



SCA OPEN JIM BUSH TRACK & FIELD
 USATF WEST REGION TRACK & FIELD
 RECORDS

MEN'S RECORDS

100 Meters	10.07	Carlos Moore, So Cal Cheetahs '06
200 Meters	20.35	Jared Connaughton, Canada '08
400 Meters	44.66	Andrew Rock, UW-LaCrosse '04
110M Hurdles	13.40	Arend Watkins, unattached '08
400M Hurdles	49.10	Jonathan Williams, unattached '06
800 Meters	1:46.64	Johnny Gray, SMTTC '99
1500 Meters	3:37.34	Steve Scott, Asics Track Club '91
3000M Steeplechase	8:35.92	Jacques Sallberg, Run With Us '06
5000 Meters	13:38.51	Pat Porter, Athletics West '88
10,000 Meters	28:23.30	Randy Reina, unattached '88
5000m Race Walk	22:12.72	Philip Dunn, unattached '08
Long Jump	26' 2 3/4" / 7.99m	Henry Dagmil, International Elite '08
Triple Jump	54' 11 1/2" / 16.75m	Von Ware, Sheffield Elite '04
High Jump	7' 3 3/4" / 2.23m	Trevor Berry, Team North Dakota '08 Matthew Carter, unattached '07
Pole Vault	18' 7" / 5.66m	Russ Buller, Asics TC '02
Shot Put	67' 5 1/4" / 20.55m	Noah Bryant, unattached '09
Discus	205' 3" / 62.56m	Carl Brown, unattached '00
Javelin	249' 2" / 75.96m	Adam Montague, unattached '09
Hammer	237' 11" / 72.53m	Corey Martin, unattached '09



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WOMEN'S RECORDS

100 Meters	11.16	Natasha Mayers, USC '02
200 Meters	22.41	Shalonda Solomon, unattached '09
400 Meters	51.10	Monique Henderson, unattached '08
100M Hurdles	12.88	Yvette Lewis, unattached '08
400M Hurdles	54.93	Shauna Smith, unattached '06
800 Meters	2:01.71	Regina Jacobs, LATC '87
1500 Meters	4:08.11	Regina Jacobs, unattached '92
3000M Steeplechase	9:40.02	Lisa Galaviz, unattached '09
5000 Meters	15:44.92	Breeda Dennehy, Ireland '96
10,000 Meters	33:04.27	Constantina Tomescu-Dita, Ukraine '06
5000m Race Walk	26:59.01	Margaret Ditchburn, unattached '09
Long Jump	22' 3 1/2" / 6.79m	Akiba McKinney, unattached '08
Triple Jump	45' 4 1/2" / 13.85m	Yuliana Perez, Aztec TC '03
High Jump	6' 5" / 1.96m	Amy Acuff, unattached '00
Pole Vault	14' 7 1/4" / 4.45m	Chelsea Johnson, unattached '09
Shot Put	60' 2 1/2" / 18.35m	Michelle Carter, unattached '09
Discus	193' 7" / 59.00m	Taiyshawna Battle, unattached '09
Javelin	197' 10" / 60.30m	Kim Kreiner, unattached '09
Hammer	228' 0" / 69.50m	Jessica Cosby unattached '06