



MEN'S INDOOR

55 METERS			1,000 METERS			Mark Athlete Year		
Time Athlete Year			Time Athlete Year			7.70m (25'2.62") Christopher Bryan 2018		
6.23 Sam Randolph 1997			2:27.80 Lee Tittle 1999			7.44m (24'5") Deandre Free 2002		
6.40 Ronnie Williams 1998			2:29.19 Darrien Case 2017			7.38m (24'2.5") Lance Davis 1998		
6.42 Chris Weimer 1999			2:30.34 Misgina Kifleyesus 2000			7.35m (24'1.5") Marcus Lee 2009		
6.45 Glenn Hunt 1998			2:31.45 Cosmas Ayabei 2011			7.33m (24'0.75") Richard Lewis 1997		
6.45 Richard Lewis 1997			2:31.60 Daylan Quinn 2019					
60 METERS			MILE			TRIPLE JUMP		
Time Athlete Year			Time Athlete Year			Mark Athlete Year		
6.70 Ronnie Williams 2001			4:06.18 Taylor Wardall 2013			15.58m (51'1.5") Marcus Lee 2009		
6.82 Chris Weimer 1999			4:08.09 Lee Tittle 1999			15.55m (51'0.17") Christopher Bryan 2018		
6.83 Justin Martin 2017			4:10.03 Bryce Miller 2015			15.31m (50'2.75") Richard Smith 2017		
6.83 Chadayne Walker 2018			4:11.45 Koltan Sheldon 2013			15.25m (50'0.5") D.C. Okonta 2013		
6.84 Anthony Boyer 2010			4:12.25 Daylan Quinn 2019			15.01m (49'3") Deandre Free 2001		
200 METERS			3,000 METERS			SHOT PUT		
Time Athlete Year			Time Athlete Year			Mark Athlete Year		
21.76 Chris Weimer 2000			8:13.94 Bryce Miller 2014			17.07m (56'0") Blake Hocking 2015		
21.80 Chadayne Walker 2017			8:23.28 Cosmas Ayabei 2012			16.46m (54'0") Ramon Nelson 2011		
21.81 Justin Martin 2017			8:26.53 Jason Fambrough 2018			16.12m (52'8.87") Perry Adderley 2019		
21.93 Glenn Hunt 1998			8:29.48 Zach Mathias 2012			15.77m (51'9") Cade Lambson 2012		
22.04 Joshua Butler 2013			8:33.75 Nathan Keown 2018			15.76m (51'8.5") Brian Krantz 2003		
300 METERS			5,000 METERS			WEIGHT THROW		
Time Athlete Year			Time Athlete Year			Mark Athlete Year		
35.21 Anthony Boyer 2009			14:12.18 Cosmas Ayabei 2012			18.27m (59'11.25") Kris Leverette 2014		
35.70 Jamarice Preston 2019			14:34.88 John Thorpe 1998			18.26m (59'11") Josh Whisman 2002		
36.10 Chadayne Walker 2017			14:39.88 Zach Mathias 2012			17.94m (58'10.25") Ramon Nelson 2012		
36.31 Kristen Hepburn 2010			14:50.64 Jason Fambrough 2018			17.58m (57'8.25") Brian Kantz 2002		
36.32 Johnathon Barnett 2012			14:50.82 Quinlan Moll 2018			17.57m (57'6.44") Perry Adderley 2019		
400 METERS			55-METER HURDLES			PENTATHLON		
Time Athlete Year			Time Athlete Year			Points Athlete Year		
47.89 Glenn Hunt 1999			7.44 David Davis 2001			3,733 Grant Dennis 2001		
47.92 Jamarice Preston 2016			7.57 Willie White 1998			3,549 Doug Fredrick 1999		
48.54 Zdenko Duris 2000			7.61 Marcus Osler 1995			3,542 Deandre Free 2001		
48.78 Chris Robinson 1996			7.75 Doug Fredrick 1998			3,426 Jochen Hegenwald 2001		
48.84 Brad Epperly 1999			7.75 Damon Powell 2000			3,309 Christopher Bryan 2017		
600 METERS			60-METER HURDLES			HEPTATHLON		
Time Athlete Year			Time Athlete Year			Points Athlete Year		
1:20.53 Jackson Barbour 2016			7.93 David Davis 2000			4,929 Christopher Bryan 2017		
1:20.80 Darrien Case 2017			7.95 Willie White 2001			4,407 Zane Lockhart 2018		
1:23.65 D'Arby Parks 2016			8.00 Anthony Boyer 2010			4,208 Zane Lockhart 2017		
1:23.74 Jason Shaw 2016			8.04 Christopher Bryan 2018			4,179 Preston Phillips 2010		
1:25.52 Josh Sanders 2018			8.14 Frederick Boyd 2017			4,064 Nick Stoppel 2010		
600 YARDS			HIGH JUMP					
Time Athlete Year			Mark Athlete Year					
1:11.53 Jamarice Preston 2017			2.10m (6'10.5") Matt Voelker 2002					
1:12.29 Redell Frazier 2011			2.08m (6'10") Richard Markray 1999					
1:12.58 Larry Hill 2010			2.07m (6'9.5") Alex Gutierrez 2017					
1:12.60 Brad Epperly 1998			2.04m (6'8.25") Christopher Bryan 2017					
1:13.04 LeVerne Wilson 1998			2.03m (6'8") Charles Troupe 2005					
800 METERS			POLE VAULT					
Time Athlete Year			Mark Athlete Year					
1:52.36 Alex Pena-Lopez 2011			5.22m (17'1.5") Lukas Van Der Watt 2017					
1:52.39 Larry Hill 2010			4.88m (16'0") Jochen Hegenwald 2001					
1:52.84 Darrien Case 2017			4.55m (14'11") Alex Kelsey 2005					
1:54.36 Redell Frazier 2012			4.53m (14'10.25") Derrick Yoch 2017					
1:54.66 Brad Epperly 2000			4.50m (14'7.63") Luke Woodall 2018					
			LONG JUMP					

