|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **100m** | **200m** | **400m** | **800m** | **1600m** | **3200m** | **100H** | **400H** |
| 11.9 (H) Carleen Alison 2005 | 24.0(H) Carleen Allison 2005 | 57.56 Alyson Caron 2013 | 2:19.70 Alyson Caron 2013 | 5:26.13 Megan Murnane 2008 | 11:41.65 Megan Murnane 2008 | 16.6(H) Moira Hughes 1979 | 1:09.1(H) Mary McMahon 1988 |
| 12.6 (H) Val Ohnmacht 1980 | 26.7(H) Laura Contreras 1995 | 1:02.2 Cassis Yappen 2021 | 2:25.62 Tempe Newson 2007 | 5:27.0(H) Dena Falleni 1984 | 11:50.01 Adrianne Speranza 2009 | 16.7(H) Kathryn Riepe 2002 | 1:10.3 Cassis Yappen 2021 |
| 12.9 (H) Erin Moore 2007 | 26.9(H) Erin Moore 2007 | 1:02.54 Nicola Guisewhite 2016 | 2:27.11 Megan Murnane 2006 | 5:30.22 Chelsea Iorlano 2009 | 12:29.87 McKenzie Delahanty 2016 | 16.9(H) Sarah Spahl 1997 | 1:11.10 Rachel Seiler 2017 |
| 12.9 (H) Jessica Pierson 2016 | 27.39 Jessica Pierson 2016 | 1:02.6(H) Moira Hughes 1979 | 2:29.00 Nicola Guisewhite 2015 | 5:33.93 Tempe Newson 2007 | 12:39.73 Victoria Vasquez 2012 | 17.0(H) Mary Mahon 1988 | 1:12.31 Leah Eckert 2012 |
| 13.0 (H) Alyson Caron 2010 | 27.3(H) Chris Weis 1986 | 1:03.02 Sarah Loschiavo 2009 | 2:29.80 Sarah Loschiavo 2009 | 5:34.9(H) Victoria Vasquez 2012 | 12:48.29 Jenna Wolfanger 2019 | 17.2 Rebecca DaSilva 2019 | 1:12.84 Michelle Wolters 2018 |
| 13.0 (H) Chris Weis 1986 | 27.4 (H) Gigi Santana 2023 | 1:03.1(H) Hailey Gianoulis 2017 | 2:29.85 Ciara Mulroy 2018 | 5:34.99 McKenzie Delahanty 2018 | 12:51 (H) Alexa Petrie 2018 | 17.3(H) Lisa Doring 1993 | 1:13.0(H) Lisa Doring 1985 |
| 13.04 Laura Contreras 1993 | 27.55 Nicole Montemarano 2010 | 1:03.2(H) Nicole Rodriguez 1993 | 2:30.0(H) Dena Falleni 1984 | 5:40.4(H) Catherine Dale 1983 | 13:12.91 Sarah Anthony 2014 | 17.5(H) Jaime Niedzinski 1993 | 1:13.4(H) Maria Hancock 2006 |
| 13.2 (H) Hailey Gianoulis 2016 | 27.59 Hailey Gianoulis 2016 | 1:03.4(H) Erin Moore 2007 | 2:30.27 Stephanie Nelson 2010 | 5:41.4(H) Monique Cunningham 1980 | 13:21.58 Jessica Gorman 2011 | 17.62 Kari Murnane 2013 | 1:13.8(H) Nicole Rodrigues 1991 |
| 13.2 (H) Cassis Yappen 2022 | 27.7(H) Val Ohnmacht 1980 | **1:03.7 Gina Quarranttey 2024** | 2:31.46 Mia Schuddeboom 2021 | 5:42.86 Sydney Wise 2014 | 13:25 Ciara Mulroy 2018 | **17.73 Denesia Mathurin 2024** | 1:14.07 Leah Smaha 2016 |
