



WOMEN'S 2024-25 SEASON-BEST INDOOR PERFORMANCE LIST

WOMEN'S 60 METERS

TIME

Sarah Akpan	7.39
Lola Kolawole	7.73
Ariel Fletcher	7.73
Maya Rollins	7.77
Laila Simpson	7.82

WOMEN'S 200 METERS

TIME

Sarah Akpan	23.72
Ariel Fletcher	24.29
Maya Rollins	24.81
Lola Kolawole	24.99
Kaela Swift	25.04

WOMEN'S 400 METERS

TIME

Ariel Fletcher	55.24
Emily Alexandru	55.88
Brooke Lyn Drakeford	56.83
Kaela Swift	58.03
Amanda Boateng	59.50

WOMEN'S 800 METERS

TIME

Margot Appleton	2:06.27
Annie Jackson	2:07.53
Ella Woehlcke	2:10.10
Stella Kermes	2:11.33
Tatum David	2:12.74

WOMEN'S MILE

TIME

Margot Appleton	4:25.03
Tatum David	4:32.04
Stella Kermes	4:41.06

Cae DeSousa	4:42.24
Tatum Olesen	4:44.82

WOMEN'S 3000 METERS

TIME

Margot Appleton	8:46.23
Jenny Schilling	9:07.13
Sophie Atkinson	9:14.22
Gillian Bushee	9:19.59
Cate DeSousa	9:31.59
Sarah Peer	9:47.93

WOMEN'S 5000 METERS

TIME

Jenny Schilling	15:37.62
Sophie Atkinson	15:51.35
Gillian Bushee	16:10.26

WOMEN'S 60M HURDLES

TIME

Maya Rollins	8.42
Sophia Akpan	8.95
Elizabeth Imoh	9.01
Elsa Spoor*	9.92

WOMEN'S HIGH JUMP

MARK

Celia Rifatterra	1.83m
Carly Tarentino	1.80m
Grace Flynn	1.70m
Elsa Spoor*	1.58m

WOMEN'S POLE VAULT

MARK

Samantha Romano	4.12m
Trina Barcarola	3.95m

WOMEN'S LONG JUMP

MARK

Lauren Yeboah-Kodie	5.99m
Mahkaia Lee	5.16m
Elsa Spoor*	4.76m

WOMEN'S TRIPLE JUMP

MARK

Lily Hulland	12.89m
Lauren Yeboah-Kodie	12.52m

WOMEN'S SHOT PUT

MARK

Brooke Lumpkin	16.74m
Estel Valeanu	15.91m
Janae Profit	15.89m
Theresa Breckley	14.14m
Elsa Spoor*	9.21m

WOMEN'S WEIGHT THROW

MARK

Estel Valeanu	18.32m
Bree Lumpkin	16.50m
Theresa Breckley	16.01m

PENTATHLON

SCORE

Elsa Spoor	3190
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WOMEN'S DMR

TIME

Kermes, Alexandru	11:02.20
Jackson, David	

4x400m

TIME

Fletcher, Akpan	3:40.21
Alexandru, Drakeford	

* Combined Athlete

MEN'S 2024-25 SEASON-BEST INDOOR PERFORMANCE LIST

MEN'S 60 METERS

TIME

Peter Djan	6.73
Evans White IV	6.88
Caleb Holman	7.02
Michael Koepke	7.05
Jerlan Fish	7.07

MEN'S 200 METERS

TIME

Alex Sherman	21.43
Evans White IV	21.52
Jacob Garnett	21.95
Michael Koepke	22.11
Jerlan Fish	22.13

MEN'S 400 METERS

TIME

Alex Sherman	46.69
Evans White IV	47.67
Max Russo	48.79
Gage Gose	48.46
Max Russo	49.16

MEN'S 800 METERS

TIME

Conor Murphy	1:48.85
Alex Leath	1:49.37
Wes Porter	1:49.42
James Ford	1:50.43
Scott Sikorski	1:51.11

MEN'S MILE

TIME

Gary Martin	3:48.82
Wes Porter	3:54.58
Justin Wachtel	3:59.59
Andrew Jones	4:01.21
Scott Sikorski	4:01.20

MEN'S 3000 METERS

TIME

Gary Martin	7:36.09
Will Anthony	7:52.13
Justin Wachtel	7:52.49
Will Daley	7:56.28
Jack Eliason	7:57.99

MEN'S 5000 METERS

TIME

Gary Martin	13:30.69
Will Anthony	13:40.83
Andrew Jones	13:48.26
Richard Moreno	14:22.50

MEN'S 60M HURDLES

TIME

Peter Djan	7.77
Ethan Robinson	7.81
David Frasier*	7.99
Jeremiah Wilson	8.04

MEN'S HIGH JUMP

MARK

Ethan Robinson*	2.01m
David Frasier*	1.79m

MEN'S POLE VAULT

MARK

Justin Rogers	5.02m
Ethan Robinson	4.70m
David Frasier*	4.23m

MEN'S LONG JUMP

MARK

Heldi Valikaj	7.30m
Caleb Holman	7.29m
Ethan Robinson	6.91m
David Frasier*	6.46m

MEN'S TRIPLE JUMP

MARK

Caleb Holman	15.67m
Isaiah Hewton	13.13m

MEN'S SHOT PUT

MARK

David Frasier*	13.27m
Ethan Robinson*	12.19m

MEN'S WEIGHT THROW

MARK

Jeremiah Nubbe	24.17m
Keyandre Davis	21.46m
John Fay	20.72m

HEPTATHLON

SCORE

Ethan Robinson	5747
David Frasier	5176

MEN'S DMR

TIME

Porter, Sherman,	9:14.19
Murphy, Martin	

4X400M

TIME

Sherman, Gose	3:09.79
Russo, White IV	

* Combined Athlete



INDOOR WOMEN'S RECORDS

Event	Name	Time/Mark	Date
60 meters	Halle Hazzard	7.23	2021
200 meters	Halle Hazzard	23.45	2021
400 meters	Jordan Lavender	52.59	2013
800 meters	Esther Seeland	2:03.43	2023
Mile	Margot Appleton	4:25.03	2025
3,000 meters	Margot Appleton	8:46.23	2024
5,000 meters	Margaret Groos	15:34.71	1981
60-meter hurdles	Alexis Woodley	8.31	2020
4x400-meter relay	Chaney, Fabrizio, Wright, Lavender	3:39.43	2014
Distance Medley Relay	Workman, Sabbakhan, Hock, Appleton	10:50.58	2024
High Jump	Sherry Gould	1.87m (6' 1.5")	1994
Pole Vault	Bridget Guy	4.41m (14' 5.5")	2019
Long Jump	Jada Seaman	6.46m (21' 2.5")	2020
Triple Jump	Tomika Ferguson	13.53m (44' 4.75")	2007
Shot Put	Maria Deaviz	16.75m (54' 11.5")	2022
Weight Throw	Eliese Mitchell	20.06m (65' 9.75")	2002
Pentathlon	Alix Still	4,177	2023

INDOOR MEN'S RECORDS

Event	Name	Time/Mark	Date
60 meters	Shay Clark	6.71	2001
200 meters	Jordan Willis	21.42	2020
400 meters	Brandon Outlaw	46.58	2020
800 meters	Paul Ereng	1:44.84	1988
Mile	Gary Martin	3:48.82	2025
3,000 meters	Gary Martin	7:36.09	2024
5,000 meters	Gary Martin	13:30.69	2025
60-meter hurdles	Adams Abdulrazaaq	7.75	2011
4x400-meter relay	Sherman, Gose, Russo, White IV	3:09.79	2025
Distance medley relay	Porter, Sherman, Murphy, Martin	9:14.19	2025
High Jump	-Brenton Foster	2.26m (7' 5")	2020
Pole Vault	Sam Young	5.38m (17' 7.75")	2020
Long Jump	Owayne Owens	7.58m (24' 10.5")	2021
	Jordan Scott	7.58m (24' 10.5")	2019
Triple Jump	Jordan Scott	17.02m (55' 10.25")	2020
Shot Put	Filip Mihaljevic	20.87m (68' 5.75")	2016
Weight Throw	Jeremiah Nubbe	24.17m (79' 3.75")	2025
Heptathlon	Ethan Robinson	5,747	2025



WOMEN'S RELAY RECORDS

4x400

- | | | | |
|----|----------------|--|-------------|
| 1. | 3:39.43 | Chaney, Fabrizio, Wright, Lavender | 2014 |
| 2. | 3:39.65 | Akpan , Seaman, Parenchuk, Sabbakhan | 2023 |
| 3. | 3:39.77 | Ezumah, Fabrizio, Wright, Lavender | 2015 |
| 4. | 3:39.93 | Sandy, Hinton, Birge, Fridy | 1987 |
| 5. | 3:40.21 | Alexandru, Drakeford, Fletcher, Akpan | 2025 |

DMR

- | | | | |
|----|-----------------|--|-------------|
| 1. | 10:50.58 | Workman, Sabbakhan, Hock, Appleton | 2024 |
| 2. | 10:52.22 | Workman, Sabbakhan, Hock, Appleton | 2024 |
| 3. | 10:55.45 | Appleton , Sabbakhan, Timm , Workman | 2024 |
| 4. | 10:55.94 | Seeland, Alexandru , Seasholtz, Appleton | 2023 |
| 5. | 10:56.84 | Barnett, Parenchuk, Seasholtz, Appleton | 2022 |

MEN'S RELAY RECORDS

4x400

- | | | | |
|----|----------------|---------------------------------------|-------------|
| 1. | 3:09.79 | Sherman, Gose, Russo, White IV | 2025 |
| 2. | 3:10.56 | Sherman, Gose, Russo, White IV | 2025 |
| 3. | 3:11.64 | Sherman, Willis, Davis, Pendarvis | 2022 |
| 4. | 3:11.76 | Willis, Shirley, Dixon, Outlaw | 2018 |
| 5. | 3:11.93 | Bowman, Carrington, Kiley, Dixon | 2017 |

DMR

- | | | | |
|----|----------------|--|-------------|
| 1. | 9:14.19 | Porter, Sherman, Murphy, Martin | 2025 |
| 2. | 9:15.12 | Porter, Sherman, Murphy, Martin | 2025 |
| 3. | 9:18.95 | Murphy, Sherman, Leath, Martin | 2024 |
| 4. | 9:23.71 | Murphy, Sherman, Martin, Porter | 2023 |
| 5. | 9:27.18 | Porter, Sherman, Leath, Sado | 2024 |



WOMEN'S ALL-TIME INDOOR PERFORMANCE LIST

60 METERS

1.	Halle Hazzard	7.23		'21
2.	Jada Seaman	7.28		'22
3.	Kayla Bonnick	7.35		'23
4.	Kiamesha Otey	7.37		'03
5.	Sonja Fridy	7.39		'86
	Sarah Akpan	7.39		'25
7.	Peyton Chaney	7.40		'16
	Anna Jefferson	7.40		'20
9.	Pam Lemons	7.43		'93
10.	Jordan Laavener	7.49		'15

200 METERS

1.	Halle Hazzard	23.45		'21
2.	Jada Seaman	23.53		'22
3.	Sarah Akpan	23.69		'24
4.	Jordan Lavender	23.80		'15
5.	Peyton Chaney	23.84		'16
6.	Anna Jefferson	23.92		'20
7.	Danielle Williams	23.97		'12
8.	Kayla Bonnick	24.14		'21
9.	Kelly Miller	24.17		'99
10.	Ariel Fletcher	24.29		'25

400 METERS

1.	Jordan Lavender	52.59		'13
2.	Andrenette Knight	53.50		'20
3.	Anna Jefferson	53.33		'19
4.	Lisa Garrett	54.07		'81
5.	Angela Lee	54.29		'99
6.	Carielle Doe	54.52		'02
7.	Cathron Birge	54.61		'90
8.	Anzhelika Parenchuk	54.88		'22
9.	Sonja Fridy	54.95		'87
10.	Ariel Fletcher	55.24		'24

800 METERS

1.	Esther Seeland	2:03.43		'23
2.	Caroline Timm	2:05.23		'24
3.	Maggie Hock	2:05.25		'24
4.	Alahna Sabbakhan	2:05.74		'22
5.	Margot Appleton	2:06.27		'25
6.	Vanessa Fabrizio	2:07.24		'15
7.	Maggie Hock	2:07.36		'24
8.	Emma Call	2:07.39		'17
9.	Annie Jackson	2:07.53		'25
10.	Lyndsay Harper	2:07.64		'11

MILE

1.	Margot Appleton	4:25.03		'25
2.	Anna Workman	4:31.91		'24
3.	Tatum David	4:32.04		'25
4.	Mia Barnett	4:33.54		'22
5.	Jill Haworth	4:34.32		'82
6.	Morgane Gay	4:34.38		'12
7.	Vicky Fouhy	4:34.87		'13
8.	Lesley Welch	4:35.56		'82
9.	Iona Lake	4:36.11		'16
10.	Caroline Timm	4:36.24		'24

