

WOMEN'S 2023-24 SEASON-BEST INDOOR PERFORMANCE LIST

WOMEN'S 60 METERS	TIME
Sarah Akpan	7.43
Kayla Bonnick	7.46
Lola Kolawole	7.61
Ariel Fletcher	7.73
Marlee Morgan	7.87

WOMEN'S 200 METERS	TIME
Sarah Akpan	23.69
Kayla Bonnick	24.76
Lola Kolawole	24.91
Ariel Fletcher	24.97
Aryana Boostani	25.76

WOMEN'S 400 METERS	TIME
Anzhelika Parenchuk	55.69
Ariel Fletcher	55.80
Brooke'Lyn Drakeford	56.98
Emily Alexandru	57.31
Tori Daniels	1:00.44

WOMEN'S 800 METERS	TIME
Caroline Timm	2:05.23
Maggie Hock	2:05.25
Alahna Sabbakhan	2:05.95
Keara Seasholtz	2:07.72

WOMEN'S MILE	TIME
Margot Appleton	4:29.07
Anna Workman	4:31.91
Caroline Timm	4:36.24
Tatum David	4:45.10

WOMEN'S 3000 METERS	TIME
Margot Appleton	8:57.53
Jenny Schilling	9:16.17
Gillian Bushee	9:23.01
Lizzy Bader	9:55.95
Lila Fenner	9:58.84

WOMEN'S 5000 METERS	TIME
Jenny Schilling	16:02.57
Camryn Menninger	16:42.87

WOMEN'S 60M HURDLES	TIME
Brooke'Lyn Drakeford	9.08
Liz Imoh	9.23
Sophia Akpan	9.26
Elsa Spoor*	10.05

WOMEN'S HIGH JUMP	MARK
Celia Rifaterra	1.84m
Carly Tarentino	1.75m
Elsa Spoor*	1.68m

WOMEN'S POLE VAULT	MARK
Sam Romano	4.24m
Gabriella Recce	4.00m
Caroline Dannenbaum	3.95m
Trina Barcarola	3.82m

WOMEN'S LONG JUMP	MARK
Jordan Hardy	6.09m
Mahkaia Lee	5.87m
Elsa Spoor*	4.85m

WOMEN'S TRIPLE JUMP	MARK
Jordan Hardy	12.87m
Mahkaia Lee	12.16m

WOMEN'S SHOT PUT	MARK
Brooke Lumpkin	15.19m
Janae Profit	15.32m
Elsa Spoor*	8.66m

WOMEN'S WEIGHT THROW	MARK
Bree Lumpkin	18.32m

PENTATHLON	SCORE
Elsa Spoor	3315

WOMEN'S DMR	TIME
Appleton, Sabbakhan	10:50.58
Hock, Workman	

4x400m	TIME
Akpan, Parenchuk	3:43.08
Drakeford, Alexandru	

* Combined Athlete
^ Run on 200-meter flat track

MEN'S 2023-24 SEASON-BEST INDOOR PERFORMANCE LIST

MEN'S 60 METERS	TIME
Peter Djan	6.93
Ethan Robinson*	6.98
Evans White IV	7.02
Michael Koepke	7.02
Jay Pendarvis	7.08

MEN'S 200 METERS	TIME
Michael Koepke	21.77
Jay Pendarvis	21.83
Evans White IV	21.88
Alex Sherman	22.00
Jaden Lyons	22.01

MEN'S 400 METERS	TIME
Alex Sherman	47.23
Evans White IV	47.98
Jaden Lyons	47.99
Gage Gose	48.96
Luke Schroeder	50.88

MEN'S 800 METERS	TIME
Conor Murphy	1:46.95
Shane Cohen	1:48.15
Gary Martin	1:48.71
Alex Leath	1:49.10
Myles Plummer	1:52.13

MEN'S MILE	TIME
Gary Martin	3:54.73
Yasin Sado	3:55.93
Nate Mountain	3:58.16
Will Anthony	3:58.39

MEN'S 3000 METERS	TIME
Gary Martin	7:47.49
Conor Murphy	7:53.17
Will Anthony	7:53.77
Yasin Sado	7:56.83
Nate Mountain	7:59.44

MEN'S 5000 METERS	TIME
Yasin Sado	13:31.87
Jacob Hunter	14:17.98

MEN'S 60M HURDLES	TIME
Peter Djan	7.80
David Frasier	7.93
Ethan Robinson *	7.97
Jeremiah Wilson	8.02
Henry Sullivan*	8.21

MEN'S HIGH JUMP	MARK
Ethan Robinson*	1.94m
David Frasier*	1.82m
Henry Sullivan*	1.81m
Luke Smith*	1.63m

MEN'S POLE VAULT	MARK
Justin Rogers	5.10m
Ethan Robinson*	4.70m
Tyler Lynch	4.60m
Henry Sullivan*	4.45m
David Frasier*	4.25m

MEN'S LONG JUMP	MARK
Heldi Valikaj	7.46m
Ethan Robinson*	7.14m

David Frasier*	6.62m
Luke Smith*	6.27m
Henry Sullivan*	6.17m

MEN'S TRIPLE JUMP	MARK
Heldi Valikaj	15.34m
Miles Lanham	13.80m

MEN'S SHOT PUT	MARK
David Frasier	13.00m
Henry Sullivan*	12.80m
Luke Smith*	12.58m
Ethan Robinson*	11.96m

MEN'S WEIGHT THROW	MARK
Jacob Lemmon	22.11m
John Fay	21.73m

HEPTATHLON	SCORE
Ethan Robinson	5503
David Frasier	5110
Henry Sullivan	4912
Luke Smith	4387

