

## INTERNATIONAL AGE RECORDS

## The best performances by 5- to 19-year-old athletes from 46 countries

Compiled by [Dominique Eisold](#)

Last updated on 24 March 2011

## BOYS

## 50 M

8	7.64	-1.3	Dejour Russell	JAM	00	Kingston	7 Jun 08
9	7.38i	-	Maximilian Kriese	GER	15 Jul 90	Potsdam	15 Jan 00
10	7.00i	-	Jacob Mai	GER	91	Erfurt	10 Nov 01
11	6.80	-0.1	Théo Mouton	FRA	4 Nov 98	Camon	12 Jun 10
12	6.47	1.0	Lény Soupama-Masson	FRA	28 Jun 93	Cherbourg	23 Jun 06
13	6.19i	-	Randy Brookes	CAN	19 May 77	North York ON	2 Feb 91
14	6.13i	-	Keith Dormond	CAN	5 Aug 66	North York ON	7 Mar 81
	6.13	0.2	Grégory Renaux	FRA	23 Oct 88	Tourcoing	20 Sep 03
15	5.89i	-	Sébastien Caron	CAN	5 Feb 81	Québec QC	10 Feb 96
16	5.81i	-	Jeremy Rankin	USA	23 Sep 90	Landover MD	11 Mar 07
17	5.69i	-	Bryan Howard	USA	7 Oct 76	Los Angeles CA	19 Feb 94
18	5.67i	-	Kareem Kelly	USA	1 Apr 81	Los Angeles CA	19 Feb 00
19	5.63i	-	Stanley Floyd	USA	23 Jun 61	San Diego CA	20 Feb 81

Wind speed &gt; 2.0 m/s or unknown

8	7.50		Dejour Russell	JAM	00	Kingston	6 Jun 08
9	7.30		Christopher Nagel	GER	13 Jan 90	Tangermünde	28 Aug 99
10	6.98		Peter Rapp	GER	29 May 83	Tübingen	30 Apr 94
11	6.76		Marius Broening	GER	24 Oct 83	Reutlingen	21 May 95
14	6.10	4.5	Jérôme Vigreux	FRA	25 Sep 94	Coulaines	30 May 09

## 60 M

9	8.34iA	-	Paul Lucas	USA	1 Apr 97	Phoenix AZ	18 Feb 07
10	7.98iA	-	Paul Lucas	USA	1 Apr 97	Phoenix AZ	24 Feb 08
11	7.61i	-	Randy Brookes	CAN	19 May 77	North York ON	12 Feb 89
12	7.28i	-	Alex Kiwomya	GBR	20 May 96	Birmingham	14 Feb 09
13	7.05i	-	Alex Kiwomya	GBR	20 May 96	Birmingham	27 Feb 10
14	6.91i	-	Randy Brookes	CAN	19 May 77	Windsor ON	22 Feb 92
	6.91i	-	J-Mee Samuels	USA	20 May 87	Landover MD	10 Mar 02
15	6.74i	-	J-Mee Samuels	USA	20 May 87	Landover MD	16 Mar 03
16	6.67iA	-	Jeremy Rankin	USA	23 Sep 90	Golden CO	16 Feb 07
17	6.60i	-	Tim Goebel	GER	4 Mar 82	Sindelfingen	13 Feb 00
18	6.51i	-	Mark Lewis-Francis	GBR	4 Sep 82	Lisbon	11 Mar 01
19	6.51i	-	Mark Lewis-Francis	GBR	4 Sep 82	Lisbon	11 Mar 01

## 100 M

7	14.24	1.3	Steffin McCarter	USA	19 Jan 97	Des Moines IA	5 Aug 04
8	13.58	1.3	Daiyaan Hawkins	USA	01	Des Moines IA	8 Aug 09
9	12.91	-0.2	Rannell Hall	USA	30 Jan 93	Miami FL	7 Jul 02
10	12.56	0.7	Embry Peeples	USA	24 Aug 90	Norfolk VA	4 Aug 01
11	12.04	1.3	Walter Williams	USA	93	Des Moines IA	5 Aug 04
12	11.42	0.0	Isaiah Green	USA	10 Aug 89	Omaha NE	26 Jul 02
13	10.92	-0.7	Darrel Brown	TRI	11 Oct 84	Port of Spain	11 Apr 98
14	10.65	0.4	J-Mee Samuels	USA	20 May 87	Spring Valley SC	20 Apr 02
15	10.36	1.5	Darrel Brown	TRI	11 Oct 84	St. George's	22 Apr 00
16	10.23	1.2	Rynell Parson	USA	11 Jul 90	Indianapolis IN	21 Jun 07
17	10.09	-0.6	Darrel Brown	TRI	11 Oct 84	Kingston	17 Jul 02
18	10.01	0.0	Darrel Brown	TRI	11 Oct 84	Saint-Denis	24 Aug 03
	10.01	1.6	Jeffery Demps	USA	8 Jan 90	Eugene OR	28 Jun 08
19	9.93	-0.2	Yohan Blake	JAM	26 Dec 89	Saint-Denis	17 Jul 09

Wind speed &gt; 2.0 m/s or unknown

3/24/2011

## INTERNATIONAL AGE RECORDS

8	13.24		Jason Webster	USA	8 Sep 77	Arlington TX	12 Jul 86
9	12.88		Ivan Williams	USA	17 Oct 77	Eugene OR	19 Jul 87
10	12.13		James Lott	USA	8 Nov 76	McAllen TX	18 Jul 87
11	11.68	2.2	Bryce Love	USA	8 Jul 97	Greensboro NC	28 Jun 09
12	11.15		Steve Carnes	USA	18 Jul 72	Reseda CA	8 Jun 85
14	10.64		Curtis Johnson	USA	24 Dec 73	Winter Park FL	28 May 88
	10.64		Jazeel Murphy	JAM	27 Feb 94	Kingston	21 Feb 09
16	10.17	3.8	Quincy Watts	USA	19 Jun 70	Los Angeles CA	30 May 87
17	10.07	3.6	J-Mee Samuels	USA	20 May 87	Greensboro NC	25 Jul 04
18	9.97		Mark Lewis-Francis	GBR	4 Sep 82	Edmonton ON	4 Aug 01
19	9.83	7.1	Leonard Scott	USA	19 Jan 80	Knoxville TN	9 Apr 99

**200 M**

7	29.16	-0.3	Willie Washington	USA	03	Norfolk VA	7 Aug 10
8	28.04	-0.3	Ashton Allen	USA	02	Norfolk VA	7 Aug 10
9	26.51	0.0	Rannell Hall	USA	30 Jan 93	Omaha NE	27 Jul 02
10	25.57	0.0	Kenneth Gilstrap	USA	30 Jul 91	Omaha NE	27 Jul 02
11	23.57	-1.3	Bryce Love	USA	8 Jul 97	Greensboro NC	28 Jun 09
12	22.62	-0.7	Bryce Love	USA	8 Jul 97	Greensboro NC	27 Jun 10
13	22.19i	-	Alex Kiwomya	GBR	20 May 96	Birmingham	28 Feb 10
14	21.20	1.9	Darrel Brown	TRI	11 Oct 84	Fort-de-France	5 Apr 99
15	20.58	1.4	Usain Bolt	JAM	21 Aug 86	Kingston	18 Jul 02
16	20.13	0.0	Usain Bolt	JAM	21 Aug 86	Bridgetown	20 Jul 03
17	19.93	1.4	Usain Bolt	JAM	21 Aug 86	Devonshire	11 Apr 04
18	19.93	1.4	Usain Bolt	JAM	21 Aug 86	Devonshire	11 Apr 04
19	19.81	-0.3	Alonso Edward	PAN	8 Dec 89	Berlin	20 Aug 09

Wind speed &gt; 2.0 m/s or unknown

8	27.68		Rafeeq Curry	USA	19 Aug 83	Walnut CA	1 Aug 92
9	26.24		Rannell Hall	USA	30 Jan 93	Miami FL	7 Jun 02*
10	25.02		James Lott	USA	8 Nov 76	McAllen TX	18 Jul 87

**300 M**

12	38.88i		Marlon Laidlaw-Allen	CAN	16 Jun 93	Toronto ON	14 Jan 06
13	36.76i		Albert Babí	ESP	2 Apr 92	Oviedo	12 Mar 06
14	34.58i		William Reed	USA	1 Apr 70		85
15	33.19i		William Reed	USA	1 Apr 70	New Haven CT	16 Mar 86
16	33.16		Paul Greene	AUS	9 Dec 72	Canberra	26 Jan 89
17	32.85		Adeoye Mafe	GBR	12 Nov 66	London	18 Aug 84
18	32.34		Roberto Hernández	CUB	6 Mar 67	Canberra	2 Oct 85
19	32.08		Steve Lewis	USA	16 May 69	Seoul	28 Sep 88

**400 M**

7	1:07.16		Ramses Dukes	USA	3 Nov 92	Durham NC	23 Jul 00
8	1:03.74		Rafeeq Curry	USA	19 Aug 83	Miami FL	6 Jun 92
9	1:00.87A		Yoruba Harrison	USA	17 Jan 78	Provo UT	25 Jul 87
10	56.83		Kenneth Gilstrap	USA	30 Jul 91	Omaha NE	26 Jul 02
11	52.16		Bryce Love	USA	8 Jul 97	Greensboro NC	28 Jun 09
12	49.47		Bryce Love	USA	8 Jul 97	Greensboro NC	27 Jun 10
13	48.87		Bryce Love	USA	8 Jul 97	Sacramento CA	1 Aug 10
14	46.96		Kirani James	GRN	1 Sep 92	Ostrava	13 Jul 07
15	45.70		Kirani James	GRN	1 Sep 92	Bydgoszcz	10 Jul 08
16	45.14		Obea Moore	USA	10 Jan 79	Santiago de Chile	2 Sep 95
17	45.01		Kirani James	GRN	1 Sep 92	Knoxville TN	16 May 10
18	44.66		LaShawn Merritt	USA	27 Jun 86	Kingston	7 May 05
19	43.87		Steve Lewis	USA	16 May 69	Seoul	28 Sep 88

**500 M**

9	1:23.1		Lucas Bourgoyne	USA	7 Apr 01	Houston TX	10 Mar 11
10	1:18.8		Alfonso Valcárcel	ESP	24 Sep 92	San Fernando	22 Mar 03
11	1:15.3		Alfonso Valcárcel	ESP	24 Sep 92	Móstoles	12 Jun 04
12	1:13.62		José Miguel Huete	ESP	24 May 95	Valencia	23 May 08
13	1:12.0		Jaime Martínez	ESP	23 Jan 95	Lorca	19 Apr 08

3/24/2011

## INTERNATIONAL AGE RECORDS

14	1:06.3	Juan Villarino	ESP	27	Jan	78	Valladolid	21	Jun	92
15	1:03.03i	William Reed	USA	1	Apr	70				86
16	1:03.03i	William Reed	USA	1	Apr	70				86
17	1:02.40i	Michael Greene	USA	4	May	66	Boston MA	10	Feb	84
18	1:01.17iA	Chip Rish	USA	28	Apr	67	Flagstaff AZ	1	Mar	86
19	1:01.17iA	Chip Rish	USA	28	Apr	67	Flagstaff AZ	1	Mar	86

**600 M**<sup>1</sup> = 660 yd (603.50 m)

6	2:08.7 i	Tommy Staal	NED	18	Aug	94	Oosterhout	4	Mar	01
7	1:59.93i	Samuli Puroila	FIN	7	Dec	90	Turku	5	Dec	98
8	1:51.8	Lucas Bourgoyne	USA	7	Apr	01	Houston TX	27	Mar	10
9	1:44.4	Lucas Bourgoyne	USA	7	Apr	01	Houston TX	10	Mar	11
10	1:41.96	Riku Kuusisto	FIN	24	Sep	93	Naantali	28	Jun	04
11	1:36.7	James Dunford	GBR	14	Jan	86	Horsham	17	Aug	97
12	1:29.72	Pietro Mormino	ITA	22	Jun	95	San Donato Milanese	18	Jun	08
13	1:26.93	Jon Fernández	ESP	10	Dec	93	Lloret de Mar	10	Jun	07
14	1:22.4 <sup>1</sup>	Bill Heinzen	USA	26	Jun	54	Norwalk CA		May	69
15	1:19.8	Richard Davenport	GBR	12	Sep	85	Worcester	31	Jul	01
16	1:17.9 i	Shaquan Brown	USA	23	Feb	88	New York NY	7	Feb	05
17	1:17.42	Ruwen Faller	GER	22	Jul	80	Pliezhausen	10	May	98
18	1:14.8 A	Mark Winzenried	USA	13	Oct	49	Echo Summit CA	31	Aug	68
19	1:14.8 A	Mark Winzenried	USA	13	Oct	49	Echo Summit CA	31	Aug	68