| 13.38 Nicole Montemarano 2009 | 27.9(H) Terry Wood 1977 | 1:04.49 Stephanie Nelson 2009 | 2:31.97 Sydney Wise 2016 | 5:46.0(H) Adrianne Speranza 2009 | **13:42.96 Sam Krauklis 2024** | 17.73 Leah Eckert 2012 | 1:15.3(H) Liv Charette 2019 |
|  |  |  |  |  |  |  |  |
| **Long Jump** | **Triple Jump** | **High Jump** | **Pole Vault** | **Shot Put** | **Discus** | **Javelin** |  |
| 17'4" Carleen Allison 2005 | 33'4.5" Erika Dietz 2024 | 5'3" Wendy Williams 1978 | 11'1" Kari Murnane 2014 | 35'5.5" Sarah Scheese 1995 | 109'10" Laura Costello 1981 | 125'6" Marrissa DeMattio 2005 |  |
| 16’ 3.5” Chris Weis 1985 | 33'2.5" Kari Murnane 2014 | 5'2" Paige Kepler 2009 | 8’6” Laura Fitzsimmons 2006 | 34’ 1.5” Robin Pearson 1981 | 103’ 9” Robin Pearson 1981 | 125’ 4” Michelle Shine 1985 |  |
| 15’ 8” Sarah Spahl 1997 | 32'6.75" Leah Eckert 2012 | 5’2” Janice Penslien 1985 | 8’0” Michelle Retkwa 2011 | 31’ 10.25” Marrissa DeMattio 1998 | 102’ 7” Beth Bede 1981 | 108’ 7” Mia Santana 2022 |  |
| 15’ 7” Jen Patton 1983 | 32'4" Lindsay Schwartz 2017 | 5’1” Mary Mahon 1985 | 7'6" Leah Smaha 2016 | 31'5.75" Chelsie Anderson 2007 | 101'11" Marie Keenan 1987 | 108’ 5” Bernadette Defeo 1978 |  |
| 15’ 6.75” Dina Nichol 1980 | 31'7" Danielle McMahon 2013 | 5'0” Alyson Caron 2013 | ***7’6” Hailey Taylor 2021*** | 31'2.75" Caeley Philip 2016 | 96’ 10” Karen Karl 1985 | 106'10" Olga Federov 2007 |  |
| **15'6" Gina Quarrantey 2024** | 31’5” Maria Hancock 2005 | 4'10" Jessica Braun 2012 | 7’0” Laura Smith  2014 | 30’ 7” Valerie Doran 1985 | 95’ 3” Brielle Perl 1993 | 104'1" Erin Corrigan 2008 |  |
| 15’ 6” Wendy Williams 1977 | 30’10” Alexa Miller 2019 | 4'10" Leah Eckert 2012 | 7’0” Hope Schwartz 2013 | 29’ 8.5” Julie Frueh 1990 | 94’ 9.5” Marrissa DeMattio 1998 | 103'5" Jessica Hurley 2014 |  |
| 15’ 5” Jen Lida     1990 | 30’3” Chloe Reed 2019 | 4’10” Stephanie Bitondo 2009 | 7’0” Courtney Cooper 2006 | 29’ 8.25” Carol Cutler 1978 | 92'7" Caeley Philip 2017 | 98’ 5” Dina Nichol 1980 |  |
| 15'3" Hope Schwartz 2014 | 29’8” Samantha Rehe 2006 | 4’10” Samantha Rehe 2006 | 7’0” Payton Bailey 2021 | 29'8" Jessica Braun 2012 | 91’ 2” Valerie Doran 1985 | 98’ 6.5” Valerie Doran 1985 |  |
| 15'3" Nicole Montemarano 2010 | 29'7.25" Dina Coupland 2015 | 4’10” Amy Willets 1994 | 7’0” Tessa Morin 2021 | 29'7.25" Natasha Pavlichko 2007 | 90’ 9” Julie Frueh 1990 | 98’ 2” Mary Cay Hogan 1985 |  |
| 15’3” Ciara Mulroy 2019 |  | 4’10” Erika Dietz 2022 | 15'4" Gina Quarrantey 2023 |  |  |  |  |