

NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN ATHLETIC ASSOCIATION (NACAC)

OUTDOOR RECORDS

UPDATED JUN 2022

MEN							
EVENT	MARK		NAME	BIRTHDATE	COUNTRY	PLACE	DATE
100	9.58 <i>(0.9)</i>	WR	Usain BOLT	21-Aug-1986	JAM	Berlin, GER	16-Aug-2009
200	19.19 <i>(-0.3)</i>	WR	Usain BOLT	21-Aug-1986	JAM	Berlin, GER	20-Aug-2009
400	43.18		Michael JOHNSON	13-Sep-1967	USA	Sevilla, SPA	26-Aug-1999
800	1.42.34		Donavan BRAZIER	15-Apr-1997	USA	Doha, QAT	1-Oct-2019
1000	2.13.9 (h)		Rick WOHLHUTER	23-Dec-1948	USA	Oslo, NOR	30-Jul-1974
1500	3.29.30		Bernard LAGAT	12-Dec-1974	USA	Rieti, ITA	28-Aug-2003
Mile	3.46.91		Alan WEBB	13-Jan-1983	USA	Brasschaat, BEL	21-Jul-2007
2000	4.52.44		Jim SPIVEY	7-Mar-1960	USA	Lausanne, SUI	15-Sep-1987
3000	7.29.00		Bernard LAGAT	12-Dec-1974	USA	Rieti, ITA	29-Aug-2010
5000	12.47.20		Mohammed AHMED	5-Jan-1991	CAN	Portland, OR, USA	10-Jul-2020
5 Kms (Road)	13.18		Juan Armando QUINTANILLA	19-Apr-1968	MEX	Carlsbad, CA, USA	31-Mar-1996
10000	26.33.84		Grant FISHER	22-Apr-1997	USA 	Sn. Juan Capist. CA, USA	6-Mar-2022
10 Kms (Road)	27.41		Arturo BARRIOS	12-Dec-1963	MEX	Phoenix, AZ, USA	1-Mar-1986
Half Marathon	59.43		Ryan HALL	14-Oct-1982	USA	Houston, TX, USA	14-Jan-2007
Marathon	2h 05.38		Khalid KHANNOUCHI	22-Dec-1971	USA	London, GBR	14-Apr-2002
110mh	12.80 <i>(0.3)</i>	WR	Aries MERRITT	24-Jul-1985	USA	Brussels, BEL	7-Sep-2012
400mh	46.17		Rai BENJAMIN	27-Jul-1997	USA	Tokyo, JPN	3-Aug-2021
3000 Steeple	8.00.45		Evan JAGER	8-Mar-1989	USA	Saint Denis, FRA	4-Jul-2015
High Jump	2.45	WR	Javier SOTOMAYOR	13-Oct-1967	CUB	Salamanca, ESP	27-Jul-1993
Pole Vault	6.06		Sam KENDRICKS	7-Sep-1992	USA	Des Moines, IA, USA	27-Jul-2019
Long Jump	8.95 <i>(0.3)</i>	WR	Mike POWELL	10-Nov-1963	USA	Tokyo, JPN	30-Aug-1991
Triple Jump	18.21 <i>(0.2)</i>		Christian TAYLOR	18-Jun-1990	USA	Beijing, CHN	27-Aug-2015
Shot Put	23.37	WR	Ryan CROUSER	18-Dec-1992	USA	Eugene, OR, USA	18-Jun-2021
Discus Throw	71.32		Ben PLUCKNETT	13-Apr-1954	USA	Milan, ITA	4-Jun-1983
Hammer Throw	82.52		Lance DEAL	21-Aug-1961	USA	Milan, ITA	7-Sep-1996
Javelin Throw	93.07		Anderson PETERS	21-Oct-1997	GRN 	Doha, QAT	13-May-2022
Decathlon	9045		Ashton EATON	21-Jan-1988	USA	Beijing, CHN	28-29-Aug-2015
							<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	WR	JAMAICA		JAM	London, GBR	11-Aug-2012
							<i>(Nesta Carter, Michael Frater, Yohan Blake, Usain Bolt)</i>
4x400	2.54.29	WR	UNITED STATES		USA	Stuttgart, GER	22-Aug-1993
							<i>(Andrew Valmon, Quincy Watts, Harry Reynolds, Michael Johnson)</i>
10000 Walk	38.26.4		Daniel GARCIA	28-Oct-1971	MEX	Sonder Omme, DEN	17-May-1997
20000 Walk	1h 17.25.6		Bernardo SEGURA	11-Feb-1970	MEX	Fana, NOR	7-May-1994
20km Walk	1h 17.46		Julio MARTINEZ	27-Sep-1973	GUA	Eisenhuttenstadt, GER	8-May-1999
35km Walk	2h 29.24		Jose Luis DOCTOR	14-Jun-1996	MEX 	Dudince, SVK	23-Apr-2022
50km Walk	3h 41.09		Erick BARRONDO	14-Jun-1991	GUA	Dudince, SVK	23-Mar-2013
4x400 Mixed	3.09.34	WR	UNITED STATES		USA	Doha, QAT	29-Sep-2019
							<i>(Wilbert London, Allyson Felix, Courtney Okolo, Michael Cherry)</i>

