

11- 12 RECORD HOLDERS

EVENTS	FEMALE RECORD HOLDER	TIME/ DISTANCE	Year
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	Lola Gartner	12:13.93	2023
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