

ALL-TIME INDOOR RECORDS

Event	Name(s)	Mark/Time	Date
55m	Erica Garcia	7.04	2/10/02
60m	Octavious Freeman	7.19	2/10/12
	Aurieyall Scott	7.19	3/11/11
200m	Aurieyall Scott	23.16	1/29/11
400m	Champelle Brown	54.26	2/26/11
800m	Shantile Blackburn	2:09.13	1/31/09
1,000m	Karen Kozub	2:56.37	2/2/07
Mile	Sonja Shedden	5:03.86	2/28/01
3,000m	Sonja Shedden	9:57.30	2/1/02
5,000m	Sonja Shedden	16:48.07	2/1/02
55mH	Tiki James	7.70	1/24/09
60mH	Jackie Coward	8.06	3/12/11
High Jump	Lizzie Harris	5-10.75	3/14/08
Pole Vault	Erica Weiss	11-11.75/3.65m	1/30/11
Long Jump	Sonnisha Williams	20-9.0/6.32m	1/22/11
Triple Jump	Dione Thomas	13.28m/43-7	3/7/09
Shot Put	Lakendra Thames	48-10.75/14.90m	1/30/10
Weight Throw	Lakendra Thames	61-5.50/18.73m	1/29/10
Pentathlon	Lizzie Harris	3,653	2/27/08
4 x 400m	Brown, Scott, Coward, Charles	3:34.00	3/5/11
4 x 800m	Claessens, Martinez, Morrow, Giles	9:46.58	1/18/03
Distance Medley	Blackburn, Shields, Zieminski, Rzepecki	12:06.01	2/29/08

ALL-TIME OUTDOOR RECORDS

Event	Name(s)	Mark/Time	Date
100m	Aurieyall Scott	11.12	6/24/11
100mH	Jackie Coward	12.87	6/26/11
200m	Aurieyall Scott	22.83	6/25/11
400m	Afia Charles	53.60	5/14/11
400mH	Jackie Coward	57.59	5/15/11
800m	Shantile Blackburn	2:06.96	4/12/09
1,500m	Karen Kozub	4:35.71	5/10/08
3,000m	Jenny Clausen	10:13.59	4/28/07
3,000mSC	Andrea Morrow	10:50.27	2004
5,000m	Anne Panaggio	17:21.34	1999
10,000m	Sonja Shedden	35:08.81	2001
Long Jump	Sonnisha Williams	21-4.00/6.50m	5/14/11
Triple Jump	Dionne Thomas	43-5.75/13.25m	5/30/09
High Jump	Lizzie Harris	5-11.25/1.81m	5/15/09
Pole Vault	Katie Fowke	12-5.50	4/22/06
Shot Put	LaKendra Thames	51-4.25/15.65m	5/17/10
Discus	LaKendra Thames	174-4/53.14m	5/16/10
Javelin	Amber Twyner	133-2	1997
Hammer Throw	Tiffany Roebuck	192-3	3/10/06
Heptathlon	Jamie Pew	5,233	2003
4 x 100m	Booker, Scott, Layne, Paul	43.42	5/15/11
4 x 200m	Booker, Scott, Layne, Paul	1:32.81	4/2/11
4 x 400m	Brown, Williams, Jean, Winston	3:36.37	5/28/11
4 x 800m	Logan, Dart, Winston, Bellamy	9:00.50	4/30/11
4 x 1,500m	Claessens, Morrow, Miller, Zieminski	19:43.13	3/19/05
4 x 1,600m	Kozub, Jones, Claessens, Dillman	20:53.10	3/12/04
Sprint Medley	Paul, Coward, Harris, Blackburn	3:53.16	4/24/09
Distance Medley	Kozub, Harris, Blackburn, Zieminski	11:30.13	4/24/08
Shuttle Hurdle	Farley, Coward, Wimberly, Bolling	53.83	4/29/11

