

## BOYS INDOOR TRACK & FIELD RECORDS

Event	Performance	Athlete	Year
55m	6.38 s	Johan Jack, Darius Walker	1993, 2007
60m	6.84 s	Darius Walker	2007
55m Hurdles	7.52 s	Jon Cunha	2005
60m Hurdles	8.34 s	Jon Cunha	2005
200m	22.44 s	Noah Shute	2017
300m	34.76 s	Meikle Paschal	2007
400m	47.9 s	Eric Crichlow	1988
600m	1:20.19	Joshua Backert	2020
800m	1:55.21	Thomas Lingard	2018
1000m	2:27.62	Thomas Lingard	2018
Mile	4:16.38	Zach Manickas-Hill	2016
2 Miles	9:19.05	Joey Ryan	2024
4x200m	1:29.01	Jake Wheaton, Khai Uda-Thach, Brannndon Uda-Thach, Alexios Kontothanassis	2023
4x400m	3:19.68	Darius Walker, Alex Lach, Bryan Longo, Meikle Paschal	2007
4x800m	7:56.59	Selvin Backert, Evan Eberle, Joshua Backert, Andrew McGovern	2020
Distance Medley Relay	10:37.85	Felix Cancre, David Johnson, Felix Chung, Nat Adams	2013
Sprint Medley Relay	3:30.43	Kazu Uda-Thach, Cameron Hofland, Lucas Honohan, Thomas Lingard	2018
High Jump	6'10"	Meikle Paschal	2006
Pole Vault	12'6"	Aidan Raney	2024
Long Jump	22'4.5"	Darius Walker	2006
Triple Jump	42'11.75"	Alexios Kontothanassis	2023
Shot Put	54'7.25"	Allen Jiang	2023
25lb. Weight	65'1"	Michael Gupta	2020
Pentathlon	3220	Matt Hunter	2011
Team Pentathlon	3301	Ben Silver, Ben Sharma, Jordan Mizerak, Daishawn Beaumont, Matt Hunter	2010
50y Shuttle Dash	22.12 s	Noah Shute, Kazu Uda-Thach, Alex Hiser, Lucas Honohan	2017
50y Shuttle Hurdles	25.53 s	Simon Tandeih, Aidan Raney, Ryan Zhang, Jacob Pan	2024
55m Shuttle Hurdles	31.77 s	Ryan Zhang, McKenna O'Hare Gibson, Jacob Pan, Simon Tandeih	2024
High Jump Relay	17'10.25"	Xavi Mursalin, Ricardo Job-Reese, Dan Finch	2013
Long Jump Relay	57'6.25"	Mark Rollins, Tyrone Jack, Shin Horiuchi	2001
Shot Put Relay	136'7.25"	Kaden Cassidy, Jack Ngo, Allen Jiang	2022
Pentathlon Relay	8690	Matt Hunter, Evan Finch, Ben Sharma	2011
45y*	4.90 s	Johan Jack	1994
45y Hurdles*	5.90 s	Jon Cunha, Matt Hunter	2005, 2011
300y*	32.10 s	Eric Crichlow	1988
600y*	1:15.80	Mike Ward	1977
1000y*	2:18.30	S. Newlands	1981

