# North America, Central America and Caribbean Athletic Association (NACAC) Outdoor Records

**Updated Jun 2022**

## Men

<table>
<thead>
<tr>
<th>EVENT</th>
<th>MARK</th>
<th>NAME</th>
<th>BIRTHDATE</th>
<th>COUNTRY</th>
<th>PLACE</th>
<th>DATE</th>
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<tbody>
<tr>
<td>100</td>
<td>9.58 (0.9)</td>
<td>Usain BOLT</td>
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<td>JAM</td>
<td>Berlin, GER</td>
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<td>400</td>
<td>43.18</td>
<td>Michael JOHNSON</td>
<td>13-Sep-1967</td>
<td>USA</td>
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<td>800</td>
<td>1.42.34</td>
<td>Donavan BRAZIER</td>
<td>15-Apr-1997</td>
<td>USA</td>
<td>Doha, QAT</td>
<td>1-Oct-2019</td>
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<td>1000</td>
<td>2.13.9 (h)</td>
<td>Rick WOHLHUTER</td>
<td>23-Dec-1948</td>
<td>USA</td>
<td>Oslo, NOR</td>
<td>30-Jul-1974</td>
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<td>1500</td>
<td>3.29.30</td>
<td>Bernard LAGAT</td>
<td>12-Dec-1974</td>
<td>USA</td>
<td>Rieti, ITA</td>
<td>28-Aug-2003</td>
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<tr>
<td>Mile</td>
<td>3.46.91</td>
<td>Alan WEBB</td>
<td>13-Jan-1983</td>
<td>USA</td>
<td>Brasschaat, BEL</td>
<td>21-Jul-2007</td>
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<td>2000</td>
<td>4.52.44</td>
<td>Jim SPIVEY</td>
<td>7-Mar-1960</td>
<td>USA</td>
<td>Lausanne, SUI</td>
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<td>3000</td>
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<td>12-Dec-1974</td>
<td>USA</td>
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<td>5000</td>
<td>12.47.20</td>
<td>Mohammed AHMED</td>
<td>5-Jan-1991</td>
<td>CAN</td>
<td>Portland, OR, USA</td>
<td>10-Jul-2020</td>
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<tr>
<td>5000 (Road)</td>
<td>13.18</td>
<td>Juan Armando QUINTANILLA</td>
<td>19-Apr-1968</td>
<td>MEX</td>
<td>Carlsbad, CA, USA</td>
<td>31-Mar-1996</td>
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<td>10000</td>
<td>26.33.84</td>
<td>Grant FISHER</td>
<td>22-Apr-1997</td>
<td>USA</td>
<td>Sn. Juan Capist. CA, USA</td>
<td>6-Mar-2022</td>
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<tr>
<td>10 Kms (Road)</td>
<td>27.41</td>
<td>Arturo BARRIOS</td>
<td>12-Dec-1963</td>
<td>MEX</td>
<td>Phoenix, AZ, USA</td>
<td>1-Mar-1986</td>
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<td>Half Marathon</td>
<td>59.43</td>
<td>Ryan HALL</td>
<td>14-Oct-1982</td>
<td>USA</td>
<td>Houston, TX, USA</td>
<td>14-Jan-2007</td>
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<td>Marathon</td>
<td>2h 05.38</td>
<td>Khalid KHANNOUCHI</td>
<td>22-Dec-1971</td>
<td>USA</td>
<td>London, GBR</td>
<td>14-Apr-2002</td>
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<td>110m</td>
<td>12.80 (0.3)</td>
<td>Aries MERRITT</td>
<td>24-Jul-1985</td>
<td>USA</td>
<td>Brussels, BEL</td>
<td>7-Sep-2012</td>
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<td>400m</td>
<td>46.17</td>
<td>Rai BENJAMIN</td>
<td>27-Jul-1997</td>
<td>USA</td>
<td>Tokyo, JPN</td>
<td>3-Aug-2021</td>
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<td>3000 Steeple</td>
<td>8.00.45</td>
<td>Evan JAGER</td>
<td>8-Mar-1989</td>
<td>USA</td>
<td>Saint Denis, FRA</td>
<td>4-Jul-2015</td>
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<td>Pole Vault</td>
<td>6.06</td>
<td>Sam KENDRICKS</td>
<td>7-Sep-1992</td>
<td>USA</td>
<td>Des Moines, IA, USA</td>
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<td>Long Jump</td>
<td>8.95 (0.3)</td>
<td>Mike POWELL</td>
<td>10-Nov-1963</td>
<td>USA</td>
<td>Tokyo, JPN</td>
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<td>Triple Jump</td>
<td>18.21 (0.2)</td>
<td>Christian TAYLOR</td>
<td>18-Jun-1990</td>
<td>USA</td>
<td>Beijing, CHN</td>
<td>27-Aug-2015</td>
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<td>Shot Put</td>
<td>23.37</td>
<td>Ryan CROUSER</td>
<td>18-Dec-1992</td>
<td>USA</td>
<td>Eugene, OR, USA</td>
<td>18-Jun-2021</td>
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<td>Discus Throw</td>
<td>71.32</td>
<td>Ben PLUCKNETT</td>
<td>13-Apr-1954</td>
<td>USA</td>
<td>Milan, ITA</td>
<td>4-Jun-1983</td>
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<td>Hammer Throw</td>
<td>82.52</td>
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<td>21-Aug-1961</td>
<td>USA</td>
<td>Milan, ITA</td>
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<td>9045</td>
<td>Ashton EATON</td>
<td>21-Jan-1988</td>
<td>USA</td>
<td>Beijing, CHN</td>
<td>28-29-Aug-2015</td>
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### Notes
- **4x100**: 36.84 (JAMAICA)
- **4x400**: 2.54.29 (UNITED STATES)
- **10000 Walk**: 38.26.4 (Daniel GARCIA)
- **20000 Walk**: 1h 17.25.6 (Bernardo SEGURA)
- **20km Walk**: 1h 17.46 (Julio MARTINEZ)
- **35km Walk**: 2h 29.24 (Jose Luis DOCTOR)
- **50km Walk**: 3h 41.09 (Erick BARRONDO)

