsa 20:25.54 2006
Dawn Nagazina, Lise Olivier, Marissa Saunders, Alex Becker

SPRINT MEDLEY RELAY (200, 200, 400, 800)

1. Tulsa 3:47.44 2010
Ashley Wills, Caroline Schuster, Jennifer Mace, Tayler Rigsby
2. Tulsa 3:47.62 2003
Shana Robinson, Paula Richardson, Jameese James, Monica Joannes
3. *Tulsa 3:56.24 2011*
Lenora Guion-Firmin, Caroline Schuster, Jennifer Mace, Lauren Collete
4. Tulsa 3:57.00 2002
Shana Robinson, Paula Richardson, Alisha Burnett, Monica Joannes
5. Tulsa 3:57.70 2007
Jessica Ford, Krystal Lartey, Chantelle Willard, Tayler Rigsby

DISTANCE MEDLEY RELAY (1,200, 400, 800, 1,600)

1. Tulsa 11:20.49 2010
Melanie Cleland, Caroline Schuster, Tayler Rigsby, Paula Whiting
2. Tulsa 11:30.46 2007
Dawn Nagazina, Shameka Holloway, Tayler Rigsby, Alex Becker
3. Tulsa 11:38.54 2006
Dawn Nagazina, Shameka Holloway, April Montgomery, Alex Becker

- | | | |
|--|----------|------|
| 4. Tulsa | 11:38.71 | 2001 |
| Margaret Danagher, Tiffaney Williams, Monica Joannes, Fride Vullum | | |
| 5. Tulsa | 11:40.24 | 2009 |
| Tayler Rigsby, Jennifer Mace, Dawn Nagazina, Alex Becker | | |

DISCUS

- | | | |
|------------------------|--------------|-------------|
| 1. Stephanie Jeffers | 160-11 | 2007 |
| 2. Kelsey Klein | 154-0 | 2011 |
| 3. Morgan Bolom | 124-00 | 2010 |
| 4. Jennifer Swanson | 123-5 | 1994 |
| 5. Carhanda Dawson | 107-6 | 1991 |

HAMMER

- | | | |
|------------------------|---------------|-------------|
| 1. Kelsey Klein | 176-03 | 2011 |
| 2. Stephanie Jeffers | 159-5 | 2007 |
| 3. Morgan Bolom | 142-06 | 2010 |

HEPTATHLON

- | | | |
|-------------------------|--------------|-------------|
| 1. Brianna Steel | 5,158 | 2011 |
| 2. Lydia Chamberlin | 5,021 | 2010 |
| 3. Carolin Imhof | 4,807 | 2011 |
| 4. Renata Carson | 4,385 | 2003 |

HIGH JUMP

- | | | |
|--------------------|-----|------------|
| 1. Brianna Steel | 5-5 | 2008 & '10 |
| Lydia Chamberlin | 5-5 | 2010 |
| 3. Jennifer Howell | 5-4 | 1994 |
| 4. Katy McGillen | 5-3 | 2007 |
| 5. Sally Cross | 5-2 | 1981 |

JAVELIN

- | | | |
|----------------------|--------|------|
| 1. Katy McGillen | 159-1 | 2006 |
| 2. Ashley Ast | 143-2 | 2004 |
| Carolin Imhof | 143-2 | 2010 |
| 4. Stephanie Jeffers | 108-11 | 2007 |

LONG JUMP

- | | | |
|-------------------------|-----------------|-------------|
| 1. Margaret Glover | 19-4.25 | 2004 |
| 2. Lydia Chamberlin | 19-4.0 | 2010 |
| 3. Mary John-Williams | 19-2.67 | 2000 |
| 4. Sophia Rodriguez | 19-0.50 | 2006 |
| 5. Carolin Imhof | 18-10.75 | 2011 |

POLE VAULT

- | | | |
|-------------------------|-------------|-------------|
| 1. Caitlin Clancy | 12-1.5 | 2008 |
| 2. Suzanne Smith-Hogg | 10-8.5 | 2003 |
| 3. Andrea McGillen | 10-6.25 | 2003 |
| 4. Brianna Steel | 9-02 | 2011 |

