



## Women's American Records

As of April 2008

100m	12.04	Sherrie Jackson	11 Jul 1985	Los Angeles, CA
200m	24.86	Sherrie Jackson	14 Jul 1985	Los Angeles, CA
400m	57.1	Louise Hudson	1977	Bucharest, ROM
800m	2:11.48	Hanna Maenius	24 Apr 2008	Houston, TX
1000m	3:17.1	Laura Zuniga	1992	Carlisle, PA
1500m	4:34.48	Betsy Bachtel	1981	?
Mile	5:26.0	Cheryl Pivorunas	?	NH
2000m		Vacant		
3000m	9:51.80	Betsy Bachtel	1986	La Crosse, WI
2 Miles	12:09.0	Elizabeth Spiers	?	VA
5000m	17:18.49	Betsy Bachtel	1986	La Crosse, WI
10,000m	41:28.41	Elizabeth Cordy	25 Jul 2001	Rome, ITA
20,000m		Vacant		
25,000m		Vacant		
30,000m		Vacant		
1 Hour		Vacant		
Marathon	3:37.15	Elizabeth Cordy	1 Aug 2001	Rome, ITA
3000m SC	11:50.80	Calla Strange	4 May 2001	Minneapolis, MN
100m Hurdles	14.75	Jennifer Body	15 Jul 1985	Los Angeles, CA
400m Hurdles	1:03.89	Kristen Kam	28 Jul 2001	Rome, ITA
High Jump	6' 0"	Connie Johnston	1986	?
Pole Vault	10' 10"	Danielle Schwartzenberger	2000	?
Long jump	19' 3 1/4"	Renonia Greer	1976	?
Triple Jump	38' 11 1/2"	Tiffany Hargrove	11 Apr 2003	Thibodeaux HS, LA
Shot Put	43' 2 1/4"	Brenda Bessner	1988	WA
Discus Throw	134' 2"	Heather Lightfoot	23 Jun 2000	Gallaudet University, DC
Hammer Throw	149' 1"	Heather Lightfoot	26 Jul 2001	Rome, ITA
Javelin Throw	124' 3"	Nicole O'Bryan	23 Jun 2000	Gallaudet University, DC
Heptathlon	4903	Connie Johnston	11 Jan 1989	Christchurch NZL
		15.71, 5' 7 1/2", 36' 8", 89' 5", 17' 4", 145' 0", 2:27.43		
5,000m Walk		Vacant		
10,000m Walk		Vacant		
20,000m Walk		Vacant		
4x100m Relay	47.93	USA National Team Sherrie Jackson, Jennifer Body Paula Smith, Lisa Pearson	17 Jul 1985	Los Angeles, CA
4x200m Relay	1:47.7	Gallaudet University Heather Gibson, S. Hamilton Sandra Phillips, Nancy Jordan	1981	Mount St. Mary, MD
4x400m Relay	3:53.51	USA National Team Nancy Jordan, Paula Smith Sandra Phillips, Stephens	1981	Köln, GER
4x800m Relay	10:19.7	Maryland School for the Deaf Tiffany Williams, Debbie Anderson Darla Milner, Cantrece Simmons	1985	Reistertown, MD