MEN'S DMR	TIME
Murphy, Sherman	9:18.95
Leath, Martin	

4X400M	TIME
Sherman, White IV	3:12.19
Gose, Lyons	

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	4:29.07	2024
3,000 meters	Margot Appleton	8:57.53	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	3:54.73	2024
3,000 meters	Gary Martin	7:47.49	2024
5,000 meters	Yasin Sado	13:31.87	2024
60-meter hurdles	Adams Abdulrazaaq	7.75	2011
4x400-meter relay	Sherman, Willis, Davis, Pendarvis	3:11.64	2022
Distance medley relay	Murphy, Sherman, Leath, Martin	9:18.95	2024
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	Jordan Young	22.92m (75' 2.5")	2015
Heptathlon	Jack Lint	5,546	2017

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.	3:40.40	Chaney, Lavender, Ezumah, Wright	2014

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.	3:11.64	Sherman, Willis, Davis, Pendarvis	2022
2.	3:11.76	Willis, Shirley, Dixon, Outlaw	2018
3.	3:11.93	Bowman, Carrington, Kiley, Dixon	2017
4.	3:12.19	Sherman, White IV, Gose, Lyons	2024
5.	3:12.52	Hazzard, Kiley, Carrington, Bartha	2015

DMR

1.	9:18.95	Murphy, Sherman, Leath, Martin	2024
2.	9:23.71	Murphy, Sherman, Martin, Porter	2023
3.	9:27.18	Porter, Sherman, Leath, Sado	2024
4.	9:27.80	Martin, Sherman, Murphy, Sado	2023
5.	9:29.86	Jesien, Paschal, Roller, Taye	2009



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
6.	Peyton Chaney	7.40	'16
	Anna Jefferson	7.40	'20
8.	Pam Lemons	7.43	'93
	Sarah Akpan	7.43	'24
10.	Kayla Bonnick	7.46	'24

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.	Sarah Akpan	24.00	'23
9.	Kayla Bonnick	24.14	'21
10.	Kelly Miller	24.17	'99

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.	Angela Griffith	55.38	'92

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.	Vanessa Fabrizio	2:07.24	'15
6.	Maggie Hock	2:07.36	'24
7.	Emma Call	2:07.39	'17
8.	Lyndsay Harper	2:07.64	'11
9.	Keara Seasholtz	2:07.69	'22
10.	Morgane Gay	2:08.07	'09

MILE

1.	Margot Appleton	4:29.07	'24
2.	Anna Workman	4:31.91	'24
3.	Mia Barnett	4:33.54	'22
4.	Jill Haworth	4:34.32	'82
5.	Morgane Gay	4:34.38	'12
6.	Vicky Fouhy	4:34.87	'13
7.	Lesley Welch	4:35.56	'82
8.	Iona Lake	4:36.11	'16
9.	Caroline Timm	4:36.24	'24
10.	Ellie Desmond	4:41.09	'23

3,000 METERS

1.	Margot Appleton	8:57.53	'24
2.	Jenny Schilling	9:16.17	'24
3.	Cleo Boyd	9:18.20	'17
4.	Claire Forbes	9:18.80	'92
5.	Stephanie Garcia	9:19.44	'11
6.	Martha White	9:19.58	'83
7.	Sophie Atkinson	9:20.87	'23
8.	Gillian Brushee	9:23.01	'24
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	16:02.57	'24
3.	Cleo Boyd	16:04.76	'17
4.	Morgan Kelly	16:10.73	'15
5.	Barbara Strehler	16:16.32	'14
6.	Emily Harrison	16:16.53	'08
7.	Lesley Welch	16:21.6h	'82
8.	Maria Hauger	16:22.07	'14
9.	Anna Corrigan	16:25.81	'12
10.	Kara Scanlin	16:27.61	'08

600 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.	Andrenette Knight	8.48	'20
6.	Heather Smith	8.54	'16
7.	Kim Turko	8.55	'01
8.	Chidi Uche	8.58	'10
9.	Lauren Echko	8.60	'09
10.	Bianca DeBartolo	8.65	'07

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
6.	Pearl Bickersteth	1.79m (5' 10.5")	'12
7.	Rachel Marks	1.78m (5' 10")	'04
	Rebecca Hawkins	1.78m (5' 10")	'22
9.	Kate Doyle	1.75m (5' 8.75")	'90
	Carly Tarentino	1.75m (5' 8.75")	'24
10.	Janelle Clayton	1.74m (5' 8.5")	'10

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.	Jordan Hardy	12.87m (42'2.75")	'24
7.	Dana Boone	12.86m (42' 2.25")	'91
8.	Michele Johnson	12.78m (41' 11")	'87
9.	Mia Barron	12.71m (41'8.5")	'17
10.	Rashawnda James	12.59m (41' 3.75")	'09

SHOT PUT

1.	Maria Deaviz	16.75m (54' 11.5")	'22
2.	Billie-Jo Grant	16.55m (54' 3.5")	'08
3.	Christine Bohan	16.53m (54' 2.75")	'16
4.	Brittany Jones	16.27m (53'4.5")	'20
5.	Ashley Anumba	16.04m (52' 7.5")	'22
6.	Maureen Laffan	15.97m (52' 4.75")	'10
7.	Eliese Mitchell	15.72m (51' 7")	'03
8.	Kelly Bodiford	15.65m (51' 4.25")	'91
9.	Brooke Lumpkin	15.48m (50' 9.5")	'24
10.	Emily Vannoy	15.42m (50' 7.25")	'10

