

USA Masters Women Indoor Meet Records

60m

W25	7.73	Lea Obeid	Albuquerque, NM	2026
W30	7.71	Brandi Bernert	Bloomington, IN	2012
W35	7.73	Odeika Giscombe	Albuquerque, NM	2026
W40	7.71	Easter Grant	Chicago, IL	2024
W45	7.86	Renée Shepherd	Boston, MA	2010
W50	7.93	Cynthia McNamee	Albuquerque, NM	2026
W55	8.42	Emmanuelle McGowan	Chicago, IL	2024
W60	8.49	Johnnie Reid	Louisville, KY	2023
W65	9.03	Nadine O'Connor	Boston, MA	2007
W70	9.21	Kathy Bergen	Boston, MA	2010
W75	9.49	Kathy Bergen	Albuquerque, NM	2016
W80	10.37	Irene Obera	Boston, MA	2014
W85	10.98	Kathy Bergen	Gainesville, FL	2025
W90	15.38	Florence Meiler	Albuquerque, NM	2026
W95	31.29	Hannele Lawrence	Gainesville, FL	2025
W100	24.79	Julia Hawkins	Landover, MD	2018

200m

W25	24.99	Alexia Dehaven	Louisville, KY	2023
W30	25.03	Alethea Morris	Boston, MA	1999
W35	24.35	Odeika Giscombe	Albuquerque, NM	2026
W40	24.94	Easter Grant	Chicago, IL	2024
W45	25.64	Emmanuelle McGowan	Albuquerque, NM	2016
W50	26.10	Cynthia McNamee	Albuquerque, NM	2026
W55	26.84	Emmanuelle McGowan	Chicago, IL	2024
W60	27.66	Joetta Clark Diggs	Albuquerque, NM	2026
W65	29.80	Elizabeth Deak	Chicago, IL	2024
W70	31.86	Kathy Bergen	Bloomington, IN	2012
W75	34.02	Kathy Bergen	Albuquerque, NM	2017
W80	36.53	Irene Obera	Boston, MA	2014
W85	40.60	Mary Smith	Albuquerque, NM	2026
W90	1:15.77	Betty Lindberg	Winston-Salem, NC	2019

400m

W25	56.93	Alexia Dehaven	Louisville, KY	2023
W30	56.56	Le'Titia Silas	Boston, MA	2008
W35	55.21	Odeika Giscombe	Albuquerque, NM	2026
W40	57.33	Maureen Zivic	Albuquerque, NM	2026
W45	1:00.41	Emmanuelle McGowan	Albuquerque, NM	2016
W50	1:00.00	Kristy Matthews	Chicago, IL	2024
W55	1:04.15	Emmanuelle McGowan	Chicago, IL	2024
W60	1:03.28	Sue McDonald	Chicago, IL	2024
W65	1:07.66	Elizabeth Deak	Chicago, IL	2024
W70	1:18.11	Leandra Funk	Albuquerque, NM	2026
W75	1:21.28	Jeanne Daprano	Bloomington, IN	2012
W80	1:32.75	Mary Smith	Chicago, IL	2013

USA Masters Women Indoor Meet Records

800m

W25	2:24.80	Amanda Pasko	Louisville, KY	2023
W30	2:17.11	Jacqueline Concaugh	Boston, MA	2007
W35	2:16.41	Rebecca Heuer-Carroll	Boston, MA	2001
W40	2:08.68	Alisa Harvey	Boston, MA	2006
W45	2:18.36	Alisa Harvey	Landover, MD	2013
W50	2:21.73	Alisa Harvey	Landover, MD	2018
W55	2:26.85	Michelle Rohl	New York, NY	2022
W60	2:29.98	Sue McDonald	Chicago, IL	2024
W65	2:44.35	Kathryn Martin	Albuquerque, NM	2017
W70	3:04.26	Kathryn Martin	New York, NY	2022
W75	3:14.96	Sabra Harvey	Albuquerque, NM	2026
W80	3:53.53	Jeanne Daprano	Albuquerque, NM	2017
W85	5:59.98	*Ivy Granstrom	Boston, MA	1999
	6:55.80	Tami Graf	New York, NY	2022