**800 M**

5	2:49.77	Ramses Dukes	USA	3	Nov	92	Norfolk VA	5	Aug	98
6	2:43.27	Ramses Dukes	USA	3	Nov	92	Cleveland OH	4	Aug	99
7	2:36.15	Ramses Dukes	USA	3	Nov	92	Elgin IL	8	Jul	00
8	2:26.12	Breon Ansley	USA	10	Nov	79	Walnut CA	1	Jul	88
9	2:22.0	David Ferguson	USA	1	Nov	70	Dayton OH	13	Jul	80
10	2:14.00	Larry Montgomery	USA	31	Oct	78	Arlington TX	8	Jul	89
11	2:10.39	Obea Moore	USA	10	Jan	79	Lincoln NE	28	Jul	90
12	2:03.0	Christian Booker	GBR	29	Jun	90	Birmingham	21	Jun	03
13	1:56.5	Brett Crew	AUS	17	Oct	62	Brisbane	9	Oct	76
14	1:53.03	Kevin Sullivan	CAN	20	Mar	74	Toronto ON	16	Jul	88
15	1:49.72	David Fiegen	LUX	3	Sep	84	Koblenz	17	May	00
16	1:47.61	Sebastian Keiner	GER	22	Aug	89	Mannheim	8	Jul	06
17	1:45.96	David Fiegen	LUX	3	Sep	84	Strasbourg	29	Jun	02
18	1:44.3	Joaquim Cruz	BRA	12	Mar	63	Rio de Janeiro	27	Jun	81
19	1:43.74	Earl Jones	USA	17	Jul	64	Los Angeles CA	19	Jun	84

**1 000 m**

6	3:49.49	Riku Kuusisto	FIN	24	Sep	93	Lieto	18	Jul	00
7	3:35.30	Matthias Lettl	GER	15	Aug	98	Geiselhöring	10	May	06
8	3:18.6	Marius Kranendonk	NED	8	Jan	88	Gorinchem	14	Sep	96
9	3:09.43	Riku Kuusisto	FIN	24	Sep	93	Lohja	13	Jul	03
10	3:02.5	Per Nilsson	SWE	13	Mar	65	Karlstad	13	Sep	75
11	2:54.06	Pietro Mormino	ITA	22	Jun	95	Nova Milanese	25	Apr	07
12	2:38.6	Alejandro Begega	ESP	16	Jul	76	Gijón	3	Jun	89
13	2:35.9	Fredrik Naalsund	NOR	5	Aug	78	Ski	24	Jun	92
14	2:29.8	Sören Schröder	GER	15	Dec	74	Kamen	2	Aug	89
15	2:26.3	Andreas Busse	GER	6	May	59	Dresden	23	Jul	74
16	2:20.37	Johan Boakes	GBR	12	Apr	68	Loughborough	17	Jun	84
17	2:18.70	Steffen Oehme	GER	30	Aug	63	Cottbus	30	May	81
18	2:18.31	Andreas Busse	GER	6	May	59	Dresden	7	Aug	77
19	2:16.84	Ali Hakimi	TUN	24	Apr	76	Lindau	28	Jul	95

**1 500 M**

7	5:02.88	Ramses Dukes	USA	3	Nov	92	Durham NC	21	Jul	00
8	4:57.47	Ramses Dukes	USA	3	Nov	92	Norfolk VA	31	Jul	01
9	4:44.8	John Soto	USA	17	Jul	69	Eugene OR	15	Jul	79
10	4:37.4	John Soto	USA	17	Jul	69	Huntington Beach CA	19	Apr	80
11	4:24.34	Andrew O'Neill	AUS	5	Jul	83	Sydney	26	Feb	95

3/24/2011

## INTERNATIONAL AGE RECORDS

12	4:12.3	Yasushi Yamamoto	JPN	20	Dec	73	Uji	19	Sep	86
13	4:01.27	Dalibor Balgač	CRO	22	Sep	77	Kapfenberg	11	May	91
14	3:54.1	Kevin Sullivan	CAN	20	Mar	74	Tillsonburg ON	24	Jul	88
15	3:46.3	Jean Verster	RSA	23	Apr	65	Bloemfontein	3	Apr	81
16	3:42.36	Reyes Estévez	ESP	2	Aug	76	Toledo	19	Jun	93
17	3:38.49	Kiyoharu Sato	JPN	28	May	81	Nobeoka	22	May	99
18	3:37.24	Ryan Gregson	AUS	26	Apr	90	Sydney	28	Feb	09
19	3:34.27	Gert-Jan Liefers	NED	26	Sep	78	Brussels	28	Aug	98

**1 MILE**

7	5:53.0	Kevin Knox	USA	16	Dec	59	Wasco CA	23	Sep	67
8	5:36.6	Mike Assumma	USA	30	Aug	63	Bakersfield CA	3	Jun	72
9	5:19.6	Robbie Barrios	USA	19	Sep	69			79	
10	5:06.5	John Lawton	USA	20	Oct	69			80	
11	4:55.0	Eric Anderson	USA	8	Jul	65	Silver Spring MD	3	Jul	77
12	4:43.78	Ryan Silva	USA	27	Jun	95	Portland OR	31	May	08
13	4:29.0	Andrew Barnett	GBR	22	Jun	55	London	1	Jun	69
14	4:19.73	Ryan Silva	USA	27	Jun	95	Portland OR	12	Jun	10
15	4:08.8	Jim Arriola	USA	10	Jun	58	Long Beach CA	1	Jun	74
16	4:06.7	Barrie Williams	GBR	9	Nov	55	Arcadia CA	22	Apr	72
17	3:57.43	Steve Cram	GBR	14	Oct	60	London	2	Jul	78
18	3:53.43	Alan Webb	USA	13	Jan	83	Eugene OR	27	May	01
19	3:51.3	Jim Ryun	USA	29	Apr	47	Berkeley CA	17	Jul	66

**2 000 M**

7	7:51.04	Leo Wienigk	GER	31	Mar	98	Berlin	14	May	05
8	7:20.0	Lucas Bourgoyne	USA	7	Apr	01	Houston TX	11	Mar	10
9	6:51.1 i	Lucas Bourgoyne	USA	7	Apr	01	Houston TX	5	Feb	11
10	6:28.4	Reyes Estévez	ESP	2	Aug	76	Barcelona	9	May	87
11	6:15.80	William Levay	SWE	27	Aug	96	Stockholm	26	Aug	08
12	6:05.38	William Levay	SWE	27	Aug	96	Huddinge	9	Aug	09
13	5:37.33	Dalibor Balgač	CRO	22	Sep	77	Varaždin	3	Aug	91
14	5:37.33	Dalibor Balgač	CRO	22	Sep	77	Varaždin	3	Aug	91
15	5:25.69	Dalibor Balgač	CRO	22	Sep	77	Zagreb	17	Jul	93
16	5:19.33	Miloš Vučković	SRB	20	Dec	84	Belgrade	30	Aug	01
17	5:15.5	Mark Arens	AUS	23	Mar	62	Adelaide	22	Dec	79
18	5:06.56	Jon Richards	GBR	19	May	64	Oslo	7	Jul	82
19	4:59.14	Ali Saïdi-Sief	ALG	15	Mar	78	Villeneuve-d'Ascq	29	Jun	97

**3 000 M**

8	10:36.0	Coley Candaele	USA	1	Sep	71	Fairfield CA	15	Jul	80
9	10:35.40i	Lucas Bourgoyne	USA	7	Apr	01	Houston TX	5	Feb	11
10	9:46.5	John Soto	USA	17	Jul	69	Santa Rosa CA	28	Jun	80
11	9:37.3	John Soto	USA	17	Jul	69	Eugene OR	12	Jul	81
12	9:12.0	Andrew Barnett	GBR	22	Jun	55			68	
13	8:40.32	Shaun Zuzani	RSA	25	Dec	90	Bellville	11	Mar	04
14	8:24.24	Yuki Sato	JPN	26	Nov	86	Rifu	17	Oct	01
15	8:13.4	Hansjörg Kunze	GER	28	Dec	59	Berlin	25	Jul	75
16	7:56.4	Hansjörg Kunze	GER	28	Dec	59	Chemnitz	27	Jun	76
17	7:56.4	Hansjörg Kunze	GER	28	Dec	59	Chemnitz	27	Jun	76
18	7:47.97i	German Fernandez	USA	2	Nov	90	Seattle WA	14	Feb	09
19	7:43.20	Ari Paunonen	FIN	10	Mar	58	Cologne	22	Jun	77

**2 MILES**

8	11:49.0	Wesley Paul	USA	25	Jan	69			77	
9	11:25.0	John Latting	USA	31	Jan	65	Martinez CA	26	Nov	74
10	10:51.9	Chuck Assumma	USA	3	Mar	61	Upland CA	12	Jun	71
11	10:16.0	Chuck Assumma	USA	3	Mar	61	Walnut CA	27	Jan	73
12	10:02.0	Fred Carley	USA	7	Jul	63			76	
13	9:41.1	Fred Carley	USA	7	Jul	63	Niceville FL	7	May	77
14	9:15.6	Alan Scharsu	USA	24	Jul	60	Austintown OH	17	May	75
15	8:57.4	Craig Virgin	USA	2	Aug	55	Champaign IL	29	May	71
16	8:45.8	Alan Scharsu	USA	24	Jul	60			77	
17	8:34.40	German Fernandez	USA	2	Nov	90	Greensboro NC	20	Jun	08

3/24/2011

## INTERNATIONAL AGE RECORDS

18	8:34.40	German Fernandez	USA	2 Nov 90	Greensboro NC	20 Jun 08
19	8:25.2	Jim Ryun	USA	29 Apr 47	Los Angeles CA	13 May 66

**5 000 M**

8	19:17.0	Daven Chun	USA	18 May 64		73
9	18:41.6	Jesse Goldstone	USA	21 Apr 99	Shoreline WA	6 Aug 08
10	17:41.0	Erik Hansen	DEN		73	83
11	17:32.32	William Levay	SWE	27 Aug 96	Sätra	24 Jun 08
12	16:43.6	Torben Petersen	DEN		71 Østerbro	18 Sep 83
13	15:49.52	William Levay	SWE	27 Aug 96	Södertälje	25 Aug 10
14	14:49.78	Yasushi Yamamoto	JPN	20 Dec 73		28 Oct 88
15	14:10.92	Wataru Ueno	JPN	2 Aug 90	Sapporo	3 Jun 06
16	13:45.86	Satoru Kitamura	JPN	4 Feb 86	Haruno	23 Oct 02
17	13:45.86	Satoru Kitamura	JPN	4 Feb 86	Haruno	23 Oct 02
18	13:25.46	German Fernandez	USA	2 Nov 90	Eugene OR	26 Jun 09
19	13:22.36	Kensuke Takezawa	JPN	11 Oct 86	Rovereto	30 Aug 06

**10 000 M**

12	35:17.5	Torben Petersen	DEN		71	83
13	33:39.5	Dalibor Balgač	CRO	22 Sep 77	Zagreb	14 Sep 91
14	32:04.4	Hans Segerfeldt	SWE	17 Jul 60	Karlskrona	28 Jun 75
15	31:19.8	Laurie Reilly	GBR	7 Aug 54	Glasgow	Jul 70
16	29:03.27	Yuki Sato	JPN	26 Nov 86	Konosu	27 Sep 03
17	28:50.94	Meck Mothuli	RSA	12 Apr 76	Port Elizabeth	17 May 93
18	28:15.52	Galen Rupp	USA	8 May 86	Eugene OR	7 May 05
19	27:59.32	Ryuji Ono	JPN	27 Jan 85	Tottori	5 Jun 04

**MARATHON**

5	5:25:09	Bucky Cox	USA	11 Jul 72	Junction City KS	4 Jul 78
6	4:07:27	Bucky Cox	USA	11 Jul 72	Toledo OH	17 Jun 79
7	3:50:55	Eric Huss	USA	27 Sep 67	Palos Verdes CA	14 Jun 75
8	3:00:39	Wesley Paul	USA	25 Jan 69	New York NY	23 Oct 77
9	2:56:57	Wesley Paul	USA	25 Jan 69	Huntsville AL	16 Dec 78
10	2:55:31	Wesley Paul	USA	25 Jan 69	Kansas City MO	28 Oct 79
11	2:47:17	Wesley Paul	USA	25 Jan 69	Huntsville AL	13 Dec 80
12	2:46:42	Wesley Paul	USA	25 Jan 69	Houston TX	24 Jan 82
13	2:43:02	Tom Ansberry	USA	22 Aug 63	San Diego CA	15 Jan 77
14	2:41:31	Wesley Paul	USA	25 Jan 69	Huntsville AL	10 Dec 83
15	2:29:11	Mitch Kingery	USA	3 Jul 56	Burlingame CA	13 Feb 72
16	2:23:47	Mitch Kingery	USA	3 Jul 56	Burlingame CA	11 Feb 73
17	2:23:47	Mitch Kingery	USA	3 Jul 56	Burlingame CA	11 Feb 73
18	2:17:21	József Kovács	HUN	6 Jun 67	Budapest	27 Oct 85
19	2:11:47	Myoung-Hak Cho	KOR	10 Aug 72	Chunchon	22 Mar 92