MEN'S OUTDOOR

100 METERS

Time	Athlete	Year
10.57	Chadayne Walker	2017
10.63	Chris Weimer	2000
10.64	Justin Martin	2017
10.64	Daniel Prioleau	2014
10.65	Ronnie Williams	1997

200 METERS

Time	Athlete	Year
21.25	Justin Martin	2017
21.26	Chris Weimer	1999
21.40	Chadayne Walker	2017
21.52	Traezon Henderson	2017
21.57	Brady Adams	2013

400 METERS

Time	Athlete	Year
47.42	Glenn Hunt	2000
47.66	Zdenko Duris	2000
47.85	Jamarice Preston	2016
48.04	Chris Robinson	1996
48.24	Jaquez Perry	2017

800 METERS

Time	Athlete	Year
1:50.91	Darrien Case	2017
1:52.12	Lee Tittle	1999
1:52.29	Roland Hemmings	2005
1:52.71	Larry Hill	2010
1:53.11	Alex Pena-Lopez	2009

1,500 METERS

Time	Athlete	Year
3:46.11	Bryce Miller	2016
3:48.82	Lee Tittle	1999
3:48.91	Taylor Wardall	2013
3:51.47	Daniel Mann	2013
3:51.54	Darrien Case	2018

3,000 METERS

Time	Athlete	Year
8:13.31	Cosmas Ayabei	2011
8:29.39	Lee Tittle	1999
8:32.34	Jason Fambrough	2017
8:36.03	Zach Mathias	2011
8:36.97	Taylor Wardall	2013

5,000 METERS

Time	Athlete	Year
14:20.69	Bryce Miller	2015
14:39.24	Cosmas Ayabei	2013
14:39.66	Nathan Keown	2014
14:47.28	Quinlan Moll	2016
14:50.05	Jason Fambrough	2015

10,000 METERS

Time	Athlete	Year
29:13.50	Cosmas Ayabei	2012
30:46.72	Jason Fambrough	2017
30:49.84	Bill Hibdon	2002
30:53.70	Quinlan Mill	2016
31:03.75	Nathan Keown	2018