1500m

W25	4:33.34	Payton Capes-Davis	Gainesville, FL	2025
W30	4:39.58	Maureen Lemon	Louisville, KY	2023
W35	4:36.12	Cindy Bremser	Blaine, MN	1991
W40	4:37.95	Sasha Scott	Landover, MD	2018
W45	4:44.00	Sonja Friend-Uhl	Landover, MD	2018
W50	5:05.94	Sonja Friend-Uhl	Louisville, KY	2023
W55	4:53.57	Michelle Rohl	Gainesville, FL	2025
W60	5:33.56	Kathryn Martin	Albuquerque, NM	2016
W65	5:48.64	Nancy Simmons	Gainesville, FL	2025
W70	5:54.19	Kathryn Martin	Louisville, KY	2023
W75	7:50.76	Jeanne Daprano	Albuquerque, NM	2016
W80	8:46.32	Jeanne Daprano	Landover, MD	2018
W85	15:38.94	Joyce Hodges-Hite	Gainesville, FL	2025

1 Mile

W25	5:45.41	Traci Tempone	New York, NY	2022
W30	4:43.02	Cindy Bremser	Madison, WI	1987
W35	4:59.28	Carol Urish-McLatchie	Madison, WI	1987
W40	4:59.78	Kimberly Griffin	Boston, MA	2002
W45	4:59.19	Sasha Scott	New York, NY	2022
W50	5:19.37	Jennifer Harvey	New York, NY	2022
W55	5:27.89	Kathryn Martin	Boston, MA	2007
W60	5:31.77	Sue McDonald	Chicago, IL	2024
W65	6:01.46	Kathryn Martin	Albuquerque, NM	2017
W70	6:31.25	Kathryn Martin	New York, NY	2022
W75	7:13.51	Jeanne Daprano	Bloomington, IN	2012
W80	8:52.77	Jeanne Daprano	Albuquerque, NM	2017
W85	13:00.96	*Ivy Granstrom	Boston, MA	1999
	14:18.28	Tami Graf	New York, NY	2022
W90	15:15.58	Betty Lindberg	Winston-Salem, NC	2019

USA Masters Women Indoor Meet Records

3000m

W25	9:45.53	Payton Capes-Davis	Gainesville, FL	2025
W30	9:53.75	Maureen Lemon	Louisville, KY	2023
W35	9:34.08	Leslie Lehane	Boston, MA	1998
W40	9:45.23	April Lund	Chicago, IL	2024
W45	10:02.55	Joan Benoit Samuelson	Boston, MA	2003
W50	10:07.36	Perry Shoemaker	Louisville, KY	2023
W55	10:22.74	Michelle Rohl	New York, NY	2022
W60	11:24.42	Kathryn Martin	Boston, MA	2014
W65	11:53.32	Kathryn Martin	Albuquerque, NM	2017
W70	12:49.05	Kathryn Martin	New York, NY	2022
W75	15:15.67	Jeanette Groesz	Albuquerque, NM	2026
W80	21:27.0	Gerry Davidson	Boise, ID	2005
W85	25:57.92	*Ivy Granstrom	Boston, MA	1999
	26:41.92	Tami Graf	New York, NY	2022

60m Hurdles

W25	9.14	Alexia Dehaven	Louisville, KY	2023
W30	8.83	Latasha Dodson	Louisville, KY	2023
W35	8.96	Charlene Landrum	Boston, MA	2001
W40	8.68	*Olutoyin Augustus	Chicago, IL	2024
	9.08	Joy Upshaw	Boise, ID	2005
W45	8.83	*Olutoyin Augustus	Gainesville, FL	2025
	9.13	Joy Upshaw	Boston, MA	2007
W50	9.38	Allison Murphy	Albuquerque, NM	2026
W55	9.71	Joy Upshaw	Albuquerque, NM	2016
W60	9.66	Neringa Jakstiene	Chicago, IL	2024
W65	10.96	Karen Maxwell	Albuquerque, NM	2026
W70	12.09	Kay Glynn	Louisville, KY	2023
W75	13.70	Florence Meiler	Boston, MA	2010
W80	13.76	Irene Obera	Winston-Salem, NC	2015
W85	18.73	Florence Meiler	New York, NY	2022
W90	26.89	Florence Meiler	Albuquerque, NM	2026