3,000 METERS

1.	Margot Appleton	8:46.23		'24
2.	Jenny Schilling	9:07.13		'24
3.	Sophie Atkinson	9:14.22		'25
4.	Cleo Boyd	9:18.20		'17
5.	Claire Forbes	9:18.80		'92
6.	Stephanie Garcia	9:19.44		'11
7.	Martha White	9:19.58		'83
8.	Gillian Brushee	9:19.59		'25
9.	Camryn Menninger	9:23.96		'23
10.	Iona Lake	9:22.75		'15

5,000 METERS

1.	Margaret Groos	15:34.71		'81
2.	Jenny Schilling	15:37.62		'25
3.	Sophie Atkinson	15:51.45		'25
4.	Cleo Boyd	16:04.76		'17
5.	Gillian Bushee	16:10.26		'25
6.	Morgan Kelly	16:10.73		'15
7.	Barbara Strehler	16:16.32		'14
8.	Emily Harrison	16:16.53		'08
9.	Lesley Welch	16:21.6h		'82
10.	Maria Hauger	16:22.07		'14

60 HURDLES

1.	Alexis Woodley	8.31		'20
2.	Ciara Leonard	8.38		'18
3.	Ayla Smith	8.39		'09
4.	Alix Still	8.41		'23
5.	Maya Rollins	8.42		'25
6.	Andrenette Knight	8.48		'20
7.	Heather Smith	8.54		'16
8.	Kim Turko	8.55		'01
9.	Chidi Uche	8.58		'10
10.	Lauren Echko	8.60		'09

HIGH JUMP

1.	Sherry Gould	1.87m (6' 1.5")		'94
2.	Celia Rifatterra	1.84m (6' 0.5")		'24
3.	Ann Bair	1.83m (6' 0")		'83
4.	Robin Landes	1.82m (5' 11.25")		'88
5.	Karen DiDonato	1.80m (5' 10.75")		'91
	Carly Tarentino	1.80m (5' 10.75")		'24
7.	Pearl Bickersteth	1.79m (5' 10.5")		'12
8.	Rachel Marks	1.78m (5' 10")		'04
	Rebecca Hawkins	1.78m (5' 10")		'22
10.	Kate Doyle	1.75m (5' 8.75")		'90

POLE VAULT

1.	Bridget Guy	4.41m (14' 5.5")		'19
2.	Sam Romano	4.24m (13' 11")		'24
3.	Maya Maloney	4.12m (13' 6.25")		'20
4.	Trina Barcarola	4.11m (13' 5.75")		'22
5.	Hanne Borstlap	4.10m (13' 5.25")		'23
6.	Gabriella Recce	4.00m (13' 1.5")		'24
7.	Sarah DeVita	3.97m (13' 0.25")		'15
8.	Theresa Demaria	3.96m (12' 11.75")		'17
9.	Katie Freix	3.95m (12' 11.5")		'18
	Caroline Danenbaum	3.95m (12' 11.5")		'24

LONG JUMP

1.	Jada Seaman	6.46m (21' 2.5")		'20
2.	Dana Boone	6.44m (21' 1.50")		'91
3.	Kiamesha Otey	6.39m (20' 11.75")		'02
4.	Sonja Fridy	6.38m (20' 11.25")		'87
5.	Khyasia Caldwell	6.29m (20' 7.75")		'20
6.	Nicole Kimbrough	6.27m (20' 7")		'95
7.	Kelly Miller	6.22m (20' 5")		'99
8.	Angela Griffith	6.15m (20' 2.25")		'92
9.	Jordan Hardy	6.12m (20' 1")		'23
10.	Latanya Wynn	6.10m (20' 0.25")		'88

TRIPLE JUMP

1.	Tomika Ferguson	13.53m (44' 4.75")		'07
2.	Naccolle Guinn	13.14m (43' 1.25")		'01
3.	Khyasia Caldwell	13.05m (42' 9.75")		'21
4.	Kelly McKee	13.00m (42' 8")		'19
5.	Dallas Rose	12.98m (42' 7")		'12
6.	Lily Hulland	12.89m (42' 3.25")		'24
7.	Jordan Hardy	12.87m (42' 2.75")		'24
8.	Dana Boone	12.86m (42' 2.25")		'91
9.	Michele Johnson	12.78m (41' 11")		'87
10.	Mia Barron	12.71m (41' 8.5")		'17

SHOT PUT

1.	Maria Deaviz	16.75m (54' 11.5")		'22
2.	Brooke Lumpkin	16.74m (54' 11.25")		'25
3.	Billie-Jo Grant	16.55m (54' 3.5")		'08
4.	Christine Bohan	16.53m (54' 2.75")		'16
5.	Brittany Jones	16.27m (53' 4.5")		'20
6.	Ashley Anumba	16.04m (52' 7.5")		'22
7.	Maureen Laffan	15.97m (52' 4.75")		'10
8.	Estel Valeanu	15.91m (52' 2.50")		'25
9.	Janae Profit	15.89m (52' 1.75")		'25
10.	Eliese Mitchell	15.72m (51' 7")		'03

WEIGHT THROW

1.	Eliese Mitchell	20.06m (65' 9.75")		'02
2.	Maureen Laffan	18.54m (60' 10")		'12
3.	Bree Lumpkin	18.32m (60' 1.25")		'24
	Estel Valeanu	18.32m (60' 1.25")		'25
5.	Erin Wykoff	17.75m (58' 3")		'12
6.	Jade Baker	17.46m (57' 3.5")		'19
7.	Alexa Manning	17.09m (56' 1")		'08
8.	Ann Crouse	17.08m (56' 0.5")		'96
9.	Eva Mustafic	16.92m (55' 6.25")		'19
10.	Lauren Connelly	16.67m (54' 8.25")		'96

PENTATHLON

1.	Alix Still	4,177		'23
2.	Susan Brownell	4,153		'82
3.	Rebecca Grube	4,108		'95
4.	Holly Sullivan	3,912		'18
5.	Ayla Smith	3,879		'09
6.	Sherry Gould	3,789		'94
7.	Beth Sheehan	3,678		'83
8.	Bianca DeBartolo	3,661		'07
9.	Anna Finger	3,659		'13
10.	Curtrell Frye	3,644		'02

All-time lists are based on a student-athlete's best time/mark



MEN'S ALL-TIME INDOOR PERFORMANCE LIST

60 METERS

1.	Shay Clark.....	6.71		'01
2.	Peter Djan.....	6.73		'25
3.	Reuben Jones.....	6.79		'08
4.	Adam Cummings.....	6.86		'13
5.	Michael Johnson.....	6.87		'04
6.	Evans White IV.....	6.88		'25
7.	Jarrett Hagwood.....	6.89		'02
	Leo McLaughlin	6.89		'11
9.	Ethan Robinson.....	6.91		'24
10.	Tavares Kelly	6.92		'22

200 METERS

1.	Jordan Willis.....	21.42		'20
2.	Alex Sherman	21.43		'25
3.	Evans White IV.....	21.52		'24
4.	Gerald Howard.....	21.53		'95
5.	Jay Pendarvis.....	21.54		'23
6.	Michael Koepke	21.77		'24
7.	Scott Kimball.....	21.78		'00
	Reuben Jones.....	21.78		'08
	Payton Hazzard	21.78		'14
10.	Conlon Bonner.....	21.79		'08

400 METERS

1.	Brandon Outlaw	46.58		'20
2.	Payton Hazzard	46.60		'15
3.	Jordan Willis	46.61		'20
4.	Alex Sherman	46.69		'25
5.	Kellen Blassingame	46.73		'06
6.	Kevin Anding.....	47.46		'11
7.	Alfred Shirley.....	47.53		'18
8.	Ben Kurgat	47.61		'89
9.	Paul Ereng.....	47.64		'88
10.	Evans White IV.....	47.67		'25

800 METERS

1.	Paul Ereng.....	1:44.84		'88
2.	Conor Murphy	1:46.95		'24
3.	Ben Kurgat	1:47.31		'91
4.	Robby Andrews	1:48.02		'10
5.	Shane Cohen.....	1:48.15		'24
6.	Gary Martin	1:48.71		'24
7.	Alex Leath	1:49.10		'24
8.	McGavock Dunbar.....	1:49.18		'04
9.	Nathan Kiley.....	1:49.20		'16
10.	John Hinton.....	1:49.24		'84
	Anthony Kostelac	1:49.24		'11

MILE

1.	Gary Martin	3:48.82		'25
2.	Wes Porter	3:54.58		'25
3.	Conor Murphy	3:55.24		'23
4.	Yasin Sado	3:55.93		'24
5.	James Donahue.....	3:57.44		'23
6.	Nate Mountain	3:58.16		'24
7.	Vince Draddy	3:58.2h		'82
8.	Will Anthony	3:58.39		'24
9.	Henry Wynne	3:58.74		'16
10.	AJ Ernst.....	3:59.38		'20

3000 METERS

1.	Gary Martin	7:36.09		'24
2.	Ari Klau	7:51.57		'20
3.	Will Anthony	7:52.13		'25
4.	Justin Wachtel	7:52.49		'25
5.	Conor Murphy	7:53.17		'24
6.	Henry Wynne	7:53.89		'16
7.	Mark Amirault	7:54.08		'12
8.	Adam Visokay	7:54.24		'16
9.	Kris Herdt.....	7:54.90		'87
10.	Will Daley	7:56.28		'25

5000 METERS

1.	Gary Martin	13:30.69		'25
2.	Yasin Sado	13:31.87		'24
3.	Derek Johnson.....	13:39.88		'23
4.	Will Anthony	13:40.83		'25
5.	Zach Herriott	13:45.37		'17
6.	Ryan Collins	13:46.41		'10
7.	Andrew Jones.....	13:48.26		'25
8.	Chase Weaverling	13:54.39		'17
9.	Brent Demarest	13:56.03		'17
10.	Thomas Madden	13:57.01		'15

60 HURDLES

1.	Adams Abdulrazaaq.....	7.75		'11
2.	Peter Djan.....	7.77		'25
3.	Drequan Hoskey	7.79		'14
4.	Ethan Robinson	7.81		'25
5.	Jarrett Hagwood.....	7.93		'02
6.	David Frasier.....	7.93		'24
7.	Marion Mason	8.01		'01
8.	Jeremiah Wilson.....	8.02		'24
9.	Cary Chandler.....	8.03		'01
	Aaron Shepperd	8.03		'11
	Emmanuel Jackson	8.03		'19

HIGH JUMP

1.	Brenton Foster.....	2.26m (7'5")		'20
2.	Herman Moore.....	2.21m (7' 3")		'90
3.	Greg Nelson	2.14m (7' 0.25")		'10
4.	Greg Byers	2.13m (6'11.75")		'82
	Trey Causey	2.13m (6'11.75")		'19
6.	Bob Lund	2.09m (6' 10.25")		'93
7.	Mike Riso	2.08m (6' 10")		'02
	Kevin Jackson.....	2.08m (6' 10")		'77
	Jacob Kelly	2.08m (6'9.75")		'22
9.	David Sullivan	2.05m (6' 8.75")		'06
	Arthur Gennari	2.05m (6' 8.75")		'08
	Tommy DeVita.....	2.05m (6' 8.75")		'13

POLE VAULT

1.	Sam Young.....	5.38m (17' 7.75")		'20
2.	David Sullivan	5.30m (17' 4.75")		'05
3.	Brian Shafer	5.20m (17' 0.75")		'93
4.	Justin Rogers	5.18m (17'0")		'23
5.	Jeff Jernigan	5.10m (16' 8.75")		'17
6.	Tommy Cooke	5.05m (16' 6.75")		'95
7.	Kane Aldrich.....	5.02m (16' 5.5")		'21
8.	Matt Armentrout	5.01m (16' 5.25")		'13
9.	Colin Duignan	5.00m (16'4.75")		'22
10.	Danny Thompson	4.98m (16' 4")		'81

LONG JUMP

1.	Owayne Owens	7.58m (24'10.5")		'21
2.	Jordan Scott	7.58m (24'10.5")		'19
3.	Matt Meyer.....	7.52m (24' 8.25")		'09
4.	Marion Mason	7.50m (24' 7.25")		'01
	Tiki Barber	7.50m (24' 7.25")		'94
6.	Bruce Randolph	7.48m (24' 6.5")		'84
7.	Heldi Valikaj.....	7.46m (24' 5.75")		'24
8.	Keith Witherspoon ..	7.45m (24' 5.25")		'76
9.	Ayende Watson	7.41m (24'3.75")		'19
10.	Stephen Dunphy	7.40m (24' 3.25")		'92