**2 000 M STEEPLECHASE**

13	6:12.20	Shaun Zuzani	RSA	25 Dec 90	Bellville	31 Jan 04
14	5:59.50	Rorri Currie	CAN	8 Dec 70	Burnaby BC	14 Jul 85
15	5:45.61	Patrick Magadla	RSA	16 Apr 87	Durban	13 Apr 03
16	5:35.2	Hansjörg Kunze	GER	28 Dec 59	Erfurt	17 Jul 76
17	5:31.80	Michael Inwood	AUS	18 Dec 65	Adelaide	11 Dec 83
18	5:28.14	Frank Baumgartl	GER	29 May 55	Duisburg	26 Aug 73
19	5:25.01	Arsenios Tsiminos	GRE	19 Jan 61	Athens	20 Oct 80

**3 000 M STEEPLECHASE**

14	9:33.30	Dalibor Balgač	CRO	22 Sep 77	Zagreb	26 Jul 92
15	9:29.28	Miloš Vučković	SRB	20 Dec 84	Subotica	16 Jul 00
16	8:57.21	Mandla Maseko	RSA	12 Sep 85	Cape Town	19 Apr 02
17	8:37.28	Marcin Chabowski	POL	28 Jun 86	Bydgoszcz	5 Jun 04
18	8:29.50	Ralf Pönitzsch	GER	20 Oct 57	Warsaw	19 Aug 76
19	8:19.75	Bouabdallah Tahri	FRA	20 Dec 78	Nice	16 Jul 98

**110 M HURDLES (91.4 cm = 3 ft)**

3/24/2011

## INTERNATIONAL AGE RECORDS

14	13.61	-2.0	D'Omar Boyden	JAM	27 Jun 92	Kingston	18 Mar 07
15	13.18	0.2	Wayne Davis	USA	22 Aug 91	Ostrava	12 Jul 07

**110 M HURDLES (99.1 cm = 3 ft 3 in)**

14	14.32	1.5	Kevin Craddock	USA	25 Jun 87	Stanford CA	30 Mar 02
15	13.92	1.3	Kevin Craddock	USA	25 Jun 87	Sacramento CA	15 Jun 03
16	13.39	1.7	Kevin Craddock	USA	25 Jun 87	Sacramento CA	5 Jun 04
17	13.31	2.0	Wayne Davis	USA	22 Aug 91	Eugene OR	26 Jun 09
18	13.23	1.5	Artur Noga	POL	2 May 88	Beijing	20 Aug 06

Wind speed &gt; 2.0 m/s or unknown

17	13.16	3.8	Wayne Davis	USA	22 Aug 91	Eugene OR	26 Jun 09
18	13.16	3.8	Wayne Davis	USA	22 Aug 91	Eugene OR	26 Jun 09

**110 m HURDLES (106.7 cm = 3 ft 6 in)**

14	14.71	1.0	Kevin Craddock	USA	25 Jun 87	Stanford CA	22 Jun 02
15	14.36	-0.4	Kevin Craddock	USA	25 Jun 87	Stanford CA	22 Jun 03
16	14.03	-0.3	Garfield Darien	FRA	22 Dec 87	Grosseto	17 Jul 04
17	13.63	-0.4	Philip Nossmy	SWE	6 Dec 82	Helsinki	2 Sep 00
18	13.46	1.8	Jonathan Ridgeon	GBR	14 Feb 67	Cottbus	23 Aug 85
	13.46	-1.6	Dayron Robles	CUB	19 Nov 86	Windsor ON	29 Jul 05
19	13.00	-0.6	Dayron Robles	CUB	19 Nov 86	Stuttgart	9 Sep 06

Wind speed &gt; 2.0 m/s or unknown

16	13.92	2.3	Kevin Craddock	USA	25 Jun 87	Stanford CA	20 Jun 04
17	13.55	2.1	Tomasz Ścigaczewski	POL	18 Nov 78	Piła	23 Jun 96

**400 M HURDLES (91.4 cm = 3 ft)**

15	51.14A		Louis van Zyl	RSA	20 Jul 85	Pretoria	20 Apr 01
16	48.89		Louis van Zyl	RSA	20 Jul 85	Kingston	19 Jul 02
17	48.26		Jehue Gordon	TRI	15 Dec 91	Berlin	18 Aug 09
18	48.02		Danny Harris	USA	7 Sep 65	Los Angeles CA	17 Jun 84
19	47.24		Kerron Clement	USA	31 Oct 85	Carson CA	26 Jun 05

**HIGH JUMP**

7	1.24	4- 1	Jimmy McPeak	USA	10 Jun 64	Hollywood FL	16 Aug 71
8	1.34	4- 4 3/4	Jake Stein	AUS	17 Jan 94	Dubbo	5 Jan 03
9	1.50	4-11	Jeroen Groenewold	NED	19 Oct 74	Amstelveen	8 Sep 84
	1.50i	4-11	Vesa Turkulainen	FIN	23 Nov 81	Turku	10 Nov 91
10	1.63	5- 4 1/4	John Thornell	AUS	22 Apr 85		17 Mar 96
11	1.76	5- 9 1/4	Pich Nhem	USA	9 Sep 76	Pomona CA	1 May 88
12	1.86i	6- 1 1/4	Mohamed Koita	FRA	8 Jan 90	Clermont-Ferrand	26 Oct 02
13	2.03	6- 8	Hisanori Yamamoto	JPN	26 Aug 62		20 Jun 76
14	2.07	6- 9 1/2	Oliver Bräutigam	GER	4 Dec 90	Löwenberg	16 Jun 05
15	2.18	7- 2	Kenny Evans	USA	6 Apr 79	Jessieville AR	30 Mar 95
16	2.33	7- 7 3/4	Javier Sotomayor	CUB	13 Oct 67	Havana	19 May 84
17	2.34	7- 8 1/4	Javier Sotomayor	CUB	13 Oct 67	Havana	20 Mar 85
18	2.36	7- 9	Javier Sotomayor	CUB	13 Oct 67	Santiago de Cuba	23 Feb 86
19	2.37	7- 9 1/4	Javier Sotomayor	CUB	13 Oct 67	Athens	20 Jun 87
	2.37	7- 9 1/4	Dragutin Topić	SRB	12 Mar 71	Plovdiv	12 Aug 90
	2.37	7- 9 1/4	Steve Smith	GBR	29 Mar 73	Seoul	20 Sep 92
	2.37i	7- 9 1/4	Steve Smith	GBR	29 Mar 73	Toronto ON	14 Mar 93
	2.37	7- 9 1/4	Jacques Freitag	RSA	11 Jun 82	Durban	23 Mar 02
	2.37i	7- 9 1/4	Ivan Ukhov	RUS	29 Mar 86	Arnstadt	4 Feb 06

**POLE VAULT**

6	1.70	5- 7	Doug Fraley	USA	7 Mar 65	Lemoore CA	1 Mar 72
7	2.33	7- 8	Armand Duplantis	USA	10 Nov 99	Jonesboro AR	13 Oct 07
8	2.89	9- 6	Armand Duplantis	USA	10 Nov 99	New Orleans LA	12 Oct 08
9	3.20	10- 6	Armand Duplantis	USA	10 Nov 99	New Iberia LA	4 Jul 09
10	3.86	12- 8	Armand Duplantis	USA	10 Nov 99	Clovis CA	6 Aug 10

3/24/2011

## INTERNATIONAL AGE RECORDS

11	3.88iA	12- 9		Armand Duplantis	USA	10 Nov 99	Reno NV	29 Jan 11
12	3.88iA	12- 9		Armand Duplantis	USA	10 Nov 99	Reno NV	29 Jan 11
13	4.30	14- 1 1/4		István Bagyula	HUN	2 Jan 69	Budapest	4 Sep 82
	4.30	14- 1 1/4		Thomas Cornu	FRA	16 Feb 82	Bourgoin-Jallieu	25 Sep 95
	4.30	14- 1 1/4		Lucas Brenen	AUS	6 Nov 89	Adelaide	1 Nov 03
	4.30i	14- 1 1/4		Panayotis Laskaris	GRE	10 Mar 92	Athens	12 Feb 06
14	4.75	15- 7		Benjamin Renaudeau	FRA	24 Jul 85	Saint-Étienne	21 Jun 00
	4.75	15- 7		Albert Vélez	ESP	26 Oct 88	Sherbrooke QC	12 Jul 03
15	5.33	17- 6		Jacob Davis	USA	29 Apr 78	Orangefield TX	12 Apr 94
16	5.42	17- 9 1/2		Raphael Holzdeppe	GER	28 Sep 89	Zweibrücken	4 Aug 06
17	5.60	18- 4 1/2		Maksim Tarasov	RUS	2 Dec 70	Sudbury ON	28 Jul 88
	5.60	18- 4 1/2		Maksim Tarasov	RUS	2 Dec 70	Odessa	20 Aug 88
18	5.80	19- 0 1/4		Maksim Tarasov	RUS	2 Dec 70	Bryansk	14 Jul 89
	5.80	19- 0 1/4		Raphael Holzdeppe	GER	28 Sep 89	Biberach	28 Jun 08
19	5.90	19- 4 1/4		Jacob Davis	USA	29 Apr 78	Austin TX	4 Apr 98

## LONG JUMP

8	4.33	14- 2 1/2	0.0	Dejour Russell	JAM	00	Orlando FL	3 Jul 08
9	4.75	15- 7	0.0	De'Saan Hardwick	USA	7 Oct 92	Omaha NE	25 Jul 02
10	5.15iA	16-10 3/4	-	Samuel Cunliffe	USA	24 Mar 97	Flagstaff AZ	24 Feb 08
11	5.40i	17- 8 1/2	-	Frank Busemann	GER	26 Feb 75	Dortmund	14 Dec 86
12	6.07	19-11 1/4	1.6	Trevor Tatum	USA	12 May 92	Des Moines IA	3 Aug 04
13	6.77	22- 2 1/2	0.5	Eusebio Cáceres	ESP	10 Sep 91	Valladolid	5 Jun 05
14	7.36	24- 1 3/4	-0.2	Eusebio Cáceres	ESP	10 Sep 91	Thessaloniki	1 Jul 06
15	7.71	25- 3 1/2	0.5	Jesús Oliván	ESP	9 Jul 68	Madrid	5 Jul 84
16	7.95	26- 1	0.5	Matias Ghansah	SWE	27 Aug 74	Belfast	21 Jun 91
17	8.25	27- 0 3/4	1.9	Luis Bueno	CUB	22 May 69	Havana	28 Sep 86
18	8.27	27- 1 1/2	1.7	Eusebio Cáceres	ESP	10 Sep 91	Barcelona	30 Jul 10
19	8.62	28- 3 1/4	0.8	Carl Lewis	USA	1 Jul 61	Sacramento CA	20 Jun 81

Wind speed &gt; 2.0 m/s or unknown

8	4.61	15- 1 1/2		Edwin Jones	USA	21 Jul 69	Valencia CA	8 Jul 78
9	4.82	15- 9 3/4		Patrick McCall	USA	8 Aug 79	Irvine CA	23 Jun 89
10	5.30	17- 4 3/4		Giovanni Cellario	ITA	22 Nov 94	Castelnovo Monti	11 Sep 05
11	5.87A	19- 3 1/4		Steve Carnes	USA	18 Jul 72	Provo UT	14 Jul 84
12	6.39	20-11 1/2		Steve Carnes	USA	18 Jul 72	Eugene OR	14 Jul 85
13	6.95	22- 9 1/2		Jean-François Guerrier	FRA	8 Oct 79	Tours	5 Jul 93
14	7.44	24- 5		Joey Wells	BAH	22 Dec 65	Miami FL	15 Jun 80
18	8.40	27- 6 3/4	3.2	Kareem Streete-Thompson	CAY	30 Mar 73	Houston TX	5 May 91
19	8.79	28-10	3.0	Iván Pedroso	CUB	17 Dec 72	Havana	21 May 92

## TRIPLE JUMP

<sup>1</sup> = Possibly measured from leading edge of board, therefore 0.20 m taken from original distance

10	10.33	33-10 3/4	0.4	Julius Anckar	FIN	23 Dec 79	Turku	12 Aug 90
11	11.55 <sup>1</sup>	37-10 3/4	-0.6	Théo Mouton	FRA	4 Nov 98	Saint-Florentin	3 Jul 10
12	12.51	41- 0 1/2	0.2	Shemaiah James	AUS	12 Jul 97	Sydney	11 Mar 10
13	13.71i	44-11 3/4	-	Richard Chastan	FRA	1 Jan 77	Paris	27 Oct 90
14	14.74	48- 4 1/4	1.9	Greg Yeldell	USA	14 Oct 80	Winter Park FL	27 May 95
15	16.11	52-10 1/4	0.0	Yoelbi Quesada	CUB	4 Aug 73	Havana	9 Jul 89
16	16.68	54- 8 3/4	1.3	Yoelbi Quesada	CUB	4 Aug 73	Havana	7 Jul 90
17	16.98	55- 8 1/2	1.0	Yoelbi Quesada	CUB	4 Aug 73	Havana	15 May 91
18	17.31	56- 9 1/2	-0.2	David Giralt	CUB	26 Aug 84	Saint-Denis	23 Aug 03
19	17.68	58- 0	-0.5	Yoelbi Quesada	CUB	4 Aug 73	Havana	23 May 93