## GIRLS INDOOR TRACK & FIELD RECORDS

Event	Performance	Athlete	Year
55m	7.09 s	Tricia Alfred	1988
60m	7.76 s	India Johnson	2017
55m Hurdles	8.42 s	Amy Marx	1990
60m Hurdles	9.24 s	Rachel Caldwell-Glixon	2019
200m	25.86 s	Robin Gross	2013
300m	40.70 s	Melissa Solomon	2016
400m	58.33 s	Mari McBride	2022
600m	1:34.81	Lucy Lang	2015
800m	2:18.21	Olivia Manickas-Hill	2015
1000m	2:55.06	Olivia Manickas-Hill	2015
Mile	4:57.90	Natasha Roetter	2001
2 Miles	10:24.03	Natasha Roetter	2002
4x200m	1:44.79	Alex Cox, Melissa Solomon, Jessica Foley, Jayme Banks	2016
4x400m	3:56.12	Camila Isern, Melissa Solomon, Olivia Manickas-Hill, Robin Gross	2013
4x800m	9:26.95	Olivia Manickas-Hill, Lucy Lang, Rebecca Pion, Alex Wolf	2015
Distance Medley Relay	12:26.80	Natasha Roetter, Liz Claise, Catalina Palfreman, Sam Smith	2002
Sprint Medley Relay	4:06.51	Alex Cox, Jessica Foley, Melissa Solomon, Lucy Lang	2015
High Jump	5'8"	Becky Bryant	1987
Pole Vault	10'6"	Katie Atkins	2024
Long Jump	17'10.25"	Ally Crooke	2010
Triple Jump	31'8.50"	Amandine Mangon	2024
Shot Put	38'0.75"	Jakiya Taylor	2015
20lb. Weight	41'0.50"	Janna Lee	2019
Pentathlon	2896	Rachel Caldwell-Glixon	2019
50y Shuttle Dash	25.08 s	Ebony Jack, Grace Licorish, Kathy Yang, Colleen Shank	1998
50y Shuttle Hurdles	30.54 s	Katie Atkins, Jada Solomon, Emily Hoefkens, Amandine Mangon	2024
55m Shuttle Hurdles	38.21 s	Katie Atkins, Jada Solomon, Emily Hoefkens, Amandine Mangon	2024
High Jump Relay	14'11"	Lucile Cancre, Shereen Salem, Emma Frenchman	2009
Long Jump Relay	48'2.75"	Keena Gao, Anna Yang, Rachel Caldwell-Glixon	2020
Shot Put Relay	95'1.50"	Chrisondra Awomah, Janna Lee, Beryl Awomah	2019
45y*	5.50 s	Tricia Alfred	1988
45y Hurdles*	6.40 s	Amy Marx	1990
300y*	36.90 s	D. Spillane	1982
600y*	1:27.60	Anne Lannan	1979
1000y*	2:52.00	Lee Ireland	1977

\*Retired Record

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Event	Performance	Athlete	Year
100m	10.50 s	Johan Jack	1993
200m	21.08 s	Eric Crichlow	1987
400m	48.29 s	Meikle Paschal	2007
800m	1:52.74	Stephen "Spike" Paranya	1957
Mile	4:14.40	Matt Simon	1989
2 Miles	9:12.66	Joey Ryan	2024
5000m	15:11.77	Joey Ryan	2024
2000m Steeplechase	6:08.48	Evan Eberle	2022
110m Hurdles	14.65 s	Matt Hunter	2011
400m Hurdles	52.85 s	McKenna O'Hare Gibson	2024
4x100m	42.21 s	Alexios Kontothanassis, Victor Yu, Jake Wheaton, Jayden Bai	2023
4x200m	1:29.05	Jake Wheaton, Khai Uda-Thach, Brannndon Uda-Thach, Alexios Kontothanassis	2023
4x400m	3:19.74	Brannndon Uda-Thach, Alexios Kontothanassis, Jake Wheaton, McKenna O'Hare Gibson	2023
4x800m	7:51.78	Bobby MacKenzie, Matt Stevens, Thomas Lingard, Zach Manickas-Hill	2016
Distance Medley Relay	10:19.72	Paul Morris, Jon Cunha, Willi Ballenthin, Archie Abrams	2005
Sprint Medley Relay	3:28.11	Kazu Uda-Thach, Cameron Hofland, Lucas Honohan, Thomas Lingard	2018
High Jump	6'10"	Meikle Paschal	2006
Pole Vault	13'6"	Nick Jauvtis	1995
Long Jump	23'1.25"	Darius Walker	2007
Triple Jump	45'8.75"	Johan Jack	1994
Shot Put	54'0.50"	Allen Jiang	2023
Discus	163'0"	John Chiesa	1974
Javelin	163'8"	Connor Hill	2016
Hammer	202'8.75"	Kaden Cassidy	2023
Decathlon	4934	Juan Quezada	2006
Pentathlon	3210	Simon Tandeih	2024
4xMile	17:50.11	Paul Morris, Willi Ballenthin, Archie Abrams, Geoff Rodriguez	2005
Shuttle Hurdles	1:00.76	Jayden Bai, Simon Tandeih, Jacob Pan, Michael Gerfen	2023
High Jump Relay	17'10.25"	Quentin Clark, Samuel Andre, Thomas O'Donoghue	2014
Pole Vault Relay	24'7.25"	Aidan Raney, Kaden Cassidy, Naresh Vytheswaran	2023
Long Jump Relay	62'1.75"	Simon Tandeih, Amari Mow, Jacob Pan	2024
Triple Jump Relay	122'2.25"	Meikle Paschal, Alex Lach, Keith McHugh	2007
Shot Put Relay	148'3.25"	Kaden Cassidy, Allen Jiang, Jack Ngo	2023
Discus Relay	372'4"	Kaden Cassidy, Elijah Brown, Christian Arrington	2023
Javelin Relay	434'6"	Myles Adley, Greg Cuoco, Mike Dooley	2010
Mixed 4x400m Relay#	3:39.00	Joshua Lee, Mari McBride, Maya Dubrovsky, Brannndon Uda-Thach	2022
300m Hurdles*	38.80 s	Jonas Berman	1978
Old Javelin*	234'10"	Ronnie Lee	1972
Old Javelin Relay*	512'1"	Ronnie Lee, G. Clifford, P. Phalton	1972