1500m Race Walk

W30	8:20.99	Amanda Prince	Louisville, KY	2023
W35	10:06.04	Cheryl Armstrong	Louisville, KY	2023
W40	7:58.58	Lorraine Ambrosino	Gainesville, FL	2025
W45	12:13.80	Kelley Grayson	Landover, MD	2018
W50	8:55.73	Debra Bridges	Landover, MD	2018
W55	8:13.79	Maryanne Daniel	Landover, MD	2018
W60	8:36.37	Johanna Flipsen	Albuquerque, NM	2016
	9:04.16	Sharon Haley	Gainesville, FL	2025
W65	8:59.22	Mariannce Martino	Albuquerque, NM	2016
W70	9:34.58	Mariannce Martino	Louisville, KY	2023
W75	11:03.36	Kathleen Frable	Louisville, KY	2023
W80	14:48.06	Sandra Hults	Gainesville, FL	2025

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Mile Race Walk

W30	8:43.79	Rachel Chapla	Chicago, IL	2024
W35	8:45.03	Anine Stanley	Chicago, IL	2024
W40	8:41.87	Susan Armenta	Albuquerque, NM	2017
W45	8:35.35	Carolyn McAndrews	Chicago, IL	2024
W50	8:23.85	Karla Snyder	Chicago, IL	2024
W55	9:12.05	Maryanne Daniel	Albuquerque, NM	2017
W60	8:47.37	Carolyn Kealty	Chicago, IL	2024
W65	9:14.46	Maryanne Daniel	Chicago, IL	2024
W70	9:52.22	Karen Swisher	Chicago, IL	2024
W75	10:53.25	Marianne Martino	Albuquerque, NM	2026
W80	13:50.70	Kathleen Frable	Albuquerque, NM	2026

3000m Race Walk

W30	15:15.61	Erin Taylor Talcott	Boston, MA	2010
W35	14:14.42	Jill Cobb	Bloomington, IN	2012
W40	12:00.00	Viisha Sedlak	Bozman, MT	1993
W45	14:37.86	Maryanne Torrellas	Boston, MA	2004
W50	15:27.06	Tish Roberts	Boston, MA	1999
W55	14:19.74	Michelle Rohl	Chicago, IL	2024
W60	17:06.35	Carolyn Kealty	Gainesville	2025
W65	18:05.85	Maryanne Daniel	Chicago, IL	2024
W70	18:53.83	Karen Swisher	Chicago, IL	2024
W75	20:50.01	Kate Marrs	Boston, MA	2004
W80	23:08.58	Miriam Gordon	Boston, MA	2006
W85	27:11.02	Fannie Benno-Caris	Boston, MA	2004

High Jump

W25	1.75m	Kaley Petrosky	Gainesville, FL	2025
W30	1.94m	Chanté Lowe	Albuquerque, NM	2016
W35	1.72m	*Solange Witteveen	Bloomington, IN	2012
	1.70m	Anne Jennings	Boston, MA	2000
W40	1.68m	Stacy Nieder	Albuquerque, NM	2011
W45	1.58m	Phil Raschker	Reno, NV	1995
		Anne Sluder	Winston-Salem, NC	2019
W50	1.55m	Pamela McCartney	Louisville, KY	2023
		Alison Wood	Chicago, IL	2024
W55	1.55m	Pamela McCartney	Albuquerque, NM	2026
W60	1.47m	Neringa Jakstiene	Albuquerque, NM	2026
W65	1.31m	Kathy Bergen	Boston, MA	2006
W70	1.28m	Kathy Bergen	Boston, MA	2010
W75	1.25m	Kathy Bergen	Albuquerque, NM	2016
W80	1.07m	Kathy Bergen	Louisville, KY	2023
W85	1.03m	Kathy Bergen	Albuquerque, NM	2026
W90	0.88m	Florence Meiler	Albuquerque, NM	2026