Wind speed &gt; 2.0 m/s or unknown

9	9.82	32- 2 1/2		Julius Anckar	FIN	23 Dec 79		89
10	10.44	34- 3		Jeff Rossman	USA	31 May 65		76
11	11.60	38- 1		Valentin Lopez	USA	21 Jul 72		84
12	12.69	41- 7 1/2		Shemaiah James	AUS	12 Jul 97	Brisbane	24 Apr 10
13	13.79	45- 3		Kévin Luron	FRA	8 Nov 91	La Rochelle	26 Jun 05
14	15.07	49- 5 1/4	2.9	Kévin Luron	FRA	8 Nov 91	Vergèze	2 Jul 06

## STANDING LONG JUMP

6	1.76i	5- 9 1/4	Timo Torppa	FIN	1 Apr 94	Haapajärvi	4 Feb 01
7	1.90	6- 2 3/4	Evan Anderson	USA	31 Jul 00	Needham MA	17 Jul 08
8	2.13	7- 0	Evan Anderson	USA	31 Jul 00	Needham MA	17 Jul 09*
9	2.23i	7- 3 3/4	Markus Haverinen	FIN	10 Mar 80		89
10	2.41	7-11	Tim Pham	USA		Charleston WV	18 Aug 79
11	2.52i	8- 3 1/4	Lars Nicolay Aasbø	NOR	20 Apr 60		71
12	2.78	9- 1 1/2	Greg Melvin	USA	27 Jan 74	Hershey PA	16 Aug 86
13	2.95i	9- 8 1/4	Nils Kristian Voreland	NOR	12 Jan 58		71
14	3.16	10- 4 1/2	Paul Punsal	USA	24 Mar 72	Hershey PA	16 Aug 86
15	3.16	10- 4 1/2	Paul Punsal	USA	24 Mar 72	Hershey PA	16 Aug 86
16	3.31i	10-10 1/4	Thor Andreas Wiersdalen	NOR	24 Jan 46	Langangen	25 Oct 62
17	3.40i	11- 1 3/4	Thor Andreas Wiersdalen	NOR	24 Jan 46	Sandefjord	14 Dec 63
18	3.45i	11- 3 3/4	Thor Andreas Wiersdalen	NOR	24 Jan 46	Langangen	17 Jan 65
19	3.45i	11- 3 3/4	Thor Andreas Wiersdalen	NOR	24 Jan 46	Langangen	17 Jan 65

**SHOT PUT (3 kg = 6 lb 10 oz)**

11	15.41i	50- 6 3/4	Wictor Petersson	SWE	1 May 98	Malmö	23 Jan 10
12	18.80i	61- 8 1/4	Wictor Petersson	SWE	1 May 98	Malmö	12 Feb 11
13	19.45i	63- 9 3/4	Rokas Kirlyys	LTU	20 Feb 92	Šiauliai	26 Nov 05
14	21.65	71- 0 1/4	Trond Ulleberg	NOR	14 Jan 62	Efteløt	5 Oct 76

**SHOT PUT (4 kg = 8 lb 13 oz)**

11	10.50	34- 5 1/2	Dennis Lewke	GER	23 Jul 93	Neubrandenburg	1 May 05
12	15.84i	51-11 1/2	Wictor Petersson	SWE	1 May 98	Halmstad	5 Mar 11
13	18.22	59- 9 1/4	Teijo Kööpikkä	FIN	7 Oct 80	Kuopio	27 Aug 94
14	21.06	69- 1 1/4	Dennis Lewke	GER	23 Jul 93	Greifswald	2 Jul 08

**SHOT PUT (5 kg = 11 lb)**<sup>1</sup> = 5.44 kg = 12 lb

13	15.85	52- 0	Jacko Gill	NZL	20 Dec 94	Auckland	8 Nov 08
14	20.42	67- 0	Jacko Gill	NZL	20 Dec 94	Timaru	13 Dec 09
15	23.86	78- 3 1/4	Jacko Gill	NZL	20 Dec 94	Nouméa	16 Oct 10
16	23.86	78- 3 1/4	Jacko Gill	NZL	20 Dec 94	Nouméa	16 Oct 10
17	23.86	78- 3 1/4	Jacko Gill	NZL	20 Dec 94	Nouméa	16 Oct 10
18	24.78 <sup>1</sup>	81- 3 1/2	Mike Carter	USA	29 Oct 60	Sacramento CA	16 Jun 79

**SHOT PUT (6 kg = 13 lb 4 oz)**

14	17.41	57- 1 1/2	Jacko Gill	NZL	20 Dec 94	Auckland	19 Dec 09
15	20.76	68- 1 1/4	Jacko Gill	NZL	20 Dec 94	Moncton NB	21 Jul 10
16	20.76	68- 1 1/4	Jacko Gill	NZL	20 Dec 94	Moncton NB	21 Jul 10
17	21.08	69- 2	David Storl	GER	27 Jul 90	Bydgoszcz	8 Jul 08
18	22.73	74- 7	David Storl	GER	27 Jul 90	Osterode	14 Jul 09

**SHOT PUT (7.26 kg = 16 lb)**

13	12.16	39-10 3/4	Teijo Kööpikkä	FIN	7 Oct 80	Laihia	24 Aug 94
14	14.29	46-10 1/2	Glenn DiGiorgio	USA	20 Aug 84		99
15	18.57	60-11	Jacko Gill	NZL	20 Dec 94	Hastings NZL	11 Dec 10
16	18.72	61- 5 1/4	Arnold Campbell	USA	15 Nov 66	Shreveport LA	18 May 83
17	19.63	64- 4 3/4	Udo Beyer	GER	9 Aug 55	Erfurt	7 Jul 73
18	20.65	67- 9	Mike Carter	USA	29 Oct 60	Boston MA	4 Jul 79
19	21.88	71- 9 1/2	Randy Barnes	USA	16 Jun 66	Waco TX	18 Apr 86

**DISCUS THROW (750 g = 1 lb 10 oz)**

10	41.05	134- 8	Philipp Überacker	GER	13 Dec 90	Dortmund-Höchsten	13 Oct 01
11	46.51	152- 7	Philipp Überacker	GER	13 Dec 90	Twiste	26 May 02
12	53.10	174- 3	Philipp Überacker	GER	13 Dec 90	Twiste	6 Sep 03
13	59.13	194- 0	Martin Wischer	GER	4 Jul 87	Braunschweig	1 Oct 00

**DISCUS THROW (1 kg = 2 lb 3 oz)**



3/24/2011

## INTERNATIONAL AGE RECORDS

8	19.23	63- 1	Jack Wall	USA	10 Sep 58	Erie PA	11 Jul 67
9	22.71	74- 6	Jack Wall	USA	10 Sep 58	Erie PA	3 Aug 68
10	26.97	88- 6	Jack Wall	USA	10 Sep 58	Northeast PA	7 Jun 69
11	40.58	133- 2	Tero Järvenpää	FIN	2 Oct 84	Merikarvia	13 Jul 96
12	48.65	159- 7	Michael Stubblefield	USA	21 Feb 70	Pleasant Hill CA	19 Jun 82
13	60.20	197- 6	Stevie Partsanis	AUS	29 Jan 79	Melbourne	7 Nov 92
	60.20A	197- 6	Anthony Dudley	USA	23 Jun 96	El Paso TX	27 Mar 10
14	70.55	231- 6	Raffael Laurins	AUS	22 May 85	Townsville	17 May 00
15	77.68	254-10	Raffael Laurins	AUS	22 May 85	Melbourne	17 Mar 01

**DISCUS THROW (1.5 kg = 3 lb 4 oz)**

¹ = 1.62 kg = 3 lb 9 oz

9	16.63¹	54- 7	Jack Wall	USA	10 Sep 58	Northeast PA	3 Aug 68
10	21.08¹	69- 2	Jack Wall	USA	10 Sep 58	Erie PA	8 Aug 69
11	26.72¹	87- 8	Jack Wall	USA	10 Sep 58	Cortland OH	1 Aug 70
12	34.19¹	112- 2	Jack Wall	USA	10 Sep 58	Corry PA	2 Jun 71
13	42.93¹	140-10	Max Crone	USA			81
14	54.90	180- 1	Emeka Udechuku	GBR	10 Jul 79	Telford	8 Jul 94
15	63.74	209- 1	Marin Premeru	CRO	29 Aug 90	Split	11 Jun 06
16	68.48	224- 8	Attila Horváth	HUN	28 Jul 67	Szombathely	11 Oct 83
17	69.50	228- 0	Margus Hunt	EST	14 Jul 87	Valmiera	30 Jul 04
18	74.02	242-10	Zoltán Kóvágó	HUN	10 Apr 79	Szolnok	29 Apr 97
19	74.60	244- 9	Zoltán Kóvágó	HUN	10 Apr 79	Szolnok	5 Jun 98

**DISCUS THROW (1.75 kg = 3 lb 14 oz)**

14	45.96	150- 9	Emeka Udechuku	GBR	10 Jul 79	Harrow	24 Apr 94
15	58.23	191- 1	Marin Premeru	CRO	29 Aug 90	Maribor	15 Jul 06
16	59.14	194- 0	Andreas Seelig	GER	6 Jul 70	Berlin	1 Feb 87
17	63.55	208- 6	Lajos Kürthy	HUN	22 Oct 86	Pécs	23 Sep 04
18	64.50	211- 7	Michael Möllenbeck	GER	12 Dec 69	Rhede	18 Jun 88
19	67.32	220-10	Margus Hunt	EST	14 Jul 87	Beijing	16 Aug 06

**DISCUS THROW (2 kg = 4 lb 7 oz)**

12	27.07	88-10	Jack Wall	USA	10 Sep 58	Erie PA	31 Jul 71
13	35.38	116- 1	Jack Wall	USA	10 Sep 58	Erie PA	1 Jul 72
14	45.70	149-11	Marin Premeru	CRO	29 Aug 90	Zagreb	15 Jun 05
15	51.54	169- 1	Marin Premeru	CRO	29 Aug 90	Zagreb	14 May 06
16	54.50	178-10	Vyacheslav Demakov	RUS	8 Nov 68	Krasnodar	18 May 85
17	61.84	202-11	Attila Horváth	HUN	28 Jul 67	Budapest	18 May 85
	61.84	202-11	Andreas Seelig	GER	6 Jul 70	Halle	15 May 88
18	62.52	205- 1	John Nichols	USA	23 Aug 69	Baton Rouge LA	23 Apr 88
19	65.62	215- 3	Werner Reiterer	AUS	27 Jan 68	Melbourne	15 Dec 87

**HAMMER THROW (3 kg = 6 lb 10 oz)**

11	62.75	205-10	Sándor Pálhegyi	HUN	4 Nov 88	Szombathely	19 Sep 00
12	70.72	232- 0	Sándor Pálhegyi	HUN	4 Nov 88	Varaždin	5 Jul 01

**HAMMER THROW (4 kg = 8 lb 13 oz)**

11	54.18	177- 9	Sándor Pálhegyi	HUN	4 Nov 88	Szombathely	19 Sep 00
12	65.86	216- 1	Sándor Pálhegyi	HUN	4 Nov 88	Szombathely	10 Oct 01
13	73.43	240-11	Sándor Pálhegyi	HUN	4 Nov 88	Budapest	21 Sep 02
14	85.17	279- 5	Sándor Pálhegyi	HUN	4 Nov 88	Budapest	20 Sep 03
15	85.49	280- 6	Bence Pásztor	HUN	5 Feb 95	Veszprém	7 Jul 10

**HAMMER THROW (5 kg = 11 lb)**

11	41.90	137- 6	Sándor Pálhegyi	HUN	4 Nov 88	Szombathely	11 Oct 00
12	57.83	189- 9	Sándor Pálhegyi	HUN	4 Nov 88	Budapest	19 Sep 01
13	62.97	206- 7	Sándor Pálhegyi	HUN	4 Nov 88	Budapest	22 May 02
14	77.74	255- 1	Sándor Pálhegyi	HUN	4 Nov 88	Szombathely	6 Sep 03
15	79.45	260- 8	Sándor Pálhegyi	HUN	4 Nov 88	Veszprém	24 Apr 04
16	83.27	273- 2	Kristóf Németh	HUN	17 Sep 87	Veszprém	24 Apr 04