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WOMEN

EVENT	MARK		NAME	BIRTHDATE	COUNTRY	PLACE	DATE
100	10.49 (0.0)	WR	Florence GRIFFITH-JOYNER	21-Dec-1959	USA	Indianapolis, IN, USA	16-Jul-1988
200	21.34 (1.3)	WR	Florence GRIFFITH-JOYNER	21-Dec-1959	USA	Seoul, KOR	29-Sep-1988
400	48.36		Shaunae MILLER-UIBO	15-Apr-1994	BAH	Tokyo, JPN	6-Aug-2021
800	1.54.44		Ana Fidelia QUIROT	23-Mar-1963	CUB	Barcelona, SPA	9-Sep-1989
1000	2.31.80		Regina JACOBS	28-Aug-1963	USA	Brunswick, ME, USA	3-Jul-1999
1500	3.54.99		Shelby HOULIHAN	8-Feb-1993	USA	Doha, QAT	5-Oct-2019
Mile	4.16.71		Mary SLANEY	4-Aug-1958	USA	Zurich, SUI	21-Aug-1985
2000	5.32.7 (h)		Mary DECKER	4-Aug-1958	USA	Eugene, OR, USA	3-Aug-1984
3000	8.25.83		Mary SLANEY	4-Aug-1958	USA	Rome, ITA	7-Sep-1985
5000	14.23.92		Shelby HOULIHAN	8-Feb-1993	USA	Portland, OR, USA	10-Jul-2020
5 Kms (Road)	14.50		Molly HUDDLE	31-Aug-1984	USA	Boston, MA, USA	18-Apr-2015
10000	30.13.17		Molly HUDDLE	31-Aug-1984	USA	Rio de Janeiro, BRA	12-Aug-2016
10 Kms (Road)	30.52		Shalane FLANAGAN	8-Jul-1981	USA	Boston, MA, USA	26-Jun-2016
Half Marathon	1h 07.11		Emily SISSON	12-Oct-1991	USA	Indianapolis, IN, USA	7-May-2022
Marathon	2h 19.12		Keira D'AMATO	21-Oct-1984	USA	Houston, TX, USA	16-Jan-2022
100mh	12.20 (0.3)	WR	Kendra HARRISON	18-Sep-1992	USA	London, GBR	22-Jul-2016
400mh	51.41	WR	Sydney McLAUGHLIN	7-Aug-1999	USA	Eugene, OR, USA	25-Jun-2022
3000 Steeple	8.57.77		Courtney FRERICHS	18-Jan-1993	USA	Eugene, OR, USA	21-Aug-2021
High Jump	2.05		Chaunte HOWARD-LOWE	12-Jan-1984	USA	Des Moines, IA, USA	26-Jun-2010
Pole Vault	5.02 (i)		Jennifer SUHR	5-Feb-1982	USA	Albuquerque, NM, USA	2-Mar-2013
Long Jump	7.49 (1.3)		Jackie JOYNER-KERSEE	3-Mar-1962	USA	New York, NY, USA	22-May-1994
	7.49 (1.7)		Jackie JOYNER-KERSEE	3-Mar-1962	USA	Satriere, ITA	31-Jul-1994
Triple Jump	15.29 (0.3)		Yamile ALDAMA	14-Aug-1972	CUB	Rome, ITA	11-Jul-2003
Shot Put	20.96		Belsy LAZA	5-Jun-1967	CUB	Mexico DF, MEX	2-May-1992
Discus Throw	71.46		Valarie ALLMAN	23-Feb-1995	USA	San Diego, CA, USA	8-Apr-2022
Hammer Throw	80.31		Deanna PRICE	8-Jun-1993	USA	Eugene, OR, USA	26-Jun-2021
Javelin Throw	71.70		Osleidys MENENDEZ	14-Nov-1979	CUB	Helsinki, FIN	14-Aug-2005
Heptathlon	7291	WR	Jackie JOYNER-KERSEE	3-Mar-1962	USA	Seoul, KOR	24-Sep-1988
	(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	London, GBR	10-Aug-2012
	(Tianna Madison, Allyson Felix, Bianca Knight, Carmeita Jeter)						
4x400	3.15.51		UNITED STATES		USA	Seoul, KOR	1-Oct-1988
	(Denean Howard-Hill, Diane Dixon, Valerie Brisco-Hooks, Florence Griffith-Joyner)						
10000 Walk	44.13.88		Alegna Aryday GONZALEZ	2-Jan-1999	MEX	Tampere, FIN	14-Jul-2018
10km Walk	42.42		Maria Graciela MENDOZA	23-Mar-1963	MEX	Nauburg, GER	25-May-1997
20000 Walk	1h 31.53.72		Mirna Sucely ORTIZ	28-Feb-1987	GUA	Guatemala, GUA	8-Aug-2014
20km Walk	1h 26.17		Maria Guadalupe GONZALEZ	9-Jan-1989	MEX	Rome, ITA	7-May-2016
35km Walk	2h 49.29		Robyn STEVENS	24-Apr-1983	USA	Dudince, SVK	23-Apr-2022
50km Walk	4h 13.56		Mirna Sucely ORTIZ	28-Feb-1987	GUA	Guatemala, GUA	24-Feb-2019

Compiled by:

Carlos Clemente (ESA) - NACAC Statistics

Email: ranking.results@yahoo.com

Updated: June 2022