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
4.	Erin Wykoff	17.75m (58' 3")	'12
5.	Jade Baker	17.46m (57'3.5")	'19
6.	Alexa Manning	17.09m (56' 1")	'08
7.	Ann Crouse	17.08m (56' 0.5")	'96
8.	Eva Mustafic	16.92m (55'6.25")	'19
9.	Lauren Connelly	16.67m (54' 8.25")	'96
10.	Morgan Johnson	16.63m (54' 6.75")	'22

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. Reuben Jones.....6.79 '08
3. Adam Cummings.....6.86 '13
4. Michael Johnson.....6.87 '04
5. Jarrett Hagwood.....6.89 '02
- Leo McLaughlin6.89 '11
7. Tavares Kelly6.92 '22
8. Scott Kimball.....6.93 '00
- Peter Djan.....6.93 '24**
10. Adams Abdulrazaq.....6.94 '11

200 METERS

1. Jordan Willis.....21.42 '20
2. Gerald Howard.....21.53 '95
- 3. Jay Pendarvis21.54 '23**
- 4. Michael Koepke21.77 '24**
5. Scott Kimball.....21.78 '00
- Reuben Jones.....21.78 '08
- Payton Hazzard21.78 '14
9. Conlon Bonner.....21.79 '08
10. Shay Clark.....21.81 '02

400 METERS

1. Brandon Outlaw46.58 '20
2. Payton Hazzard46.60 '15
3. Jordan Willis.....46.61 '20
4. Kellen Blassingame46.73 '06
- 5. Alex Sherman47.23 '24**
6. Kevin Anding.....47.46 '11
7. Alfred Shirley47.53 '18
8. Ben Kurgat.....47.61 '89
9. Paul Ereng.....47.64 '88
- 10. Evans White IV47.98 '24**

800 METERS

1. Paul Ereng.....1:44.84 '88
- 2. Conor Murphy1:46.95 '24**
3. Ben Kurgat1:47.31 '91
4. Robby Andrews1:48.02 '10
- 5. Shane Cohen.....1:48.15 '24**
- 6. Gary Martin1:48.71 '24**
- 7. Alex Leath1:49.10 '24**
8. McGavock Dunbar.....1:49.18 '04
9. Nathan Kiley.....1:49.20 '16
10. John Hinton.....1:49.24 '84
- Anthony Kostelac1:49.24 '11

MILE

- 1. Gary Martin3:54.73 '24**
- 2. Conor Murphy3:55.24 '23**
- 3. Yasin Sado3:55.93 '24**
- 4. Wes Porter.....3:56.83 '23**
- 5. James Donahue.....3:57.44 '23**
- 6. Nate Mountain3:58.16 '24**
7. Vince Draddy3:58.2h '82
- 8. Will Anthony3:58.39 '24**
- 9. Wes Porter3:58.57 '24**
10. Henry Wynne3:58.74 '16

3000 METERS

- 1. Gary Martin7:47.49 '24**
2. Ari Klau.....7:51.57 '20
- 3. Conor Murphy7:53.17 '24**
- 4. Will Anthony7:53.77 '24**
5. Henry Wynne.....7:53.89 '16
6. Mark Amirault.....7:54.08 '12
7. Adam Visokay7:54.24 '16
8. Kris Herdt.....7:54.90 '87
9. Wes Porter7:56.81 '22
- 10. Yasin Sado7:56.83 '24**

5000 METERS

- 1. Yasin Sado13:31.87 '24**
2. Derek Johnson.....13:39.88 '23
3. Zach Herriott13:45.37 '17
4. Ryan Collins13:46.41 '10
5. Chase Weaverling13:54.39 '17
6. Brent Demarest13:56.03 '17
7. Thomas Madden13:57.01 '15
8. Rohann Asfaw.....14:00.25 '22
9. Alex Corbett.....14:00.56 '19
10. Kris Herdt.....14:02.00 '89

60 HURDLES

1. Adams Abdulrazaq.....7.75 '11
2. Drequan Hoskey7.79 '14
- 3. Peter Djan.....7.80 '24**
4. Jarrett Hagwood.....7.93 '02
- David Frasier.....7.93 '24**
- 6. Ethan Robinson.....7.97 '24**
7. Marion Mason8.01 '01
- 8. Jeremiah Wilson.....8.02 '24**
9. Cary Chandler.....8.03 '01
- Aaron Shepperd.....8.03 '11
- Emmanuel Jackson8.03 '19

HIGH JUMP

1. Brenton Foster.....2.26m (7'5") '20
2. Herman Moore.....2.21m (7' 3") '90
3. Greg Nelson2.14m (7' 0.25") '10
4. Greg Byers2.13m (6'11.75") '82
- Trey Causey2.13m (6'11.75") '19
6. Bob Lund2.09m (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 Sullivan2.05m (6' 8.75") '06
- Arthur Gennari2.05m (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 Sullivan5.30m (17' 4.75") '05
3. Brian Shafer5.20m (17' 0.75") '93
- 4. Justin Rogers5.18m (17'0")..... '23**
5. Jeff Jernigan5.10m (16' 8.75) '17
6. Tommy Cooke5.05m (16' 6.75") '95
7. Kane Aldrich5.02m (16' 5.5") '21
8. Matt Armentrout5.01m (16' 5.25") '13
9. Colin Duignan5.00m (16'4.75)..... '22
10. Danny Thompson4.98m (16' 4") '81

LONG JUMP

1. Owayne Owens7.58m (24'10.5")..... '21
2. Jordan Scott7.58m (24'10.5)..... '19
3. Matt Meyer.....7.52m (24' 8.25") '09
4. Marion Mason7.50m (24' 7.25") '01
- Tiki Barber.....7.50m (24' 7.25") '94
6. Bruce Randolph7.48m (24' 6.5") '84
- 7. Heldi Valikaj.....7.46m (24' 5.75")..... '24**
8. Keith Witherspoon ..7.45m (24' 5.25") '76
9. Ayende Watson7.41m (24'3.75") '19
10. Stephen Dunphy7.40m (24' 3.25") '92

