If you would like a record to be added to this form, please complete the Records Recognition form located: https://forms.gle/ayHpTadUwrgrRHLi9

WOMEN'S OUTDOO	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99
400 m		59.90 Christina Elder 2024	1:20.86 Sarah Rasmussen 2023	56.14 Angee Henry-Nott 2021*		3:01.50 Laura Nettland 2019								
800 m	2:20.31 Christina Elder 2023	2:20.52 Christina Elder 2023				6:56.48 Laura Nettland 2018								
1500 m	4:56.09 Christina Elder 2021					5:28.87 Stacy Stodden 2021								
1 mile														
3000 m		14:00.97 Crystal Sall 2023												
5000 m														
10,000 m														
Short Hurdles														
Long Hurdles														
Steeplechase														
High Jump			1.50 m Tonya Gordon 2022	1.01 m Beverly Olsen 2019			0.86 m Laura Nettland 2021							
Pole Vault														
Long Jump		3.67 m Crystal Sall 2023	4.79 m Tonya Gordon 2022	4.43 m Tonya Gordon 2024	4.52 m Kathryn Black 2024	2.20 m Laura Nettland 2018	1.94 Laura Nettland 2023							
Triple Jump			8.27 m Tonya Gordon 2023	8.60 m Tonya Gordon 2024	9.19 m Katheryn Black 2024	4.05 m Laura Nettland 2020	3.97 Laura Nettland 2021							
Shot Put						7.84 m Laura Nettland 2019	7.37 m Laura Nettland 2023	11.15 M Carol Frost 2012	10.27 m Carol Frost 2015	10.24 m Carol Frost 2021				
Discus			27.96 Sara Sutherland 2023	9.90 m Beverly Olson 2019			16.66 m	31.04m Carol Frost 2012	29.07 m CarolFrost 2015	25.02 m Carol Frost 2021		16.51 m Harriet Bloemker 2017	12.57 m Harriet Bloemker 2023	
Hammer Throw														
Weight Throw														
Javelin Throw			33.06 m Tonya Gordon 2023	39.95 m Tonya Gordon 2024		13.46 m Laura Nettland 2018			27.78 m Carol Frost 2015			18.79 m Harriet Bloemker 2017	16.98 m Harriet Bloemker 2022	
Decathlon														

If you would like a record to be added to this form, please complete the Records Recognition form located: https://forms.gle/ayHpTadUwrgrRHLi9

	American Record at the time set
	Indicates American Record
	Indicates World Record