SHOT PUT

- | | | |
|----------------------|---------|------|
| 1. Stephanie Jeffers | 52-6.75 | 2007 |
| 2. Jennifer Swanson | 43-3 | 1993 |

| | | |
|-------------------------|-------------|-------------|
| 3. Corhanda Dawson | 42-0 | 1991 |
| 4. <i>Brianna Steel</i> | <i>38-8</i> | <i>2011</i> |
| 5. <i>Kelsey Klein</i> | <i>38-0</i> | <i>2011</i> |

TRIPLE JUMP

| | | |
|-----------------------|----------|------|
| 1. Sophia Rodriguez | 41-10.75 | 2006 |
| 2. Mary John-Williams | 39-6 | 2002 |
| 3. Andrea McGillen | 34-2.75 | 2003 |

Men's Outdoor Track Records (following 2011 season)

100-METER DASH

| | | |
|--------------------|-------|------|
| 1. Levi Gillen | 10.32 | 1994 |
| 2. Marcus Anderson | 10.40 | 1981 |
| Trey Runnels | 10.40 | 2000 |
| 4. Sedrick Lusk | 10.44 | 1998 |
| 5. Cory Ray | 10.52 | 2004 |

200-METER DASH

| | | |
|------------------------|--------------|-------------|
| 1. Larry Hearne | 21.0 | 1966 |
| 2. Trey Runnels | 21.11 | 2001 |
| 3. Justin Smith | 21.31 | 2011 |
| 4. Derron Davis | 21.32 | 2000 |
| 5. Cory Ray | 21.51 | 2004 |

400-METER DASH

| | | |
|-------------------|-------|------|
| 1. Derron Davis | 46.75 | 2000 |
| 2. Greg Johnson | 47.36 | 2001 |
| 3. Julian Frazier | 47.52 | 2010 |
| 4. Attila Korosi | 47.75 | 2008 |
| 5. Levi Gillen | 47.93 | 1994 |
| Josh Childs | 47.93 | 2003 |

800-METER RUN

| | | |
|-------------------------|----------------|-------------|
| 1. Adam Ellison | 1:47.69 | 1998 |
| 2. Rodney Peterson | 1:48.11 | 1998 |
| 3. Chris O'Hare | 1:49.01 | 2011 |
| 4. Justin Duncan | 1:49.38 | 2011 |
| 5. Mathew Musengezi | 1:49.39 | 2006 |

1,500-METER RUN

| | | |
|-------------------------|----------------|-------------|
| 1. Chris O'Hare | 3:42.54 | 2011 |
| 2. Justin Duncan | 3:42.80 | 2011 |
| 3. Dwight Davis | 3:43.18 | 1999 |
| 4. Mark Davidson | 3:43.32 | 2008 |
| 5. David Bohlen | 3:44.93 | 2000 |

MILE RUN

| | | |
|------------------------|----------------|-------------|
| 1. Chris O'Hare | 3:58.77 | 2011 |
| 2. Dwight Davis | 3:59.29 | 2000 |
| 3. Justin Duncan | 4:05.03 | 2010 |
| 4. Ryan Siler | 4:16.78 | 1995 |
| 5. Joe Gibbons | 4:20.3 | 1960 |

3,000-METER RUN

| | | |
|-----------------------|----------------|-------------|
| 1. Dwight Davis | 8:19.42 | 2000 |
| 2. Sam Masters | 8:20.71 | 2011 |
| 3. Ryan Siler | 8:24.42 | 1995 |
| 4. Mark Davidson | 8:24.98 | 2009 |

5. Andy Norman 8:31.92 2003

5,000-METER RUN

1. John Beattie 13:42.03 2010
2. Lewis Timmins 14:01.69 2010
3. Edwin Henshaw 14:04.53 2007
4. ***Geraint Davies*** ***14:07.90*** ***2011***
5. ***Sam Masters*** ***14:13.87*** ***2011***

10,000-METER RUN

1. John Beattie 28:32.21 2010
2. ***Lewis Timmins*** ***29:26.64*** ***2011***
3. ***Mitch Johnson*** ***29:56.68*** ***2011***
4. Janne Hamalainen 30:20.00 1985
5. Joel Stansloski 30:20.92 2007

110-METER HURDLES

1. Rickey Wilson, Jr. 13.99 2006
2. DeVonne Harrison 14.09 2005
3. James Shaw 14.10 1971
4. Jamal Bogle 14.49 2003
5. ***Kolton Taylor*** ***15.03*** ***2011***