TRIPLE JUMP

1. Jordan Scott17.02m(55'10.25)..... '20
2. Owayne Owens16.69m (54'9.25") '23
3. Marcus Robinson.....16.63m (54'6.75") '12
4. Keith Witherspoon ..16.16m (53' 0.25")..... '76
5. Greg Byers15.98m (52' 5") '85
6. Aaron Worrell15.87m (52' 1") '17
7. Cornell Grayson.....15.74m (51' 7.75") '90
8. Chike Chukwulozie ..15.64m (51' 3.75") '91
9. Ryan Satchell15.62m (51' 3") '14
10. Ivan Glasgow15.34m (50' 4") '82
- Heldi Valikaj.....15.34m (50' 4")..... '24**

SHOT PUT

1. Filip Mihaljevic20.87m (68' 5.75")..... '16
2. Oghenekpobo 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 Plesko18.71m (61'4.75") '19
7. Claudio Romero18.44m (60-6) '21
8. Kevin Latham.....17.62m (57' 9.75")..... '84
9. Thom McKinney17.12m (56' 2") '91
10. Mike Murphy.....17.10m (56' 1.25")..... '93

WEIGHT THROW

1. Jordan Young.....22.92m (75'2.5")..... '15
- 2. Jacob Lemmon22.18m (72'9.25") '23**
- 3. John Fay21.73m (71' 3.5") '24**
4. Hilmar Jonsson21.37m (70' 1.5")..... '18
5. Oghenekpobo Efekoro19.90m (65' 13.5") '18
6. Vincenzo Chiariello.....19.38m (63' 7") '12
7. Ty Kunzman19.18m (62'11.25")..... '21
8. Claudio Romero18.47m (60'7.25") '21
9. Thom McKinney18.43m (60' 5.75") '91
10. Thomas Fuson18.18m (59'7.75") '11

HEPTATHLON

1. Jack Lint5,546 '17
- 2. Ethan Robinson.....5,503 '24**
3. Derek Pekar.....5,362 '20
4. David Sullivan.....5,178 '04
5. David Lewis5,139 '08
6. Christian Lavorgna5,113 '16
- 7. David Frasier5,110 '24**
8. Elby Omohundro.....5,038 '20
9. Cam Collins.....4,972 '16
10. Anthony Dunavant4,970 '14



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. Claire Forbes 4:49.48 '90
3. **Margot Appleton** **4:37.46** **'22**
4. **Cate DeSousa** **4:47.92** **'24**
5. Tasia Potasinski 4:51.49 '10

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. Alexis Woodley 8.56 '17
2. Ayla Smith 8.68 '07
3. Kim Turko 8.69 '98
4. Ciara Leonard 8.74 '16
4. **Jada Pierre** **8.74** **'22**
5. Shantell Bingham 8.82 '12
- Nadia Sauders 8.77 '21

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
- Maira 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. Emily Vannoy 16.00m (52' 6") '10
4. **Janae Profit** **15.64m (51'3.75")** **'22**
5. Kristy Martin 15.50m (50' 10.5") '97

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
1. 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. Marion Mason	7.24m (23' 9.25")	'98

TRIPLE JUMP

1. Jordan Scott.....	16.36m (53' 8.25")	'17
2. Aaron Worrell.....	15.64m (51' 3.75")	'14
3. Owyane Owens	15.27m (50' 1.25")	'20
4. Ryan Satchell	15.02m (49' 3.5")	'12
5. Heldi Valikaj.....	14.86m (48' 9")	'22

SHOT PUT

1. Filip Mihaljevic	19.63m (64' 5")	'15
2. Nick Vena.....	18.92m (62' 1")	'12
3. Oghenekpobo 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. Oghenekpobo 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 2024 SEASON-BEST OUTDOOR PERFORMANCES

WOMEN'S 100 METERS

NAME	TIME
Sarah Akpan	11.29
Kayla Bonnicks	11.70
Marlee Morgan	12.10
Lola Kolawole	12.26
Mahkaia Lee	12.59

WOMEN'S 200 METERS

NAME	TIME
Sarah Akpan	23.09
Ariel Fletcher	23.85
Kayla Bonnicks	24.27
Marlee Morgan	24.97
Lola Kolawole	25.17

WOMEN'S 400 METERS

NAME	TIME
Ariel Fletcher	55.03
Angel Parenchuk	55.22
Tori Daniels	58.91

WOMEN'S 800 METERS

NAME	TIME
Esther Seeland	2:03.72
Maggie Hock	2:05.40
Alahna Sabbahkan	2:05.45
Keara Seasholtz	2:05.75
Tatum David	2:11.32

WOMEN'S 1,500 METERS

NAME	TIME
Margot Appleton	4:09.56
Esther Seeland	4:11.91
Anna Workman	4:12.73
Caroline Timm	4:14.96
Tatum David	4:19.79

WOMEN'S 5000 METERS

NAME	TIME
Margot Appleton	15:18.21
Anna Workman	16:00.80
Camryn Menninger	16:08.94

Gillian Buschee	16:26.66
Sophie Atkinson	16:58.27

WOMEN'S 10,000 METERS

NAME	TIME
Jenny Schilling	32:44.19
Camry Menninger	34:11.41

WOMEN'S 100M HURDLES

NAME	TIME
Sophia Akpan	14.19
Elizabeth Imoh	14.32
Brooke'Lyn Drakeford	14.82
Elsa Spoor	16.55