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Pole Vault

W25	3.10m	Kristen Tarsala	Louisville, KY	2023
W30	3.45m	Alexandra Faust	New York, NY	2022
W35	3.60m	Alicia Essex Libby	Gainesville, FL	2025
W40	3.70m	*Dash Newington	Gainesville, FL	2025
	3.60m	Alicia Essex Libby	Albuquerque, NM	2026
W45	3.23m	Phil Raschker	Reno, NV	1995
W50	3.06m	Phil Raschker	Boston, MA	2000
W55	2.95m	Kay Glynn	Albuquerque, NM	2011
W60	3.00m	Nadine O'Connor	Boise, ID	2005
W65	2.90m	Nadine O'Connor	Landover, MD	2009
W70	2.60m	Kay Glynn	Louisville, KY	2023
W75	1.90m	Florence Meiler	Albuquerque, NM	2011
W80	1.60m	Catherine Radle	Gainesville, FL	2025
W85	1.30m	Florence Meiler	Louisville, KY	2023
W90	1.25m	Florence Meiler	Albuquerque, NM	2026

Long Jump

W25	5.04m	Taylor Pralle	New York, NY	2022
W30	5.81m	Donna Pope-Green	Madison, WI	1987
W35	5.47m	Laura Barre	Boston, MA	2006
W40	5.64m	Phil Raschker	Madison, WI	1987
W45	5.19m	Joy Upshaw	Boston, MA	2007
W50	5.45m	Joy Upshaw	Albuquerque, NM	2011
W55	4.95m	Neringa Jakstiene	Winston-Salem, NC	2019
W60	4.73m	Neringa Jakstiene	Chicago, IL	2024
W65	4.22m	Phil Raschker	Bloomington, IN	2012
W70	3.88m	Kay Glynn	Louisville, KY	2023
W75	3.40m	*Christa Bortignon	Bloomington, IN	2012
	3.26m	Audrey Lary	Albuquerque, NM	2011
W80	2.71m	Irene Obera	Winston-Salem, NC	2015
W85	2.22m	Florence Meiler	New York, NY	2022
W90	1.55m	Florence Meiler	Albuquerque, NM	2026
W95	0.85m	Hannele Lawrence	Gainesville, FL	2025

Triple Jump

W30	12.07m	Breanna Sanner	Louisville, KY	2023
W35	12.14m	Breanna Sanner	Gainesville, FL	2025
W40	11.14m	*Dash Newington	Gainesville, FL	2025
	11.06m	Regina Richardson	Boston, MA	2007
W45	10.82m	Phil Raschker	Bozeman, MT	1993
W50	10.69m	*Anna Wlodarczk	Boston, MA	2003
	10.49m	Phil Raschker	Boston, MA	1997
W55	10.61m	Neringa Jakstiene	Winston-Salem, NC	2019
W60	10.35m	Neringa Jakstiene	Gainesville, FL	2025
W65	8.52m	Phil Raschker	Bloomington, IN	2012
W70	8.34m	Kay Glynn	Louisville, KY	2023

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Triple Jump (cont.)

W75	7.75m	*Christa Bortignon	Landover, MD	2013
	7.35m	Audrey Lary	Albuquerque, NM	2011
W80	5.71m	Christel Donley	Winston-Salem, NC	2015
W85	4.60m	Flo Meiler	Chicago, IL	2024
W90	4.09m	Florence Meiler	Albuquerque, NM	2026
W95	2.32m	Hannele Lawrence	Gainesville, FL	2025