400-METER HURDLES

1. Clint Small 52.00 1999
2. Rickey Wilson, Jr. 52.18 2007
3. Branon Vaughan 52.86 2003
4. Jamal Bogle 53.14 2005
5. Loren Kool 53.38 1995

3,000-METER STEEPLECHASE

1. ***Carl Stones*** ***8:50.12*** ***2011***
2. Owain Matthews 8:51.58 2003
3. Cary Stidham 9:10.80 2000
4. Joel Stansloski 9:22.93 2008
5. ***Emmett Cookson*** ***9:24.34*** ***2011***

4x100-METER RELAY (400 Meters)

1. Tulsa 40.76 2000
Merrick Woodard, Trey Runnels, Sedrick Lusk, Derron Davis
2. Tulsa 40.88 1999
John Mosley, Hassan Faggett, Sedrick Lusk, Clint Small
3. Tulsa 41.40 2010
Kolton Taylor, Justin Smith, David Fitter, Julian Frazier
4. Tulsa 41.58 2001
Trey Runnels, Derron Davis, Jason Roland, Merrick Woodard
5. Tulsa 41.69 2001
Merrick Woodard, Greg Johnson, Jason Roland, Derron Davis

4x400-METER RELAY (1,600 Meters)

1. Tulsa 3:11.50 2010
David Fitter, Justin Smith, Matt Davis, Julian Frazier

2. Tulsa 3:12.45 2008
Jonathan Moore, Jerrod Landress, O'Dell Smith, Attila Korosi
3. Tulsa 3:12.48 1998
Hassan Faggett, Clint Small, Rodney Peterson, Adam Ellison
4. Tulsa 3:12.55 2007
O'Dell Smith, Jarrod Landress, Kris Karnes, Attila Korosi
5. Tulsa 3:12.59 2003
Tony Kay, Clif Mitchell, Josh Childs, Branon Vaughan

MILE RELAY (4x440 Yards) (no longer contested)

1. Tulsa 3:16.11 2001
Derron Davis, Shawn McCullough, Branon Vaughan, Greg Johnson
2. Tulsa 3:17.53 2002
Branon Vaughan, Derek Sparks, Josh Childs, Michael Ledowsky
3. Tulsa 3:30.0 1961
Bill Brown, Keith Yarger, Bob Newell, Jerry Anderson

4x800-METER RELAY (3,200 Meters)

1. Tulsa 7:20.74 2000
Shawn McCullough, David Bohlen, Dwight Davis, Brian Erwin
2. Tulsa 7:23.77 1998
Dwight Davis, Shawn McCullough, Rodney Peterson, Adam Ellison
3. Tulsa 7:24.91 1998
Dwight Davis, Cornelius Mason, Rodney Peterson, Adam Ellison
4. Tulsa 7:26.59 1997
Rodney Peterson, David Bohlen, Adam Ellison, Cornelius Mason
5. Tulsa 7:29.22 1996
Rodney Peterson, Darren McVean, Adam Ellison, Cornelius Mason

4x1,500-METER RELAY (6,000 Meters)

1. Tulsa 15:43.24 1999
Dwight Davis, Monte Hawkins, Cornelius Mason, Cary Stidham
2. Tulsa 15:48.81 1998
Monte Hawkins, Adam Ellison, Cornelius Mason, Dwight Davis

4x1,600-METER RELAY (6,400 Meters)

1. Tulsa 16:53.40 2010
Chris O'Hare, Lewis Timmins, John Beattie, Justin Duncan
2. ***Tulsa 16:57.38 2011***
Bill Martin, Geraint Davies, Dennis Hodapp, Danny Thater
3. Tulsa 16:57.93 2007
Josh Butts, Kyle Dekker, Lewis Timmins, Jordan Hughes
4. Tulsa 17:12.38 2009
Justin Duncan, Lewis Timmins, John Beattie, Mark Davidson
5. Tulsa 17:15.62 1999
Monte Hawkins, Jeremy Hollis, Cary Stidham, Tim Surface

4xMILE RELAY (4 Miles) (no longer contested)