WOMEN'S 400M HURDLES

NAME	TIME
Emily Alexandru	59.23
Brooke'Lyn Drakeford	1:01.57
Sophia Akpan	1:01.90
Elizabeth Imoh	1:02.89
Angel Parenchuk	1:04.39

WOMEN'S 3000 METER STEEPLE

NAME	TIME
Elizabeth Bader	10:40.59

WOMEN'S HIGH JUMP

NAME	MARK
Celia Rifaterra	1.87m
Carly Tarentino	1.78m
Elsa Spoor*	1.73m
Grace Flynn	1.73m

WOMEN'S POLE VAULT

NAME	MARK
Sam Romano	4.34m
Gabrielle Recce	3.99m
Hanne Borstlap	3.95m
Caroline Dannenbaum	3.76m

WOMEN'S LONG JUMP

NAME	MARK
Mahkaia Lee	6.21m

Jordan Hardy	6.14m
Gabrielle Recce	5.66m
Elsa Spoor*	5.16m
Libby White	4.93m

WOMEN'S TRIPLE JUMP

NAME	MARK
Jordan Hardy	12.53m
Mahkaia Lee	12.26m
Libby White	11.95m

WOMEN'S SHOT PUT

NAME	MARK
Janae Profit	16.28m
Brooke Lumpkin	15.38m
Elsa Spoor*	8.37m

WOMEN'S DISCUS

NAME	MARK
Janae Profit	51.79m

WOMEN'S HAMMER

NAME	MARK
Bree Lumpkin	56.14m

WOMEN'S JAVELIN

NAME	MARK
Brooke Lumpkin	41.86m
Siobhan Loughney	41.60m
Abigail Meckes	39.76m
Elsa Spoor*	23.25m

WOMEN'S HEPTATHLON

NAME	POINTS
Elsa Spoor*	4522

4x100m

NAME	TIME
Bonnicks, Akpan Fletcher, Morgan	44.30

4x400m

NAME	TIME
Akpan, Fletcher Sabbahkan, Alexandru	3:36.49

MEN'S 2024 SEASON-BEST OUTDOOR PERFORMANCES

MEN'S 100 METERS

NAME	TIME
Peter Djan	10.61
Ethan Robinson	10.69
Jay Pendarvis	10.75 (w)
Jerlan Fish	10.89
Michael Koepke	10.97

MEN'S 200 METERS

NAME	TIME
Evans White IV	21.26
Jay Pendarvis	21.48
Jerlan Fish	21.67
Jayden Lyons	21.76
Michael Koepke	22.33

MEN'S 400 METERS

NAME	TIME
Evans White IV	47.26
Alex Sherman	47.67
Jaden Lyons	47.92
Ethan Robinson*	48.09
Luke Schroeder	49.03

MEN'S 800 METERS

NAME	TIME
Shane Cohen	1:44.65
Gary Martin	1:47.46
Alex Leath	1:47.77
Conor Murphy	1:48.79
James Donahue	1:49.11

MEN'S 1,500 METERS

NAME	TIME
Wes Porter	3:35.63
Gary Martin	3:35.77
James Donahue	3:40.27
Conor Murphy	3:40.88
Yasin Sado	3:41.86

MEN'S 5000 METERS

NAME	TIME
Gary Martin	13:31.51
Nate Mountain	13:32.65
Will Anthony	13:35.50
Wes Porter	13:44.24
Justin Wachtel	13:49.71

MEN'S 10000 METERS

NAME	TIME
Will Anthony	28:21.93
Andrew Jones	29:05.56
Justin Wachtel	29:18.38
Jacob Hunter	30:12.62

MEN'S 110M HURDLES

NAME	TIME
Jeremiah Wilson	14.01
Peter Djan	14.03
Ethan Robinson*	14.20
David Frasier*	14.37
Gage Gose	14.93

MEN'S 400M HURDLES

NAME	TIME
Alex Sherman	50.54
Gage Gose	52.38
Jeremiah Wilson	53.82

MEN'S 3000 STEEPLECHASE

NAME	TIME
Yasin Sado	8:17.39
Nate Mountain	8:20.68

MEN'S HIGH JUMP

NAME	MARK
Ethan Robinson*	1.97m
David Frasier*	1.91m

MEN'S POLE VAULT

NAME	MARK
Justin Rogers	5.17m
Tyler Lynch	4.77m
Ethan Robinson*	4.65m
Sebastian Phillips	4.47m
David Frasier*	4.05m

MEN'S LONG JUMP

NAME	MARK
Heldi Valikaj	7.44m
David Frasier*	7.02m
Ethan Robinson*	6.86m

MEN'S TRIPLE JUMP

NAME	MARK
Heldi Valikaj	15.23m

MEN'S SHOT PUT

NAME	MARK
David Frasier*	13.41m
Ethan Robinson*	11.99m
Luke Smith*	11.92m

MEN'S DISCUS

NAME	MARK
Jacob Lemmon	62.56m
David Frasier*	40.19m
Ethan Robinson*	39.10m
Luke Smith*	18.13m

MEN'S HAMMER

NAME	MARK
John Fay	68.41m
Jacob Lemmon	65.44m

MEN'S JAVELIN

NAME	MARK
Tyler Zawatski	62.89m
Thomas Dickinson	61.15m
Ethan Robinson*	50.50m
David Frasier*	50.55m
Luke Smith*	48.28m

MEN'S DECATHLON

NAME	POINTS
Ethan Robinson	7603
David Frasier	7055
Luke Smith	2859

4x100m

NAME	TIME
Pendarvis, White IV Robinson*, Djan	40.76

4x400m

NAME	TIME
Lyons, Sherman, Gose, White IV	3:08.46

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	Jade Baker	63.61m (208' 8")	2019
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	Wes Porter*	3:35.63	2024
5,000 meters	Gary Martin	13:31.51	2024
10,000 meters	Will Anthony	28:21.93	2024
110-meter hurdles	Adams Abdulrazaaq	13.66	2011
400-meter hurdles	Steve Delice	50.02	2010
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