17	83.28	273- 3	József Horváth	HUN	3 Apr 84	Szombathely	10 May 01
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**HAMMER THROW (6 kg = 13 lb 4 oz)**

11	39.19	128- 7	Sándor Pálhegyi	HUN	4 Nov 88	Szombathely	11 Oct 00
12	48.11	157-10	Sándor Pálhegyi	HUN	4 Nov 88	Szombathely	25 Aug 01
13	53.80	176- 6	Sándor Pálhegyi	HUN	4 Nov 88	Budapest	4 May 02
14	62.67	205- 7	Sándor Pálhegyi	HUN	4 Nov 88	Budapest	3 May 03
15	70.27	230- 7	Kristóf Németh	HUN	17 Sep 87	Szombathely	17 May 03
16	74.65	244-11	Kristóf Németh	HUN	17 Sep 87	Szombathely	6 May 04
17	79.14	259- 8	Ákos Hudi	HUN	10 Aug 91	Novi Sad	26 Jul 09
18	82.97	272- 3	Javier Cienfuegos	ESP	15 Jul 90	Madrid	17 Jun 09

**HAMMER THROW (7.26 kg = 16 lb)**

12	40.70	133- 6	Sándor Pálhegyi	HUN	4 Nov 88	Szombathely	13 Oct 01
13	48.85	160- 3	Sándor Pálhegyi	HUN	4 Nov 88	Szombathely	12 Oct 02
14	57.61	189- 0	Sándor Pálhegyi	HUN	4 Nov 88	Szombathely	13 Sep 03
15	61.22	200-10	Kristóf Németh	HUN	17 Sep 87	Szombathely	6 Sep 03
16	67.43	221- 3	Kristóf Németh	HUN	17 Sep 87	Zalaegerszeg	13 Jun 04
17	72.48	237-10	Szymon Ziólkowski	POL	1 Jul 76	Warsaw	11 Jun 94
18	76.38	250- 7	Roland Steuk	GER	5 Mar 59	Halle	27 Aug 77
19	80.34	263- 7	Igor Nikulin	RUS	14 Aug 60	Moscow	21 Jun 80

**JAVELIN THROW (400 g = 14 oz)**

8	31.44	103- 2	Ville Tiisanoja	FIN	24 Dec 75		84
9	44.90	147- 4	Kimmo Kinnunen	FIN	31 Mar 68		77
10	49.84	163- 2	Kimmo Kinnunen	FIN	31 Mar 68		78
11	57.64	189- 1	Kimmo Kinnunen	FIN	31 Mar 68		79
12	61.86	202-11	Kimmo Kinnunen	FIN	31 Mar 68	Viltasaari	7 Sep 80

**JAVELIN THROW (600 g = 1 lb 5 oz)**

11	38.72	127- 0	Dennis Lewke	GER	23 Jul 93	Neubrandenburg	1 May 05
12	54.40	178- 6	Thomas Lange	GER	1 Oct 87	Halle	3 Jun 00
13	65.88	216- 2	Thomas Lange	GER	1 Oct 87	Halberstadt	16 Jun 01
14	74.24	243- 7	Ari Mannio	FIN	23 Jul 87	Lehtimäki	28 Jun 02

Additional marks with old model

13	66.22	217- 3	Ville Tiisanoja	FIN	24 Dec 75	Vantaa	6 Aug 89
15	82.20	269- 8	Harri Haatainen	FIN	5 Jan 78	Vähäkylä	23 Jul 93

**JAVELIN THROW (700 g = 1 lb 9 oz)**

14	68.00	223- 1	Valeri Iordan	RUS	14 Feb 92	Adler	4 Feb 07
15	79.00	259- 2	Aki Parviainen	FIN	26 Oct 74	Lappeenranta	8 Jul 90
16	89.34	293- 1	Braian Toledo	ARG	8 Sep 93	Mar del Plata	6 Mar 10

**JAVELIN THROW (800 g = 1 lb 12 oz)**

14	63.04	206-10	Raldu Potgieter	RSA	3 Apr 86	Parow	12 Jan 01
15	67.38A	221- 1	Edwin Cuesta	VEN	1 Dec 81	Arequipa	24 Oct 97
16	79.96	262- 4	Aki Parviainen	FIN	26 Oct 74	Pyhäselkä	12 Sep 91
17	80.94	265- 7	Aki Parviainen	FIN	26 Oct 74	Jyväskylä	5 Jul 92
18	82.52	270- 9	Harri Haatainen	FIN	5 Jan 78	Leppävirta	25 May 96
19	84.47	277- 2	Jakub Vadlejch	CZE	10 Oct 90	Olomouc	8 May 10

Additional marks with old model

13	54.68	179- 5	Kentth Larsson	SWE	24 Sep 58		72
14	66.80	219- 2	Jorge Vicet	CUB	29 Dec 69	Havana	30 Jun 84
15	70.70	231-11	Frank Dill	GER	4 Jul 70	Berlin	22 Jun 86
17	87.90	288- 5	Ramón González	CUB	24 Aug 65	Havana	21 May 83
18	87.90	288- 5	Ramón González	CUB	24 Aug 65	Havana	21 May 83
19	89.86	294-10	Uwe Hohn	GER	16 Jul 62	Potsdam	16 May 82

## GIRLS

## 50 M

7	8.01i	-	Lara Bergholz	GER	10 Mar 00	Neubrandenburg	19 Jan 08
8	7.65i	-	Jennifer Kunze	GER	Mar 98	Halle	24 Feb 07
9	7.40i	-	Jennifer Kunze	GER	Mar 98	Erfurt	17 Nov 07
10	7.21i	-	Kristiane Schmitt	GER	20 Feb 88	Rostock	5 Dec 98
11	7.02i	-	Kristiane Schmitt	GER	20 Feb 88	Rostock	13 Nov 99
12	6.80	1.4	Camille Demay	FRA	30 Nov 94	Poissy	27 May 07
13	6.63iA	-	Alexis Joyce	USA	15 Sep 83		97
14	6.38i	-	Jenni Hucul	CAN	17 May 88	Saskatoon SK	8 Feb 03
15	6.38i	-	Jenni Hucul	CAN	17 May 88	Saskatoon SK	8 Feb 03
16	6.38i	-	Fabienne Ficher	FRA	25 Apr 66	Paris	29 Jan 83
	6.38i	-	Jenni Hucul	CAN	17 May 88	Saskatoon SK	8 Feb 03
17	6.28i	-	Victoria Jordan	USA	26 Feb 90	Landover MD	11 Mar 07
18	6.24i	-	Marlies Oelsner	GER	21 Mar 58	Berlin	5 Mar 77
19	6.13i	-	Yekaterina Leshchova	RUS	21 Apr 74	Moscow	4 Feb 94

Wind speed &gt; 2.0 m/s or unknown

8	7.57		Lara Bergholz	GER	10 Mar 00	Wittenberge	27 Apr 08
10	7.19		Janina Wagner	GER	3 Aug 97	Wittenberge	27 Apr 08
11	6.95		Kristiane Schmitt	GER	20 Feb 88	Schwerin	19 Jun 99
12	6.76		Jessica Alcan	FRA	22 Apr 91	Fort-de-France	14 Feb 04

## 60 M

7	9.38	1.9	Elin Nord	SWE	26 Oct 97	Gävle	24 Jul 05
8	8.99	1.8	Elin Nord	SWE	26 Oct 97	Gävle	23 Jul 06
9	8.55iA	-	Lauren Williams	USA	25 Jul 99	Flagstaff AZ	15 Feb 09
10	8.30iA	-	Dior Hall	USA	2 Jan 96	Flagstaff AZ	19 Feb 06
11	7.86i	-	Clémence Paiement	CAN	4 Sep 95	Montréal QC	17 Feb 07
12	7.64i	-	Clémence Paiement	CAN	4 Sep 95	Montréal QC	16 Feb 08
13	7.54i	-	Jenni Hucul	CAN	17 May 88	Edmonton ON	2 Mar 02
14	7.35i	-	Katharine Merry	GBR	21 Sep 74	Cosford	18 Mar 89
15	7.29i	-	Alexis Joyce	USA	15 Sep 83	Columbus OH	14 Mar 99
16	7.24i	-	Victoria Jordan	USA	26 Feb 90	Houston TX	10 Feb 07
17	7.22iA	-	Aleisha Latimer	USA	13 Apr 79	Air Force Academy CO	23 Feb 97
	7.22i	-	Aleisha Latimer	USA	13 Apr 79	Atlanta GA	1 Mar 97
18	7.12i	-	Silke Gladisch	GER	20 Jun 64	Budapest	6 Mar 83
19	7.11i	-	Yekaterina Leshchova	RUS	21 Apr 74	Moscow	26 Jan 94

Wind speed &gt; 2.0 m/s or unknown

7	9.36		Elin Nord	SWE	26 Oct 97	Bollnäs	9 Jul 05
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## 100 M

7	14.53	1.9	Sydney McLaughlin	USA	7 Aug 99	Knoxville TN	4 Aug 07
8	13.63	1.3	Lauren Williams	USA	25 Jul 99	Gardena CA	8 Jun 08
9	12.95	-1.1	Tia Jones	USA	8 Sep 00	Atlanta GA	20 Jun 10
10	12.77	1.0	Brittney Ellis	USA	1 Sep 97	Detroit MI	28 Jul 08
11	12.31	0.1	Ishunique Hamilton	USA	16 Dec 97	Des Moines IA	8 Aug 09
12	11.92	1.9	Jane Parry	GBR	15 Nov 64	London	20 Aug 77
13	11.76	-1.0	Bárbara Leãoncio	BRA	7 Oct 91	Rio de Janeiro	25 Jun 05
14	11.40	0.7	Ashton Purvis	USA	12 Jul 92	Sacramento CA	28 Apr 07
15	11.17	2.0	Marion Jones	USA	12 Oct 75	Cerritos CA	1 Jun 91
16	11.14	1.7	Marion Jones	USA	12 Oct 75	Norwalk CA	6 Jun 92
17	11.13	2.0	Chandra Cheeseborough	USA	16 Jan 59	Eugene OR	21 Jun 76
18	10.89	1.8	Katrin Krabbe	GER	22 Nov 69	Berlin	20 Jul 88
19	10.88	2.0	Marlies Oelsner	GER	21 Mar 58	Dresden	1 Jul 77

Wind speed &gt; 2.0 m/s or unknown

7	14.36		Lauren Williams	USA	25 Jul 99	Cerritos CA	9 Jun 07
10	12.63		Ishunique Hamilton	USA	16 Dec 97	Coppell TX	13 Jun 08*
12	11.88		Terra Evans	USA	7 Oct 89	Glendale AZ	7 Jun 02*

3/24/2011

## INTERNATIONAL AGE RECORDS

13	11.73	Aminah Haddad	USA	13 Sep 78	Norwalk CA	6 Jun 92
14	11.40	2.8 Alexis Joyce	USA	15 Sep 83	Edwardsville IL	26 Jun 98
15	11.12	4.1 Marion Jones	USA	12 Oct 75	Cerritos CA	31 May 91
16	11.12	4.1 Marion Jones	USA	12 Oct 75	Cerritos CA	31 May 91
17	10.97	3.3 Gesine Walther	GER	6 Oct 62	Cottbus	16 Jul 80

**200 M**

7	29.98	0.7 Sydney McLaughlin	USA	7 Aug 99	Knoxville TN	2 Aug 07
8	28.13	0.1 Lauren Williams	USA	25 Jul 99	Gardena CA	8 Jun 08
9	26.47	-1.4 Tia Jones	USA	8 Sep 00	Atlanta GA	20 Jun 10
10	25.97	-0.7 Brittny Ellis	USA	1 Sep 97	Detroit MI	29 Jul 08
11	25.14	1.7 Aaliyah Brown	USA	6 Jan 95	Norfolk VA	1 Aug 06
12	24.49	1.1 Jane Parry	GBR	15 Nov 64	London	20 Aug 77
13	23.84	1.9 Saqukine Cameron	JAM	21 Aug 96	Georgetown	4 Apr 10
14	23.43	1.5 Angel Perkins	USA	5 Oct 84	Sacramento CA	5 Jun 99
15	22.76	-0.6 Marion Jones	USA	12 Oct 75	New York NY	15 Jun 91
16	22.58	0.8 Marion Jones	USA	12 Oct 75	New Orleans LA	28 Jun 92
17	22.11A	-0.5 Allyson Felix	USA	18 Nov 85	Mexico City	3 May 03
18	22.11A	-0.5 Allyson Felix	USA	18 Nov 85	Mexico City	3 May 03
19	22.11A	-0.5 Allyson Felix	USA	18 Nov 85	Mexico City	3 May 03

Wind speed &gt; 2.0 m/s or unknown

8	27.84	6.7 Brittny Ellis	USA	1 Sep 97	Lisle IL	9 Jul 06
10	25.61	2.4 Brittny Ellis	USA	1 Sep 97	Detroit MI	2 Aug 08
12	24.38	Terra Evans	USA	7 Oct 89	Glendale AZ	7 Jun 02*
13	23.72	Paisley Simmons	USA	29 Sep 95	Charlotte NC	20 Jun 09