110-METER HURDLES

Time	Athlete	Year
13.98	Anthony Boyer	2006
14.11	David Davis	2000
14.20	Willie White	1999
14.22	Frederick Boyd	2017
14.36	Damon Powell	1998

400-METER HURDLES

Time	Athlete	Year
51.21	Anthony Boyer	2010
52.23	Zak Snow	2015
52.28	Doug Fredrick	1999
52.52	Willie White	1999
52.74	Brad Epperly	1999

2,000-METER STEEPLECHASE

Time	Athlete	Year
5:49.43	Bryce Miller	2015
6:23.89	Griffin Humphreys	2014
6:47.07	Kyle Bremer	2013

3,000-METER STEEPLECHASE

Time	Athlete	Year
8:34.32	Bryce Miller	2016
9:02.63	Marcus Johnson	2017
9:08.18	Jeremy Combs	2000
9:23.17	Sean Bernsen	1999
9:23.35	Jon Harman	2002

HIGH JUMP

Mark	Athlete	Year
2.22m (7'3.25")	Matt Voelker	2002
2.05m (6'8.75")	Richard Markray	1999
2.05m (6'8.75")	Jamarice Preston	2018
2.04m (6'8.25")	Christopher Bryan	2016
2.02m (6'7.50")	Tim Jones	2002

POLE VAULT

Mark	Athlete	Year
5.12m (16'9.5")	Lukas Van Der Watt	2017
4.90m (16'0.75")	Alex Kelsey	2005
4.66m (15'2.89")	Luke Woodall	2018
4.63m (15'1.90")	Hamza Kamran	2018
4.27m (14'0")	Jeremy Haskin	1996

LONG JUMP

Mark	Athlete	Year
8.00m (26'3")	Deandre Free	2000
7.49m (24'5.74")	Christopher Bryan	2018
7.45m (24'4.42")	Oscar Emegano	2011
7.45m (24'5.50")	Lance Davis	1998
7.45m (24'5.50")	Marcus Lee	2009
7.44m (24'5")	Richard Lewis	1996

TRIPLE JUMP

Mark	Athlete	Year
16.03m (52'7.25")	Marcus Lee	2009
15.43m (50'7.5")	Richard Smith	2017
15.24m (50'0")	Christopher Bryan	2018
15.24m (50'0")	Deandre Free	2002
15.18m (49'9.75")	D.C. Okonta	2013

SHOT PUT

Mark	Athlete	Year
18.17m (59'7.5")	Blake Hocking	2015
16.89m (55'5")	Josh Whisman	2002
16.20m (53'1.75")	Ramon Nelson	2012
15.79m (51'8.05")	Perry Adderley	2018
15.78m (51'9.25")	Brian Krantz	2003

DISCUS

Mark	Athlete	Year
53.49m (175'6")	Blake Hocking	2017
50.50m (165'7")	Jacob Hockman	2018
49.45m (162'3")	Chris Armstrong	2003
49.22m (161'6")	Martin Williams	2016
49.20m (161'5")	Ramon Nelson	2010

HAMMER

Mark	Athlete	Year
56.62m (185'9")	Kris Leverette	2014
55.40m (181.9")	Josh Whisman	2002
55.22m (181'2")	Geoff Gladish	2000
54.67m (179'4")	Martin Williams	2016
54.61m (179'2")	Ramon Nelson	2013

JAVELIN

Mark	Athlete	Year
66.08m (216'8")	Harpreet Dosanjh	2018
64.67m (212'2")	Carter Grissom	2018
64.22m (210'8")	Alex Voxall	2016
59.94m (196'8")	Max Carroll	2013
55.83m (183'2")	Grant Dennis	2001

DECATHLON

Points	Athlete	Year
7,413	Grant Dennis	2001
6,764	Deandre Free	2001
6,575	Doug Fredrick	2000
6,466	Micah Bray	2000
6,157	Zane Lockhart	2017