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

4x400

1.	3:30:44	Jefferson, Seaman, Meyer, Knight	2021
2.	3:32.35	Jefferson, Seaman, Seasholtz , Knight	2021
3.	3:35.74	Ezumah, Lavender, Fabrizio, Wright	2014
4.	3:35.77	Akpan , Seaman, Sabbakhan , Alexandru	2023
5.	3:36.24	Fridy, Crockett, Buber, Fitzpatrick	1985

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.	Kiamesha 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.	Kiamesha 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.	Michelle Samuels	54.59	'92
8.	Alahna Sabbakhan	54.67	'23
9.	Andrea Wright	54.80	'14
10.	Talia Wise	54.81	'08

800 METERS

1.	Michaela Meyer	2:00.28	'21
2.	Gail Bryant	2:04.21	'85
	Esther Seeland	2:04.21	'23
4.	Vanessa Fabrizio	2:04.77	'14
5.	Kim Kelly	2:05.23	'84
6.	Maggie Hock	2:05.40	'24
7.	Alahna Sabbakhan	2:05.45	'24
8.	Vicky Fouhy	2:05.55	'13
9.	Keara Seasholtz	2:05.73	'23
10.	Lyndsay Harper	2:05.84	'11

1,500 METERS

1.	Michaela Meyer	4:04.02	'21
		*4:09.78	'21
2.	Margot Appleton	4:08.96	'23
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.	Vicky Fouhy	4:14.51	'13
8.	Caroline Timm	4:14.96	'24
9.	Michelle Rowen	4:15.37	'87
10.	Jill Haworth	4:16.06	'83

5,000 METERS

1.	Margot Appleton	15:18.21	'24
2.	Margaret Groos	15:51.24	'80
3.	Patty Matava	15:56.41	'86
4.	Anna Workman	16:00.80	'24
5.	Catherine White	16:04.58	'12
6.	Barbara Strehler	16:07.70	'13
7.	Camryn Menninger	16:08.94	'24
8.	Cleo Boyd	16:09.23	'16
9.	Chelsea Ley	16:12.62	'12
10.	Sophie Atkinson	16:12.68	'23

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.	Hannah Moran	33:38.31	'21
6.	Emily Harrison	33:40.34	'08
7.	Martha White	33:40.50	'83
8.	Kara Scanlin	33:53.32	'07
9.	Sophie Atkinson	33:53.56	'23
10.	Katie Read	33:54.92	'07

100m HURDLES

1.	Ciara Leonard	13.26	'18
2.	Alexis Woodley	13.31	'18
3.	Andrenette Knight	13.37	'21
4.	Ayla Smith	13.51	'09
5.	Alix Still*	13.68	'23
6.	Lauren Echko	13.72	'08
7.	Jada Pierre	13.73	'23
8.	Heather Smith	13.76	'16
9.	Chidi Uche	13.77	'10
10.	Rebecca Grube	13.81	'94

400m HURDLES

1.	Andrenette Knight	55.75	'21
2.	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.	Heather Smith	58.17	'16
8.	Emily Alexandru	58.37	'23
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.	Celia Rifaterra	1.87m (6' 1.5")	'24
3.	Sherry Gould	1.86m (6' 1.25")	'93
4.	Pearl Bickersteth	1.83m (6' 0")	'12
	Moirá Cronin	1.83m (6' 0")	'13
6.	Robin Landes	1.81m (5' 11.25")	'88
7.	Rachel Marks	1.79m (5' 10.75")	'06
8.	Carly Tarentino	1.78m (5' 10")	'24
9.	Maggie 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	4.09m (13' 5")	'23
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.	Kiamesha 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.	Dana Boone	13.05m (42' 9.75")	'91
7.	Mia Barron	12.96m (42' 6.25")	'18
8.	Zoe Rice	12.79m (41' 11.5")	'21
9.	Naccolle Guinn	12.71m (41' 8.50")	'01
10.	Jessica Caldwell	12.50m (41' 0.25")	'14

SHOT PUT

1.	Maria Deaviz	17.32m (56' 10")	'22
2.	Christine Bohan	16.87m (55' 4.25")	'16
3.	Janae Profit	16.28m (53' 3")	'24
4.	Ashley Anumba	16.19m (53' 1.5")	'23
5.	Brittany Jones	16.17m (53' 0.75")	'19
6.	Eliese Mitchell	16.16m (53' 0.25")	'03
7.	Billie-Jo Grant	15.77m (51' 9")	'06
8.	Kaiya Saunders	15.50m (50' 10.25")	'23
9.	Brooke Lumpkin	15.38m (50' 5.5")	'24
9.	Maureen Laffan	15.34m (50' 4")	'10
10.	Emily Vannoy	15.30m (50' 2.5")	'10

DISCUS

1.	Ashley Anumba	61.13m (200' 6")	'23
2.	Billie-Jo Grant	56.06m (183' 11")	'08
3.	Kelly Bodiford	54.08m (177' 5")	'93
4.	Erin Wykoff	53.78m (176' 5")	'12
5.	Thelma Kristjansdóttir	53.62m (175' 11")	'21
6.	Maria Deaviz	52.58m (172' 6")	'22
7.	Janae Profit	53.45m (172' 1")	'23
8.	Caitlin Kelly	52.37m (171' 10")	'09
9.	Eliese Mitchell	52.17m (171' 2")	'02
10.	Julia Solo	52.04m (170' 9")	'86

