

FEMALE OUTDOOR RECORDS

5- 6 RECORD HOLDERS

EVENTS	FEMALE RECORD HOLDER	TIME/ DISTANCE	Year
50 Meters	Brianca Barclay	9.73	2015
55 Meter	Kiani Inabinet	9.92	2016
100 Meters	Gabrielle Bradley	17.16	2007
200 Meters	Gabrielle Bradley	39.34	2007
400 Meters	Ashley Wallace	1:36.64	2008
800 Metets	Tamya Gadsen	6:25.66	2011
800M Race Walk	Chayanne Gordan	8:48.64	2013
1500M Race Walk	Chayanne Gordan	16:24.0	2013
Long Jump	Ashley Wallace	6'7"	2008
Multi	Ashley Wallace	235 pts	2009
Shot Put	Alissa Martin	3.07M	2013
Softball Throw	Kelsie Jacques	20'10.50	2014

7- 8 RECORD HOLDERS

EVENTS	FEMALE RECORD HOLDER	TIME/ DISTANCE	Year
100 Meters	Nevaeh Thompson	14.33	2016
200 Meters	Nevaeh Thompson	30.65	2016
400 Meters	Nevaeh Thompson	1:19.28	2016
800 Meters	Victoria Clark	3:04.60	2016
1500 Meters	Elizabeth Agudzi-Addo	6:08.87	2015
1600 Meter Run	Elizabeth Agudzi-Addo	6:40.00	2015
Mile Run	Jada Morgan	7:55.41	2013
800 Rack Walk	Alisha Smith	5:55.84	2013
1500 Rack Walk	Loriah Castro	11:08.40	2012
Mile Race Walk	Loriah Castro	13:27.15	2012
Long Jump	Nevaeh Thompson	12'8	2016
Shot Put	Nevaeh Thompson	14'10	2016
Turbo Javelin	Victoria Clark	57 feet	2016
Multi	Nevaeh Thompson	1,410	2016
4x100	Ashlyn Jones Khalia Lyons Ashanti Martin Ashley Wallace	1:08.41	2009
4x200	Kamari Bullock Taylor Cummings Alisha Smith Alvaina Avant	2:43.95	2013
4x400	Malice Greene R. Lane A. Taylor L. Winner	5:49.40	2006

9 - 10 RECORD HOLDERS

EVENTS	FEMALE RECORD HOLDER	TIME/ DISTANCE	Year
100 Meters	Jessica Colburn	13.85	2003
200 Meters	Kaleigh Winner	28.18	2007
400 Meters	Kaleigh Winner	1:04.34	2007
800 Meters	Kaleigh Winner	2:42.60	2007
1500 Meters	Naomi Clarke	5:35.00	2014
1500 Race Walk	Ginnie Harper	10:17.3	2006
1600 Run	Jada Morgan	07:26.0	2015
Mile Run	Skyelar Montgomery	06:50.5	2012
Mile Race Walk	Loriah Castro	11:50.9	2013
Long Jump	Jessica Colburn	12'7"	2003
High Jump	Olivia Clark Jada Gaskins Chantel Pike	3'10"	2003 2010 2011
Shot Put	Dakota Kindred	22'11"	2010
Triathlon	Dakota Kindred	887	2010
Turbo Javelin	Shauniqua Norris	40'0"	2002
4x100	Jessica Colburn Olivia Clark S. Evans S. Weeb	56.83	2003
4x200	Maxine Bradshaw Jada Gaskins Samari Holland Dakota Kindred	2:34.49	2015
4x400	Maxine Bradshaw Jada Gaskins Samari Holland Dakota Kindred	5.:27.77	2009
4x800	Jada Gaskins Kiara Mathis Dakota Kindred Jordan Kenkel	12:50	2010

11- 12 RECORD HOLDERS

EVENTS	FEMALE RECORD		Year
	HOLDER	TIME/ DISTANCE	
100 Meters	Antoinetta Avant	12.53	2011
200 Meters	Jamie Lott	27.22	2003
400 Meters	Llorel Artis	1:01.33	2003
800 Meters	Naomi Clarke	2:37.43	2015
1500 Meter	Autumn Clifton	5:27.85	2014
Mile Run	Riley Mack	5:51.10	2006
3000 Meters	Riley Mack	12:41	2006
1500 Race Walk	Mate'ja Belmont	9:23.54	2010
Mile Race Walk	Jaa Mari Johnson	13:02.41	2012
80 Meter Hurdles	Jessica Colburn	12.66	2004
Long Jump	Jessica Colburn	15'4"	2005
High Jump	Antoinetta Avant	4'10"	2011
Discus	Rachel Morris	85'3"	2003
Shot Put	Amanda Lugo	32'7"	2007
Turbo Javelin	Darion Holmes	64'6"	2009
Pentathlon	Jessica Colburn	2747	2005
4X100	Lorel Artis Jasmine Benbow Jamie Lott Jaquonna Lott	52.83	2003
4X400	Lorel Artis Jasmine Benbow Jamie Lott Jaquonna Lott	4:30.0	2003
4X800	Tyrinn Boyd Jada Gaskins Malise Greene Kakota Kindred Kiara Mathiss	12:08.46	2011
Sprint Medley	Jessica Colburn Q. Cooper Antoinette West K. Wofford	2:09.10	2004