WOMEN'S INDOOR

55 METERS

Time	Athlete	Year
7.10	Natasha Kieser	1998
7.10	Sheri Pewitte	1999
7.11	Khama Beckles	1999
7.19	Shakira Thomas	2011
7.20	Nicole Randle	1995
7.20	Comfort Ibe	2000

60 METERS

Time	Athlete	Year
7.56	Michelle Momo	2013
7.66	Genel Rollins	2015
7.66	Chomanese Roberts	2000
7.68	Stephany Johnson	2013
7.70	Sherrie Pewitt	2001
7.70	Marcia Daniel	1999

200 METERS

Time	Athlete	Year
24.70	Genel Rollins	2016
24.95	Michelle Momo	2014
25.16	Kamaya Tucker	2015
25.17	Viola Kleiser	2012
25.18	Shanelle Williams	2014

300 METERS

Time	Athlete	Year
40.43	Sa'Kia Taylor	2012
40.83	Malon Lee	2019
41.39	Rachel Culberson	2019
42.42	Carolyn Ross	2019
41.55	Briana Carter	2012

400 METERS

Time	Athlete	Year
56.23	Chantel Bethune	2016
56.35	Briana Carter	2015
56.47	Marcia Daniel	2003
56.53	Marlainna Glenn	1998
56.74	Angela Harris	1999

600 METERS

Time	Athlete	Year
1:35.36	Hanna Miller	2017
1:36.32	Brooke Guiot	2014
1:37.59	Janelle Johnson	2015
1:37.84	Veronica Rollins	2013
1:40.88	Chesney Walker	2017

600 YARDS

Time	Athlete	Year
1:23.64	Briana Carter	2014
1:24.27	Hanna Miller	2017
1:24.40	Veronica Rollins	2015
1:26.00	Marcia Daniel	2003
1:26.21	Sa'Kia Taylor	2011

800 METERS

Time	Athlete	Year
2:12.06	Carrie McCann	1999
2:14.45	Veronica Rollins	2016
2:15.05	Hanna Miller	2017
2:15.06	Brooke Guiot	2014
2:16.80	Angel Gannon	2012

1,000 METERS

Time	Athlete	Year
2:57.29	Hanna Miller	2017
2:59.56	Elizabeth Nolke	2018
3:00.26	Natasha Nazarova	2003
3:00.27	Aubrey Frederking	2012
3:03.77	Sommer Herner	2019

MILE

Time	Athlete	Year
4:55.56	Courtney Frerichs	2013
4:58.87	Mia Jerman	2018
4:59.04	Elizabeth Nolke	2018
4:59.44	Aubrey Frederking	2012
5:01.62	Sarah Fogarty	2015

3,000 METERS

Time	Athlete	Year
9:35.89	Courtney Frerichs	2014
9:46.43	Sarah Fogarty	2017
9:59.37	Jylian Jaloma	2013
10:02.91	Mia Jerman	2018
10:07.02	Chandler Carreon	2017

5,000 METERS

Time	Athlete	Year
15:47.56	Courtney Frerichs	2015
17:18.29	Jylian Jaloma	2012
17:23.82	Christine Ensign	2006
17:31.49	Sara Hiller	2007
17:33.06	Chandler Carreon	2017

55-METER HURDLES

Time	Athlete	Year
8.04	Angela Harris	1999
8.34	Julie Weltmer	1998
8.50	Erica Moore	1998
8.51	Angel Cloughley	1999
8.58	Saran Dunmore	1995

60-METER HURDLES

Time	Athlete	Year
8.35	Remy Abrought	2017
8.48	Shanelle Williams	2014
8.50	Mallory Short	2016
8.61	Angela Harris	2000
8.71	Sydia Darker	2016

HIGH JUMP

Mark	Athlete	Year
1.72m (5'8")	Courtney Huber	2006
1.70m (5'7")	Lynette Williams	2000
1.68m (5'6")	Jessica Hulbert	2007
1.65m (5'5")	Holly Cain	2003
1.65m (5'5")	Kim Nagy	2011
1.65m (5'5")	Emily Lucas	2011