**300 M**

11	43.25i	Patricia Štefunková	SVK	23 Jan 93	Bratislava	8 Jan 05
12	42.03	Eva Trošt	SLO	11 Mar 94	Koper	24 Jun 06
13	39.16	Dina Asher-Smith	GBR	4 Dec 95	Tonbridge	4 Aug 09
14	38.74i	Mónica Marín	ESP	18 Jun 76	Zaragoza	3 Mar 91
15	37.77i	Natasha Hastings	USA	23 Jul 86	New York NY	10 Feb 02
16	36.46	Linsey Macdonald	GBR	12 Feb 64	London	13 Jul 80
17	36.46	Linsey Macdonald	GBR	12 Feb 64	London	13 Jul 80
18	36.24	Grit Breuer	GER	16 Feb 72	Split	29 Aug 90
19	36.24	Grit Breuer	GER	16 Feb 72	Split	29 Aug 90

**400 M**

7	1:09.21	Kiah Seymour	USA	11 Jan 94	Norfolk VA	31 Jul 01
8	1:03.47	Brittny Ellis	USA	1 Sep 97	Lisle IL	8 Jul 06
9	1:00.56	Brittny Ellis	USA	1 Sep 97	Lisle IL	8 Jul 07
10	57.21	Brittny Ellis	USA	1 Sep 97	Detroit MI	29 Jul 08
11	55.01	Robin Reynolds	USA	22 Feb 94	Indianapolis IN	31 Jul 05
12	53.36	Raevyn Rogers	USA	7 Sep 96	Ypsilanti MI	5 Jul 09
13	53.10	Robin Reynolds	USA	22 Feb 94	Lisle IL	8 Jul 07
14	52.68	Chris-Ann Gordon	JAM	18 Sep 94	Kingston	4 Apr 09
15	51.70	Denean Howard	USA	5 Oct 64	Eugene OR	25 Jun 80
16	51.14	Grit Breuer	GER	16 Feb 72	Jena	3 Jun 88
17	50.48	Grit Breuer	GER	16 Feb 72	Neubrandenburg	22 Jul 89
18	49.50	Grit Breuer	GER	16 Feb 72	Split	29 Aug 90
19	49.42	Grit Breuer	GER	16 Feb 72	Tokyo	27 Aug 91

**500 M**

9	1:28.9	Sara Martinelli	ITA	13 Jul 98	Florence	3 May 08
10	1:28.3	Carla Vaquero	ESP	23 Aug 91	Móstoles	8 Jun 02
11	1:23.4	Carla Vaquero	ESP	23 Aug 91	Móstoles	14 Jun 03
12	1:19.0	Lorena Marcén	ESP	14 Jul 88	Majadahonda	2 Jun 01
13	1:16.2	Esther Desviat	ESP	27 Jan 82	San Sebastián de los Reyes	20 May 95
14	1:13.1	Esther Desviat	ESP	27 Jan 82	Madrid	23 Mar 96
14	1:11.53i	Devon Williams	USA	29 May 89	Blacksburg VA	31 Jan 04
15	1:11.44i	Devon Williams	USA	29 May 89	New York NY	26 Dec 04
16	1:11.44i	Devon Williams	USA	29 May 89	New York NY	26 Dec 04

3/24/2011

## INTERNATIONAL AGE RECORDS

17	1:10.61i	Kseniya Zadorina	RUS	2	Mar	87	Moscow	7	Jan	05
18	1:08.94i	Kseniya Zadorina	RUS	2	Mar	87	Moscow	12	Jan	06
19	1:08.94i	Kseniya Zadorina	RUS	2	Mar	87	Moscow	12	Jan	06

**600 M**

¹ = 660 yd (603.50 m)

7	2:01.39	Sonja Kenkkilä	FIN	25	Jul	96	Seinäjoki	30	Jun	04
8	1:55.99	Sonja Kenkkilä	FIN	25	Jul	96	Ilmajoki	18	Jun	05
9	1:48.9 ¹	Renee Quigley	USA	28	Dec	60		8	Mar	70
10	1:43.04	Tamara Marković	SRB	16	Oct	88	Belgrade	26	Jun	99
11	1:38.5	Jennifer Meadows	GBR	17	Apr	81	Warrington	4	Apr	93
12	1:34.6	Sarah Hopkinson	GBR	11	Oct	91	Cardiff	31	May	04
13	1:31.50	Małgorzata Pskit	POL	25	May	76	Łódź	5	May	90
14	1:30.28i	Phyllis Francis	USA	4	May	92	New York NY	10	Feb	07
15	1:29.65i	Phyllis Francis	USA	4	May	92	New York NY	10	Feb	08
16	1:27.2 i	Ines Schimmel	GER	5	Feb	63	Berlin	12	Jan	80
17	1:27.0 i	Marion Hübner	GER	29	Sep	62	Berlin	12	Jan	80
18	1:25.2	Vera Nikolić	SRB	23	Sep	48	Belgrade		Jun	67
19	1:24.85	Ines Vogelgesang	GER	27	Nov	63	Berlin	31	Jul	83

**800 M**

6	2:56.12	Daesha Rogers	USA	21	Apr	99	Gainesville FL	26	Jun	05
7	2:41.29	Daesha Rogers	USA	21	Apr	99	Baltimore MD	27	Jul	06
8	2:33.32	Daesha Rogers	USA	21	Apr	99	Walnut CA	26	Jul	07
9	2:25.81	Claudia Francis	USA	14	Nov	93	Miami FL	2	Aug	03
10	2:16.78	Claudia Francis	USA	14	Nov	93	Eugene OR	31	Jul	04
11	2:13.12	Raevyn Rogers	USA	7	Sep	96	Omaha NE	26	Jul	08
12	2:06.90	Raevyn Rogers	USA	7	Sep	96	Ypsilanti MI	4	Jul	09
13	2:06.5	Rachel Hughes	GBR	19	Sep	68	Aldershot	19	Jul	82
14	2:02.43	Mary Decker	USA	4	Aug	58	Munich	12	Jul	73
15	2:01.8 i	Mary Decker	USA	4	Aug	58	San Diego CA	17	Feb	74
16	1:59.65	Marion Hübner	GER	29	Sep	62	Chemnitz	11	Aug	79
17	1:59.17	Birte Bruhns	GER	4	Nov	70	Berlin	20	Jul	88
18	1:55.45	Caster Semenya	RSA	7	Jan	91	Berlin	19	Aug	09
19	1:55.45	Caster Semenya	RSA	7	Jan	91	Berlin	19	Aug	09

**1 000 m**

7	3:41.86	Delia Sclabas	SUI	8	Nov	00	Lyss	5	Jul	08
8	3:26.67	Jasmin Giger	SUI	6	Nov	99	Affoltern am Albis	28	Sep	08
9	3:14.63	Jasmin Giger	SUI	6	Nov	99	Zofingen	8	Aug	09
10	3:10.73	María del Mar Casillas	ESP	9	Dec	97	San José de la Rinconada	22	Nov	08
11	2:58.1	Tamara Marković	SRB	16	Oct	88	Bajina Bašta	15	Aug	00
12	2:54.9	Nicola Pearce	GBR	7	Aug	74	Tonbridge	29	Jul	87
13	2:49.73	Annamaria Certo	ITA	14	Dec	79	Mogliano Veneto	22	Sep	93
14	2:45.6	Esther Desviat	ESP	27	Jan	82	Arganda	30	Mar	96
15	2:42.24	Georgia Peel	GBR	26	May	94	Moscow	23	May	10
16	2:38.58	Josephine White	GBR	7	Dec	60	London	9	Sep	77
17	2:36.84	Hildegard Ullrich	GER	20	Dec	59	Dresden	7	Aug	77
18	2:35.4	Irina Nikitina	RUS	16	Jan	61	Podolsk	5	Aug	79
	2:35.4	Katrin Wühn	GER	19	Nov	65	Potsdam	12	Jul	84
19	2:35.1	Brigitte Kraus	GER	12	Aug	56	Lüdenscheid	7	Jul	76

**1 500 M**

7	5:25.81	Nancy Nieto	USA	7	Sep	88	New Orleans LA	7	Aug	96*
8	5:07.12	Daesha Rogers	USA	21	Apr	99	Walnut CA	29	Jul	07
9	5:01.88	Daesha Rogers	USA	21	Apr	99	Tampa FL	25	May	08
10	4:48.97	Claudia Francis	USA	14	Nov	93	Eugene OR	1	Aug	04
11	4:39.84	Sarah Hopkinson	GBR	11	Aug	91	Eton	14	Jun	03
12	4:24.96	Georgie Clarke	AUS	17	Jun	84	Melbourne	23	Feb	97
13	4:17.53	Georgie Clarke	AUS	17	Jun	84	Brisbane	21	Mar	98
14	4:17.53	Georgie Clarke	AUS	17	Jun	84	Brisbane	21	Mar	98
15	4:06.77	Georgie Clarke	AUS	17	Jun	84	Hobart	30	Jan	00
16	4:06.77	Georgie Clarke	AUS	17	Jun	84	Hobart	30	Jan	00

3/24/2011

## INTERNATIONAL AGE RECORDS

17 4:01.81	Zola Budd	RSA 26 May 66	Port Elizabeth	21 Mar 84
18 4:01.81	Zola Budd	RSA 26 May 66	Port Elizabeth	21 Mar 84
19 3:59.96	Zola Budd	GBR 26 May 66	Brussels	30 Aug 85

**1 MILE**

9 5:32.2	Renee Quigley	USA 28 Dec 60		6 Dec 70
10 5:17.1	Renee Quigley	USA 28 Dec 60		23 Oct 71
11 5:07.8	Sydney Tullai	USA 1 Feb 99	Downey CA	22 Jan 11
12 4:57.51i	Claudia Francis	USA 14 Nov 93	New York NY	12 Mar 06
13 4:49.32i	Cory McGee	USA 29 May 92	New York NY	12 Mar 06
14 4:40.1 i	Mary Decker	USA 4 Aug 58	Richmond VA	16 Mar 73
15 4:36.0	Gunvor Hilde	NOR 13 Nov 63	London	14 Sep 79
16 4:33.13	Suzy Walsham	AUS 22 Nov 73	Sydney	7 Jan 90
17 4:32.73	Susie Power	AUS 26 Mar 75	Melbourne	17 Dec 92
18 4:28.16	Stephanie Twell	GBR 17 Aug 89	Brussels	14 Sep 07
19 4:17.57	Zola Budd	GBR 26 May 66	Zurich	21 Aug 85

**2 000 M**

9 7:26.2	Judit Pérez	ESP 18 Jul 97	Barcelona	28 Apr 07
10 6:56.6	Mira Räker	GER 18 Jun 87	Lemgo	18 Apr 98
11 6:39.8	Mira Räker	GER 18 Jun 87	Minden	12 May 99
12 6:25.84	Nina-Carita Liljedahl	FIN 15 Nov 81	Kuopio	28 Aug 94
13 6:10.61	Azra Eminović	SRB 14 Apr 88	Belgrade	30 Aug 01
14 5:56.3	Angela Raines-White	AUS 22 Mar 74	Brisbane	27 Nov 88
15 5:55.48	Daniela Fetcere	LAT 28 Aug 90	Valmiera	14 Jul 06
16 5:55.48	Daniela Fetcere	LAT 28 Aug 90	Valmiera	14 Jul 06
17 5:48.47	Philippa Mason	GBR 16 Mar 69	London	11 Jul 86
18 5:33.15	Zola Budd	GBR 26 May 66	London	13 Jul 84
19 5:33.15	Zola Budd	GBR 26 May 66	London	13 Jul 84

**3 000 M**

8 10:52.03	Christine Hofmeier	SUI 30 Dec 76	Langenthal	24 Jul 85
9 10:52.03	Christine Hofmeier	SUI 30 Dec 76	Langenthal	24 Jul 85
10 10:11.76	Christine Hofmeier	SUI 30 Dec 76	Locarno	5 Sep 87
11 9:47.57	Jessica Gilfillan	AUS 10 Feb 92	Brisbane	14 Nov 03
12 9:44.39	Emily Pidgeon	GBR 1 Jun 89	Street	6 May 02
13 9:27.22	Annemari Sandell	FIN 2 Jan 77	Orimattila	29 Jul 90
14 9:10.70	Daniela Fetcere	LAT 28 Aug 90	Valmiera	25 May 05
15 8:56.02	Annemari Sandell	FIN 2 Jan 77	Seoul	20 Sep 92
16 8:39.00	Zola Budd	RSA 26 May 66	Durban	2 Apr 83
17 8:37.5	Zola Budd	RSA 26 May 66	Stellenbosch	29 Feb 84
18 8:37.5	Zola Budd	RSA 26 May 66	Stellenbosch	29 Feb 84
19 8:28.83	Zola Budd	GBR 26 May 66	Rome	7 Sep 85