HAMMER THROW

1.	Jade Baker	63.61m (208' 8")	'19
2.	Eva Mustafic	61.99m (203' 4")	'21
3.	Maureen Laffan	59.91m (196' 6")	'12
4.	Bree Lumpkin	58.54m (192' 1")	'23
5.	Eliese Mitchell	56.95m (186' 10")	'03
6.	Jada Marsh	55.19m (181' 1")	'23
7.	Brittany Jones	54.05m (177' 4")	'21
8.	Erin Wykoff	53.45m (175' 4")	'12
9.	Morgan Johnson	51.99m (170' 7")	'23
10.	Lauren Connelly	51.31m (168' 4")	'96

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.	Marija Bogavac	48.96m (160' 7")	'17
7.	Caitlin Mautz	48.66m (159' 8")	'17
8.	Christine Bohan	48.03m (157' 7")	'17
9.	Annie Bobiak	46.89m (153' 10")	'05
10.	Tara Karin	46.33m (152' 0")	'10

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

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MEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

100 METERS

1. Gerald Howard	10.42	'95
2. Reuben Jones	10.45	'08
3. Demick Starling	10.46	'23
4. Jay Pendarvis	10.49	'22
5. Shay Clark	10.50	'02
6. Edwin Brown	10.52	'85
7. Scott Kimball	10.53	'03
8. Nigal Davis	10.54	'22
9. Peter Djan	10.61	'24
10. Bruce Randolph	10.69	'84
Ethan Robinson	10.69	'24

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. Reuben Jones	21.16	'08
6. Kellen Blassingame	21.24	'05
7. Jay Pendarvis	21.26	'23
Evans White IV	21.26	'24
9. Payton Hazzard	21.27	'15
10. Conlon Bonner	21.28	'08

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. Kevin Anding	46.84	'10
8. Jim Bruce	46.94	'79
9. Nathan Kiley	46.95	'17
10. Ben Kurgat	46.96	'88

800 METERS

1. Paul Ereng	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. Wes Porter	3:35.63	'24
2. Gary Martin	3:35.77	'24
3. Henry Wynne	3:38.05	'16
4. Nathan Mountain	3:39.68	'22
5. Conor Murphy	3:39.75	'23
6. Ka'eo Kruse	3:40.04	'22
7. John Hinton	3:40.24	'83
8. James Donahue	3:40.27	'24
9. Vince Draddy	3:40.44	'81
10. Yasin Sado	3:40.67	'23

5,000 METERS

1. Gary Martin	13:31.51	'24
2. Nate Mountain	13:32.65	'24
3. Will Anthony	13:35.50	'24
4. Wes Porter	13:36.84	'22
5. Kris Herdt	13:37.44	'87
6. Henry Wynne	13:43.53	'17
7. Yasin Sado	13:42.84	'22
8. Rohann Asfaw	13:44.74	'21
9. Derek Johnson	13:45.51	'23
10. Jack Eliason	13:47.07	'23

10,000 METERS

1. Will Anthony	28:21.93	'24
2. Zach Herriott	28:44.22	'17
3. Rohann Asfaw	28:53.84	'22
4. Brent Demarest	28:54.69	'19
5. Mike Cotton	28:55.34	'81
6. Andrew Dumm	28:59.25	'07
7. Andrew Jones	29:05.55	'24
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. Barry Word	13.88	'84
3. George Johnson	13.91	'82
4. Jeremiah Wilson	14.01	'24
5. Peter Djan	14.03	'24
6. Jarrett Hagwood	14.13	'02
7. Kevin Williams	14.14	'79
8. Rob Archer	14.16	'84
9. Ronde Barber	14.22	'94
10. DreQuan Hoskey	14.23	'14

400m HURDLES

1. Steve Delice	50.02	'10
2. Karl Williams	50.34	'79
3. Alex Sherman	50.54	'24
4. Rob Archer	50.80	'84
5. Bruce Berry	51.09	'85
6. Alfred Shirley	51.30	'18
7. Kevin Williams	51.54	'79
8. Adams Abdulrazaaq	51.79	'08
9. George Johnson	51.98	'81
10. Dave Revelle	52.05	'84

3000m STEEPCHASE

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
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. Oghenekpobo 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. Jordan Young	70.73m (232' 1")	'15
3. John Fay	68.41m (224' 5")	'24
4. Jacob Lemmon	66.14m (217' 0")	'21
5. Vincenzo Chiariello	64.29m (210' 11")	'12
6. Evangelos Fradelakis	64.22m (205' 4")	'22
7. John Fay	63.72m (209' 1")	'23
8. Oghenekpobo Efekoro	60.88m (199' 9")	'19
9. Ty Kunzman	60.58m (198' 9")	'21
10. Bill Johnston	58.19m (190' 11")	'01

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 Lavogna	7,064	'16
8. David Frasier	7,055	'24
9. Cam Collins	7,004	'16
10. Bill Smith	6,863	'83
10. Sean Sullivan	6,847	'96

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WOMEN'S OUTDOOR FRESHMAN RECORDS

100 METERS

1. Jada Seaman11.44 '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 Seaman23.22 '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 Lavender53.44 '12
2. Lisa Garrett54.14 '81
3. Andrea Wright54.80 '14
4. Chimere Ezumah54.87 '14
5. **Ariel Fletcher** **55.03** '24

800 METERS

1. Mia Barnett2:06.11 '22
2. **Keara Seasholtz** **2:06.12** '21
2. Vanessa Fabrizio2:06.76 '12
3. **Alahna Sabbakhan** **2:07.25** '21
4. Morgane Gay2:08.29 '09
5. **Elie Desmond** **2:08.52** '21