TRIPLE JUMP

1.	Jordan Scott	17.02m(55'10.25")		'20
2.	Owyane Owens	16.69m (54'9.25")		'23
3.	Marcus Robinson....	16.63m (54'6.75")		'12
4.	Keith Witherspoon ..	16.16m (53' 0.25")		'76
5.	Greg Byers	15.98m (52' 5")		'85
6.	Aaron Worrell	15.87m (52' 1")		'17
7.	Cornell Grayson	15.74m (51' 7.75")		'90
8.	Caleb Holman.....	15.67m (51'5")		'25
9.	Chike Chukwulozie ..	15.64m (51' 3.75")		'91
10.	Ryan Satchell	15.62m (51' 3")		'14

SHOT PUT

1.	Filip Mihaljevic	20.87m (68' 5.75")		'16
2.	Oghenakpobo Efekoro.....	19.84m (65'1.25")		'17
3.	Jordan Young	19.15m (62'10")		'15
4.	Nick Vena.....	18.92m (62' 1")		'12
5.	Yemi Ayeni.....	18.80m (61' 8.25")		'09
6.	Nace Plesko	18.71m (61'4.75")		'19
7.	Claudio Romero	18.44m (60-6)		'21
8.	Kevin Latham.....	17.62m (57' 9.75")		'84
9.	Thom McKinney	17.12m (56' 2")		'91
10.	Mike Murphy	17.10m (56' 1.25")		'93

WEIGHT THROW

1.	Jeremiah Nubbe.....	24.17m (79' 3.75")		'25
2.	Jordan Young	22.92m (75'2.5")		'15
3.	Jacob Lemmon	22.18m (72'9.25")		'23
4.	John Fay.....	21.73m (71' 3.5")		'24
5.	Keyandre Davis	21.46m (70-5)		'25
6.	Hilmar Jonsson.....	21.37m (70' 1.5")		'18
7.	Oghenakpobo Efekoro ..	19.90m (65' 13.5")		'18
8.	Vincenzo Chiariello.....	19.38m (63' 7")		'12
9.	Ty Kunzman.....	19.18m (62'11.25")		'21
10.	Claudio Romero	18.47m (60'7.25")		'21

HEPTATHLON

1.	Ethan Robinson.....	5,747		'25
2.	Jack Lint	5,546		'17
3.	Derek Pekar.....	5,362		'20
4.	David Sullivan.....	5,178		'04
5.	David Frasier.....	5,176		'24
6.	David Lewis	5,139		'08
7.	Christian Lavorgna	5,113		'16
8.	Elby Omohundro.....	5,038		'20
9.	Cam Collins.....	4,972		'16
10.	Anthony Dunavant	4,970		'14

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark



WOMEN'S INDOOR FRESHMAN RECORDS

60-METER DASH

1.	Halle Hazzard	7.32	'19
2.	Jada Seaman	7.46	'20
3.	Kayla Bonnick	7.47	'21
4.	Sarah Akpan	7.48	'23
5.	Jordan Lavender	7.57	'12

200-METER DASH

1.	Jada Seaman	23.76	'20
2.	Sarah Akpan	24.00	'23
2.	Halle Hazzard	24.09	'19
3.	Kayla Bonnick	24.14	'21
4.	Jordan Lavender	24.25	'12

300-METER DASH

1.	Jordan Lavender	39.05	'12
2.	Julie Sandy	39.43	'87
3.	Anna Jefferson	39.63	'17
4.	Kiana Hairston	40.15	'15
5.	Kayla Bonnick	40.25	'21

400-METER DASH

1.	Jordan Lavender	54.69	'12
2.	Ariel Fletcher	55.80	'24
2.	Michelle Samuels	55.81	'91
3.	Meagan Gillespie	56.07	'09
4.	Anzhelika Parenchuk	56.08	'21
5.	Chimere Ezumah	56.27	'14

500-METER DASH

1.	Cathron Birge	1:14.16	'87
2.	Phyllis Buber	1:14.90	'84
3.	Ayla Smith	1:14.91	'07
4.	Lyndsay Harper	1:16.22	'08
5.	Shelley McBride	1:16.68	'86

800-METER RUN

1.	Emma Call	2:07.39	'17
2.	Morgane Gay	2:08.07	'09
3.	Keara Seasholtz	2:08.43	'21
4.	Vanessa Fabrizio	2:08.79	'11
5.	Sandy Schuler	2:09.90	'85

1000-METER RUN

1.	Sandy Schuler	2:44.40	'85
2.	Shelley McBride	2:50.40	'86
3.	Maddie Rennyson	2:54.65	'18
4.	Claire Forbes	2:55.31	'90
5.	Cate DeSousa	2:56.09	'24

1-MILE RUN

1.	Mia Barnett	4:33.54	'22
2.	Margot Appleton	4:37.46	'22
3.	Stella Kermes	4:41.06	'25
4.	Tatum Olesen	4:44.82	'25
5.	Claire Forbes	4:49.48	'90

3000-METER RUN

1.	Jenny Schilling	9:16.17	'24
2.	Maria Hauger	9:29.20	'14
3.	Veronic Boire	9:34.79	'22
4.	Gillian Bushee	9:35.58	'24
5.	Sarah Fakler	9:37.45	'14

5000-METER RUN

1.	Jenny Schilling	16:02.57	'24
2.	Lesley Welch	16:21.60	'82
3.	Maria Hauger	16:22.07	'14
4.	Cleo Boyd	16:29.16	'14
5.	Sarah Fakler	16:32.01	'14

60-METER HURDLES

1.	Maya Rollins	8.42	'25
2.	Alexis Woodley	8.56	'17
3.	Ayla Smith	8.68	'07
4.	Kim Turko	8.69	'98
5.	Ciara Leonard	8.74	'16
	Jada Pierre	8.74	'22

HIGH JUMP

1.	Karen Didonota	1.71m (5' 7.5")	'87
2.	Janelle Clayton	1.70m (5' 7")	'10
	Pearl Bickersteth	1.70m (5' 7")	'10
	Emily Kianka	1.70m (5' 7")	'11
	Moir Cronin	1.70m (5' 7")	'12

POLE VAULT

1.	Sam Romano	4.20m (13' 9.25")	'23
2.	Bridget Guy	3.97m (13' 0.25")	'15
	Maya Maloney	3.97m (13' 0.25")	'20
4.	Theresa Demaria	3.96m (12' 11.75")	'17
5.	Katie Freix	3.82m (12' 6.5")	'15

LONG JUMP

1.	Jada Seaman	6.46m (21' 2.5")	'20
2.	Jordan Hardy	6.12m (20' 1")	'23
3.	Kiamesha Otey	6.00m (19' 8.25")	'00
4.	Sonja Fridy	5.99m (19' 8")	'84
5.	Dana Boone	5.96m (19' 6.75")	'88

TRIPLE JUMP

1.	Jordan Hardy	12.86m (42' 2.25")	'23
2.	Dallas Rose	12.56m (41' 2.5")	'10
3.	Mia Barron	12.33m (40' 5.5")	'15
4.	Britni Strates	12.32m (40' 5")	'12
5.	Nadia Saunders	12.23m (40' 1.5")	'21

SHOT PUT

1.	Maria Deaviz	15.43m (50' 7.5")	'21
2.	Emily Vannoy	15.42m (50' 7.25")	'10
3.	Brittany Jones	15.21m (49' 11")	'18
4.	Anna Grant	14.94m (49' 0.25")	'08
5.	Christine Bohan	14.78m (48' 6")	'14

WEIGHT THROW

1.	Eva Mustafic	16.92m (55' 6.25")	'19
2.	Brittany Jones	16.24m (53' 3.5")	'18
3.	Theresa Breckley	16.01m (52' 6.25")	'25
4.	Emily Vannoy	16.00m (52' 6")	'10
5.	Janae Profit	15.64m (51' 3.75")	'22

PENTATHLON

1.	Beth Sheehan	3,678	'83
2.	Katie Ollendick	3,443	'94
3.	Holly Sullivan	3,411	'16
4.	Alana Herran	3,396	'16
5.	Elsa Spoor	3,315	'24

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark



MEN'S INDOOR FRESHMAN RECORDS

60 METERS

1.	Adam Cummings.....	6.86		'13
2.	Leo McLaughlin	6.89		'11
3.	Reuben Jones.....	6.92		'05
4.	Matt Meyer.....	6.97		'09
5.	Conlon Bonner.....	6.98		'08
	Peter Djan.....	6.98		'23

200 METERS

1.	Conlon Bonner.....	21.79		'08
2.	Alex Sherman	22.00		'22
3.	Brandon Outlaw	22.03		'18
4.	Evans White IV.....	22.13		'23
5.	Ben Sargong.....	22.16		'92

300 METERS

1.	Anthony Swan.....	34.11		'86
2.	Adam Abdulrazaaq	34.63		'08
3.	Patrick Farmer	34.74		'11
4.	Conlon Bonner.....	34.78		'08
5.	Charles Bowman.....	34.82		'16

400 METERS

1.	Brandon Outlaw	47.18		'18
2.	Alfred Shirley	47.53		'18
3.	Paul Ereng.....	47.64		'88
4.	Jay Pendarvis.....	48.10		'21
5.	Meikle Paschal	48.11		'08

500 METERS

1.	Paul Ereng.....	1:02.02		'88
2.	Alfred Shirley	1:03.05		'18
3.	Bruce Berry.....	1:03.31		'85
4.	Ray Brown.....	1:03.80		'81
5.	Dwayne Brake.....	1:03.97		'83

800 METERS

1.	Robby Andrews	1:48.39		'10
2.	Alex Leath	1:49.10		'24
3.	Anthony Kostelac	1:49.24		'11
4.	Paul Ereng.....	1:49.31		'88
5.	Conor Murphy	1:49.91		'21

1000 METERS

1.	Alex Leath	2:23.36		'24
2.	Rob Pearce.....	2:27.69		'97
2.	Billy Convey	2:28.30		'84
3.	TJ Hobart	2:28.40		'11
4.	Brett Johnson	2:28.47		'10
5.	Ken Cheeseman	2:29.80		'85

MILE

1.	Gary Martin	3:56.83		'23
2.	James Donahue.....	3:57.44		'23
3.	Alex Tatu	4:03.00		'05
4.	Mike Marsella.....	4:03.18		'14
5.	Nathan Mountain	4:03.27		'22

3,000 METERS

1.	Adam Visokay	7:57.46		'14
2.	Will Anthony	8:01.81		'23
3.	Wes Porter.....	8:06.18		'21
4.	Brent Demarest	8:09.59		'15
5.	Connor Rog	8:09.76		'14

5,000 METERS

1.	Thomas Madden.....	13:57.01		'15
2.	Chris Foley	14:03.67		'12
3.	Chase Weaverling	14:03.72		'16
4.	Andrew Jones.....	14:08.23		'23
5.	Brent Demarest	14:14.74		'15

60m HURDLES

1.	David Frasier	7.93		'24
2.	Adam Abdulrazaaq	7.98		'08
3.	Jeremiah Wilson.....	8.02		'24
4.	Aaron Sheppherd	8.03		'11
5.	Jarrett Hagwood.....	8.05		'99
	Peter Djan.....	8.05		'23

HIGH JUMP

1.	Trey Causey	2.13m (6' 11.75")		'19
2.	Mike Riso.....	2.08m (6' 10")		'02
3.	Tommy DeVita.....	2.04m (6' 8.5")		'11
4.	Arthur Gennari	2.03m (6' 8")		'07
5.	Gerald Howard.....	2.00m (6' 7")		'93
	Cordell Green	2.00m (6' 7")		'95

POLE VAULT

1.	Justin Rogers	5.18m (17' 0")		'23
2.	Sam Young	5.10m (16' 8.75")		'17
3.	David Sullivan	4.97m (16' 3.75")		'03
4.	Brian Shafer	4.90m (16' 1")		'90
5.	Jake Williams	4.87m (16' 0")		'91

LONG JUMP

1.	Matt Meyer.....	7.52m (24' 8.25")		'09
2.	Tiki Barber.....	7.48m (24' 6.75")		'94
3.	Ayende Watson	7.41m (24' 3.75")		'19
4.	Jordan Scott.....	7.38m (24' 2.5")		'17
5.	Caleb Holman.....	7.29m (23' 11")		'25

TRIPLE JUMP

1.	Jordan Scott.....	16.36m (53' 8.25")		'17
2.	Caleb Holman.....	15.67m (51' 5")		'25
3.	Aaron Worrell.....	15.64m (51' 3.75")		'14
4.	Owyane Owens	15.27m (50' 1.25")		'20
5.	Ryan Satchell	15.02m (49' 3.5")		'12

SHOT PUT

1.	Filip Mihaljevic	19.63m (64' 5")		'15
2.	Nick Vena.....	18.92m (62' 1")		'12
3.	Oghenakpobo Efekoro	18.82m (61' 9")		'16
4.	Claudio Romero	18.44m (60' 6")		'21
5.	Mike Theuerkauf.....	16.51m (54' 2")		'89