Shot Put

W25	10.22m	Kelsey Sullivan	Chicago, IL	2024
W30	13.60m	Jessica Becker	Albuquerque, NM	2016
W35	12.77m	Oneithea Lewis	Boston, MA	2000
W40	13.96m	Oneithea Lewis	Boston, MA	2004
W45	13.61m	Angela Herzner	New York, NY	2022
W50	13.66m	Angela Herzner	Gainesville, FL	2025
W55	13.04m	Monica Kendall	Landover, MD	2013
W60	12.06m	Monica Kendall	Albuquerque, NM	2017
W65	9.72m	Kristin Terpening	Albuquerque, NM	2026
W70	11.07m	Monica Kendall	Albuquerque, NM	2026
W75	10.07m	Myrle Mensey	Chicago, IL	2024
W80	8.02m	Mary Roman	Albuquerque, NM	2017
W85	6.72m	Gloria Krug	Albuquerque, NM	2017
W90	5.39m	Gloria Krug	New York, NY	2022
W95	3.75m	Betty Jarvis	Albuquerque, NM	2011
W100	2.77m	Julia Hawkins	Landover, MD	2018

Weight Throw

W25	9.64m	Amanda Pasko	Albuquerque, NM	2026
W30	13.65m	Sara Shisslak	Landover, MD	2018
W35	17.96m	Emily Adams	Gainesville, FL	2025
W40	17.12m	Oneithea Lewis	Boston, MA	2003
W45	16.28m	Oneithea Lewis	Boston, MA	2008
W50	16.68m	Oneithea Lewis	Albuquerque, NM	2011
W55	15.78m	Oneithea Lewis	Winston-Salem, NC	2019
W60	16.90m	Oneithea Lewis	Louisville, KY	2023
W65	15.46m	Oneithea Lewis	Albuquerque, NM	2026
W70	14.84m	Myrle Mensey	Winston-Salem, NC	2019
W75	16.37m	Myrle Mensey	Chicago, IL	2024
W80	9.36m	Mary Roman	Albuquerque, NM	2016
W85	7.89m	Gloria Krug	Albuquerque, NM	2017
W90	6.57m	Gloria Krug	New York, NY	2022
W95	6.10m	Betty Jarvis	Albuquerque, NM	2011

USA Masters Women Indoor Meet Records

SuperWeight - Indoors only

W25	5.46m	Amanda Pasko	Louisville, KY	2023
W30	8.14m	Sara Shisslak	Landover, MD	2018
W35	11.60m	Emily Adams	Gainesville, FL	2025
W40	10.09m	Emily Adams	Albuquerque, NM	2026
W45	10.52m	Oneithea Lewis	Landover, MD	2009
W50	11.86m	Angela Bickel	Albuquerque, NM	2026
W55	10.88m	Oneithea Lewis	Winston-Salem, NC	2019
W60	11.53m	Oneithea Lewis	Louisville, KY	2023
W65	11.06m	Myrle Mensey	Albuquerque, NM	2016
W70	10.28m	Myrle Mensey	Winston-Salem, NC	2019
W75	11.03m	Myrle Mensey	Chicago, IL	2024
W80	6.38m	Mary Roman	Albuquerque, NM	2016
W85	5.39m	Gloria Krug	Albuquerque, NM	2017
W90	4.53m	Gloria Krug	New York, NY	2022
W95	2.99m	Betty Jarvis	Albuquerque, NM	2011

Pentathlon

W25	2441pts	Tanara Pridgett	New York, NY	2022
W30	2283pts	Christy Borders	Winston-Salem, NC	2019
W35	2590pts	Melissa Hemphill	Gainesville, FL	2025
W40	3602pts	Rachel Guest	Albuquerque, NM	2016
W45	3904pts	Rachel Guest	New York, NY	2022
W50	3781	Marsha Baird	Albuquerque, NM	2026
W55	4532pts	Neringa Jakstiene	Winston-Salem, NC	2019
W60	4787pts	Neringa Jakstiene	Chicago, IL	2024
W65	4178pts	Phil Raschker	Bloomington, IN	2012
W70	3682pts	Rita Hanscom	Gainesville, FL	2025
W75	3626pts	*Christa Bortignon	Bloomington, IN	2012
	2460pts	Johnnye Valien	Boston, MA	2001
W80	2725pts	Irene Obera	Winston-Salem, NC	2015
W85	2388pts	Flo Meiler	New York, NY	2022
W90	2047pts	Florence Meiler	Albuquerque, NM	2026

