

**MEN'S INDOOR**

55 METERS			1,000 METERS			LONG JUMP		
Time	Athlete	Year	Time	Athlete	Year	Mark	Athlete	Year
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	2:32.04	Daylan Quinn	2017	7.15m (23'5.5")	Osace Emagana	2010
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	15.31m (50'2.75")	Richard Smith	2017
6.83	Justin Martin	2017	4:10.03	Bryce Miller	2015	15.25m (50'0.5")	D.C. Okonta	2013
6.84	Chadayne Walker	2016	4:11.45	Kolton Sheldon	2013	15.01m (49'3")	Deandre Free	2001
6.84	Anthony Boyer	2010	4:13.52	Daniel Mann	2013	14.90m (48'10.5")	Marcus Osler	1995
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	8:29.48	Zach Mathias	2012	15.77m (51'9")	Cade Lambson	2012
21.93	Glenn Hunt	1998	8:34.42	John Thorpe	2011	15.76m (51'8.5")	Brian Krantz	2003
22.04	Joshua Butler	2013	8:34.69	Quinlan Moll	2017	15.51m (50'10.5")	Josh Whisman	2012
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
36.10	Chadayne Walker	2017	14:34.88	John Thorpe	1998	18.26m (59'11")	Josh Whisman	2002
36.31	Kristen Hepburn	2010	14:39.88	Zach Mathias	2012	17.94m (58'10.25")	Ramon Nelson	2012
36.32	Johnathon Barnett	2012	14:53.41	Aaron Barton	2002	17.58m (57'8.25")	Brian Kantz	2002
36.54	Keenan Simmons	2009	15:00.79	Quinlan Moll	2017	17.17m (56'4")	Adam Beltran	1999
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	4,208	Zane Lockhart	2017
1:23.74	Jason Shaw	2016	8.00	Anthony Boyer	2010	4,179	Preston Phillips	2010
1:26.22	Zak Snow	2014	8.21	Frederick Boyd	2017	4,064	Nick Stoppel	2010
1:29.73	Lachlan Moore	2017	8.23	Joshua Schirmer	2015	3,814	Garrison Woods	2015
600 YARDS			HIGH JUMP			POLE VAULT		
Time	Athlete	Year	Mark	Athlete	Year	Mark	Athlete	Year
1:11.53	Jamarice Preston	2017	2.10m (6'10.5")	Matt Voelker	2002	5.22m (17'1.5")	Lucas van der Watt	2017
1:12.29	Redell Frazier	2011	2.08m (6'10")	Richard Markray	1999	4.88m (16'0")	Jochen Hegenwald	2001
1:12.58	Larry Hill	2010	2.07m (6'9.5")	Alex Gutierrez	2017	4.55m (14'11")	Alex Kelsey	2005
1:12.60	Brad Epperly	1998	2.04m (6'8.25")	Christopher Bryan	2017	4.53m (14'10.25")	Derrick Yoch	2017
1:13.04	LeVerne Wilson	1998	2.03m (6'8")	Charles Troupe	2005	4.27m (14'0")	Micah Bray	2000
800 METERS			POLE VAULT			POLE VAULT		
Time	Athlete	Year	Mark	Athlete	Year	Mark	Athlete	Year
1:52.36	Alex Pena-Lopez	2011	5.22m (17'1.5")	Lucas van der Watt	2017	4.88m (16'0")	Jochen Hegenwald	2001
1:52.39	Larry Hill	2010	4.88m (16'0")	Jochen Hegenwald	2001	4.55m (14'11")	Alex Kelsey	2005
1:52.84	Darrien Case	2017	4.53m (14'10.25")	Derrick Yoch	2017	4.27m (14'0")	Micah Bray	2000
1:54.36	Redell Frazier	2012	4.27m (14'0")	Micah Bray	2000			
1:54.66	Brad Epperly	2000						

MEN'S OUTDOOR

100 METERS

Time	Athlete	Year
10.63	Chris Weimer	2000
10.64	Daniel Prioleau	2014
10.65	Ronnie Williams	1997
10.68	Anthony Boyer	2009
10.70	Brian Favell	1996
10.70	Kenny Roach	2015

200 METERS

Time	Athlete	Year
21.26	Chris Weimer	1999
21.57	Brady Adams	2013
21.63	Brian Favell	1996
21.64	Keenan Simmons	2009
21.67	Chadayne Walker	2016
21.67	LeVerne Wilson	1998

