

USA Masters Women Outdoor Meet Records

100m

W25	11.96	-1.1	Ashley Jackson	2025
W30	11.39	0.9	Natasha Mayers	2010
W35	12.16	0.7	Dena Birade	2010
W40	12.25	0.5	Danielle Saint-Leger	2004
W45	12.29	-0.3	Renée Shepherd	2010
W50	12.90	1.9	*Karla Del Grande	2006
	13.21	-0.7	Renée Shepherd	2016
W55	13.12	1.4	Andrea Collier	2023
W60	13.63	0.5	*Karla Del Grande	2014
	13.70	1.3	India Bridgette	2023
W65	14.13	-0.4	Linda Wilson	2024
W70	15.06	0.9	Kathy Bergen	2012
W75	15.82	-0.9	Kathy Bergen	2016
W80	16.81	0.5	Irene Obera	2014
W85	17.97	-0.8	Kathy Bergen	2025
W90	26.25	2.0	Betty Lee Stroh	2023
W95	55.35	-0.8	Hannele Lawrence	2025
W100	40.12	-0.5	Julia Hawkins	2017

200m

W25	24.43	1.0	Ashley Jackson	2025
W30	25.05	-1.0	Latasha Dodson	2023
W35	25.01	1.1	Easter Grant	2021
W40	25.01	1.2	Easter Grant	2023
W45	25.75	-1.7	Renée Shepherd	2010
W50	26.17	0.1	Toccata Murphy	2022
W55	27.03	-0.5	Emmanuelle McGowan	2023
W60	28.35	1.1	India Bridgette	2023
W65	29.54	1.3	Nadine O'Connor	2007
W70	32.35	1.8	Kathy Bergen	2010
W75	34.26	0.4	Kathy Bergen	2017
W80	36.80	0.3	Irene Obera	2014
W85	44.81	-1.7	Kathy Bergen	2025
W90	1:00.52	-0.9	Betty Lee Stroh	2023

400m

W25	1:02.52		Kelli Wensel	2004
W30	55.69		Odeika Giscombe	2023
W35	55.58		Latrica Dendy	2010
W40	57.11		Christina Trucks	2024
W45	56.14		Angee Henry	2021
W50	59.59		Toccata Murphy	2022
W55	1:02.40		Emmanuelle McGowan	2023
W60	1:01.73		Sue McDonald	2024
W65	1:07.23		Elizabeth Deak	2023
W70	1:19.11		Coreen Steinbach	2023

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400m (cont.)

W75	1:22.39	Jeanne Daprano	2012
W80	1:30.84	Mary Smith	2021
W85	2:14.85	Gerry Davidson	2006
W90	2:35.33	Dot Sowerby	2023

800m

W25	2:15.47	Faith Reynolds	2024
W30	2:12.85	Bobbie Jo Fowler	2014
W35	2:15.40	Ericka Charles	2024
W40	2:08.81	Alisa Harvey	2007
W45	2:15.56	Sonja Friend-Uhl	2017
W50	2:25.00	Kathryn Martin	2002
W55	2:23.24	Michelle Rohl	2022
W60	2:29.97	Sue McDonald	2023
W65	2:41.77	Nancy Simmons	2025
W70	2:55.33	Sabra Harvey	2019
W75	3:15.22	Jeannie Rice	2023
W80	3:49.99	Jeanne Daprano	2017
W85	5:10.45	Lynne Hurrell	2024
W90	5:52.93	Dot Sowerby	2023

1500m

W25	5:02.55	Kristen Adams	2022
W30	4:30.52	Lasee Johnston	1989
W35	4:23.90	Kim Jones	1996
W40	4:34.61	Sonja Friend-Uhl	2011
W45	4:38.14	Sonja Friend-Uhl	2017
W50	4:51.86	Marisa Sutera Strange	2015
W55	4:54.16	Michelle Rohl	2021
W60	5:12.27	Sabra Harvey	2010
W65	5:29.85	Sabra Harvey	2014
W70	5:59.18	Sabra Harvey	2019
W75	6:14.88	Jeannie Rice	2023
W80	8:06.18	Jeanne Daprano	2017
W85	10:54.45	Martha Klopfer	2024
W90	11:30.62	Dot Sowerby	2023

5000m

W25	19:54.62	Sarah Kittle	2023
W30	15:56.99	Cathie Twomey	1987
W35	16:18.54	Kim Jones	1996
W40	16:57.4h	Judy Fox Eddy	1981
W45	17:56.80	Sharon Downing	2003
W50	17:49.83	Kathryn Martin	2002
W55	18:33.83	Michelle Rohl	2022
W60	19:30.09	Sabra Harvey	2010

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5000m (cont.)

