

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 OUTDOOR	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
60m				9.47 Tonya Gordon 2024		8.95 Kathryn Black 2026								
200m				25.35 Angee Henry 2024										
400m														
800m														
1500m														
1 mile														
3000m														
60m Hurdles														
High Jump														
Pole Vault														
Long Jump				4.27m Tonya Gordon 2024										
Triple Jump				8.53m Tonya Gordon 2024										
Shot Put														
Weight Throw														
3000m Race Walk														
Pentathlon														
	Indicates American Record													
	Indicates World Record													

Currently, all results have been found either on Cornhusker State Games website, TFFRS, or the Masters Track and Field Records website.

https://www.cornhuskerstategames.com/					
https://www.tffrs.org/					
https://usatfmasters.org/records/					
https://www.blacksquirreltiming.com/					