400 METERS

Time	Athlete	Year
47.42	Glenn Hunt	2000
47.66	Zdenko Duris	2000
47.85	Jamarico Preston	2016
48.04	Chris Robinson	1996
48.28	LeVerne Wilson	1998

800 METERS

Time	Athlete	Year
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
1:53.44	Shaun Walker	2004

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
3:52.86	Koltton Sheldon	2013

3,000 METERS

Time	Athlete	Year
8:13.31	Cosmas Ayabei	2011
8:29.39	Lee Tittle	1999
8:36.03	Zach Mathias	2011
8:36.97	Taylor Wardall	2013
8:37.37	Danny Sillva	1998

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
30:49.84	Bill Hibdon	2002
30:53.70	Quinlan Mill	2016
31:03.80	John Thorpe	1998
31:14.51	Griffin Humphreys	2016

110-METER HURDLES

Time	Athlete	Year
13.98	Anthony Boyer	2006
14.11	David Davis	2000
14.20	Willie White	1999
14.36	Damon Powell	1998
14.59	Doug Fredrick	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
9:08.18	Jeremy Combs	2000
9:23.17	Sean Bernsen	1999
9:23.35	Jon Harman	2002
9:26.56	Justin Reeder	1999

HIGH JUMP

Mark	Athlete	Year
2.22m (7'3.25")	Matt Voelker	2002
2.05m (6'8.75")	Richard Markray	1999
2.04m (6'8.25")	Christopher Bryan	2016
2.02m (6'7.50")	Tim Jones	2002
2.02m (6'7.50")	Deandre Free	2000

POLE VAULT

Mark	Athlete	Year
4.90m (16'0.75")	Alex Kelsey	2005
4.27m (14'0")	Jeremy Haskin	1996
4.19m (13'9")	Grant Dennis	2001
4.10m (13'5.25")	Deandre Free	2002
4.10m (13'5.25")	Micah Bray	2000

LONG JUMP

Mark	Athlete	Year
8.00m (26'3")	Deandre Free	2000
7.67m (25'2")	Oscar Emegano	2011
7.45m (24'5.50")	Lance Davis	1998
7.44m (24'5")	Marcus Lee	2009
7.44m (24'5")	Richard Lewis	1996

TRIPLE JUMP

Mark	Athlete	Year
16.03m (52'7.25")	Marcus Lee	2009
15.24m (50'0")	Deandre Free	2002
15.18m (49'9.75")	D.C. Okonta	2013
15.11m (49'7")	Oscar Emegano	2011
15.00m (49'2.5")	Joshua Harden	2015

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
15.78m (51'9.25")	Brian Krantz	2003
15.51m (50'10.75")	Martin Williams	2016

DISCUS

Mark	Athlete	Year
49.45m (162'3")	Chris Armstrong	2003
49.22m (161'6")	Martin Williams	2016
49.20m (161'5")	Ramon Nelson	2010
48.82m (160'2")	Tom Woodward	2000
48.16m (158'0")	Blake Hocking	2015

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
64.22m (210'8")	Alex Yoxall	2016
59.94m (196'8")	Max Carroll	2013
59.77m (196'1")	Harpreet Dosanjh	2015
55.83m (183'2")	Grant Dennis	2001
55.78m (183'0")	Josh McNicholl	1998

DECATHLON

Points	Athlete	Year
7,413	Grant Dennis	2001
6,764	Deandre Free	2001
6,575	Doug Fredrick	2000
6,466	Micah Bray	2000
6,113	Jeremy Haskin	1997

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
41.55	Briana Carter	2012
41.65	Veronica Rollins	2012
41.68	Genel Rollins	2017
42.12	Danielle Olive	2011

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
2:59.66	Elizabeth Nolke	2017
3:00.26	Natasha Nazarova	2003
3:00.27	Aubrey Frederking	2012
3:04.00	Carrie McCann	2000

MILE

Time	Athlete	Year
4:55.56	Courtney Frerichs	2013
4:59.44	Aubrey Frederking	2012
5:01.62	Sarah Fogarty	2015
5:04.66	Jylian Jaloma	2012
5:06.54	Elizabeth Nolke	2017

3,000 METERS

Time	Athlete	Year
9:35.89	Courtney Frerichs	2014
9:46.43	Sarah Fogarty	2017
9:59.37	Jylian Jaloma	2013
10:07.02	Chandler Carreon	2017
10:07.34	Sara Hiller	2007