W65	20:25.64		Sabra Harvey	2014
W70	23:57.51		Sharon Gerl	2018
W75	22:41.46		Jeannie Rice	2023
W80	30:21.85		Marvis Lindgren	1987
W85	46:00.64		Tami Graf	2021
W90	54:33.60		Kiki David	1995

10000m

W30	34:59.53		Laura Edmark	1994
W35	34:27.23		Regina Joyce	1994
W40	34:27.51		April Lund	2024
W45	38:16.47		Jennifer Sober	2021
W50	37:12.23		Kathryn Martin	2004
W55	38:05.23		Lisa Veneziano	2022
W60	40:28.30		Lisa Veneziano	2025
W65	44:01.57		Patrice Combs	2022
W70	49:39.15		Toshiko D'Elia	2000
W75	46:53.07		Jeanne Rice	2023
W80	1:05:32.75		Lois Gilmore	2012
W85	1:36:39.48		Tami Graf	2021

10K (road)

W30	52:54		Chelsea Flowers	2025
W35	39:30		Bethany Spector	2025
W40	39:15		Neta Ezer	2025
W45	38:47		Ely Brett	2025
W50	41:34		Abby Dean	2025
W55	42:05		Kara Parker	2025
W60	40:29		Lisa Veneziano	2025
W65	45:37		Patrice Combs	2025
W70	1:03:37		Cynthia Lucking	2025
W75	1:09:21		Kathleen Allen	2025
W80				
W85	1:59:21		Joyce Hodges-Hite	2025

Short Hurdles

W25	14.40	-1.2	Brandee' Johnson	2023
W30	14.55	1.0	Latasha Dodson	2024
W35	14.70	-1.6	Latasha Dodson	2025
W40	11.24	1.2	*Olutoyin Augustus-Ikwaukor	2024
	11.78	0.3	Deby Sweezey	1993
W45	12.07	0.0	Joy Upshaw	2008
W50	12.87	-2.6	Allison Murphy	2025
W55	12.87	1.5	Joy Upshaw	2018
W60	13.04	0.1	Joy Upshaw	2024

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Short Hurdles (cont.)

W65	14.56	-2.3 E145	Nadine O'Connor	2009
W70	17.32	-2.7	Becky Sisley	2009
W75	19.69	0.6	Florence Meiler	2011
W80	19.77	-0.8	Irene Obera	2014
W85	26.98	-0.6	Florence Meiler	2019
W90	36.68	-1.1	Florence Meiler	2024

Long Hurdles

W25	1:06.61		Alexia Dehaven	2023
W30	1:02.43		Latasha Dodson	2023
W35	1:01.70		Latrica Dendy	2010
W40	1:05.53		Joy Upshaw	2002
W45	1:08.24		Lisa Daley	2016
W50	50.85		Andrea Collier	2018
W55	49.14		Phil Raschker	2002
W60	48.84		Sue McDonald	2024
W65	58.77		Cheryl Bellaire	2024
W70	37.61	-0.5	Kay Glynn	2023
W75	45.83	-1.5	Florence Meiler	2010
W80	42.24	1.2	Irene Obera	2014
W85	1:42.04	0.4	Tami Graf	2021

Steeplechase

W25	7:20.43		Sierra Brill	2024
W30	7:17.28		Andi Camp	2009
W35	6:30.83		Leslie Lehane	1998
W40	6:51.92		Lisa Valle	2010
W45	7:07.49		Karen Steen	2009
W50	8:10.47		Joan Ottaway	1994
W55	8:13.10		Kathryn Martin	2010
W60	8:37.34		Kathryn Martin	2014
W65	9:09.25		Marie-Louise Michelsohn	2007
W70	10:20.43		Marie-Louise Michelsohn	2012
W75	12:02.03		Norma Hudnall	2025
W80	15:58.43		Florence Meiler	2016
W85	18:55.84		Florence Meiler	2021
W90	20:54.78		Florence Meiler	2025

Long Jump

W25	5.17m	0.2	Alexia Dehaven	2025
W30	5.62m	1.5	Rachel Guest	2008
W35	5.68m	0.3	Breanna Sanner	2024
W40	5.92m		*Anna Wlodarczyk	1992
	5.68m	0.4	Veronica Amarasekara	2003

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Long Jump (cont.)