POLE VAULT

Mark	Athlete	Year
3.95m (12'9.6")	Katy McAuley	2019
3.78m (12'4")	Christy Nell	2018
3.64m (11'11.25")	Sonya Ahmed	2001
3.46m (11'4.25")	Mara Meneely	2017
3.35m (10'11.75")	Nicole Kofron	2006

LONG JUMP

Mark	Athlete	Year
6.13m (20'1.5")	Sheri Pewitte	1998
5.96m (19'6.75")	Dee Dee Fortman	2000
5.88m (19'3.5")	Michelle Momo	2013
5.73m (18'9.75")	Sydia Darker	2016
5.68m (18'7.75")	Traci Mills	2015

TRIPLE JUMP

Mark	Athlete	Year
12.49m (40'11.75")	Dee Dee Fortman	2000
12.48m (40'11.5")	Briana Carter	2014
12.36m (40'6.75")	Stephany Johnson	2012
12.08m (39'7.75")	Traci Mills	2017
11.90m (39'0.5")	Michelle Momo	2014

SHOT PUT

Mark	Athlete	Year
14.05m (46'1.25")	Kelsey Benoit	2014
13.98m (45'10.5")	Dahlia Dyson	2014
13.30m (43'7.75")	Ise Ruetz	1997
13.27m (43'6.5")	Martana Stemmons	2017
13.19m (43'3.25")	Susan Brueggemann	2011

WEIGHT THROW

Mark	Athlete	Year
18.83 (61'9.5")	Kelsey Benoit	2016
18.59m (61'0")	Dahlia Dyson	2014
18.43m (60'0.75")	Dion McNeal	2002
17.82m (58'5.75")	Roxanne Koke	2011
17.79m (58'4.5")	Dee Dee Steele	1999

PENTATHLON

Points	Athlete	Year
3,500	Dee Dee Fortman	1999
3,400	Daiwa Emmert	2017
3,270	Angel Cloughley	1998
3,265	Starla Brown	1999
3,170	Carrie Smith	1998

WOMEN'S OUTDOOR

100 METERS

Time	Athlete	Year
11.74	Chomanese Roberts	2000
11.94	Michelle Momo	2012
11.99	Marcia Daniel	2000
12.00	Khama Beckles	1998
12.04	Maggie Brueggman-Butler	2006

200 METERS

Time	Athlete	Year
24.13	Chantel Bethune	2017
24.56	Khama Beckles	1999
24.57	Natasha Kieser	1997
24.70	Marcia Daniel	2001
24.73	Angela Harris	1999

400 METERS

Time	Athlete	Year
54.40	Chantel Bethune	2017
55.17	Marcia Daniel	2000
55.47	Marlainna Glenn	1998
55.76	Angela Harris	1999
55.96	Anoula Bailey	2010

800 METERS

Time	Athlete	Year
2:11.67	Hanna Miller	2017
2:11.94	Carrie McCann	1999
2:12.70	Brooke Guiot	2014
2:13.84	Veronica Rollins	2015
2:15.25	Janelle Johnson	2017

1,500 METERS

Time	Athlete	Year
4:22.59	Courtney Frerichs	2015
4:32.79	Elizabeth Nolke	2018
4:36.36	Aubrey Frederking	2011
4:40.15	Sarah Fogarty	2015
4:41.65	Chandler Carreon	2016

3,000 METERS

Time	Athlete	Year
9:59.67	Mia Jerman	2017
10:01.63	Jennifer Casebeer	1998
10:06.92	Kelly Carpenter	2014
10:07.07	Lisa Buffington	1999
10:08.87	Chandler Carreon	2017

5,000 METERS

Time	Athlete	Year
16:22.98	Courtney Frerichs	2013
17:09.21	Jylian Jaloma	2013
17:15.32	Sarah Fogarty	2016
17:16.33	Mia Jerman	2017
17:27.31	Kelly Carpenter	2017

10,000 METERS

Time	Athlete	Year
35:50.28	Kelly Carpenter	2015
35:52.69	Sara Meiners	2012
35:56.95	Mia Jerman	2018
36:06.00	Natalie Meyers	2002
36:20.31	Sara Hiller	2007