1. Tulsa 17:00.44 1997
Adam Ellison, Cornelius Mason, David Bohlen, Dwight Davis
2. Tulsa 17:18.88 1996
Adam Ellison, Jeremy Hollis, Cornelius Mason, Ryan Siler

3. Tulsa 18:08.0 1993
Richard Brown, Ryan Siler, John Watkins, Steve Lamb

SPRINT MEDLEY RELAY (200, 200, 400, 800)

1. Tulsa 3:21.55 2001
Trey Runnels, Derron Davis, Greg Johnson, Shawn McCullough
2. Tulsa 3:22.34 2010
David Fitter, Justin Smith, Julian Frazier, Steven Morrow
3. Tulsa 3:23.09 1997
Sedrick Lusk, Hassan Faggett, Loren Kool, Rodney Peterson
4. Tulsa 3:27.68 2000
Derron Davis, Trey Runnels, Branon Vaughan, Brian Erwin
5. Tulsa 3:27.83 2003
Tony Kay, Josh Childs, Branon Vaughan, Derek Sparks

DISTANCE MEDLEY RELAY (1,200, 400, 800, 1,600)

1. Tulsa 9:38.0 1966
Ron Vick, Skip Greenig, Boyd George, Lloyd George
2. Tulsa 9:40.17 2000
David Bohlen, Derron Davis, Shawn McCullough, Dwight Davis
3. Tulsa 9:42.97 1999
Clint Small, Shawn McCullough, David Bohlen, Dwight Davis
4. **Tulsa 9:48.45 2011**
Bill Martin, Justin Smith, Danny Thater, Tom Marshall
5. Tulsa 9:55.31 2007
Jordan Hughes, Attila Korosi, Jerrod Landress, Edwin Henshaw

DISCUS

1. Robbie Nichols 175-7 1967
2. Tim Nedow 163-04 2009
3. Corwin Dugan 132-02 2010
4. Thomas Stoltz 115-10 2007
5. **Alex Sementelli 115-05 2011**

HIGH JUMP

1. Charles Ramsdell 6-11.75 2004
2. Jason Krueger 6-11 2001
3. Jim Morgan 6-10 1971
4. Cory Pixley 6-8.75 2007
5. Heston King 6-8 2002
Kyle McGillen 6-8 2007

JAVELIN

1. Thomas Stoltz 220-2 2005
2. George Wallace 213-0 1961
3. Cal Purdin 188-1.75 1942
4. Jacob Chavez 180-2.0 2004
5. Casey Fanning 174-00 2009

LONG JUMP

1. Sedrick Lusk 24-11.75 1997
2. Gordon Lee 23-11.5 1965

| | | |
|---------------------------|-----------------|-------------|
| 3. Cheeck | 23-7.5 | 1952 |
| 4. Alex Sementelli | 23-01.25 | 2011 |
| 5. Kyle McGillen | 23-0 | 2008 |

POLE VAULT

| | | |
|---------------------------|-----------------|-------------|
| 1. Derrick O'Keefe | 14-11 | 2005 |
| 2. Richard Ruane | 14-6.25 | 1965 |
| 3. Dave Smoot | 14-5 | 1963 |
| 4. Clark | 14-1.75 | 1960 |
| 5. Alex Sementelli | 12-05.50 | 2011 |

SHOT PUT

| | | |
|-----------------|----------|------|
| 1. Dan Houtman | 53-00 | 1963 |
| 2. Tim Nedow | 51-07.50 | 2009 |
| 3. K. Henike | 48-11.75 | 1966 |
| 4. Doug Olienyk | 45-09 | 1981 |
| 5. Corwin Dugan | 45-05 | 2010 |

TRIPLE JUMP

| | | |
|------------------|---------|------|
| 1. Dab Daugherty | 49-3 | 1964 |
| 2. Keven Guynn | 49-0.75 | 1998 |
| 3. Kyle McGillen | 46-4.00 | 2008 |
| 4. Thomas Stoltz | 45-2.5 | 2006 |
| 5. Sedrick Lusk | 43-9.75 | 1997 |

DECATHLON

| | | |
|---------------------------|--------------|-------------|
| 1. Alex Sementelli | 6,686 | 2011 |
| 2. Thomas Stoltz | 6,138 | 2007 |
| 3. Kolton Taylor | 6,050 | 2011 |
| 4. Cory Pixley | 5,935 | 2007 |