**2 MILES**

12 11:08.56i	Nicole Blood	USA 25 Apr 88	Landover MD	11 Mar 01
13 10:33.4	Jordan Hasay	USA 21 Sep 91	Lompoc CA	24 Apr 05
14 10:20.69	Vickie Cook	USA 29 May 64		79
15 10:07.65	Jordan Hasay	USA 21 Sep 91	Arcadia CA	7 Apr 07
16 9:43.28	Annemari Sandell	FIN 2 Jan 77	Turku	20 Jul 93
17 9:43.28	Annemari Sandell	FIN 2 Jan 77	Turku	20 Jul 93
18 9:43.28	Annemari Sandell	FIN 2 Jan 77	Turku	20 Jul 93
19 9:41.36	Annemari Sandell	FIN 2 Jan 77	Tornio	9 Jun 96

**5 000 M**

10 18:42.08	Rebekah Topham	USA 30 Jun 96	Lawrence KS	18 Apr 07
11 17:59.7	Kathy Kiernan	USA 3 Apr 65		13 Feb 77
12 16:55.3	Vickie Cook	USA 29 May 64	Northridge CA	13 Feb 77
13 16:38.51	Daniela Fetcere	LAT 28 Aug 90	Ventspils	13 Aug 04
14 16:24.28	Emily Pidgeon	GBR 1 Jun 89	Solihull	22 May 04
15 15:59.11	Yuko Nohara	JPN 23 Jan 88	Maebashi	28 Jun 03
16 15:18.6	Eloise Poppett	AUS 9 Nov 82	Sydney	16 Oct 99
17 15:01.86	Zola Budd	RSA 26 May 66	Stellenbosch	5 Jan 84

3/24/2011

## INTERNATIONAL AGE RECORDS

18 14:59.28	Anita Weyermann	SUI	8 Dec 77	Rome	5 Jun 96
19 14:48.07	Zola Budd	GBR	26 May 66	London	26 Aug 85

**10 000 M**

11 36:19.19	Christine Hofmeier	SUI	30 Dec 76	Altdorf	13 Apr 88
12 36:19.19	Christine Hofmeier	SUI	30 Dec 76	Altdorf	13 Apr 88
13 36:02.85	Mira Preradović	SRB	20 Jun 87	Belgrade	20 Aug 00
14 35:24.13	Ionela Bungardean	ROM	26 Aug 79	Bucharest	6 Aug 94
15 34:01.1	Cathy Schiro	USA	19 Jul 67		83
16 33:02.76	Yoko Saito	JPN	3 Feb 75	Gifu	6 Oct 91
17 31:35.27	Megumi Kinukawa	JPN	7 Aug 89	Kobe	22 Apr 07
18 31:35.27	Megumi Kinukawa	JPN	7 Aug 89	Kobe	22 Apr 07
19 31:20.46	Masako Chiba	JPN	18 Jul 76	Osaka	9 Jun 96

**MARATHON**

5 4:56:36	Jennifer Amyx	USA	16 Jan 70	Johnstown PA	4 Oct 75
6 4:00:36	Jennifer Amyx	USA	16 Jan 70	Johnstown PA	2 Oct 76
7 3:51:54	Jennifer Amyx	USA	16 Jan 70	Philadelphia PA	27 Nov 77
8 3:13:24	Tabitha Francks	USA	24 Nov 74	Asbury Park NJ	13 Nov 83
9 3:11:01	Julie Mullin	USA	30 Aug 66	Seaside OR	28 Feb 76
10 2:58:01	Julie Mullin	USA	30 Aug 66	Seaside OR	26 Feb 77
11 2:58:01	Julie Mullin	USA	30 Aug 66	Seaside OR	26 Feb 77
12 2:54:03	Manuela Veith	GER	11 May 74	Echternach	19 Oct 86
13 2:44:03	Kyung-Hee Kim	KOR	15 May 73	Seoul	15 Mar 87
14 2:40:48	Jung-Sook Lee	KOR	20 Sep 71	Seoul	16 Mar 86
15 2:40:48	Jung-Sook Lee	KOR	20 Sep 71	Seoul	16 Mar 86
16 2:34:24	Cathy Schiro	USA	19 Jul 67	Olympia WA	12 May 84
17 2:34:24	Cathy Schiro	USA	19 Jul 67	Olympia WA	12 May 84
18 2:31:02	Hitomi Niiya	JPN	26 Feb 88	Tokyo	18 Feb 07
19 2:29:12	Chika Horie	JPN	15 Feb 81	Nagano	9 Apr 00

**2 000 M STEEPLECHASE**

12 6:59.22	Melissa Murriny	NZL	31 Jan 90	Wanganui	19 Jan 03
13 6:56.17	Jessica Gilfillan	AUS	10 Feb 92	Gold Coast	2 Sep 05
14 6:38.00	Jessica Gilfillan	AUS	10 Feb 92	Gold Coast	6 Oct 06
15 6:32.03	Ancuța Bobocel	ROM	3 Oct 87	Tampere	27 Jul 03
16 6:22.64	Karoline Bjerkele Grøvdal	NOR	14 Jun 90	Eskilstuna	4 Sep 06
17 6:21.78	Cătălina Oprea	ROM	11 Apr 86	Tampere	27 Jul 03
18 6:21.39	Karoline Bjerkele Grøvdal	NOR	14 Jun 90	Stavanger	10 Aug 08
19 6:19.8	Inna Poluškina	LAT	7 Jul 84	Kaunas	10 Aug 03

**3 000 M STEEPLECHASE**

13 10:38.83	Jessica Gilfillan	AUS	10 Feb 92	Gold Coast	19 Nov 05
14 10:30.69	Teodora Simović	SRB	27 Oct 93	Bursa	19 Jul 08
15 10:10.26	Karoline Bjerkele Grøvdal	NOR	14 Jun 90	Sandnes	10 Jun 06
16 9:33.19	Karoline Bjerkele Grøvdal	NOR	14 Jun 90	Neerpelt	2 Jun 07
17 9:33.19	Karoline Bjerkele Grøvdal	NOR	14 Jun 90	Neerpelt	2 Jun 07
18 9:33.19	Karoline Bjerkele Grøvdal	NOR	14 Jun 90	Neerpelt	2 Jun 07
19 9:33.19	Karoline Bjerkele Grøvdal	NOR	14 Jun 90	Neerpelt	2 Jun 07

3.05 m (10 ft) water pit

18 9:30.70	Melissa Rollison	AUS	13 Apr 83	Brisbane	4 Sep 01
19 9:30.70	Melissa Rollison	AUS	13 Apr 83	Brisbane	4 Sep 01

**100 M HURDLES (76.2 cm = 2 ft 6 in)**<sup>1</sup> = 84.0 cm = 2 ft 9 in

14 13.68	0.0 Arna Erega	CRO	24 Jul 88	Zagreb	18 Jun 03
15 13.49 <sup>1</sup>	0.9 Trinity Wilson	USA	4 Sep 94	Sacramento CA	1 May 10
16 13.08	-0.4 Adrianna Lamalle	FRA	27 Sep 82	Bydgoszcz	18 Jul 99

Wind speed &gt; 2.0 m/s or unknown

14	13.54	3.1	Arna Erega	CRO	24	Jul	88	Sherbrooke QC	11	Jul	03
15	13.30		Candy Young	USA	21	May	62				77

USATF youth girls' spacing (13.00 m - 8.00 m - 15.00 m)

13	13.85	1.9	Trinity Wilson	USA	4	Sep	94	Omaha NE	27	Jul	08
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USATF youth girls' spacing (13.00 m - 8.00 m - 15.00 m) - Wind speed &gt; 2.0 m/s or unknown

12	14.32		Trinity Wilson	USA	4	Sep	94	Fresno CA	1	Jul	07
13	13.76	2.6	Trinity Wilson	USA	4	Sep	94	Omaha NE	26	Jul	08

**100 M HURDLES (84.0 cm = 2 ft 9 in)**

13	14.21	0.0	Trinity Wilson	USA	4	Sep	94	San Francisco CA	12	Apr	08
14	13.75A	-1.0	Dominqué Calloway	USA	19	Jul	78	Provo UT	26	May	93
15	13.49	0.9	Trinity Wilson	USA	4	Sep	94	Sacramento CA	1	May	10
16	13.14	-0.7	Aliuska López	CUB	29	Aug	69	Athens	18	Jul	86
17	12.84	1.5	Aliuska López	CUB	29	Aug	69	Zagreb	16	Jul	87
18	12.84	1.5	Aliuska López	CUB	29	Aug	69	Zagreb	16	Jul	87
19	12.70	1.1	Queen Harrison	USA	10	Sep	88	Tallahassee FL	31	May	08

Wind speed &gt; 2.0 m/s or unknown

14	13.56		Kendell Williams	USA	14	Jun	95	Powder Springs GA	29	Mar	10
18	12.82	2.1	Kristi Castlin	USA	7	Jul	88	College Park MD	21	Apr	07

**400 M HURDLES (76.2 cm = 2 ft 6 in)**

13	1:01.26		Cathie Wilson	AUS	22	Apr	67	Adelaide	22	Mar	81
14	57.98		Charlynna Foster	USA	2	Jan	80	Tallahassee FL	25	Jun	94
15	57.56		Sigrun Ludwigs	GER	7	Nov	65	Utrecht	23	Aug	81
16	55.96		Ebony Collins	USA	11	Mar	89	Marrakech	15	Jul	05
17	55.20		Lesley Maxie	USA	4	Jan	67	San Jose CA	9	Jun	84
	55.20A		Jana Pittman	AUS	9	Nov	82	Pietersburg	18	Mar	00
18	55.20		Lesley Maxie	USA	4	Jan	67	San Jose CA	9	Jun	84
	55.20A		Jana Pittman	AUS	9	Nov	82	Pietersburg	18	Mar	00
19	54.14		Jana Pittman	AUS	9	Nov	82	Manchester	27	Jul	02

**HIGH JUMP**

7	1.21i	3-11	1/2	Sandra Törnros	SWE	25	Feb	95	Västerås	18	Jan	03	
8	1.34	4-	4	3/4	Sandra Törnros	SWE	25	Feb	95	Gävle	12	Jun	03
9	1.44	4-	8	3/4	Sophia Begg	AUS	14	Jun	88	Dubbo	3	Jan	98
10	1.56	5-	1	1/2	Yvonne Baum	GER	21	Mar	67	Gotha	12	Jun	77
11	1.69	5-	6	1/2	Stacey Destin	USA	7	Nov	96	Omaha NE	24	Jul	08
12	1.75	5-	9		Stacey Destin	USA	7	Nov	96	Des Moines IA	4	Aug	09
13	1.81	5-11	1/4	Akela Jones	BAR	22	Apr	95	Bridgetown	20	Mar	09	
14	1.89	6-	2	1/2	Marina Kuptsova	RUS	22	Dec	81	Moscow	12	May	96
15	1.93i	6-	4		Venelina Veneva	BUL	13	Jun	74	Tolbukhin	24	Feb	90
16	1.95i	6-	4	3/4	Marina Kuptsova	RUS	22	Dec	81	Brno	30	Jan	98
17	1.96A	6-	5	1/4	Charmaine Gale	RSA	27	Feb	64	Bloemfontein	4	Apr	81
18	2.01	6-	7	1/4	Heike Balck	GER	19	Aug	70	Chemnitz	18	Jun	89
19	2.01	6-	7	1/4	Heike Balck	GER	19	Aug	70	Chemnitz	18	Jun	89
	2.01	6-	7	1/4	Blanka Vlašić	CRO	8	Nov	83	Zurich	15	Aug	03

**POLE VAULT**

6	1.62	5-	4	Johanna Duplantis	USA	24	Sep	02	New Iberia LA	4	Jul	09	
7	1.98	6-	6	Johanna Duplantis	USA	24	Sep	02	Metairie LA	12	Jun	10	
8	2.35	7-	8	1/2	Liz Parnov	AUS	9	May	94	Perth	16	Mar	03
9	2.65	8-	8	1/4	Liz Parnov	AUS	9	May	94	Perth	12	Oct	03
10	3.00	9-	10		Liz Parnov	AUS	9	May	94	Perth	11	Feb	05
11	3.30	10-	10		Liz Parnov	AUS	9	May	94	Perth	18	Mar	06
12	3.65	11-11	3/4	Liz Parnov	AUS	9	May	94	Perth	18	Feb	07	
13	3.95i	12-11	1/2	Ekaterini Stefanidou	GRE	4	Feb	90	Athens	18	Jan	04	
14	4.15i	13-	7	1/2	Ekaterini Stefanidou	GRE	4	Feb	90	Athens	29	Jan	05