13- 14 RECORD HOLDERS

EVENTS	FEMALE RECORD HOLDER	TIME/ DISTANCE	Year
100 Meters	Antoinetta Avant	12.23	2012
200 Meters	Jaquonna Lott	25.4	2004
400 Meters	Jaquonna Lott	58.97	2005
800 Meters	Autumn Clifton	2:37.43	2015
1500 Meter	Riley Mack	5:25.75	2007
1600 Mete Run	Sylelar Montgomery	6:46.00	2015
Mile Run	Riley Mack	6:22.26	2007
3000 Meters	Riley Mack	12:23.60	2007
1500 Race Walk	Lorena Leon	11:37.82	2009
Mile Race Walk	Aiyanna Sealey	12:35	2011
3000 Race Walk	Briana Leung	21:25.0	2004
80 Meter Hurdles	Malise Greene	18.96	2012
100 Meter Hurdles	Jessica Colburn	15.66	2005
200 Meter Hurdles	Olivia Clark	31.13	2007
Long Jump	Antoinetta Avant	16'3 3/4"	2013
High Jump	Adrianna Ross	5'2	2008
Triple Jump	Megan Robinson	28'5"	2004
Discus	Courtney Bennett	103'2"	2009
Shot Put	Courtney Bennett	36'4"	2009
Javelin	Jasmine Blair	62'4"	2015
Pentathlon	Jessica Colburn	2577 pts	2006
4X100	Lorel Artis Alyssa Greene Jamie Lott Jaquonna Lott	49.52	2004
4X200	Autumn Clifton Sydney Metcalf Kiara Bullock Syvanna Metcalfe	1:54.00	2015
4X400	Simone Allen Antoinetta West Jamie Lott Jaquonna Lott	4:04.01	2005
4X800	Simone Allen Jamie Lott Jaquonna Lott Antoinetta West	10:54.96	2005
Sprint Medley	Loren Artis Jasmine Benbow Jamie Lott Jaquonna Lott	1:55.40	2004
Distance Medley	Syvanna Metcalfe Sydney Metcalfe Kiara Bullock Skyelar Montgomery	12:09.38	2015

15- 16 RECORD HOLDERS

EVENTS	FEMALE RECORD HOLDER	TIME/ DISTANCE	Year
100 Meters	Jenice Taylor	12.6	2011
200 Meters	Jamie Lott	25.39	2006
400 Meters	Loren Dyer	59.18	2008
800 Meters	Charity Haynes	2:24.48	2006
1500 Meter	Rachel Nelson	5:31.51	2008
1600 Meter Run	Cynthia Pena-Baker	6:51.95	2015
3000 Meters	Kaitlyn Kehoe	11:44.50	2005
1500 Race Walk	Alezia Avant	11:56.68	2013
3000 Race Walk	Megan Greany	22:25.7	2003
100 Meter Hurdles	Morgan Knight	15.29	2012
110 Meter Hurdles	Monae Waller	15.32	2006
400 Meter Hurdles	Monae Waller	1:07.0	2006
Long Jump	Jeonna Taylor	16'6"	2012
High Jump	Monae Waller	5'2	2008
Triple Jump	Jeonna Taylor	35'3"	2012
Discus	Naihia Rose	94'11"	2011
Shot Put	Naihia Rose	32'3 1/2"	2011
Javelin	Malise Greene	91'9"	2015
Pentathlon	Adrianna Ross	2735 pts	2009
4X100	A. Burks L. Dyer P. Lloyd D. Williams	51.1	2008
4X400	Alyssia Greene Jamie Lott Jaquonna Lott Monae Waller	4:00.02	2006

17- 18 RECORD HOLDERS

EVENTS	FEMALE RECORD HOLDER	TIME/ DISTANCE	Year
100 Meters	Kierra Henderson	12.17	2015
200 Meters	Tiara Swindell	24.6	2007
400 Meters	Tiara Swindell	56.23	2007
800 Meters	Lana McGowan	2:18.71	2005
1500 Meter	Alexander Capitol	6:55.97	2009
100 Meter Hurdles	Antoinette Avant	14.34	2016
110 Meter Hurdles	Asia Oldham	15.2	2007
400 Meter Hurdles	Lana McGowan	1:05.20	2005
1500 Race Walk	Tabatha Kargbo	14:24.1	2015
Long Jump	Jeonna Taylor	17'10"	2013
High Jump	Cierra Johnson	4'6"	2007
Triple Jump	Jeonna Taylor	37.8 3/4"	2013
Pole Vault	LaToya Owens	9'9"	2002
Discus	Naihia Rose-Delia	126'9"	2013
Shot Put	Naihia Rose-Delia	39'7 1/3"	2013
Javelin	Anastasia Kramer	90-07	2016
Hammer	Naihia Rose-Delia	92"	2013
Pentathlon	Adrianna Ross	2735 pts	2009
4X400	Tayanna Hickman Brittni Jenkins Elizabeth Shaw Tiara Swindell	4:10.24	2007