

FEMALE OUTDOOR RECORDS

5- 6 RECORD HOLDERS

EVENTS	FEMALE RECORD HOLDER	TIME/ DISTANCE	Year
50 Meter Dash	Brianca Barclay	9.73	2015
55 Meter Dash	Kiani Inabinet	9.92	2016
100 Meter Dash	Gabrielle Bradley	17.16	2007
200 Meter Dash	Gabrielle Bradley	39.34	2007
400 Meter Dash	Ashley Wallace	1:36.64	2008
800 Meter Run	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
Turbo Jave	Havana Chapman-Edwards	14'5	2017

7- 8 RECORD HOLDERS

EVENTS	FEMALE RECORD HOLDER	TIME/ DISTANCE	Year
100 Meter Dash	Nevaeh Thompson	14.33	2016
200 Meter Dash	Nevaeh Thompson	30.65	2016
400 Meter Dash	Nevaeh Thompson	1:19.28	2016
800 Meter Run	Hope Anthony	3:02.8	2018
1500 Meters	Hope Anthony	6:02.00	2018
1600 Meter Run	Elizabeth Agudzi-Addo	6:40.00	2015
Mile Run	Hope Anthony	6:46.77	2018
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 Meter Dash	Jessica Colburn	13.85	2003
200 Meter Dash	Kaleigh Winner	28.18	2007
400 Meter Dash	Kaleigh Winner	1:04.34	2007
800 Meter Run	Kaleigh Winner	2:42.60	2007
1500 Meters	Naomi Clarke	5:33.62	2014
1500 Race Walk	Ginnie Harper	10:17.3	2006
1600 Run	Hope Anthony	6:20.34	2019
Mile Run	Elizabeth Agudzi-Addo	6:32.60	2017
Mile Race Walk	Loriah Castro	11:50.9	2013
Long Jump	Jessica Colburn	12'7	2003
High Jump	Nevaeh Thompson	4'2	2017
Shot Put	Ciara Simmons	23'11"	2017
Triathlon	Nevaeh Thompson	952	2017
Turbo Javelin	Autumn Ewing	44'0	2019
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 Meter Dash	Antoinetta Avant	12.53	2011
200 Meter Dash	Jamie Lott	27.22	2003
400 Meter Dash	Llorel Artis	1:01.33	2003
800 Meter Run	Naomi Clarke	2:37.43	2015
1500 Meter Run	Autumn Clifton	5:27.85	2014
1600 Meter Run	Aaniyah Houghton	6:29.07	2019
Mile Run	Riley Mack	5:51.10	2006
3000 Meters	Elizabeth Agudzi-Addo	12:36.13	2018
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
Aero Jave	Cedriona Drachenberg	53'8.5	2017
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 Meter Dash	Antoinetta Avant	12.23	2012
200 Meter Dash	Jaquonna Lott	25.4	2004
400 Meter Dash	Jaquonna Lott	58.97	2005
800 Meter Run	Autumn Clifton	2:32.45	2015
1500 Meter	Kathryn Moran	5:22.48	2017
1600 Meter Run	Sylelar Montgomery	6:46.00	2015
Mile Run	Kathryn Moran	6:07.71	2017
3000 Meters	Maya Yee	11:28.03	2019
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
100 Meter Hurdles	Antoinetta Avant	15.19	2013
200 Meter Hurdles	Keira Beaumont	30.81	2019
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	Lily'Ve Drachenberg	66'5	2018
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 Svanna 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	Svanna Metcalfe Sydney Metcalfe Kiara Bullock Skyelar Montgomery	12:09.38	2015

15- 16 RECORD HOLDERS

EVENTS	FEMALE RECORD HOLDER	TIME/ DISTANCE	Year
100 Meter Dash	Jenice Taylor	12.6	2011
200 Meter Dash	Jamie Lott	25.39	2006
400 Meter Dash	Loren Dyer	59.18	2008
800 Meter Run	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	Neveah Hill	36'1 1/4	2018
Javelin	Jasmine Blair	108'3.5	2016
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 Meter Dash	Kierra Henderson	12.17	2015
200 Meter Dash	Tiara Swindell	24.6	2007
400 Meter Dash	Tiara Swindell	56.23	2007
800 Meter Run	Lana McGowan	2:18.71	2005
1500 Meter	Alexander Carrera	6:39.58	2014
3000 Meter	Alexander Carrera	14:40.94	2014
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	Kiara Bullock	17'10 1/4	2018
High Jump	Jarina Miller	4'7	2018
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	98'5	2013
Heptathlon	Malise Greene	2896	2018
4X400	Tayanna Hickman Brittni Jenkins Elizabeth Shaw Tiara Swindell	4:10.24	2007