



WOMEN'S TRACK AND FIELD

Outdoor Records

(Updated Aug. 1, 2024)

NCAA Event	Mark	Date Set	Record Holder(s)
100M	11.85	2022	Mone Knowles
200M	24.13	2022	Mone Knowles
400M	54.93	2011	Sequoyia Calhoun
800M	2:10.37	2001	Ruthie Cook
1500M	4:28.87	2006	Andrea Karl
5000M	16:48.03	2002	Kim Hemstreet
10000M	35:07.45	2024	Allison Sherman
100MH	14.15	2021	Kyri Jackson
400MH	1:01.18	2014	Jasmine Greene
3000M Steeple	11:03.10	2021	Rebecca Arnold
High Jump	5-08.00	1998	Kim Jess
Pole Vault	10-11.75	2004, 2007, 2019	Jane Peterman, Nicole Gillikin, Alexandra Sinani
Long Jump	19-1.25	2022	Micah Carey
Triple Jump	40-04.25	2005	Joanna Grandas
Shot Put	44-07.00	2009	Brittany Horne
Discus	159-04.00	2000	Altramese Roberts
Hammer	201-1	2010	Brittany Horne
Javelin	129-07.00	2006	Krista Switzer
Heptathlon	4659	2015	Aisha Potts-Tyre
4x100	46.90	2000	Angela Edwards, Amy Garbacz, Misty Leftwich, Shireese Statin
4x400	3:49.88	2016	Natalie Vizard, Jayona Dent, Liz Mullen, Kye Dozier

Non-NCAA	Mark	Date	Record Holder(s)
3000M	10:09.21	2014	Louisa Coppola
Mile	5:01.40	1988	Bonnie Fitzpatrick
2000M Steeple	7:20.30	2001	Angie Lefere
4x200	1:42.00	2001	Kelly Bernath, Angela Edwards, Joanna Grandas, Shireese Statin
800M SMR	1:51.20	2001	Angela Edwards, Joanna Grandas, Shireese Statin, Jessica Yagelski
1600M SMR	4:03.23	2011	Nikia Duncan, Nicole Meisner, Sequoyia Calhoun, Kirstin Mooney
4x800	9:14.52	2014	Shannon Marchant, Sara Taylor, Sam Zakalowski, Louisa Coppola
DMR	12:12.30	2001	Kim Hemstreet, Angela Edwards, Jessica Yagelski, Ruthie Cook
4x1500	19:47.20	2000	Andrea Hutchins, Angie Lefere, Laura Pilon, Ruthie Cook
4x1600	21:08.20	2001	Kim Hemstreet, Angie Lefere, Ruthie Cook, Jessica Yagelski,
4x400M SHR	4:42.50	2012	Olivia Smid, Brandee Hart, Amanda Campbell, Sarah Martinez

C - Designates time converted from a hand-time (short sprints especially)