WEIGHT THROW

1.	John Fay	20.72m (67' 11.75")		'23
2.	Hilmar Jonsson.....	20.32m (66' 8")		'16
3.	Jacob Lemmon	20.05m (65' 9.5")		'21
4.	Oghenakpobo Efekoro	18.86m (61' 10.5")		'16
5.	Claudio Romero	18.47m (60' 7.25")		'21

HEPTATHLON

1.	Jack Lint	5,358		'16
2.	Derek Pekar.....	5,354		'20
3.	David Frasier.....	5,110		'24
4.	Anthony Dunavant	4,970		'14
5.	Henry Sullivan.....	4,912		'24

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark



WOMEN'S 2025 SEASON-BEST OUTDOOR PERFORMANCES

WOMEN'S 100 METERS

TIME

Sarah Akpan	11.35
Lola Kolawole	11.88
Ariel Fletcher	11.98
Laila Simpson	11.98
Marlee Morgan	11.99

WOMEN'S 200 METERS

TIME

Sarah Akpan	23.13
Ariel Fletcher	23.94
Lola Kolawole	24.40
Marlee Morgan	24.56
Kaela Swift	24.65

WOMEN'S 400 METERS

TIME

Ariel Fletcher	54.19
Kaela Swift	57.15
Tori Daniels	57.20

WOMEN'S 800 METERS

TIME

Tatum David	2:05.12
Annie Jackson	2:05.50
Ella Woehlcke	2:07.64
Tatum Olesen	2:09.17
Stella Kermes	2:09.25

WOMEN'S 1,500 METERS

TIME

Margot Appleton	4:05.68
Stella Kermes	4:13.26
Tatum David	4:14.47
Cate DeSousa	4:19.50
Caroline Timm	4:20.14

WOMEN'S 5000 METERS

TIME

Margot Appleton	15:25.19
Jenny Schilling	15:53.43
Gillian Bushee	16:04.33
Katie Dorsey	17:12.28
Clark Stewart	17:35.50

WOMEN'S 10,000 METERS

TIME

Jenny Schilling	32:51.43
Sophie Atkinson	33:29.46
Gillian Bushee	33:55.82

WOMEN'S 100M HURDLES

TIME

Maya Rollins	13.29 (+2.8)
Elizabeth Imoh	14.08 (+4.0)
Sophia Akpan	13.66 (+4.0)

WOMEN'S 400M HURDLES

TIME

Emily Alexandru	58.13
Elizabeth Imoh	1:00.48
Brooke'Lyn Drakeford	1:00.63
Sophia Akpan	1:06.78

WOMEN'S 3000 METER STEEPLE

TIME

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WOMEN'S HIGH JUMP

MARK

Celia Rifaterra	1.86m
Carly Tarentino	1.80m

WOMEN'S POLE VAULT

MARK

Samantha Romano	4.20m
Trina Barcarola	4.10m

WOMEN'S LONG JUMP

MARK

Lauren Yeboah-Kodie	5.84m (+2.2)
Mahkaia Lee	5.66m
Lily Hulland	5.35m

WOMEN'S TRIPLE JUMP

MARK

Lily Hulland	13.19m (+2.7)
Lauren Yeboah-Kodie	12.87m (+3.5)
Libby White	11.93m
Mahkaia Lee	11.38m

WOMEN'S SHOT PUT

MARK

Estel Valeanu	16.50m
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WOMEN'S DISCUS

MARK

Estel Valeanu	58.22m
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WOMEN'S HAMMER

MARK

Annika Kelly	64.94m
Estel Valeanu	58.97m

WOMEN'S JAVELIN

MARK

Christiana Ellina	52.59m
Abigail Meckes	43.99m
Siobhan Loghney	42.52m
Josephine Genereux	39.45m

WOMEN'S HEPTATHLON

POINTS

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4x100m

TIME

Fletcher, Kolawole	44.30
Akpan, Akpan	

4x400m

TIME

Akpan, Fletcher	3:33.14
Alexandru, Drakeford	

* Combined Athlete

MEN'S 2025 SEASON-BEST OUTDOOR PERFORMANCES

MEN'S 100 METERS

TIME

Peter Djan	10.45
Ethan Robinson*	10.67
Jaden Lyons	10.80 (+3.3)
Jerlan Fish	10.83 (+2.4)
Jeremiah Wilson	10.83 (+3.1)

MEN'S 200 METERS

TIME

Alex Sherman	21.03
Evans White IV	21.11
Jacob Garnett	21.38
Jaden Lyons	21.57
Jeremiah Wilson	21.86

MEN'S 400 METERS

TIME

Evans White IV	46.67
Gage Gose	48.89
Max Russo	49.52
Ethan Robinson*	49.81
James Ford	50.16

MEN'S 800 METERS

TIME

Gary Martin	1:48.08
Alex Leath	1:49.17
Myles Plummer	1:50.69
Tobias L'Esperance	1:50.36
Alex Leath	1:50.38

MEN'S 1,500 METERS

TIME

Gary Martin	3:32.03
James Donahue	3:39.72
Billy Atkinson	3:40.97
Will Daley	3:41.78
Jimmy Wischusen	3:43.53

MEN'S 5000 METERS

TIME

Gary Martin	13:16.82
Justin Wachtel	13:34.44
Will Daley	13:36.55
Aidan Cox	13:59.82
Jimmy Wischusen	14:05.72

MEN'S 10000 METERS

TIME

Andrew Jones	28:20.95
Will Anthony	28:21.12
Richard Moreno	29:23.35

MEN'S 110M HURDLES

TIME

Peter Djan	13.87
Ethan Robinson*	13.92
Jeremiah Wilson	13.95
Peter Djan	14.23
Henry Sullivan*	14.41

MEN'S 400M HURDLES

TIME

Alex Sherman	49.98
Gage Gose	51.12
Max Russo	53.17

MEN'S 3000 STEEPLECHASE

TIME

Scott Sikorski	9:07.01
Cayden Dyer	9:21.71

MEN'S HIGH JUMP

MARK

Ethan Robinson*	2.00m
Henry Sullivan*	1.77m

MEN'S POLE VAULT

MARK

Justin Rogers	5.06m
Ethan Robinson*	4.91m
Henry Sullivan*	4.21m

MEN'S LONG JUMP

MARK

Heldi Valikaj	7.30m
Caleb Holman	7.27m
Ethan Robinson*	7.18m
Henry Sullivan*	6.12m

MEN'S TRIPLE JUMP

MARK

Caleb Holman	15.10m
Isaiah Hewton	14.55m (+3.3)

MEN'S SHOT PUT

MARK

Henry Sullivan*	12.67m
Ethan Robinson*	12.37m

MEN'S DISCUS

MARK

Jeremiah Nubbe	54.62m
Keyandre Davis	49.15m
Brock Schenck	47.23m
Bram Amron	44.20m
David Frasier*	40.51m

MEN'S HAMMER

MARK

Jeremiah Nubbe	73.04m
Keyandre Davis	67.12m
John Fay	63.47m
Mark Cyr	63.04m
Brock Schenck	50.86m

MEN'S JAVELIN

MARK

Ethan Robinson*	51.03m
Henry Sullivan*	46.46m

MEN'S DECATHLON

POINTS

Ethan Robinson	7531
Henry Sullivan	6533

4x100m

TIME

White IV, Garnett	40.91
Fish, Djan	

4x400m

TIME

Sherman, Gose	3:09.46
Russo, White IV	

* Combined Athlete



OUTDOOR WOMEN'S RECORDS

Event	Name	Time/Mark	Date
100 meters	Halle Hazzard*	11.20	2019
200 meters	Jada Seaman	23.06	2022
400 meters	Sonja Fridy	51.93	1987
800 meters	Michaela Meyer	2:00.28	2021
1,500 meters	Michaela Meyer	4:04.02	2021
5,000 meters	Margot Appleton	15:18.21	2024
10,000 meters	Jenny Schilling	32:44.19	2024
100-meter hurdles	Ciara Leonard	13.26	2018
400-meter hurdles	Andrenette Knight	55.75	2021
	Ayla Smith	56.54	2011
3,000-meter steeplechase	Stephanie Garcia	9:47.29	2011
4x100-meter relay	Bonnick, Seaman, Pierre, Akpan	43.71	2023
4x400-meter relay	Jefferson, Seaman, Meyer, Knight	3:30.44	2021
High Jump	Ann Bair	1.88m (6' 2")	1983
Pole Vault	Bridget Guy	4.46m (14' 7.5")	2018
Long Jump	Dana Boone	6.65m (21' 9.75")	1990
Triple Jump	Kelly McKee	13.70m (44' 11.5")	2019
Shot Put	Maria Deaviz	17.32m (56' 10")	2022
Discus Throw	Ashley Anumba	61.56m (201' 11")	2023
Hammer Throw	Annika Kelly	64.94m (213-1)	2025
Javelin Throw	Ann Crouse	57.38m (188' 3")	1999
Heptathlon	Alix Still	5,662 points	2023

*at NACAC U18/U23 Championships 2019 in Mexico

OUTDOOR MEN'S RECORDS

Event	Name	Time/Mark	Date
100 meters	Gerald Howard	10.42	1995
200 meters	Gerald Howard	20.79	1995
400 meters	Jordan Willis	45.70	2022
800 meters	Paul Ereng	1:43.16	1989
1500 meters	Gary Martin***	3:32.03	2025
5,000 meters	Gary Martin	13:16.82	2025
10,000 meters	Andrew Jones	28:20.95	2025
110-meter hurdles	Adams Abdulrazaaq	13.66	2011
400-meter hurdles	Alex Sherman	49.98	2025
3,000-meter steeplechase	Yasin Sado**	8:17.39	2024
4x100-meter relay	Randolph, Archer, Brown, Palmer	40.25	1984
4x400-meter relay	Anding Roller, Bryan, Hazzard	3:07.11	2012
High Jump	Brenton Foster	2.27 (7' 5.25")	2021
Pole Vault	David Sullivan	5.35m (17' 6.75")	2005
Long Jump	Jordan Scott	7.83m (25' 8.25")	2019
Triple Jump	Jordan Scott	17.08m (56' 0.5")	2019
Shot Put	Filip Mihaljevic	21.30m (69' 10.75")	2017
Discus Throw	Claudio Romero	67.02m (219' 10")	2022
Hammer Throw	Hilmar Jonsson	75.26m (246' 11")	2019
Javelin Throw	Ethan Dabbs	82.92m (273' 0")	2022
Decathlon	Stephen Dunphy	7,920 points	1992

*at Portland Track Festival, **Penn Relays Summer Showcase #3, *** USATF Outdoor Championships

WOMEN'S RELAY RECORDS

4x100

1.	43.71	Bonnick, Seaman, Pierre, Akpan	2023
2.	43.75	Jefferson Seaman, Bonnick , Hazzard	2021
3.	43.90	Jefferson, Seaman, Caldwell, Bonnick	2021
4.	44.24	Akpan , Bonnick, Pierre, Seaman	2023
5.	44.30	Bonnick, Akpan , Fletcher , Morgan	2024
	44.30	Fletcher , Kolawole , Akpan , Akpan	2025

4x400

1.	3:30:44	Jefferson, Seaman, Meyer, Knight	2021
2.	3:32.35	Jefferson, Seaman, Seasholtz, Knight	2021
3.	3:33.14	Akpan , Fletcher , Alexandru , Drakeford	2025
4.	3:35.74	Ezumah, Lavender, Fabrizio, Wright	2014
5.	3:35.77	Akpan , Seaman, Sabbakhan, Alexandru	2023

MEN'S RELAY RECORDS

4x100

1.	40.25	Randolph, Archer, Brown, Palmer	1984
2.	40.37	Bonner, Jones, Abdulrazaaq, Paschal	2008
3.	40.46	Hagwood, Clark, Young, Kimball	2002
4.	40.57	Davis, Djan , Pendarvis, Fish	2023
5.	40.68	Scott, Barber, Barber, Howard	1994

4x400

1.	3:07.11	Anding, Roller, Bryan, Hazzard	2012
2.	3:07.14	Kugrat, Johnson, Brook, Ereng	1988
3.	3:08.20	Muth, Williams, Williams, Bruce	1979
4.	3:08.30	Kiley, Bowman, Carrington, Dixon	2017
5.	3:08.34	Willis, Shirley, Outlaw, Lint	2018



WOMEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

100 METERS

1.	Halle Hazzard*	11.20	'19
2.	Sarah Akpan	11.29	'24
3.	Sonja Fridy	11.36	'87
4.	Kayla Bonnick	11.42	'23
5.	Kiamasha Otey	11.43	'01
	Jada Seaman	11.43	'22
7.	Kelly Miller	11.48	'99
8.	Pam Lemons	11.57	'93
9.	Jada Pierre	11.62	'23
10.	Tori McKenzie	11.63	'17