**4x400 Mixed**: 3.09.34 (UNITED STATES)

**Updated Jun 2022**

*North America, Central America and Caribbean Athletic Association (NACAC)*
# NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN ATHLETIC ASSOCIATION (NACAC)
## OUTDOOR RECORDS

### WOMEN

<table>
<thead>
<tr>
<th>EVENT</th>
<th>MARK</th>
<th>NAME</th>
<th>BIRTHDATE</th>
<th>COUNTRY</th>
<th>PLACE</th>
<th>DATE</th>
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<tr>
<td>100</td>
<td>10.49 (0.0)</td>
<td>Florence GRIFFITH-JOYNER</td>
<td>21-Dec-1959</td>
<td>USA</td>
<td>Indianapolis, IN, USA</td>
<td>16-Jul-1988</td>
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<td>48.36</td>
<td>Shaunae MILLER-UIBO</td>
<td>15-Apr-1994</td>
<td>BAH</td>
<td>Tokyo, JPN</td>
<td>6-Aug-2021</td>
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<td>800</td>
<td>1:54.44</td>
<td>Ana Fidelia QUIROT</td>
<td>23-Mar-1963</td>
<td>CUB</td>
<td>Barcelona, SPA</td>
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<td>1500</td>
<td>3:54.99</td>
<td>Shelby HOUHILAN</td>
<td>8-Feb-1993</td>
<td>USA</td>
<td>Doha, QAT</td>
<td>5-Oct-2019</td>
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<td>Mile</td>
<td>4:16.71</td>
<td>Mary SLANEY</td>
<td>4-Aug-1958</td>
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<td>Zurich, SUI</td>
<td>21-Aug-1985</td>
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<td>2000</td>
<td>5:32.7</td>
<td>Mary DECKER</td>
<td>4-Aug-1958</td>
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<td>Eugene, OR, USA</td>
<td>3-Aug-1984</td>
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<td>Rome, ITA</td>
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<td>14:50</td>
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<td>31-Aug-1984</td>
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<td>1h 07.11</td>
<td>Emily SISSON</td>
<td>12-Oct-1991</td>
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<td>Indianapolis, IN, USA</td>
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<td>Keira D’AMATO</td>
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<td>12.20 (0.3)</td>
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<td>18-Sep-1992</td>
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<td>8:57.77</td>
<td>Courtney FRERICHS</td>
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<td>High Jump</td>
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<td>Chaunte HOWARD-LOWE</td>
<td>12-Jan-1984</td>
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<td>26-Jun-2010</td>
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<td>Pole Vault</td>
<td>5.02 (i)</td>
<td>Jennifer SUHR</td>
<td>5-Feb-1982</td>
<td>USA</td>
<td>Albuquerque, NM, USA</td>
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<td>Jackie JOYNER-KERSEE</td>
<td>3-Mar-1962</td>
<td>USA</td>
<td>New York, NY, USA</td>
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<td>7.49 (1.7)</td>
<td>Jackie JOYNER-KERSEE</td>
<td>3-Mar-1962</td>
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<td>31-Jul-1994</td>
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<td>Triple Jump</td>
<td>15.29 (0.3)</td>
<td>Yamile ALDAMA</td>
<td>14-Aug-1972</td>
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<td>5-Jun-1967</td>
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<td>Discus Throw</td>
<td>71.46</td>
<td>Valarie ALLMAN</td>
<td>23-Feb-1995</td>
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<td>Deanna PRICE</td>
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<td>Osleidys MENENDEZ</td>
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| 4x100         | 40.82       | UNITED STATES             | USA         | London, GBR  | 10-Aug-2012                  |
| 4x400         | 3.15.51     | UNITED STATES             | USA         | Seoul, KOR   | 1-Oct-1988                   |

Compiled by:
Carlos Clemente (ESA) - NACAC Statistics
Email: ranking.results@yahoo.com
Updated: June 2022