

# NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN ATHLETIC ASSOCIATION

## OUTDOOR RECORDS



### MEN

EVENT	MARK		NAME	COUNTRY	DATE	PLACE
100	9.58 <i>(0.9)</i>	<b>WR</b>	Usain BOLT	JAM	16-Aug-2009	Berlin, GER
200	19.19 <i>(-0.3)</i>	<b>WR</b>	Usain BOLT	JAM	20-Aug-2009	Berlin, GER
400	43.18	<b>WR</b>	Michael JOHNSON	USA	26-Aug-1999	Sevilla, SPA
800	1.42.60		Johnny GRAY	USA	28-Aug-1985	Coblenz, GER
1500	3.29.30		Bernard LAGAT	USA	28-Aug-2003	Rieti, ITA
Mile	3.46.91		Alan WEBB	USA	21-Jul-2007	Brasschaat, BEL
3000	7.29.00		Bernard LAGAT	USA	29-Aug-2010	Rieti, ITA
5000	12.53.60		Bernard LAGAT	USA	22-Jul-2011	Monaco, MON
10000	26.44.36		Galen RUPP	USA	30-May-2014	Eugene, OR, USA
Half Marathon	59.43		Ryan HALL	USA	14-Jan-2007	Houston, TX, USA
Marathon	2h 05.38		Khalid KHANNOUCHI	USA	14-Apr-2002	London, GBR
110mh	12.80 <i>(0.3)</i>	<b>WR</b>	Aries MERRITT	USA	7-Sep-2012	Brussels, BEL
400mh	46.78	<b>WR</b>	Kevin YOUNG	USA	6-Aug-1992	Barcelona, SPA
3000 Steeple	8.00.45		Evan JAGER	USA	4-Jul-2015	Saint Denis, FRA
High Jump	2.45	<b>WR</b>	Javier SOTOMAYOR	CUB	27-Jul-1993	Salamanca, ESP
Pole Vault	6.04		Brad WALKER	USA	8-Jun-2008	Eugene, OR, USA
Long Jump	8.95 <i>(0.3)</i>	<b>WR</b>	Mike POWELL	USA	30-Aug-1991	Tokyo, JPN
Triple Jump	18.21 <i>(0.2)</i>		Christian TAYLOR	USA	27-Aug-2015	Beijing, CHN
Shot Put	23.12	<b>WR</b>	Randy BARNES	USA	20-May-1990	Los Angeles, CA, USA
Discus Throw	71.32		Ben PLUCKNETT	USA	4-Jun-1983	Eugene, OR, USA
Hammer Throw	82.52		Lance DEAL	USA	7-Sep-1996	Milan, ITA
Javelin Throw	91.29		Breaux GREER	USA	21-Jun-2007	Indianapolis, IN, USA
Decathlon	9045		Ashton EATON	USA	28-29-Aug-2015	Beijing, CHN
<i>(10.23(-0.4), 7.88(0.0), 14.52, 2.01, 45.00 / 13.69(-0.2), 43.34, 5.20, 63.63, 4.17.52)</i>						
4x100	36.84	<b>WR</b>	JAMAICA	JAM	11-Aug-2012	London, GBR
<i>(Nesta Carter, Michael Frater, Yohan Blake, Usain Bolt)</i>						
4x400	2.54.29	<b>WR</b>	UNITED STATES	USA	22-Aug-1993	Stuttgart, GER
<i>(Andrew Valmon, Quincy Watts, Harry Reynolds, Michael Johnson)</i>						
10000 Walk	38.26		Daniel GARCIA	MEX	17-May-1997	Sonder Omme, DEN
20km Walk	1h 17.25.6		Bernardo SEGURA	MEX	7-May-1994	Fana, NOR
50km Walk	3h 41.09		Erick BARRONDO	GUA	23-Mar-2013	Dudince, SVK