* at NACAC U18/U23 Championships 2019 in Mexico

200 METERS

1.	Jada Seaman	23.06	'22
2.	Sarah Akpan	23.09	'24
3.	Sonja Fridy	23.17	'87
4.	Anna Jefferson	23.39	'19
5.	Jordan Lavender	23.42	'14
6.	Kiamasha Otey	23.46	'03
7.	Peyton Chaney	23.50	'16
8.	Kelly Miller	23.61	'99
9.	Halle Hazzard	23.68	'19
10.	Janne'a Bridgeford	23.69	'08

400 METERS

1.	Sonja Fridy	51.93	'87
2.	Anna Jefferson	52.39	'18
3.	Jordan Lavender	52.48	'14
4.	Lisa Garrett	52.64	'83
5.	Carielle Doe	53.22	'03
6.	Angela Lee	54.05	'98
7.	Ariel Fletcher	54.19	'25
8.	Michelle Samuels	54.59	'92
9.	Aiahna Sabbakhan	54.67	'23
10.	Andrea Wright	54.80	'14

800 METERS

1.	Michaela Meyer	2:00.28	'21
2.	Gail Bryant	2:04.21	'85
3.	Esther Seeland	2:04.21	'23
4.	Vanessa Fabrizio	2:04.77	'14
5.	Tatum David	2:05.12	'25
6.	Kim Kelly	2:05.23	'84
7.	Maggie Hock	2:05.40	'24
8.	Aiahna Sabbakhan	2:05.45	'24
9.	Annie Jackson	2:05.50	'25
10.	Vicky Fouhy	2:05.55	'13

1,500 METERS

1.	Michaela Meyer	4:04.02	'21
		*4:09.78	'21
2.	Margot Appleton	4:05.68	'25
3.	Mia Barnett	4:11.32	'22
4.	Esther Seeland	4:11.91	'24
5.	Anna Workman	4:12.73	'24
6.	Morgane Gay	4:13.20	'12
7.	Stella Kermes	4:13.26	'25
8.	Tatum David	4:14.47	'25
9.	Vicky Fouhy	4:14.51	'13
10.	Caroline Timm	4:14.96	'24

5,000 METERS

1.	Margot Appleton	15:18.21	'24
2.	Margaret Groos	15:51.24	'80
3.	Jenny Schilling	15:53.43	'25
4.	Patty Matava	15:56.41	'86
5.	Anna Workman	16:00.80	'24
6.	Gillian Bushee	16:04.33	'25
7.	Catherine White	16:04.58	'12
8.	Barbara Strehler	16:07.70	'13
9.	Camryn Menninger	16:08.94	'24
10.	Cleo Boyd	16:09.23	'16

10,000 METERS

1.	Jenny Schilling	32:44.19	'24
2.	Patty Matava	32:58.64	'87
3.	Catherine White	33:07.36	'13
4.	Aileen O'Connor	33:28.20	'81
5.	Sophie Atkinson	33:29.46	'25
6.	Hannah Moran	33:38.31	'21
7.	Emily Harrison	33:40.34	'08
8.	Martha White	33:40.50	'83
9.	Kara Scanlin	33:53.32	'07
10.	Katie Read	33:54.92	'07

100m HURDLES

1.	Ciara Leonard	13.26	'18
2.	Alexis Woodley	13.31	'18
3.	Maya Rollins	13.33	'25
4.	Andrenette Knight	13.37	'21
5.	Ayla Smith	13.51	'09
6.	Sophia Akpan	13.66	'25
7.	Alix Still*	13.68	'23
8.	Lauren Echko	13.72	'08
9.	Jada Pierre	13.73	'23
10.	Heather Smith	13.76	'16

400m HURDLES

1.	Andrenette Knight	55.75	'21
1.	Ayla Smith	56.54	'11
3.	Erin Crawford	56.87	'06
4.	Angela Lee	57.11	'97
5.	Aisha Naibe-Wey	57.84	'16
6.	Alana Herran	58.03	'18
7.	Emily Alexandru	58.13	'25
8.	Heather Smith	58.17	'16
9.	Vivian Scruggs	58.54	'81
10.	Natalie Randolph	58.98	'03

3000m STEEPLECHASE

1.	Stephanie Garcia	9:47.29	'11
2.	Dawn Cleary	9:59.30	'03
3.	Iona Lake	10:01.58	'15
4.	Helena Lindsay	10:02.27	'22
5.	Kiera Bothwell	10:03.88	'21
6.	Melanie Matthews	10:13.31	'02
7.	Vicky Fouhy	10:20.63	'14
8.	Sara Sargent	10:20.64	'15
9.	Janine Ricci	10:24.65	'05
10.	Samantha Stafford	10:36.02	'09

HIGH JUMP

1.	Ann Bair	1.88m (6' 2")	'83
2.	Sherry Gould	1.86m (6' 1.25")	'93
	Celia Rifaterra	1.86m (6' 1.25")	'25
4.	Pearl Bickersteth	1.83m (6' 0")	'12
	Moir Cronin	1.83m (6' 0")	'13
6.	Robin Landes	1.81m (5' 11.25")	'88
7.	Carly Tarentino	1.80m (5' 10.75")	'25
8.	Rachel Marks	1.79m (5' 10.75")	'06
9.	Meggie Schuelke	1.76m (5' 9.25")	'04
	Emily Kianka	1.76m (5' 9.25")	'12
	Rebecca Hawkins	1.76m (5' 9.25")	'22
10.	Karen DiDonato	1.75m (5' 8.75")	'91

POLE VAULT

1.	Bridget Guy	4.46m (14' 7.5")	'18
2.	Sam Romano	4.34m (14' 2.75")	'24
3.	Hanne Borstlap	4.18m (13' 8.5")	'23
4.	Trina Barcarola	4.10m (13' 5.25")	'25
5.	Maya Maloney	4.08m (13' 4.5")	'21
6.	Katie Freix	4.01m (13' 1.75")	'18
7.	Caroline Dannenbaum	3.98m (13' 0.75")	'23
8.	Gabriella Recce	3.95m (12' 11.5")	'22
9.	Theresa Demaria	3.93m (12' 10.75")	'17
10.	Vika Osipenko	3.81m (12' 6")	'03

LONG JUMP

1.	Dana Boone	6.65m (21' 9.75")	'90
2.	Jada Seaman	6.56m (21' 6.25")	'21
3.	Kiamasha Otey	6.54m (21' 5.50")	'02
4.	Sonja Fridy	6.42m (21' 0.75")	'86
5.	Nicole Kimbrough	6.39m (20' 11.50")	'95
6.	Kelly Miller	6.33m (20' 9.25")	'96
	Tomika Ferguson	6.33m (20' 9.25")	'06
8.	Edy Ndem	6.28m (20' 7.25")	'14
9.	Khyasia Caldwell	6.26m (20' 6.5")	'21
10.	Mia Barron	6.22m (20' 5")	'16

TRIPLE JUMP

1.	Kelly McKee	13.70m (44' 11.5")	'19
2.	Jordan Hardy	13.41m (44' 0")	'23
3.	Khyasia Caldwell	13.33m (43' 9")	'21
4.	Tomika Ferguson	13.21m (43' 4.25")	'07
5.	Dallas Rose	13.20m (43' 3.75")	'14
6.	Lily Hulland	13.19m (23' 3.25")	'25
7.	Dana Boone	13.05m (42' 9.75")	'91
8.	Mia Barron	12.96m (42' 6.25")	'18
9.	Lauren Yeboah-Kodie	12.87m (42' 4.75")	'25
10.	Zoe Rice	12.79m (41' 11.5")	'21

SHOT PUT

1.	Maria Deaviz	17.32m (56' 10")	'22
2.	Christine Bohan	16.87m (55' 4.25")	'16
3.	Estel Valeanu	16.50m (54' 1.75")	'25
4.	Janae Profit	16.28m (53' 3")	'24
5.	Ashley Anumba	16.19m (53' 1.5")	'23
6.	Brittany Jones	16.17m (53' 0.75")	'19
7.	Eliese Mitchell	16.16m (53' 0.25")	'03
8.	Billie-Jo Grant	15.77m (51' 9")	'06
9.	Kaiya Saunders	15.50m (50' 10.25")	'23
10.	Brooke Lumpkin	15.38m (50' 5.5")	'24

DISCUS

1.	Ashley Anumba	61.13m (200' 6")	'23
2.	Estel Valeanu	58.22m (191' 0")	'25
3.	Billie-Jo Grant	56.06m (183' 11")	'08
4.	Kelly Bodiford	54.08m (177' 5")	'93
5.	Erin Wykoff	53.78m (176' 5")	'12
6.	Thelma Kristjansdottir	53.62m (175' 11")	'21
7.	Janae Profit	53.45m (172' 1")	'23
8.	Maria Deaviz	52.58m (172' 6")	'22
9.	Caitlin Kelly	52.37m (171' 10")	'09
10.	Eliese Mitchell	52.17m (171' 2")	'02

HAMMER THROW

1.	Annikka Kelly	64.94m (213' 1")	'25
2.	Jade Baker	63.61m (208' 8")	'19
3.	Eva Mustafic	61.99m (203' 4")	'21
4.	Maureen Laffan	59.91m (196' 6")	'12
5.	Estel Valeanu	58.97m (193' 5")	'25
5.	Bree Lumpkin	58.54m (192' 1")	'23
6.	Eliese Mitchell	56.95m (186' 10")	'03
7.	Jada Marsh	55.19m (181' 1")	'23
8.	Brittany Jones	54.05m (177' 4")	'21
9.	Erin Wykoff	53.45m (175' 4")	'12
10.	Morgan Johnson	51.99m (170' 7")	'23

JAVELIN

1.	Ann Crouse	57.38m (188' 3")	'99
2.	Julia Solo	55.98m (183' 8")	'89
3.	Inge Jorgensen	54.23m (177' 11")	'05
4.	Meghan Briggs	52.65m (172' 9")	'09
5.	Abbey Karin	52.60m (172' 7")	'13
6.	Christiana Ellina	52.59m (172' 6")	'25
7.	Marija Bogavac	48.96m (160' 7")	'17
8.	Caitlin Mautz	48.66m (159' 8")	'17
9.	Christine Bohan	48.03m (157' 7")	'17
10.	Annie Bobiak	46.89m (153' 10")	'05

HEPTATHLON

1.	Alix Still	5,662	'23
2.	Rebecca Grube	5,512	'94
3.	Susan Brownell	5,458	'82
4.	Beth Sheehan	5,407	'86
5.	Ann Bair	5,387	'83
6.	Holly Sullivan	5,317	'17
7.	Sherry Gould	5,166	'93
8.	Angela Griffith	4,967	'98
9.	Suzanne Sweeney	4,915	'97
10.	Katie Kiladis	4,855	'97

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark

Conforming to international and USTFCCCA standards, performances in which wind reading exceeds 2.0 meters-per-second are not included on the top-10 lists



MEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

100 METERS

1.	Gerald Howard	10.42		'95
2.	Reuben Jones	10.45		'08
	Peter Djan	10.45		'25
4.	Demick Starling	10.46		'23
5.	Jay Pendarvis	10.49		'22
6.	Shay Clark	10.50		'02
7.	Edwin Brown	10.52		'85
8.	Scott Kimball	10.53		'03
9.	Nigal Davis	10.54		'22
10.	Ethan Robinson	10.67		'25

200 METERS

1.	Gerald Howard	20.79		'95
2.	Ben Sarpong	20.87		'95
3.	Edwin Brown	20.90		'85
4.	Jordan Willis	20.97		'22
5.	Alex Sherman	21.03		'25
6.	Evans White IV	21.11		'25
7.	Reuben Jones	21.16		'08
8.	Kellen Blassingame	21.24		'05
9.	Jay Pendarvis	21.26		'23
10.	Payton Hazzard	21.27		'15

400 METERS

1.	Jordan Willis	45.70		'22
2.	Alfred Shirley	45.84		'18
3.	Payton Hazzard	45.88		'15
4.	Kellen Blassingame	46.02		'05
5.	Brandon Outlaw	46.13		'21
6.	Meikle Paschal	46.61		'08
7.	Evans White IV	46.67		'25
8.	Kevin Anding	46.84		'10
9.	Jim Bruce	46.94		'79
10.	Nathan Kiley	46.95		'17

800 METERS

1.	Paul Ereg	1:43.16		'89
2.	Shane Cohen	1:44.65		'24
3.	Robby Andrews	1:44.71		'11
4.	Lance Roller	1:46.11		'10
5.	Conor Murphy	1:46.43		'23
6.	Ray Brown	1:46.74		'83
7.	Ben Kurgat	1:47.32		'90
8.	John Hinton	1:47.33		'84
9.	Greg Canty	1:47.44		'80
10.	Gary Martin	1:47.54		'24

