

17- 18 RECORD HOLDERS

EVENTS	FEMALE RECORD HOLDER	TIME/ DISTANCE	Year
100 Meter Dash	Kierra Henderson	12.17	2015
200 Meter Dash	Tiara Swindell	24.6	2007
400 Meter Dash	Tiara Swindell	56.23	2007
800 Meter Run	Lana McGowan	2:18.71	2005
1500 Meter	Alexander Carrera	6:39.58	2014
3000 Meter	Alexander Carrera	14:40.94	2014
100 Meter Hurdles	Antoinette Avant	14.34	2016
110 Meter Hurdles	Asia Oldham	15.2	2007
400 Meter Hurdles	Lana McGowan	1:05.20	2005
1500 Race Walk	Tabatha Kargbo	14:24.1	2015
Long Jump	Kiara Bullock	17'10 1/4	2018
High Jump	Jarina Miller	4'7	2018
Triple Jump	Jeonna Taylor	37'.8 3/4"	2013
Pole Vault	LaToya Owens	9'9"	2002
Discus	Naihia Rose-Delia	126'9"	2013
Shot Put	Naihia Rose-Delia	39'7 1/3"	2013
Javelin	Anastasia Kramer	90-07	2016
Hammer	Naihia Rose-Delia	98'5	2013
Heptathlon	Malise Greene	2896	2018
4X400	Tayanna Hickman Brittini Jenkins Elizabeth Shaw Tiara Swindell	4:10.24	2007