W45	5.38m	1.7	*Anna Wlodarczyk	1997
	5.37m	1.5	Joy Upshaw	2008
W50	5.15m	1.4	*Anna Wlodarczyk	2003
	4.95m	0.0	Phil Raschker	1999
W55	4.90m	1.3	Phil Raschker	2002
W60	4.68m	1.3	Neringa Jakstiene	2024
W65	4.13m	1.2	Kay Glynn	2018
W70	3.96m	0.3	Kay Glynn	2023
W75	3.32m	0.0	*Christa Bortignon	2012
	3.30m	1.2	Audrey Lary	2010
W80	2.94m	-1.1	Irene Obera	2014
W85	2.14m	0.0	Florence Meiler	2021
W90	1.68m	1.4	Florence Meiler	2024

Triple Jump

W25	10.36m	0.1	Alexia Dehaven	2025
W30	12.47m	1.6	Breanna Sanner	2021
W35	12.41m	1.9	Tiombe Hurd	2010
W40	11.84m		*Anna Wlodarczyk	1992
	11.36m	1.1	Regina Richardson	2006
W45	11.31m	0.5	*Anna Wlodarczyk	1997
	10.80m		Phil Raschker	1993
W50	10.93m	0.2	*Anna Wlodarczyk	2003
	10.05m	0.7	Jennifer Hedges	2018
W55	10.20m	0.2	Neringa Jakstiene	2021
W60	10.17m	0.9	Neringa Jakstiene	2024
W65	8.53m	0.0	Audrey Lary	2002
W70	823m	2.0	Audrey Lary	2008
W75	7.43m	-2.6	Audrey Lary	2009
W80	6.76m	1.0	*Christa Bortignon	2018
	5.89m	0.8	Florence Meiler	2016
W85	5.20m	1.5	Florence Meiler	2019
W90	4.21m	0.3	Florence Meiler	2024
W95	2.40m	0.1	Hannele Lawrence	2025

High Jump

W25	1.65m		Kaley Petrosky	2025
W30	1.85m		Chaunté Lowe	2015
W35	1.65m		Clare Look-Jaeger	2005
	1.65m		Stacey Nieder	2008
	1.65m		Alison Wood	2010
W40	1.77m		Gwendolyn Wentland	2013
W45	1.64m		Alison Wood	2023
W50	1.55m		Alison Wood	2024
W55	1.45m		Sue McDonald	2021

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High Jump (cont.)

W60	1.40m	Neringa Jakstiene	2024
W65	1.30m	Kathy Bergen	2005
W70	1.30m	Kathy Bergen	2010
W75	1.20m	Kathy Bergen	2015
W80	1.11m	Kathy Bergen	2021
W85	1.01m	Kathy Bergen	2025
W90	.87m	Florence Meiler	2024

Pole Vault

W25	3.50m	Hayley Howard	2023
W30	3.75m	Cheryl Bell	2014
W35	3.50m	Jennie Lenk	2022
W40	3.65m	Miranda Smith	2025
W45	3.02m	Angela Bickel	2021
W50	2.90m	Phil Raschker	2001
W55	3.00m	Phil Raschker	2002
W60	3.00m	Nadine O'Connor	2006
W65	2.70m	Nadine O'Connor	2008
W70	2.80m	Kay Glynn	2023
W75	1.95m	Florence Meiler	2012
W80	1.70m	Florence Meiler	2016
W85	1.50m	Florence Meiler	2019
W90	1.30m	Florence Meiler	2025