USA Masters Women Indoor Meet Records

4x200m Relay

W25	1:51.46	McIntyre,Roberts,Mathews,Pralle	Chicago, IL	2024
W30	1:50.98	Rogers,Grant,Moulds,Allen	Landover, MD	2018
W35	1:41.48	Trucks,Giscombe,O'Connor,Grant	Chicago, IL	2024
W40	1:45.11	Readinger,Dendy,Guest,Rembert	Albuquerque, NM	2016
W45	1:51.26	Megowan,Jones,Edwards,Monteleone	Chicago, IL	2024
W50	2:00.22	Barney,Clarke,Hedges,Upshaw	Landover, MD	2018
W55	2:04.55	Hoffman,Bowman,Johnson,Upshaw	Winston-Salem, NC	2019
W60	1:56.99	Upshaw,Deak,McDonald,Bridgette	Chicago, IL	2024
W65	2:26.17	Hammond,Bellaire,Hayden,Simpson	Gainesville, FL	2025
W70	2:29.60	Bell,Hanscom,Simpson,Funk	Albuquerque, NM	2026
W75	3:21.33	Robinson,Staab,Langenwalter,Guardino	Landover, MD	2018
W80	3:41.34	Hurrell,Donley,Obera,Daprano	Winston-Salem, NC	2019

4x400m Relay

W25	4:36.05	Page,Bass,Pasko,Phelps	Albuquerque, NM	2026
W30	4:01.87	A.U.R.A.	Boston, MA	2002
W35	4:00.11	Trucks,Matthews,Edler,Giscombe	Chicago, IL	2024
W40	4:03.72	Friend-Uhl,Gentile,Walles,Megowan	Albuquerque, NM	2016
W45	4:30.18	Hayden,Rath,Cassel,Roux	Bloomington, IN	2012
W50	4:22.10	Mcgowan,Harvey,Rohl,DeOliveira	New York, NY	2022
W55	4:27.07	Brockner,Harvey,Collier,McDonald	New York, NY	2022
W60	4:44.80	Brockner,Rath,Simmons,McDonald	Albuquerque, NM	2026
W65	5:15.97	Bellaire,Hayden,Loyd,Deak	Gainesville, FL	2025
W70	6:01.02	Bernett,Cossi,Bell,Funk	Albuquerque, NM	2026
W75	8:02.78	Aderhold,McCarter,Allen,Hudnall	Gainesville, FL	2025
W80	9:26.13	Kightliner,Hensley,Moolenaar,Robinson	Gainesville, FL	2025

4x800m Relay

W25	11:45.94	Bellaire,Tempone,Schwalm,Rohl	New York, NY	2022
W30	10:00.68	Merrimack Valley	Boston, MA	2006
W35	10:09.15	Hayden,Hunter,Sherburne,Roberts	Boston, MA	2007
W40	9:25.49	Valle,Ballou,Olen,Aeron Arlin	Boston, MA	2010
W45	11:05.23	Rock,Florea,Welch,Aziz-Gomez	Chicago, IL	2024
W50	10:24.90	Shook,Hayden,Groendaal,Jasper	Boston, MA	2014
W55	10:37.94	Saint-Louis,Chiti,McDonald,Stobbe	New York, NY	2022
W60	11:23.32	Hayden,Rath,Jasper,Tornedon	Chicago, IL	2024
W65	14:55.12	Steinback,DeHaven,Simpson,Bellaire	Chicago, IL	2024
W70	16:07.70	Ozell,Mullis Dubow,Lucking,Levinson	Gainesville, FL	2025
W75	20:07.68	McCarter,Hudnall,Allen,McMullan	Gainesville, FL	2025
W80	25:48.82	Barnett,Stabb,Raspberry,Hodges-Hite	Gainesville, FL	2025

* Guest athlete

Note: 2011 Championship times are ineligible due to a timing equipment malfunction.