100-METER HURDLES

Time	Athlete	Year
13.43	Remy Abrought	2017
13.70	Shanelle Williams	2014
13.83	Mallory Short	2016
13.95	Angela Harris	1999
14.18	Jada Steele	2017

400-METER HURDLES

Time	Athlete	Year
1:00.50	Comfort Ibe	2001
1:00.95	Julie Weltmer	1998
1:01.28	Carolyn Ross	2018
1:01.30	Erica Moore	2000
1:01.34	Angela Harris	1998

2,000-METER STEEPLECHASE

Time	Athlete	Year
6:48.82	Courtney Frerichs	2013
6:55.36	Sarah Fogarty	2015
7:17.42	Gabrielle Penaflo	2016

3,000-METER STEEPLECHASE

Time	Athlete	Year
9:31.36	Courtney Frerichs	2015
10:37.89	Sarah Fogarty	2016
11:01.47	Gabrielle Penaflo	2016
11:29.40	Mia Jerman	2018
11:34.64	Kristi Pinnell	2003

HIGH JUMP

Mark	Athlete	Year
1.74m (5'8.5")	Courtney Huber	2007
1.70m (5'7")	Lynette Williams	1999
1.67m (5'5.75")	Jessica Hulbert	2006
1.65m (5'5")	Dee Dee Fortman	2000
1.65m (5'5")	Daiwa Emmert	2018
1.65m (5'5")	Gabriel Foster	2017

POLE VAULT

Mark	Athlete	Year
3.75m (12'3.5")	Christy Nell	2017
3.54m (11'6.5")	Mara Meneely	2018
3.51m (11'6.25")	Sonya Ahmed	2002
3.35m (10'11.75")	Angie Jeffries	2001
3.20m (10'6")	Cathy Otte	2002

LONG JUMP

Mark	Athlete	Year
6.29m (20'7.75")	Sheri Pewitte	2000
6.17m (20'3")	Dee Dee Fortman	1999
6.00m (19'8.25")	Michelle Momo	2013
5.80m (19'0.5")	Jazmine Cooper	2012
5.84m (19'1.6")	Jada Steele	2018

TRIPLE JUMP

Mark	Athlete	Year
12.93m (42'5")	Dee Dee Fortman	2000
12.56m (41'2.5")	Stephany Johnson	2013
12.25m (40'2.25")	Briana Carter	2015
12.14m (39'10")	Dasjah Mason	2017
11.97m (39'3.25")	Khadian Kelly	2007

SHOT PUT

Mark	Athlete	Year
14.28m (46'10.25")	Dahlia Dyson	2015
13.95m (45'9.25")	Kelsey Benoit	2015
13.67m (44'10.25")	Martanna Stemmons	2017
13.51m (44'4")	Susan Brueggmann	2011
12.80m (42'0")	Lisa Gray	2010

DISCUS

Mark	Athlete	Year
50.82m (166'9")	Matia Finley	2017
50.58m (165'11")	Rebecca Finley	2017
49.00m (160'9")	Ise Ruetz	1997
46.81m (153'7")	Dion McNeal	2001
46.31m (151'11")	Martanna Stemmons	2017

HAMMER

Mark	Athlete	Year
55.02m (180'6")	Dion McNeal	2002
53.78m (176'4")	Kelsey Benoit	2016
53.62m (175'11")	Dee Dee Steele	1998
53.00m (173'11")	Dahlia Dyson	2015
52.17m (171'2")	Denise Banda	2012

JAVELIN

Mark	Athlete	Year
48.44m (158'11")	Kimoya Harriott	2012
41.25m (135'4")	Starla Brown	2002
41.04m (134'6.4")	Alexa Pint	2018
39.22m (128'8")	Ashley Weeks	2001
38.48m (126'3")	Lisa Lambert	2005

HEPTATHLON

Points	Athlete	Year
4,699	Daiwa Emmert	2017
4,608	Starla Brown	2000
4,345	Carrie Smith	2000
4,276	Angel Cloughley	1999
4,025	Meg Sharemet	2014