1,500 METERS

1.	Gary Martin	3:32.03		'25
2.	Wes Porter	3:35.63		'24
3.	Henry Wynne	3:38.05		'16
4.	Nathan Mountain	3:39.68		'22
5.	James Donahue	3:39.72		'25
6.	Conor Murphy	3:39.75		'23
7.	Ka'eo Kruse	3:40.04		'22
8.	John Hinton	3:40.24		'83
9.	Vince Draddy	3:40.44		'81
10.	Yasin Sado	3:40.67		'23

5,000 METERS

1.	Gary Martin	13:16.82		'25
2.	Nate Mountain	13:32.65		'24
3.	Justin Wachtel	13:34.44		'25
4.	Will Anthony	13:35.50		'24
5.	Will Daley	13:36.55		'25
6.	Wes Porter	13:36.84		'22
7.	Kris Herdt	13:37.44		'87
8.	Henry Wynne	13:43.53		'17
9.	Yasin Sado	13:42.84		'22
10.	Rohann Asfaw	13:44.74		'21

10,000 METERS

1.	Andrew Jones	28:20.95		'25
2.	Will Anthony	28:21.12		'25
3.	Zach Herriott	28:44.22		'17
4.	Rohann Asfaw	28:53.84		'22
5.	Brent Demarest	28:54.69		'19
6.	Mike Cotton	28:55.34		'81
7.	Andrew Dumm	28:59.25		'07
8.	Lachlan Cook	29:10.03		'19
9.	Adam Visokay	29:11.13		'15
10.	Trey Miller	29:14.21		'10

110m HURDLES

1.	Adams Abdulrazaaq	13.66		'11
2.	Peter Djan	13.87		'25
3.	Barry Word	13.88		'84
4.	George Johnson	13.91		'82
5.	Ethan Robinson	13.92		'25
6.	Jeremiah Wilson	13.95		'25
7.	Jarrett Hagwood	14.13		'02
8.	Kevin Williams	14.14		'79
9.	Rob Archer	14.16		'84
10.	Ronde Barber	14.22		'94

400m HURDLES

1.	Alex Sherman	49.98		'25
2.	Steve Delice	50.02		'10
3.	Karl Williams	50.34		'79
4.	Rob Archer	50.80		'84
5.	Bruce Berry	51.09		'85
6.	Gage Gose	51.12		'25
7.	Alfred Shirley	51.30		'18
8.	Kevin Williams	51.54		'79
9.	Adams Abdulrazaaq	51.79		'08
10.	George Johnson	51.98		'81

3000m STEEPLECHASE

1.	Yasin Sado	8:17.39		'24
2.	Nate Mountain	8:20.68		'24
3.	Derek Johnson	8:25.23		'23
4.	Jan Foerster	8:34.78		'07
5.	Rob Cook	8:39.36		'94
6.	Kyle King	8:39.72		'15
7.	Steve Finley	8:40.56		'10
8.	Adam Visokay	8:43.60		'15
9.	Mike Cotton	8:44.44		'81
10.	Will Gray	8:45.82		'16

HIGH JUMP

1.	Brenton Foster	2.27m (7'5.25")		'21
2.	Herman Moore	2.19m (7' 2.25")		'88
3.	Greg Byers	2.19m (7' 2.25")		'82
4.	Trey Causey	2.13m (6' 11.75")		'19
5.	Greg Nelson	2.10m (6' 10.75")		'10
	Chris Clementson	2.10m (6' 10.75")		'02
	Mike Riso	2.10m (6' 10.75")		'02
	Bob Lund	2.10m (6' 10.75")		'91
9.	Cordell Green	2.09m (6' 10.25")		'95
10.	Wes Dungan	2.08m (6' 9.75")		'94

POLE VAULT

1.	David Sullivan	5.35m (17' 6.75")		'05
2.	Sam Young	5.25m (17' 2.75")		'21
3.	Brian Shafer	5.20m (17' 0.75")		'93
4.	Justin Rogers	5.17m (17' 0")		'24
5.	Jeff Jernigan	5.15m (16' 10.75")		'17
6.	Joey Kelly	5.05m (16' 6.75")		'21
	Tom Cooke	5.05m (16' 6.75")		'95
8.	Colin Duignan	5.03m (16' 6")		'22
9.	Jeff McClurg	4.95m (16' 2.75")		'07
10.	David Lewis	4.89m (16' 0.75")		'06

LONG JUMP

1.	Jordan Scott	7.83m (25'8.25")		'19
2.	Greg Byers	7.70m (25' 3.25")		'82
3.	Mike Harvey	7.67m (25' 2")		'69
4.	Owayne Owens	7.59m (24' 11")		'21
5.	Wes Dungan	7.48m (24' 6.5")		'94
	Tiki Barber	7.48m (24' 6.5")		'95
7.	Keith Witherspoon	7.45m (24' 5.25")		'76
8.	Bruce Randolph	7.43m (24' 4.5")		'84
9.	Dion Woolfolk	7.41m (24' 3.75")		'96
10.	Trey Causey	7.40m (24'3.5")		'19

TRIPLE JUMP

1.	Jordan Scott	17.08m (56' 0.5")		'19
2.	Owayne Owens	16.61m (54' 6")		'22
3.	Marcus Robinson	16.46m (54' 0")		'12
4.	Keith Witherspoon	16.27m (53' 4.50")		'76
5.	Ryan Satchell	15.98m (52' 5.25")		'14
6.	Chike Chukwolozie	15.94m (52' 3.75")		'90
7.	Aaron Worrell	15.72m (51' 7")		'17
8.	Greg Byers	15.56m (51' 0.75")		'84
9.	Cornell Grayson	15.55m (51' 0.50")		'90
10.	Donald Scott	15.43m (50' 7.50")		'94

SHOT PUT

1.	Filip Mihaljevic	21.30m (69' 10.75")		'17
2.	Oghenakpobo Efekoro	20.39m (66' 10.75")		'17
3.	Jordan Young	19.80m (64' 11.5")		'15
4.	Nick Vena	19.51m (64' 0.25")		'12
5.	Claudio Romero	18.47m (60' 7.25")		'21
6.	Yemi Ayeni	18.23m (59' 9.75")		'09
7.	Nace Plesko	18.30m (61' 0.05")		'17
8.	Kevin Latham	18.04m (59' 2.5")		'85
9.	Mike Murphy	17.15m (56' 3.25")		'93
10.	Thom McKinney	17.06m (55' 11.75")		'91

DISCUS

1.	Claudio Romero	67.02m (219' 10")		'22
2.	Filip Mihaljevic	63.76m (209' 2")		'17
3.	Jacob Lemmon	62.56m (205' 3")		'24
4.	Jordan Young	62.27m (204' 3")		'15
5.	Yemi Ayeni	61.11m (200' 6")		'07
6.	Larry Wilson	57.91m (190' 0")		'99
7.	Kevin Latham	56.71m (186' 1")		'85
8.	Phil Vincenzes	55.98m (183' 8")		'82
9.	Nace Plesko	55.19m (181' 1")		'18
10.	Nick Vena	54.84m (179' 11")		'12

HAMMER THROW

1.	Hilmar Jonsson	75.26m (246' 11")		'19
2.	Jeremiah Nubbe	73.04m (239' 7")		'25
3.	Jordan Young	70.73m (232' 1")		'15
4.	John Fay	68.41m (224' 5")		'24
5.	Keyandre Davis	67.12m (220' 2")		'25
6.	Jacob Lemmon	66.14m (217' 0")		'21
7.	Vincenzo Chiariello	64.29m (210' 11")		'12
8.	Evangelos Fradelakis	64.22m (205' 4")		'22
9.	Mark Cyr	63.04m (206' 9.75")		'25
10.	Oghenakpobo Efekoro	60.88m (199' 9")		'19

JAVELIN

1.	Ethan Dabbs	82.92m (272' 0")		'22
2.	Andy Fahringer	75.19m (246' 8")		'12
3.	Brian Kollar	74.22m (243' 6")		'01
4.	John Welch	72.19m (236' 10")		'02
5.	Steve Kiessling	69.67m (228' 7")		'92
6.	Kyle Smith	69.43m (227' 9")		'15
8.	Tyler Zawatski	64.70m (212' 3")		'23
7.	James Murdock	63.93m (209' 9")		'02
8.	Stephen Dunphy	61.62m (202' 2")		'94
9.	Tucker Rizzi	61.46m (201' 8")		'18
10.	Thomas Dickinson	61.22m (200' 10")		'23

DECATHLON

1.	Stephen Dunphy	7,920		'92
2.	Willy Pirtle	7,676		'82
3.	John Bryan	7,666		'81
4.	Ethan Robinson	7,603		'24
5.	Jack Lint	7,478		'17
6.	David Lewis	7,105		'08
7.	Christian Lavorgna	7,064		'16
8.	David Frasier	7,055		'24
9.	Cam Collins	7,004		'16
10.	Bill Smith	6,863		'83
	Sean Sullivan	6,847		'96

Current Cavaliers in Bold

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WOMEN'S OUTDOOR FRESHMAN RECORDS

100 METERS

1.	Jada Seaman	11.44	'21
2.	Kayla Bonnick	11.51	'21
3.	Sarah Akpan	11.52	'23
4.	Jada Pierre	11.62	'23
5.	Kelly Miller	11.70	'96

200 METERS

1.	Jada Seaman	23.22	'21
2.	Sarah Akpan	23.57	'23
3.	Ariel Fletcher	23.85	'24
4.	Kayla Bonnick	24.01	'21
5.	Peyton Chaney	24.02	'13

400 METERS

1.	Jordan Lavender	53.44	'12
2.	Lisa Garrett	54.14	'81
3.	Andrea Wright	54.80	'14
4.	Chimere Ezumah	54.87	'14
5.	Ariel Fletcher	55.03	'24

800 METERS

1.	Mia Barnett	2:06.11	'22
2.	Keara Seasholtz	2:06.12	'21
2.	Vanessa Fabrizio	2:06.76	'12
3.	Alahna Sabbakhan	2:07.25	'21
4.	Ella Woehlcke	2:07.64	'25
5.	Morgane Gay	2:08.29	'09

1,500 METERS

1.	Mia Barnett	4:11.32	'22
2.	Stella Kermes	4:13.26	'25
3.	Morgane Gay	4:15.56	'09
4.	Lesley Welch	4:16.84	'82
5.	Margot Appleton	4:17.17	'22

5,000 METERS

1.	Chelsea Ley	16:12.62	'12
2.	Sophie Atkinson	16:12.68	'23
2.	Maria Hauger	16:14.18	'14
3.	Margot Appleton	16:17.51	'22
4.	Lesley Welch	16:21.60	'82

10,000 METERS

1.	Sophie Atkinson	34:12.62	'23
2.	Jen Flack	34:14.12	'14
3.	Sarah Fakler	34:15.20	'14
4.	Maria Hauger	34:16.28	'14
5.	Beni Gras	34:34.17	'91

100-METER HURDLES

1.	Ciara Leonard	13.67	'16
	Alexis Woodley	13.67	'17
3.	Jada Pierre	13.73	'23
	Maya Rollins	13.73	'25
3.	Lauren Echko	13.86	'06
4.	Kim Turko	13.93	'98

400-METER HURDLES

1.	Angela Lee	57.64	'96
2.	Erin Crawford	58.56	'04
3.	Karen Hatchett	59.49	'82
4.	Ayla Smith	60.02	'07
5.	Sophia Akpan	60.02	'23

3,000m STEEPLECHASE

1.	Stephanie Garcia	10:15.83	'07
2.	Sara Sargent	10:49.81	'14
3.	Kendall Cowne	10:54.54	'14
4.	Kiera Bothwell	10:55.59	'18
5.	Janine Ricci	10:55.86	'04

HIGH JUMP

1.	Ann Bair	1.86m (6' 1.25")	'80
2.	Meggie Schuelke	1.76m (5' 9.25")	'04
3.	Pearl Bickersteth	1.74m (5' 8.5")	'10
4.	Susan Brownell	1.73m (5' 8")	'80
	Grace Flynn	1.73m (5' 8")	'24
	Elsa Spoor	1.73m (5' 8")	'24

POLE VAULT

1.	Sam Romano	4.28m (14' 0.5")	'23
2.	Bridget Guy	4.11m (13' 5.75")	'15
3.	Maya Maloney	4.08m (13' 4.5")	'21
4.	Theresa Demaria	3.93m (12' 10.75")	'17
5.	Trina Barcarola	3.83m (12' 6.75")	'21
	Gabriella Recce	3.83m (12' 6.75")	'21

LONG JUMP

1.	Jada Seaman	6.56m (21' 6.25")	'21
2.	Kelly Miller	6.33m (20' 9.25")	'96
3.	Nicole Kimbrough	6.29m (20' 7.75")	'94
4.	Mia Barron	6.22m (20' 5")	'16
5.	Sonja Fridy	6.12m (20' 1")	'84
	Khyasia Caldwell	6.12m (20' 1")	'18