Shot Put

W25	12.15m	Kelsi Sheldon Stuart	2023
W30	14.10m	Tressa Thompson	2008
W35	12.71m	Joli Coil	2019
W40	14.30m	Carol Finsrud	1999
W45	14.39m	Angela Bickel	2021
W50	14.41	Monica Kendall	2006
W55	13.32m	*Marcela Barrientos	2021
	12.33m	Vaessa Hilliard	1996
W60	12.58m	Monica Kendall	2016
W65	10.92m	Monica Kendall	2025
W70	8.91m	Cynthia Wyatt	2014
W75	9.49m	Myrle Mensey	2025
W80	7.42m	Gloria Krug	2013
W85	8.16m	Elsbeth Padia	2025
W90	5.73m	Gloria Krug	2021

USA Masters Women Outdoor Meet Records

Discus

W25	36.33m	Kelsi Sheldon Stuart	2023
W30	46.12m	Jazmin Porter	2025
W35	51.84m	Carol Finsrud	1995
W40	53.81m	Carol Finsrud	1999
W45	50.85m	Carol Finsrud	2005
W50	43.68m	Carol Finsrud	2009
W55	39.54m	Carol Finsrud	2015
W60	38.09m	Carol Finsrud	2017
W65	35.15m	Carol Finsrud	2022
W70	25.49m	Mary Hartzler	2019
W75	23.63m	Mary Hartzler	2025
W80	19.29m	Joan Berman	2017
W85	19.31m	Elsbeth Padia	2024
W90	12.77m	Gloria Krug	2021

Javelin

W25	38.11m	Rachel van den Top	2023
W30	38.57m	Nicole Kelly	2014
W35	40.10m	Allison Cowdell	2008
W40	39.65m	Nadine Bowers	2000
W45	37.79m	Monica Kendall	2003
W50	41.56m	Durelle Schimek	2021
W55	40.23m	Linda Cohn	2008
W60	35.39m	Linda Cohn	2014
W65	35.80m	Linda Cohn	2018
W70	28.73m	Linda Cohn	2023
W75	22.54m	Harriel Bloemker	2009
W80	18.18m	Barbara Brandt	2010
W85	18.68m	Elsbeth Padia	2024
W90	11.87m	*Olga Kotelko	2012
	11.40m	Gloria Krug	2021

Hammer

W25	45.84m	Kelsi Sheldon Stuart	2023
W30	41.41m	Tyrenda Pentecost	2010
W35	62.52m	Lisa Wilson	2023
W40	58.06m	Amy Haapanen	2024
W45	52.89m	Oneithea Lewis	2005
W50	55.46m	Oneithea Lewis	2010
W55	46.90m	Vanessa Hilliard	1996
W60	46.84m	Oneithea Lewis	2021
W65	39.97m	Myrle Mensey	2017
W70	35.35m	Myrle Mensey	2023

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Hammer (cont.)

W75	41.25m	Myrle Mensey	2024
W80	22.46m	Mary Roman	2019
W85	21.61m	Elsbeth Padia	2024
W90	16.62m	Gloria Krug	2021

Weight Throw

W25	13.73m	Kelsi Sheldon Stuart	2023
W30	13.88m	Jessica Becker	2016
W35	14.70m	Marilyn Coleman	2013
W40	14.78m	Angela Bickel	2018
W45	15.68m	Oneithea Lewis	2009
W50	16.83m	Oneithea Lewis	2011
W55	15.50m	Oneithea Lewis	2016
W60	17.79m	Oneithea Lewis	2021
W65	17.20m	Myrle Mensey	2017
W70	15.00m	Myrle Mensey	2022
W75	16.34m	Myrle Mensey	2025
W80	8.79m	Mary Roman	2016
W85	7.78m	Gloria Krug	2017
W90	7.60m	Gloria Krug	2021

Pentathlon

W30	1392	LaVeta Gardner	2013
W35	3486	Clare Look-Jaeger	2005
W40	3719	Anne Sluder	2015
W45	3875	Rachel Guest	2023
W50	4225	*Anna Wlodarczyk	2024
	3937	Marsha Baird	2024
W55	4286	Neringa Jakstiene	2019
W60	4921	Neringa Jakstiene	2024
W65	4002	Nadine O'Connor	2009
W70	3665	Kay Glynn	2023
W75	2945	Florence Meiler	2009
W80	2862	Florence Meiler	2014
W85	2202	Florence Meiler	2021
W90	2218	Florence Meiler	2024