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### WOMEN

EVENT	MARK		NAME	COUNTRY	DATE	PLACE
100	10.49 (0.0)	<b>WR</b>	Florence GRIFFITH-JOYNER	USA	16-Jul-1988	Indianapolis, IN, USA
200	21.34 (1.3)	<b>WR</b>	Florence GRIFFITH-JOYNER	USA	29-Sep-1988	Seoul, KOR
400	48.70		Sanya RICHARDS	USA	16-Sep-2006	Athenas, GRE
800	1.54.44		Ana Fidelia QUIROT	CUB	9-Sep-1989	Barcelona, SPA
1500	3.56.29		Shannon ROWBURY	USA	17-Jul-2015	Monaco, MON
Mile	4.16.71		Mary SLANEY	USA	21-Aug-1985	Zurich, SUI
3000	8.25.83		Mary SLANEY	USA	7-Sep-1985	Rome, ITA
<b>5000</b>	<b>14.38.92</b>		<b>Shannon ROWBURY</b>	<b>USA </b>	<b>9-Sep-2016</b>	<b>Bruxelles, BEL</b>
<b>10000</b>	<b>30.13.17</b>		<b>Molly HUDDLE</b>	<b>USA </b>	<b>12-Aug-2016</b>	<b>Rio de Janeiro, BRA</b>
Half Marathon	1h 07.34		Deena KASTOR	USA	2-Apr-2006	Berlin, GER
Marathon	2h 19.36		Deena KASTOR	USA	23-Apr-2006	London, GBR
<b>100mh</b>	<b>12.20 (0.3)</b>	<b>WR</b>	<b>Kendra HARRISON</b>	<b>USA </b>	<b>22-Jul-2016</b>	<b>London, GBR</b>
400mh	52.42		Melaine WALKER	JAM	20-Aug-2009	Berlin, GER
<b>3000 Steeple</b>	<b>9.07.63</b>		<b>Emma COBURN</b>	<b>USA </b>	<b>15-Aug-2016</b>	<b>Rio de Janeiro, BRA</b>
High Jump	2.05		Chaunte HOWARD-LOWE	USA	26-Jun-2010	Des Moines, IA, USA
<b>Pole Vault</b>	<b>5.00</b>		<b>Sandi MORRIS</b>	<b>USA </b>	<b>9-Sep-2016</b>	<b>Bruxelles, BEL</b>
Long Jump	7.49 (1.3)		Jackie JOYNER-KERSEE	USA	22-May-1994	New York, NY, USA
	7.49 (1.7)		Jackie JOYNER-KERSEE	USA	31-Jul-1994	Satriere, ITA
Triple Jump	15.29 (0.3)		Yamile ALDAMA	CUB	11-Jul-2003	Rome, ITA
Shot Put	20.96		Belsy LAZA	CUB	2-May-1992	Mexico DF, MEX
Discus Throw	70.88		Hilda Elisa RAMOS	CUB	8-May-1992	La Habana, CUB
Hammer Throw	76.62		Yipsi MORENO	CUB	9-Sep-2008	Zagreb, CRO
Javelin Throw	71.70		Osleidys MENENDEZ	CUB	14-Aug-2005	Helsinki, FIN
Heptathlon	7291	<b>WR</b>	Jackie JOYNER-KERSEE	USA	24-Sep-1988	Seoul, KOR
	(12.69(0.8), 1.86, 15.80, 22.56(1.6) / 7.27(0.7), 45.66, 2.08.51)					
<b>4x100</b>	<b>40.82</b>	<b>WR</b>	<b>UNITED STATES</b>	<b>USA </b>	<b>10-Aug-2012</b>	<b>London, GBR</b>
	(Tianna Madison, Allyson Felix, Bianca Knight, Carmeita Jeter)					
4x400	3.15.51		UNITED STATES	USA	1-Oct-1988	Seoul, KOR
	(D.Howard, D. Dixon, V.Brisco, Florence Griffith-Joyner)					
10000 Walk	44.16.21		Cristina LOPEZ	ESA	13-Jul-2007	San Salvador, ESA
10km Walk	42.42		Graciela MENDOZA	MEX	25-May-1997	Nauburg, GER
<b>20km Walk</b>	<b>1h 26.17</b>		<b>Maria Guadalupe GONZALEZ</b>	<b>MEX </b>	<b>7-May-2016</b>	<b>Rome, ITA</b>

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Update: December 2016