TRIPLE JUMP

1.	Dallas Rose	12.66m (41' 6.5")	'10
2.	Atalaya Jones	12.49m (40' 11.75")	'93
3.	Britni Strates	12.46m (40' 10.5")	'12
4.	Mia Barron	12.40m (40' 8.25")	'16
5.	Nadia Saunders	12.36m (40' 6.75")	'21

SHOT PUT

1.	Maria Deaviz	17.18m (56' 4.5")	'21
2.	Brittany Jones	15.69m (51' 5.75")	'18
3.	Emily Vannoy	15.30m (50' 2.5")	'10
4.	Christine Bohan	14.62m (47' 11.75")	'14
5.	Maureen Laffan	14.58m (47' 10")	'09
6.	Kristi Martin	13.99m (45' 10.75")	'97

DISCUS

1.	Julia Solo	52.04m (170' 9")	'86
2.	Amy Bilmanis	51.77m (169' 10")	'06
3.	Thelma Krisjandottir	50.92m (167' 1")	'19
4.	Maria Deaviz	48.99m (160' 9")	'21
5.	Amy Brown	48.77m (160' 0")	'95

HAMMER THROW

1.	Eva Mustafic	61.18m (200' 9")	'19
2.	Jada Marsh	55.05m (180' 7")	'22
3.	Elise Mitchell	54.46m (178' 8")	'00
4.	Brittany Jones	53.80m (176' 6")	'18
5.	Amy Bilmanis	47.68m (156' 5")	'06

JAVELIN

1.	Ann Crouse	50.85m (166' 10")	'95
2.	Inge Jorgensen	50.24m (164' 10")	'00
3.	Caitlin Mautz	44.62m (146' 5")	'15
4.	Meghan Briggs	44.45m (145' 10")	'07
5.	Tara Karin	43.64m (143' 2")	'09

HEPTATHLON

1.	Susan Brownell	5,419	'80
2.	Ann Bair	5,340	'80
3.	Rebecca Grube	4,996	'92
4.	Alana Herran	4,771	'16
5.	Katie Kiladis	4,610	'95

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MEN'S OUTDOOR FRESHMAN RECORDS

100 METERS

1.	Gerald Howard	10.46	'93
	Demick Starling	10.46	'23
3.	Jason Dickerson	10.50	'77
4.	Reuben Jones	10.65	'05
5.	Edwin Brown	10.76	'81

200 METERS

1.	Gerald Howard	20.90	'93
2.	Conlon Bonner	21.28	'08
3.	Jaden Lyons	21.50	'23
4.	Jordan Willis	21.70	'18
5.	Demick Starling	21.71	'23

400 METERS

1.	Alfred Shirley	45.84	'18
2.	Meikle Paschal	46.61	'08
3.	Ben Kurgat	46.96	'88
4.	Payton Hazzard	47.29	'12
5.	Jordan Willis	47.11	'18

800 METERS

1.	Paul Ereng	1:44.31	'88
2.	Robby Andrews	1:45.54	'10
3.	Gary Martin	1:47.74	'23
4.	Lance Roller	1:47.88	'09
4.	Conor Murphy	1:48.57	'21
5.	Anthony Kostelac	1:49.02	'11

1,500 METERS

1.	Gary Martin	3:39.53	'23
2.	James Donahue	3:40.27	'24
3.	Nathan Mountain	3:40.99	'22
4.	Robby Andrews	3:41.09	'10
5.	Wes Porter	3:41.98	'21

5,000 METERS

1.	Wes Porter	13:35.50	'24
2.	Kyle King	13:55.60	'12
3.	Lachlan Cook	13:58.01	'17
4.	Jimmy Wischusen	14:05.72	'25
5.	Andy Biladeau	14:06.73	'06

10,000 METERS

1.	Will Anthony	28:21.93	'24
2.	Adam Visokay	29:14.50	'14
3.	Lachlan Cook	29:18.20	'17
4.	Brent Demarest	29:32.72	'15
5.	Chase Weaverling	29:39.30	'15

110m HURDLES

1.	Kevin Williams	14.14	'77
2.	Adams Abdulrazaq	14.19	'08
3.	Ronde Barber	14.22	'94
4.	Mike Abidin	14.27	'82
5.	Jarrett Hagwood	14.34	'02

400m HURDLES

1.	Alfred Shirley	51.30	'18
2.	Karl Williams	51.77	'77
3.	Adams Abdulrazaq	51.79	'08
4.	Gage Gose	52.38	'24
5.	Alex Sherman	52.42	'22

3,000m STEEPLECHASE

1.	Nathan Mountain	8:39.42	'22
2.	Yasin Sado	8:55.14	'21
3.	John Hinton	8:58.21	'82
4.	Colin Mearns	9:03.92	'11
5.	Jim Hays	9:10.69	'82

HIGH JUMP

1.	Herman Moore	2.19m (7' 2.25")	'88
2.	Greg Byers	2.17m (7' 1.25")	'81
3.	Trey Causey	2.13m (6' 11.75")	'19
4.	Mike Riso	2.10m (6' 10.75")	'02
5.	Tommy Devita	2.04m (6' 8.25")	'11

POLE VAULT

1.	Sam Young	5.09m (16' 8.25")	'17
2.	Brain Shafer	5.05m (16' 6.75")	'90
3.	Justin Rogers	5.00m (16' 4.75")	'23
4.	David Sullivan	4.90m (16' 0.75")	'03
5.	Jake Williams	4.88m (16' 0")	'01

LONG JUMP

1.	Jordan Scott	7.54m (24' 9")	'17
2.	Greg Byers	7.33m (24' 0.5")	'81
3.	Stephen Dunphy	7.30m (23' 11.5")	'90
4.	Heldi Valikaj	7.27m (23' 9.5")	'22
	Caleb Holman	7.27m (23' 9.5")	'25
5.	Marcus Robinson	7.25m (23' 9.5")	'08

TRIPLE JUMP

1.	Jordan Scott	16.44m (53' 11.25")	'17
2.	Keith Witherspoon	15.96m (52' 4.5")	'72
3.	Greg Byers	15.29m (50' 2")	'81
4.	Ryan Satchell	15.25m (50' 0.5")	'12
5.	Caleb Holman	15.10m (49' 6.50")	'25

SHOT PUT

1.	Filip Mihaljevic	19.56m (64' 2.25")	'14
2.	Oghenakpobo Efekoro	19.53m (64' 1")	'16
3.	Nick Vena	19.51m (64' 0.25")	'12
4.	Claudio Romero	18.47m (60' 7.25")	'21
5.	Mike Theuerkauf	15.90m (52' 2")	'89

DISCUS

1.	Claudio Romero	65.78m (215' 10")	'21
2.	Filip Mihaljevic	60.41m (198' 2")	'14
3.	Jacob Lemmon	58.54m (191' 1")	'21
4.	Larry Wilson	55.45m (181' 11")	'96
5.	Nick Vena	54.84m (179' 11")	'12

HAMMER THROW

1.	Hilmar Jonsson	71.52m (234' 8")	'16
2.	Jacob Lemmon	66.16m (217' 0")	'21
3.	Mark Cyr	63.04m (206' 9.75")	'25
4.	Bill Johnston	57.89m (189' 11")	'00
5.	John Fay	55.78m (183' 0")	'22

JAVELIN

1.	Ethan Dabbs	76.04m (249' 6")	'19
2.	Brian Kollar	68.53m (224' 10")	'99
3.	Steve Kessling	68.25m (223' 11")	'90
4.	Tyler Zawatski	64.70m (212' 3")	'23
5.	Thomas Dickinson	61.22m (200' 10")	'22

DECATHLON

1.	Jack Lint	7,179	'15
2.	Sean Sullivan	6,847	'96
3.	Stephen Dunphy	6,711	'90
4.	John Brian	6,626	'78
5.	Cam Collins	6,485	'15

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NON-NCAA EVENT RECORDS

INDOOR - WOMEN

55 Meters

6.82 Sonja Fridy 1986

55m Hurdles

7.90 Michele Johnson 1986

60 Yards

6.9h Brenda Brown 1981

60y Hurdles

7.8h Susan Brownell 1982

300 Meters

39.05 Jordan Lavender 2012

440 Yards

54.0h Lisa Garrett 1981

500 Meters

1:09.89 Sonja Fridy 1987

600 Yards

1:24.67 Phyllis Buber 1985

600 Meters

1:31.58 Keara Seasholtz 2021

880 Yards

2:10.27 Kim Kelly 1985

1,000 Meters

2:44.40 Sandy Schuler 1985

1,000 Yards

2:30.43 Kim Kelly 1985

1,500 Meters

4:08.33 Margot Appleton 2025

Two-Mile

9:52.3h Margaret Groos 1980

Three-Mile

15:25.25 Martha White 1982

4x800m Relay

8:55.19 Fabrizio, Weatherly, Gnade, Garcia 2011

INDOOR - MEN

55 Meters

6.21 Bruce Randolph 1984

55m Hurdles

7.33 Robert Archer 1984

60 Yards

6.0h Kent Merritt 1972

300 Meters

33.62 Jordan Willis 2020

440 Yards

49.9h John Morris 1970

500 Meters

1:02.44 Paul Ereng 1988

500 Yards

1:02.79 David Revelle 1983

600 Meters

1:11.99 Dwayne Brake 1983

600 Yards

109.8h David Revelle 1983

880 Yards

1:56.1h James Wood 1973

1,000 Meters

2:20.57 Ray Brown 1984

1,000 Yards

2:07.31 Ray Brown 1984

1,500 Meters

3:33.41 Gary Martin 2025

Two-Mile

8:40.49 Kris Herdt 1987

Three-Mile

13:43.03 Colin Peddie 1985

Pentathlon

3,915 Stephen Dunphy 1991

4x800m Relay

7:26.49 Vrhovac, A. Bowman, Taye, Andrews 2010

OUTDOOR - WOMEN

3,000 Meters

9:07.84 Margaret Groos 1979

2,000m Steeplechase

6:59.52 Sara Sargent 2014

Old Javelin

55.98m (183' 8") Julia Solo 1989

4x200m Relay

1:36.25 Chaney, McKenzie, Wright, Lavender 2015

4x800m Relay

8:32.13 Bryant, Nicholson, Welch, Haworth 1982

4x1,500m Relay

17:08.05 Appleton, David, Seeland, Workman 2024

Distance Medley Relay

10:42.16 David, Fletcher, Jackson, Appleton 2025

OUTDOOR - MEN

100 Yards

9.3h Kent Merritt 1973

220 Yards

20.6s Tony Sepp 1960

440 Yards

47.7h John Morris 1970

120y Hurdles

13.8h Kevin Williams 1977

400y Hurdles

50.9h Karl Williams 1977

3,000 Meters

8:14.33 Brent Demarest 2015

Old Javelin

72.24m (237' 0") Ed Mikula 1978

4x200m Relay

1:25.30 Virginia 2002

4x800m Relay

7:12.15 Johnson, Roller, Kostelac, Andrews 2011

4x1,500m Relay

15:09.34 Sullivan, Brown, Hodge, Draddy 1981

4xMile Relay

15:52.30 Anthony, Martin, Sado, Porter 2024

Distance Medley Relay

9:25.56 Revelle, Hinton, Brown, Draddy 1983

Shuttle Hurdle Relay

57.10 Abidin, Wilks, Word, Archer 1982

Sprint Medley Relay

3:15.20 Palmer, Archer, E. Brown, R. Brown 1984



LANNIGAN FIELD WOMEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Ka'Tia Seymour	Florida State	11.14	2019
200 meters	Rochelle Stevens	Morgan State	22.84	1987
400 meters	Marlena Wesh	Clemson	51.43	2012
800 meters	Michaela Meyer	Virginia	2:01.82	2021
1,500 meters	Josette Norris	Reebok Boston TC	4:07.35	2021
3,000 meters	Betty Springs	NC State	9:01.6	1983
5,000 meters	Katelyn Tuohy	NC State	15:14.61	2022
10,000 meters	Amanda Vestri	Syracuse	32:43.15	2021
100-meter hurdles	Queen Harrison	Asics	12.70	2014
400-meter hurdles	Autumne Franklin	Harvard	55.70	2016
3,000-meter steeplechase	Leah O'Connor	Michigan State	9:41.88	2015
4x100-meter relay	Oliver, Hitchcock, Carter, Gray	Kentucky	43.14	2016
4x400-meter relay	Hoffman, Brown-Soler, Crean, Aveni	Duke	3:32.92	2021
High Jump	Nicole Green	North Carolina	1.88m (6' 2")	2019
Pole Vault	Maddie Gardner	West Virginia	4.47m (14-8)	2019
Long Jump	Kenyattia Hackworth	Unattached	6.79m (22' 3.5")	2016
Triple Jump	Ayana Alexander	Trinidad & Tobago	14.14m (46' 4.75")	2012
Shot Put	Danniel Thomas-Dodd	Jamaica	19.48m (63' 11")	2019
Discus Throw	Katelyn Daniels	Michigan State	59.07m (193' 9")	2016
Hammer Throw	Brooke Andersen	United States	79.80m (261' 10")	2023
Javelin Throw	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021
Heptathlon	Chelsea Carrier-Eades	United States	5,930 points	2016