1,500 METERS

1. Mia Barnett4:11.32 '22
2. Morgane Gay4:15.56 '09
3. Lesley Welch4:16.84 '82
4. **Margot Appleton** **4:17.17** '22
5. Lisa Welch4:17.60 '82

5,000 METERS

1. Chelsea Ley16:12.62 '12
2. **Sophie Atkinson** **16:12.68** '23
2. Maria Hauger16:14.18 '14
3. **Margot Appleton** **16:17.51** '22
4. Lesley Welch16:21.60 '82

10,000 METERS

1. **Sophie Atkinson** **34:12.62** '23
2. Jen Flack34:14.12 '14
3. Sarah Fakler34:15.20 '14
4. Maria Hauger34:16.28 '14
5. Beni Gras34:34.17 '91

100-METER HURDLES

1. Ciara Leonard13.67 '16
- Alexis Woodley13.67 '17
3. Jada Pierre13.73 '23
3. Lauren Echko13.86 '06
4. Kim Turko13.93 '98

400-METER HURDLES

1. Angela Lee57.64 '96
2. Erin Crawford58.56 '04
3. Karen Hatchett59.49 '82
4. Ayla Smith60.02 '07
5. **Sophia Akpan** **60.02** '23

3,000m STEEPLECHASE

1. Stephanie Garcia10:15.83 '07
2. Sara Sargent10:49.81 '14
2. Kendall Cowne10:54.54 '14
4. Kiera Bothwell10:55.59 '18
5. Janine Ricci10:55.86 '04

HIGH JUMP

1. Ann Bair1.86m (6' 1.25") '80
2. Meggie Schuelke1.76m (5' 9.25") '04
3. Pearl Bickersteth1.74m (5' 8.5") '10
4. Susan Brownell1.73m (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 Guy4.11m (13' 5.75") '15
3. Maya Maloney4.08m (13' 4.5") '21
4. Theresa Demaria3.93m (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 Seaman6.56m (21' 6.25") '21
2. Kelly Miller6.33m (20' 9.25") '96
3. Nicole Kimbrough6.29m (20' 7.75") '94
4. Mia Barron6.22m (20' 5") '16
5. Sonja Fridy6.12m (20' 1") '84
- Khyasia Caldwell6.12m (20' 1") '18

TRIPLE JUMP

1. Dallas Rose12.66m (41' 6.5") '10
2. Atalaya Jones12.49m(40' 11.75") '93
3. Britni Strates12.46m (40' 10.5") '12
4. Mia Barron12.40m (40' 8.25") '16
5. Nadia Saunders12.36m (40' 6.75") '21

SHOT PUT

1. Maria Deaviz17.18m (56' 4.5") '21
2. Brittany Jones15.69m (51' 5.75") '18
3. Emily Vannoy15.30m (50' 2.5") '10
4. Christine Bohan14.62m (47' 11.75") '14
5. Maureen Laffan14.58m (47' 10") '09
6. Kristi Martin13.99m(45' 10.75") '97

DISCUS

1. Julia Solo52.04m (170' 9") '86
2. Amy Bilmanis51.77m (169' 10") '06
3. Thelma Krisjandottir50.92m (167' 1") '19
4. Maria Deaviz48.99m (160' 9") '21
5. Amy Brown48.77m (160' 0") '95

HAMMER THROW

1. Eva Mustafic61.18m (200' 9") '19
2. Jada Marsh55.05m (180' 7") '22
3. Elise Mitchell54.46m (178' 8") '00
4. Brittany Jones53.80m (176' 6") '18
5. Amy Bilmanis47.68m (156' 5") '06

JAVELIN

1. Ann Crouse50.85m (166' 10") '95
2. Inge Jorgensen50.24m (164' 10") '00
3. Caitlin Mautz44.62m (146' 5") '15
4. Meghan Briggs44.45m (145' 10") '07
5. Tara Karin43.64m (143' 2") '09

HEPTATHLON

1. Susan Brownell5,419 '80
2. Ann Bair5,340 '80
3. Rebecca Grube4,996 '92
4. Alana Herran4,771 '16
5. Katie Kiladis4,610 '95

Current Cavaliers in Bold

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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. Wes Porter	13:51.41	'21
3. Kyle King	13:55.60	'12
4. Lachlan Cook	13:58.01	'17
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 Abdulrazaaq	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 Abdulrazaaq	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
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. Marcus Robinson	14.91m (48' 11")	'08

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. John Fay	55.78m (183' 0")	'22

HAMMER THROW

1. Hilmar Jonsson	71.52m (234' 8")	'16
2. Jacob Lemmon	66.16m (217' 0")	'21
3. Bill Johnston	57.89m (189' 11")	'00
4. John Fay	55.78m (183' 0")	'22
4. Robert Guider	55.68m (182' 8")	'10

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

Current Cavaliers in Bold

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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			
4:17.24	Margaret Groos	1981	
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 Reville	1983	
600 Meters			
1.11.99	Dwayne Brake	1983	
600 Yards			
109.8h	David Reville	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			
3:45.04	John Hinton	1985	
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			
10:48.55	Appleton, Sabbahkan, Seeland, Workman	2024	

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	Reville, 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	Zach Facioni	Wake Forest	13:35.33	2021
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	Qeshun 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	Hilmar Jonsson	Virginia	75.26m (246'11")	2019
Javelin Throw	Ethan Dabbs	Virginia	80.82m (265'2")	2023



VIRGINIA CHALLENGE WOMEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Kate Hall	Georgia	11.36	2017
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	Moirra Cronin/Madeline Fagan	Virginia/Georgia	1.83m (6' 0")	2013/2017
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	Zach Facioni	Wake Forest	13:35.33	2021
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	Moira 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	Moira 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 Guillourel	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