

## Men's Open (29 and Under) Track and Field Records Through 2017

Event	Name	Time	Year
100m	Ashhad Agyapong	10.40	2010
110HH	Dudley Dorival	13.67	1994
200m	Stephan James	20.96	2015
400m	Marvin Lewis	46.53	2011
400 IH	Jason Fennes	50.85	1996
800m	Rob Novak	147.89	2008
1500m	Brian Gallagher	359.10	1997
2000m Steeplechase	Adam Garcia	6:40.73	2014
3000m Steeplechase	Justin Reid	9:20.2	1995
5000m Racewalk	Ray Funkhouser	21:13.1	1992
5000m	Athony Debenedictis	14:57.7	1998
10,000m	Jeff Perrella	31:02.75	2011
Long Jump	Blair Woodward	7.54m	2008
Triple Jump	Ronald Woodley	16.27m	2015
High Jump	Justin Frick	2.20m	2014
Pole Vault	Craig Van Leeuwen	5.18m	2013
Shot Put	Jon Kalnas	19.3m	2009
Discus	Jim Seifert	65.94m	1998
Javelin	Gerard Langlois	76.30m	1994
Hammar Throw	Jim Heizman	67.40m	2003

## Women's Open (29 and Under) Track and Field Records Through 2017

Event	Name	Time	Year
100m	Jen Wilson	11.63	2000
110HH	April Garner	13.21	2011
200m	Jennifer Wilson	24.12	2001
400m	Althea Tindal	51.7	1994
400 IH	Sharon Allen	59.43	1995
800m	Loraine McKenzie	2:08.06	2012
1500m	Jackie Coscia	4:15.80	1995
2000m Steeplechase	Larissa Melendez	7:18.96	2012
3000m Steeplechase	Allison Linnell	11:20.6	2008
3000m	Kim Keenan	10:51.55	1996
5000m Racewalk	Geri Lynn Buckholz	25:38	1992
5000m	Carol Howe	16:29.9	1999
10,000m	Jill Evarts	40:05	1992
Long Jump	Shameka Marshall	6.38m	2008
Triple Jump	Sharlene White	13.20m	1997
High Jump	Priscilla Frederick	1.83 m	2016
Pole Vault	Kimberly Marino	3.82m	2004
Shot Put	Monique Riddick	16.61m	2014
Discus	Sylvia Galarza	52.72m	2014
Javelin	Jean Pasture	47.20m	1996
Hammar Throw	Ashley Harbin	62.91m	2012