LANNIGAN FIELD MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Andre Ewers	Florida State	10.06	2019
200 meters	Andre Ewers	Florida State	20.31	2019
400 meters	Brycen Spratling	Pittsburgh	45.22	2014
800 meters	Isaiah Harris	Penn State	1:45.12	2017
1,500 meters	Cooper Teare	USA	3:32.16	2024
Mile	Jack Salisbury	Georgetown	3:56.22	2021
3,000 meters	James Donahue	Virginia	8:17.36	2024
5,000 meters	Gary Martin	Florida	13:16.82	2025
10,000 meters	Adriaan Wildschutt	Florida State	28:25.11	2021
110-meter hurdles	Devon Hill	Miami	13.35	2012
400-meter hurdles	Bershawn Jackson	Nike	48.76	2014
3,000-meter steeplechase	Matthew Wilkinson	Under Armour	8:18.53	2024
4x100-meter relay	Hyman, Williams, Mitchell, Ambler	Florida State	39.08	2012
4x400-meter relay	Villanova	Villanova	3:05.01	1985
High Jump	Brenton Foster	Virginia	2.24m (7' 4.25")	2021
	Samuel Shoultz	Maryland	2.24m (7' 4.25")	2018
Pole Vault	Deakin Volz	Virginia Tech	5.62m (18' 5.25")	2019
Long Jump	Queshun Watson-Riggins	FIU	7.93m (26' 0.25")	2022
Triple Jump	Jordan Scott	Virginia	17.08m (56' 0.5")	2019
Shot Put	Filip Mihaljevic	Virginia	20.52m (67' 4")	2017
Discus Throw	Sam Mattis	Penn	65.12m (213' 8")	2016
Hammer Throw	Rudy Winkler	NYAC	78.27m (256' 9")	2025
Javelin Throw	Ethan Dabbs	Virginia	80.82m (265' 2")	2023



VIRGINIA CHALLENGE WOMEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Alicia Burnet	Missouri	11.23	2025
200 meters	Paris Daniels	USA	23.18	2014
	Jada Seaman	Virginia	23.18	2022
400 meters	Mary Wineberg	NYAC	52.06	2012
800 meters	Michaela Meyer	Virginia	2:01.97	2021
1,500 meters	Josette Norris	Reebok Boston TC	4:07.35	2021
5,000 meters	Katelyn Tuohy	NC State	15:14.61	2022
10,000 meters	Amanda Vestri	Syracuse	32:43.15	2021
100-meter hurdles	Queen Harrison	Asics	12.70	2014
400-meter hurdles	Autumne Franklin	Harvard	55.70	2016
3,000-meter steeplechase	Leah O'Connor	Michigan State	9:41.88	2015
4x100-meter relay	Oliver, Hitchcock, Carter, Gray	Kentucky	43.14	2016
4x400-meter relay	Hoffman, Brown-Soler, Crean, Aveni	Duke	3:32.92	2021
High Jump	Celia Rifaterra	Virginia	1.84m (6' 0.5")	2025
Pole Vault	Maddie Gardner	West Virginia	4.47m (14' 8.0")	2019
Long Jump	Kenyattia Hackworth	Unattached	6.79m (22' 3.5")	2016
Triple Jump	Ayana Alexander	Trinidad & Tobago	14.14m (46' 4.75")	2012
Shot Put	Danniel Thomas-Dodd	Jamaica	19.48m (63' 10.9")	2019
Discus Throw	Ashley Anumba	Virginia	58.92m (193' 4")	2023
Hammer Throw	Brooke Andersen	United States	79.80m (261' 10")	2023
Javelin Throw	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021
Heptathlon	Chelsea Carrier-Eades	USA	5,930 points	2016

VIRGINIA CHALLENGE MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Mark Jelks	USA	10.20	2014
	Jaylan Mitchell	USA	10.20	2022
200 meters	Ibrahim Ayorinde	Princeton	20.51	2022
400 meters	Brycen Spratling	Pittsburgh	45.22	2014
800 meters	Isaiah Harris	Penn State	1:45.12	2017
1,500 meters	Henry Wynne	Virginia	3:38.05	2016
5,000 meters	Gary Martin	Virginia	13:16.82	2025
10,000 meters	Adriaan Wildschutt	Florida State	28:25.11	2021
110-meter hurdles	Ahmad Young	Ole Miss	13.54	2023
400-meter hurdles	Bershawn Jackson	USA	48.76	2014
3,000-meter steeplechase	Matthew Wilkinson	Under Armour	8:18.53	2024
4x100-meter relay	Ndhlovu, Ayorinde, Duncan, Sholars	Princeton	39.36	2022
4x400-meter relay	Bruton, Page, Faust, Blanks	Ohio State	3:05.91	2015
High Jump	Brenton Foster	Virginia	2.24m (7' 4.25")	2021
Pole Vault	Scott Houston	Vaulthouse Elite	5.50m (18' 0.5)	2021/23
Long Jump	Queshun Watson-Riggins	FIU	7.93m (26' 0.25")	2022
Triple Jump	Jordan Scott	Virginia	17.07m (56' 0.05")	2019
Shot Put	Filip Mihaljevic	Virginia	20.52m (67' 4")	2017
Discus Throw	Claudio Romero	Virginia	64.79m (212' 6")	2022
Hammer Throw	Daniel Haugh	Kennesaw State	74.78m (245' 4.1")	2019
Javelin Throw	Ethan Dabbs	Virginia	80.82m (265' 2")	2023
Decathlon	Tim Ehrhardt	Michigan State	8,044 points	2018



VIRGINIA CUP WOMEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Peyton Chaney.....	Virginia	11.68	2015
200 meters	Le'Quisha Parker.....	Hampton.....	23.72	2014
400 meters	Ciarra Morris.....	James Madison.....	55.42	2013
800 meters	Ce'aira Brown	Hampton.....	2:11.45	2014
1,500 meters	Iona Lake.....	Virginia	4:27.10	2015
3,000 meters	Kathleen Stevens	Virginia	10:05.92	2014
100-meter hurdles.....	Breana Norman	Hampton.....	13.60	2014
400-meter hurdles.....	Ansley Gebben	Liberty	1:01.25	2014
2,000-meter steeplechase...	Sara Sargent.....	Virginia	6:59.52	2014
3,000-meter steeplechase...	Betel Yosef	Liberty	11:15.39	2013
4x100-meter relay	Rose, Wright, Chaney, Lavender	Virginia	45.19	2014
4x400-meter relay	Ezumah, Fabrizio, Brickhill, Smith.....	Virginia	3:43.20	2014
High Jump	Moirá Cronin	Virginia	1.70m (5' 7")	2013
Pole Vault	Bridget Guy	Virginia	3.80m (12' 5.5")	2015
Long Jump.....	Edy Ndem	Virginia	6.01m (19' 8.75")	2014
Triple Jump	Dallas Rose	Virginia	12.93m (42' 5.25")	2014
Shot Put	Christine Bohan.....	Virginia	15.96m (52' 4.5")	2015
Discus Throw	Mychelle Cumings	Liberty	49.92m (163' 9")	2015
Hammer Throw.....	Jennifer Nicholson Smith.....	Liberty	50.76m (166' 6")	2015
Javelin Throw	Abbey Karin.....	Virginia	45.63m (149' 8")	2014

VIRGINIA CUP MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	ConRoy Smith	Liberty	10.57	2014
200 meters	ConRoy Smith	Liberty	21.37	2014
400 meters	Stephen Racanelli	Liberty	48.09	2015
800 meters	John Sherret	Liberty	1:52.52	2015
1,500 meters	Drew Paisley	Virginia	3:57.00	2013
3,000 meters	Thomas Porter	Virginia	8:35.23	2014
110-meter hurdles.....	Vincent Wyatt.....	Radford.....	13.72	2014
400-meter hurdles.....	Andre Washington.....	Liberty	53.95	2013
	Ryan Davis	Liberty	53.95	2015
3,000-meter steeplechase...	Sam Hush.....	VCU.....	9:30.88	2013
4x100-meter relay	Spruel, Washington, Williams, Robbins.....	Liberty	41.12	2013
4x400-meter relay	Black, Okezie, Ibadin, Hutchison	Hampton.....	3:12.40	2014
High Jump	Tommy DeVita	Virginia	2.05m (6' 8.75")	2013
Pole Vault	Cody Bingham	Liberty	4.90m (16' 0.75")	2013
	Ken Ritchey.....	Liberty	4.90m (16' 0.75")	2015
Long Jump.....	Aklesso Agama	Liberty	7.32m (24' 0.25")	2015
Triple Jump	Ryan Satchell	Virginia	15.71m (51' 6.5")	2014
Shot Put	Jordan Young.....	Virginia	18.64m (61' 2")	2015
Discus Throw	Filip Mihaljevic.....	Virginia	60.11m (197' 2")	2014
Hammer Throw.....	Ryan Smith	Liberty	54.75m (179' 7")	2013
Javelin Throw	Steve Feister.....	Liberty	67.65m (221' 11")	2015



VIRGINIA GRAND PRIX WOMEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Kate Hall	Georgia	11.36	2017
200 meters	Paris Daniels	United States	23.18	2014
400 meters	Mary Wineberg	NYAC	52.06	2012
800 meters	Michaela Meyer	Virginia	2:01.82	2021
1,500 meters	Nicole Sifuentes	Saucony	4:09.35	2015
5,000 meters	Rachele Schulist	Michigan State	15:36.33	2015
10,000 meters	Tara Jameson	Iona	33:38.50	2016
100-meter hurdles	Queen Harrison	Asics	12.70	2014
400-meter hurdles	Autumne Franklin	Harvard	55.70	2016
3,000-meter steeplechase	Leah O'Connor	Michigan State	9:41.88	2015
4x100-meter relay	Oliver, Hitchcock, Carter, Gray	Kentucky	43.14	2016
4x400-meter relay	Walker, Barnes, Hannan, Cavin	Ohio State	3:34.00	2015
High Jump	Moir Cronin/Madeline Fagan	Virginia/Georgia	1.83m (6' 0")	2013/2017
Pole Vault	Bridget Guy	Virginia	4.46m (14' 7.5")	2018
Long Jump	Kenyattia Hackworth	Unattached	6.79m (22' 3.5")	2016
Triple Jump	Ayana Alexander	Trinidad & Tobago	14.14m (46' 4.75")	2012
Shot Put	Nikki Okwelogu	Harvard	16.78m (55' 0.75")	2015
Discus Throw	Ashley Anumba	Virginia	58.00m (190' 3")	2023
Hammer Throw	Jill Shippee	United States	73.01m (239' 6")	2023
Javelin Throw	Irena Sediva	Virginia Tech	55.96m (183' 7")	2016
Heptathlon	Chelsea Carrier-Eades	United States	5,930 points	2016

VIRGINIA GRAND PRIX MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Mark Jelks	United States	10.20	2014
200 meters	Segun Makinde	Ottawa	20.56	2014
	Rondell Sorrillo	Nike	20.56	2016
400 meters	Brycen Spratling	Pittsburgh	45.22	2014
800 meters	Isaiah Harris	Penn State	1:45.12	2017
1,500 meters	Henry Wynne	Virginia	3:38.05	2016
Mile	Jack Salisbury	Georgetown	3:56.22	2021
5,000 meters	Chartt Miller	Iona	13:49.60	2017
10,000 meters	Arsene Guillorel	Samford	29:00.69	2018
110-meter hurdles	Vincent Wyatt	Radford	13.65	2014
400-meter hurdles	Bershawn Jackson	United States	48.76	2014
3,000-meter steeplechase	Ole Hesselbjerg	Eastern Kentucky	8:33.78	2015
4x100-meter relay	Moffett, Smith, Chisena, Kowalchuk	Penn State	39.49	2017
4x400-meter relay	Bruton, Page, Faust, Blanks	Ohio State	3:05.91	2015
High Jump	Ryan Lockard	Minnesota	2.20m (7' 2.5")	2016
Pole Vault	Noah Gary	Michigan State	5.35m (17-6.5)	2017
Long Jump	Luca Wieland	Minnesota	7.91m (25' 11.5")	2016
Triple Jump	Olu Olamigoke	Nigeria	16.73m (54' 10.75")	2014
Shot Put	Filip Mihaljevic	Virginia	20.52m (67' 4")	2017
Discus Throw	Eshan Hadadi	Iran	64.01m (210' 0")	2013
Hammer Throw	Sean Donnelly	Minnesota	73.31m (240' 6")	2016
Javelin Throw	Andy Farhinger	Heart Care Group	76.54m (251' 1")	2013