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
3.64m (11'11.25")	Sonya Ahmed	2001
3.46m (11'4.25")	Christy Nell	2017
3.46m (11'4.25")	Mara Meneely	2017
3.35m (10'11.75")	Nicole Kofron	2006
3.25m (10'8")	Angie Jeffries	2001

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")	Martanna 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
24.56	Khama Beckles	1999
24.57	Natasha Kieser	1997
24.70	Marcia Daniel	2001
24.73	Angela Harris	1999
24.75	Genel Rollins	2016

400 METERS

Time	Athlete	Year
55.17	Marcia Daniel	2000
55.47	Marlainna Glenn	1998
55.55	Chantel Bethune	2015
55.76	Angela Harris	1999
55.96	Anoula Bailey	2010

800 METERS

Time	Athlete	Year
2:11.94	Carrie McCann	1999
2:12.70	Brooke Guiot	2014
2:13.84	Veronica Rollins	2015
2:14.80	Hanna Miller	2016
2:15.52	Janelle Johnson	2015

1,500 METERS

Time	Athlete	Year
4:22.59	Courtney Frerichs	2015
4:36.36	Aubrey Frederking	2011
4:40.15	Sarah Fogarty	2015
4:41.65	Chandler Carreon	2016
4:42.60	Kristi Pinnell	2004

3,000 METERS

Time	Athlete	Year
10:01.63	Jennifer Casebeer	1998
10:06.92	Kelly Carpenter	2014
10:07.07	Lisa Buffington	1999
10:11.87	Jylian Jaloma	2011
10:12.23	Courtney Frerichs	2012

5,000 METERS

Time	Athlete	Year
16:22.98	Courtney Frerichs	2013
17:09.21	Jylian Jaloma	2013
17:15.32	Sarah Fogarty	2016
17:27.75	Jennifer Casebeer	1998
17:29.06	Kelly Carpenter	2014

10,000 METERS

Time	Athlete	Year
35:50.28	Kelly Carpenter	2015
35:52.69	Sara Meiners	2012
36:06.00	Natalie Meyers	2002
36:20.31	Sara Hiller	2007
36:48.40	Jennifer Casebeer	1998

100-METER HURDLES

Time	Athlete	Year
13.70	Shanelle Williams	2014
13.83	Mallory Short	2016
13.95	Angela Harris	1999
14.20	Sydia Darker	2015
14.44	Dee Dee Fortman	2000

400-METER HURDLES

Time	Athlete	Year
1:00.50	Comfort Ibe	2001
1:00.95	Julie Weltmer	1998
1:01.30	Erica Moore	2000
1:01.34	Angela Harris	1998
1:01.49	Patricia Miller	2013

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
11:34.64	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
1.63m (5'4.25")	Starla Brown	2000
1.63m (5'4.25")	Holly Cain	2005

POLE VAULT

Mark	Athlete	Year
3.51m (11'6.25")	Sonya Ahmed	2002
3.35m (10'11.75")	Angie Jeffries	2001
3.20m (10'6")	Cathy Otte	2002
3.20m (10'6")	Nicole Kofron	2005
2.90m (9'6")	Joanna Sparks	2005

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")	Jasmine Cooper	2012
5.79m (19'0")	Traci Mills	2015

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
11.97m (39'3.25")	Khadian Kelly	2007
11.94m (39'2.25")	Dasjah Mason	2016

SHOT PUT

Mark	Athlete	Year
14.28m (46'10.25")	Dahlia Dyson	2015
13.95m (45'9.25")	Kelsey Benoit	2015
13.51m (44'4")	Susan Brueggmann	2011
12.80m (42'0")	Lisa Gray	2010
12.76m (41'10.25")	Alyssa Klein	2006

DISCUS

Mark	Athlete	Year
49.00m (160'9")	Ise Ruetz	1997
47.70m (156'6")	Matia Finley	2016
46.81m (153'7")	Dion McNeal	2001
45.26m (146'6")	Dahlia Dyson	2013
42.90m (140'9")	Kelsey Benoit	2013

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
39.22m (128'8")	Ashley Weeks	2001
38.48m (126'3")	Lisa Lambert	2005
38.20m (125'4")	Rebecca Hasenkamp	2014

HEPTATHLON

Points	Athlete	Year
4,608	Starla Brown	2000
4,345	Carrie Smith	2000
4,276	Angel Cloughley	1999
4,270	Daiwa Emmert	2016
4,025	Meg Sharemet	2014