USA Masters Women Outdoor Meet Records

5000 Race Walk

W30	24:47.0h	Victoria Herazo	1989
W35	26:53.0h	Kathryn Black	1989
W40	23:28.15	Lynda Brubaker	1998
W45	25:09.47	Joann Nedelco	1990
W50	26:27.00	Maryanne Daniel	2010
W55	27:29.68	Elton Richardson	1994
W60	29:29.04	Ruth Eberle	1994
W65	30:10.12	Beverly Laveck	2002
W70	29:16.0h	*Britta Tibbling	1989
	30:42.96	Louise Walters	2010
W75	34:34.60	Shirley Dockstader	2009
W80	37:46.76	Jane Dana	2001
W85	44:47.39	Dorothy Robarts	1996

10K Race Walk (road)

W30	53:25	Erin Talcott	2011
W35	48:29	Victoria Herazo	1998
W40	48:30	Lyn Brubaker	1998
W45	54:14	Joann Nedelco	1990
W50	56:41	Gayle Johnson	2000
W55	57:24	Elton Richardson	1994
W60	59:37	Beverly Laveck	2000
W65	1:02:18	Beverly Laveck	2002
W70	1:03:43	Louise Walters	2010
W75	1:08:25	Marianne Martino	2025
W80	1:17:07	Jane Dana	2002
W85	1:28:22	Mariam Gordon	2010

USA Masters Women Outdoor Meet Records

4X100m Relay

W25	50.12	Williams-Medearis,Session,Thomas,McPhee	2024
W30	50.21	Unknown	2001
W35	48.21	Charles,Dodson,Giscombe,Grant	2025
W40	51.42	Black,Lawrence,Lawson,Upshaw-Margerum	2008
W45	51.95	Mathews,McIntyre,Roberts,Myers	2025
W50	53.05	Mcgowan,Collier,Barney,Hawkins	2019
W55	53.43	Upshaw,Mcgowan,Bridgette,Collier	2023
W60	1:01.75	Cohn,Bowman,Hanscom,Bergen	2014
W65	1:05.16	Bergen,Steele-Matthews,Hanscom,Barnes	2021
W70	1:12.24	Cohn,Bergen,Bowman,Bowman	2024
W75	1:27.15	Carter,Marriott,Guardino,Robinson	2017
W80	2:31.42	Radle,Hartman,Hodges-Hite,Barnett	2025
W85	1:50.31	Styles,Peterson,Valien,Stewart	2013

4X400m Relay

W25	3:57.90	Moore,Howe,Thomas,Downey	2024
W30	3:52.85	Walles,Daley,Roberts,Dendy	2010
W35	3:48.68	Giscombe,Elder,Trucks,Charles	2024
W40	4:09.83	Burke,Murphy,Johnson,Roberts	2014
W45	4:21.16	Medina,Edwards,St. Jean,Jones	2024
W50	4:23.24	DeOliveira,Collier,Ballou,Hawkins	2021
W55	4:23.52	McDonald,Valle,Rohl,Brockner	2021
W60	4:41.63	Jasper,Stobbe,Springer,McDonald	2025
W65	5:37.69	Loyd,Orosz,Seki,Funk	2023
W70	7:14.28	Ozell,Mullis Dubow,Levinson,Lucking	2025
W75	8:44.43	Hudnall,Allen,Mccarter,Aderhold	2025

4X800m Relay

W25	10:31.35	Ruhlman,Wysong,Mercado,Adams	2022
W30	9:54.65	Unknown	1997
W35	10:40.11	Lund,Yazzie,Kutz,Jakushev	2023
W40	9:18.33	Padilla,Ryan,Burke,Friend-Uhl,	2013
W45	10:56.12	Rock,Florea,Welch,Aziz-Gomez	2023
W50	10:14.64	Olen,Genet,Ballou,Valle	2019
W55	10:36.35	Saint-Louis,LeShore,Stobbe,Harvey	2024
W60	10:45.23	Stobbe,Jasper,Rath,McDonald	2025
W65	14:49.29	Combs,Lucking,Mullis Dubow,Williams	2022
W70	16:27.81	Ozell,Mullis Dubow,Levinson,Lucking	2025
W75	19:34.93	McMullan,Allen,Mccarter,Hudall	2025
W80	29:02.65	Radle,Hartman,Hodges-Hite,Barnett	2025