*As of Feb. 13, 2012

ALL-TIME UCF TRACK AND FIELD COMPLEX RECORDS

Event	Name(s)	Team	Mark/Time	Date
100m	Veronica Cambell-Brown	Pure Athletics	11.02	5/10/09
200m	Veronica Cambell-Brown	Pure Athletics	22.38	5/10/08
400m	Mary Wineberg	Unattached	52.00	3/26/11
800m	Joane Pierre	Jacksonville	2:07.26	5/5/11
1,000m	Astrid Claessens	UCF	2:58.9	2/14/03
1500m	Katie Wright	Tulsa	4:21.01	5/16/10
3,000m	Jenn Feenstra	Georgia State	9:58.93	4/21/01
3,000mSC	Silje Fjortoft	SMU	10:14.67	5/15/10
5,000m	Paula Whiting	Tulsa	16:17.48	5/16/10
10,000m	Rhiannon Johns	UAB	35:07.28	5/14/10
100mH	Jackie Coward	UCF	13.10	5/5/11
400mH	Danielle Dowie	Texas	57.33	3/19/11
4 x 100m	Booker, Scott, Layne, Paul	UCF 'A'	43.73	3/26/11
4 x 400m	Star Athletics 'A'		3:37.87	3/26/11
Shot Put	Annie Alexander	Tennessee	16.64m/54-07.25	3/26/11
Discus	Annie Alexander	Tennessee	55.06m/180-08	3/26/11
Javelin	Anna Wassman	UTEP	50.83m/166-09	5/16/10
Hammer	Erin Gilreath	NYAC	68.94m/226-2.5	4/30/05
Long Jump	Blessing Okagbare	UTEP	6.58m/21-7.25	5/15/10
Triple Jump	Nicole Whitman	Unattached	13.28m/43-6.75	4/29/06
High Jump	Laverne Spencer	Albany	1.90m/6-2.75	4/30/05
Pole Vault	Nalie Moser	Florida	4.00m/13-1.5	3/21/09
Heptathlon	Lydia Chamberlin	Tulsa	5,021	5/14/10

ALL-TIME UCF FRESHMEN RECORDS**INDOOR**

Event	Name	Mark/Time	Date
55m	Sheila Paul	7.11	1/24/09
60m	Octavious Freeman	7.19	2/10/12
	Aurieyall Scott	7.19	3/11/11
200m	Aurieyall Scott	23.16	3/11/11
400m	Lizzie Harris	55.18	2/2/08
800m	Katrina Skinner	2:14.06	2/14/09
Mile	Astrid Claessens	5:09.09	2/9/03
3,000m	Jenny Clausen	10:15.00	2/10/07
5,000m	Jenny Clausen	17:29.00	2/3/07
55mH	Jackie Coward	7.83	1/24/09
60mH	Jackie Coward	8.19	2/28/09
High Jump	Lizzie Harris	5-10.75/1.80m	3/14/08
Long Jump	Sonnisha Williams	6.06/19-10.75	2/24/20
Triple Jump	LaTrica Firby	40-2.0/12.24m	2000
Pole Vault	Michelle Tueton	11-5.75/3.50m	2/10/06
Shot Put	LaKendra Thames	42-11.75/13.10m	1/26/07
Wt. Throw	LaKendra Thames	49-11.75/15.23m	1/27/07
Pentathlon	Sandy Jean	3,303	1/28/11

OUTDOOR

Event	Name	Mark/Time	Date
100m	Aurieyall Scott	11.12	6/24/11
200m	Aurieyall Scott	22.83	6/25/11
400m	Afia Charles	53.60	5/14/11
800m	Erica Winston	2:10.80	5/5/11
1500m	Amy Giles	4:40.15	4/20/02
3,000m	Jenny Clausen	10:13.59	4/28/07
5,000m	Jenny Clausen	17:22.74	3/22/07
10,000m	Jenny Clausen	35:41.00	4/13/07
100mH	Jackie Coward	13.51	4/24/09
400mH	Jackie Coward	59.27	5/16/09
3,000mSC	Andrea Morrow	10:58.72	4/18/03
High Jump	LesSundra Ford	5-11.25/1.81m	3/27/04
Pole Vault	Katie Fowke	12-0/3.66m	4/1/04
Long Jump	Sonnisha Williams	20-6.25/6.25m	5/27/10
Triple Jump	LaTrica Firby	40-10.5/12.46m	4/1/00
Shot Put	LaKendra Thames	46-5.25/14.15m	4/28/07
Discus	LaKendra Thames	160-3/48.85m	4/14/07
Javelin	Amber Twyner	133-2/40.59m	5/5/97
Hammer	Kendra Howell	150-1/45.76m	2/19/05
Heptathlon	Sheree Carter	4,500 points	5/12/06

*As of Feb. 13, 2012