

# NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN ATHLETIC ASSOCIATION

## OUTDOOR RECORDS

UPDATED JAN 2019



<b>MEN</b>						
EVENT	MARK		NAME	COUNTRY	DATE	PLACE
100	9.58 (0.9)	<b>WR</b>	Usain BOLT	JAM	16-Aug-2009	Berlin, GER
200	19.19 (-0.3)	<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	Coblence, 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 (0.3)	<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 (0.3)	<b>WR</b>	Mike POWELL	USA	30-Aug-1991	Tokyo, JPN
Triple Jump	18.21 (0.2)		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	72.34		Ben PLUCKNETT	USA	7-Jul-1981	Stockholm, SWE
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	38.26.4		Daniel GARCIA	MEX	17-May-1997	Sonder Omme, DEN
20000 Walk	1h 17.25.6		Bernardo SEGURA	MEX	7-May-1994	Fana, NOR
20km Walk	1h 17.46		Julio MARTINEZ	GUA	8-May-1999	Eisenhüttenstadt, GER
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)	WR	Florence GRIFFITH-JOYNER	USA	16-Jul-1988	Indianapolis, IN, USA
200	21.34 (1.3)	WR	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>14.34.45</b>		<b>Shelby HOULIHAN</b>	<b>USA </b>	<b>21-Jul-2018</b>	<b>Heusden-Zolder, BEL</b>
10000	30.13.17		Molly HUDDLE	USA	12-Aug-2016	Rio de Janeiro, BRA
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
100mh	12.20 (0.3)	WR	Kendra HARRISON	USA	22-Jul-2016	London, GBR
400mh	52.42		Melaine WALKER	JAM	20-Aug-2009	Berlin, GER
<b>3000 Steeple</b>	<b>9.00.85</b>		<b>Courtney FRERICHS</b>	<b>USA </b>	<b>20-Jul-2018</b>	<b>Monaco, MON</b>
High Jump	2.05		Chaunte HOWARD-LOWE	USA	26-Jun-2010	Des Moines, IA, USA
Pole Vault	5.02 (i)		Jennifer SUHR	USA	2-Mar-2013	Albuquerque, NM, USA
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		Betsy LAZA	CUB	2-May-1992	Mexico DF, MEX
Discus Throw	70.88		Hilda Elisa RAMOS	CUB	8-May-1992	La Habana, CUB
<b>Hammer Throw</b>	<b>78.12</b>		<b>Deanna PRICE</b>	<b>USA </b>	<b>23-Jun-2018</b>	<b>Des Moines, IA, USA</b>
Javelin Throw	71.70		Osleidys MENENDEZ	CUB	14-Aug-2005	Helsinki, FIN
Heptathlon	7291	WR	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)					
4x100	40.82	WR	UNITED STATES	USA	10-Aug-2012	London, GBR
	(Tianna Madison, Allyson Felix, Bianca Knight, Carmeita Jeter)					
4x400	3.15.51		UNITED STATES	USA	1-Oct-1988	Seoul, KOR
	(Denean Howard-Hill, Diane Dixon, Valerie Brisco-Hooks, Florence Griffith-Joyner)					
10000 Walk	43.26.18		Graciela MENDOZA	MEX	7-Oct-1989	Hull, CAN
10km Walk	42.42		Graciela MENDOZA	MEX	25-May-1997	Nauburg, GER
20km Walk	1h 26.17		Maria Guadalupe GONZALEZ	MEX	7-May-2016	Rome, ITA
50km Walk	4h 15.42		Mayra HERRERA	GUA	9-Sep-2017	Owego, NY, USA

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