\*Retired Record

#Mixed Gender Event

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Event	Performance	Athlete	Year
100m	12.21 s	Ebony Jack	1999
200m	24.40 s	Betsy Chuervo	1984
400m	55.25 s	Aleia Gisolfi-McCready	2021
800m	2:13.29	Lucy Lang	2015
Mile	5:01.87	Ava Criniti	2023
2 Miles	10:27.18	Natasha Roetter	2002
5000m	17:42.35	Ava Criniti	2023
2000m Steeplechase	7:48.34	Alex Wolf	2017
100m Hurdles	15.25 s	Amandine Mangon	2023
400m Hurdles	59.90 s	Aleia Gisolfi-McCready	2021
4x100m	49.29 s	Jessica Foley, India Johnson, Alex Cox, Reid Nichols	2016
4x200m	1:44.99	Jessica Foley, India Johnson, Alex Cox, Melissa Solomon	2016
4x400m	3:53.92	Mari McBride, Catherine Movsessian, Aylin Bruce, Aleia Gisolfi-McCready	2021
4x800m	9:23.64	Uma Sanker, Samara McVey, Adia Singh, Ava Criniti	2023
Distance Medley Relay	12:26.90	Natasha Roetter, Katie Walker, Heather Knight, Lauren Wahl	2001
Sprint Medley Relay	4:08.29	Alex Cox, Camila Isern, Robin Gross, Olivia Manickas-Hill	2013
High Jump	5'10"	Becky Bryant	1987
Pole Vault	11'6"	Katie Atkins	2024
Long Jump	18'4"	Aubrey Deardorf	2024
Triple Jump	37'3"	Hillary Donnellan	1995
Shot Put	37'2"	Chrisondra Awomah	2018
Discus	114'5"	Quin Tandeih	2022
Javelin	114'8"	Chi-Fong Wang	2003
Hammer	118'8"	Ainsley Cuthbertson	2024
Heptathlon	3650	Ally Crooke	2009
Pentathlon	3087	Rachel Caldwell-Glixon	2019
4xMile	21:53.30	Natasha Roetter, Katie Walker, Heather Knight, Chi-Fong Wang	2001
Shuttle Hurdles	1:09.40	Colleen Shank, B. O'Neil, Kathy Yang, Eleanor Finnegon	1997
High Jump Relay	14'4"	Lucile Cancre, Shereen Salem, Shannon Boudett	2009
Pole Vault Relay	24'5"	Katie Atkins, Lyla Kuhn, Bruguers Sagues	2023
Long Jump Relay	47'9.25"	Cathryn Pryor, Vivian Li, Maya Mudgal	2015
Triple Jump Relay	97'7.25"	Cathryn Pryor, Jaimee Gates, Juliana Sanrame	2015
Shot Put Relay	90'6.25"	Ainsley Cuthbertson, Makayla Brown, Quin Tandeih	2024
Discus Relay	277'5.25"	Ainsley Cuthbertson, Quin Tandeih, Ella Wolosoff	2024
Javelin Relay	280'2"	Karin Minemoto, Katie Atkins, Annie Smith	2022
Mixed 4x400m Relay#	3:39.00	Joshua Lee, Mari McBride, Maya Dubrovsky, Brannndon Uda-Thach	2022
300m Hurdles*	49.10 s	Ally Crook	2007

\*Retired Record

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