3/24/2011

## INTERNATIONAL AGE RECORDS

4.15	13- 7 1/2	Vicky Parnov	AUS 24 Oct 90	Runaway Bay	5 Jul 05
15 4.40	14- 5 1/4	Liz Parnov	AUS 9 May 94	Perth	17 Apr 10
16 4.47	14- 8	Angelica Bengtsson	SWE 8 Jul 93	Moscow	22 May 10
17 4.63i	15- 2 1/4	Angelica Bengtsson	SWE 8 Jul 93	Stockholm	22 Feb 11
18 4.63i	15- 2 1/4	Angelica Bengtsson	SWE 8 Jul 93	Stockholm	22 Feb 11
19 4.63i	15- 2 1/4	Angelica Bengtsson	SWE 8 Jul 93	Stockholm	22 Feb 11

## LONG JUMP

7 3.54	11- 7 1/2	2.0 Jasmin Walker	USA 15 Jan 93	Orlando FL	5 Aug 00
8 4.20	13- 9 1/2	1.5 Tierra Crockrell	USA 1 Jun 01	Santee CA	8 May 10
9 4.45	14- 7 1/4	-0.9 Raven Sims	USA 26 Feb 93	Omaha NE	25 Jul 02
10 4.93	16- 2 1/4	0.0 Ciarra Brewer	USA 3 Dec 93	Des Moines IA	5 Aug 04
11 5.31	17- 5 1/4	1.7 Ciarra Brewer	USA 3 Dec 93	Modesto CA	7 May 05
5.31	17- 5 1/4	0.6 Ciarra Brewer	USA 3 Dec 93	Modesto CA	7 May 05
12 5.97	19- 7	0.0 Kumiko Ikeda	JPN 10 Jan 81	Sakata	17 Oct 93
13 6.04	19- 9 3/4	1.3 Kumiko Ikeda	JPN 10 Jan 81	Sapporo	23 Aug 94
14 6.30	20- 8	0.2 Fiona May	GBR 12 Dec 69	London	7 Jul 84
15 6.64	21- 9 1/2	2.0 Heike Daute	GER 16 Dec 64	Santiago de Cuba	15 Aug 80
16 6.91	22- 8	1.0 Heike Daute	GER 16 Dec 64	Jena	9 Aug 81
17 6.98	22-10 3/4	1.1 Heike Daute	GER 16 Dec 64	Potsdam	18 Aug 82
18 7.14	23- 5	1.1 Heike Daute	GER 16 Dec 64	Bratislava	4 Jun 83
19 7.40	24- 3 1/4	1.8 Heike Daute	GER 16 Dec 64	Dresden	26 Jul 84

Wind speed &gt; 2.0 m/s or unknown

7 3.70	12- 1 3/4	Jeanette Kühn	GER 8 Aug 73	Hagenwerder	30 May 81
3.70	12- 1 3/4	Sydney McLaughlin	USA 7 Aug 99	Hillsborough NJ	9 Jun 07
8 4.27	14- 0 1/4	2.2 Tierra Crockrell	USA 1 Jun 01	Santee CA	8 May 10
9 4.61	15- 1 3/4	Joyce Bowie	USA 14 Jun 62		4 Jun 72
10 4.95	16- 3	Susanne Klotz	GER 4 Jan 68	Berlin	29 May 78
11 5.36	17- 7	Anita Lee	USA 11 Oct 57		23 Aug 69
13 6.19	20- 3 3/4	Cristina Nicolau	ROM 9 Aug 77	Budapest	29 Jun 91
14 6.49	21- 3 1/2	2.5 Margaret Cheetham	GBR 19 Oct 68	Kirkby	4 Sep 83
15 6.70	21-11 3/4	2.4 Heike Daute	GER 16 Dec 64	Santiago de Cuba	16 Aug 80
16 7.02	23- 0 1/2	4.0 Heike Daute	GER 16 Dec 64	Utrecht	20 Aug 81
17 7.02	23- 0 1/2	4.0 Heike Daute	GER 16 Dec 64	Utrecht	20 Aug 81
18 7.27	23-10 1/4	2.2 Heike Daute	GER 16 Dec 64	Helsinki	14 Aug 83

## TRIPLE JUMP

11 10.81	35- 5 1/2	-1.5 Johanna Pulkkinen	FIN 1 Oct 82	Lapua	27 Aug 94
12 11.93i	39- 1 3/4	- Emmi Mäkinen	FIN 29 May 93	Jyväskylä	18 Mar 06
13 12.31	40- 4 3/4	1.5 Johanna Pulkkinen	FIN 1 Oct 82	Parkano	27 Jul 96
14 13.48	44- 2 3/4	1.2 Mabel Gay	CUB 5 May 83	Santiago de Cuba	14 Mar 98
15 14.21	46- 7 1/2	1.8 Dailenys Alcántara	CUB 10 Aug 91	Havana	1 Mar 07
16 14.25	46- 9	0.5 Dailenys Alcántara	CUB 10 Aug 91	Bydgoszcz	10 Jul 08
17 14.36	47- 1 1/4	0.0 Dailenys Alcántara	CUB 10 Aug 91	Havana	29 May 09
18 14.62	48- 0	1.0 Tereza Marinova	BUL 5 Sep 77	Sydney	25 Aug 96
19 14.62	48- 0	1.0 Tereza Marinova	BUL 5 Sep 77	Sydney	25 Aug 96

Wind speed &gt; 2.0 m/s or unknown

10 10.19	33- 5 1/4	Johanna Pulkkinen	FIN 1 Oct 82		93
11 11.12	36- 5 3/4	Johanna Pulkkinen	FIN 1 Oct 82	Pietarsaari	31 Aug 94

## STANDING LONG JUMP

6 1.67i	5- 6	Rachel Bloznalis	USA 25 May 95	South Boston MA	10 Mar 02
7 1.80i	5-10 3/4	Ella Koskinen	FIN 18 Jun 00	Porvoo	14 Mar 08
8 2.05i	6- 8 3/4	Kaisa Nurme	FIN 6 Jul 94	Nummela	30 Mar 03
9 2.17	7- 1 3/4	Bryana Dean	USA 11 Dec 99	Hershey PA	1 Aug 09
10 2.41	7-11 1/4	Talita Williams	USA 14 Mar 79	Hershey PA	12 Aug 89
11 2.48i	8- 1 3/4	Jorunn Bentzen	NOR 4 Mar 59	Grimstad	27 Feb 71
12 2.61i	8- 6 3/4	Annelin Mannes	NOR 21 Mar 64	Moi	19 Feb 77
13 2.72i	8-11	Bjørn Kristiansen	NOR 19 Dec 44	Molde	3 Dec 58
14 2.83i	9- 3 1/2	Bjørn Marifjæren	NOR 14 Jan 59	Høyanger	12 Jan 74
2.83	9- 3 1/2	Marzette Penton	USA 23 May 77	Hershey PA	17 Aug 91

3/24/2011

## INTERNATIONAL AGE RECORDS

15	2.85i	9- 4 1/4	Oda Utsi Onstad	NOR	12 May 90	Skrautvål	1 Feb 06
16	2.92i	9- 7	Annelin Mannes	NOR	21 Mar 64	Flisa	7 Mar 81
17	2.92i	9- 7	Annelin Mannes	NOR	21 Mar 64	Flisa	7 Mar 81
18	2.92i	9- 7	Annelin Mannes	NOR	21 Mar 64	Flisa	7 Mar 81
19	2.92i	9- 7	Annelin Mannes	NOR	21 Mar 64	Flisa	7 Mar 81

**SHOT PUT (3 kg = 6 lb 10 oz)**

10	9.40	30-10	Nadja Mesloh	GER	12 Aug 88	Bad Ems	20 Jun 99
11	12.77	41-10 3/4	Maria Arokallio	FIN	14 Oct 81	Kuopio	27 Aug 93
12	13.92	45- 8	Margaret Satupai	SAM	9 Jul 92	Adelaide	1 Dec 04
13	16.17	53- 0 1/2	Margaret Satupai	SAM	9 Jul 92	Knox	20 Oct 05
14	17.83	58- 6	Corrie de Bruin	NED	26 Oct 76	Brussels	19 Jul 91
15	19.06	62- 6 1/2	Corrie de Bruin	NED	26 Oct 76	Breda	12 Apr 92
16	20.52	67- 3 3/4	Corrie de Bruin	NED	26 Oct 76	Assen	13 Jun 93

**SHOT PUT (4 kg = 8 lb 13 oz)**

10	6.70	21-11 3/4	Beatrice Nedberge Llano	NOR	14 Dec 97	Bergen	25 Oct 08
11	9.61i	31- 6 1/4	Zsófia Bácskay	HUN	18 Mar 97	Budapest	7 Mar 09
12	11.42i	37- 5 1/2	Zsófia Bácskay	HUN	18 Mar 97	Budapest	20 Feb 10
13	14.34A	47- 0 1/2	Simoné du Toit	RSA	27 Sep 88	Pretoria	7 Sep 02
14	15.40	50- 6 1/4	Corrie de Bruin	NED	26 Oct 76	Papendal	13 Jul 91
15	16.60	54- 5 1/2	Corrie de Bruin	NED	26 Oct 76	Bergen op Zoom	5 May 92
16	18.84	61- 9 3/4	Simone Michel	GER	18 Dec 60	Potsdam	10 Aug 77
17	19.48	63-11	Ines Wittich	GER	14 Nov 69	Leipzig	29 Jul 87
18	20.51i	67- 3 1/2	Heidi Krieger	GER	20 Jul 65	Budapest	8 Feb 84
19	21.30	69-10 1/2	Ilona Slupianek	GER	24 Sep 56	Chemnitz	30 May 76

**DISCUS THROW (750 g = 1 lb 10 oz)**

10	26.60	87- 3	Nadja Mesloh	GER	12 Aug 88	Bad Schwalbach	13 May 99
11	37.76	123-11	Alesha Sayner	AUS	14 Nov 81		93
12	43.82	143- 9	Rochelle Sutton	AUS	12 Oct 70		82

**DISCUS THROW (1 kg = 2 lb 3 oz)**

9	21.98	72- 1	Catherine Garden	GBR	4 Sep 78	Dunfermline	28 Aug 88
10	25.32	83- 1	Zsófia Bácskay	HUN	18 Mar 97	Szombathely	13 Oct 07
11	33.42	109- 8	Amber Curtis	USA	29 Mar 85	Houston TX	25 Jul 96
12	43.38	142- 4	Viktoriya Sadova	RUS	18 Mar 93	Adler	17 Feb 06
13	48.82	160- 2	Corrie de Bruin	NED	26 Oct 76	Zoetermeer	7 Oct 90
14	54.68	179- 5	Corrie de Bruin	NED	26 Oct 76	Alphen	29 Jun 91
15	57.74	189- 5	Ilke Wyludda	GER	28 Mar 69	Cottbus	26 Jul 84
16	62.36	204- 7	Ilke Wyludda	GER	28 Mar 69	Halle	19 May 85
17	65.86	216- 1	Ilke Wyludda	GER	28 Mar 69	Neubrandenburg	1 Aug 86
18	71.64	235- 0	Ilke Wyludda	GER	28 Mar 69	Potsdam	20 Aug 87
19	74.40	244- 1	Ilke Wyludda	GER	28 Mar 69	Berlin	13 Sep 88

**HAMMER THROW (3 kg = 6 lb 10 oz)**

10	35.29	115- 9	Zsófia Bácskay	HUN	18 Mar 97	Szombathely	13 Oct 07
11	45.36	148-10	Zsófia Bácskay	HUN	18 Mar 97	Szekszárd	5 Sep 08
12	56.04	183-10	Zsófia Bácskay	HUN	18 Mar 97	Budapest	6 Mar 10
13	64.51	211- 8	Zsófia Bácskay	HUN	18 Mar 97	Tatabánya	26 Sep 10
14	69.66	228- 7	Bianca Perie	ROM	1 Jun 90	Bucharest	20 Mar 05

**HAMMER THROW (4 kg = 8 lb 13 oz)**

10	28.34	93- 0	Zsófia Bácskay	HUN	18 Mar 97	Tapolca	4 Aug 07
11	39.19	128- 7	Zsófia Bácskay	HUN	18 Mar 97	Szombathely	24 Sep 08
12	47.37	155- 5	Zsófia Bácskay	HUN	18 Mar 97	Szekszárd	22 Jun 09
13	55.92	183- 6	Zsófia Bácskay	HUN	18 Mar 97	Tapolca	28 Aug 10
14	65.13	213- 8	Bianca Perie	ROM	1 Jun 90	Bucharest	18 Mar 05
15	65.98	216- 6	Bianca Perie	ROM	1 Jun 90	Onești	20 May 06
16	67.38	221- 1	Bianca Perie	ROM	1 Jun 90	Beijing	16 Aug 06
17	71.16	233- 6	Kamila Skolimowska	POL	4 Nov 82	Sydney	29 Sep 00
18	71.71	235- 3	Kamila Skolimowska	POL	4 Nov 82	Melbourne	9 Sep 01

19 72.60 238- 2 Kamila Skolimowska POL 4 Nov 82 Bydgoszcz 8 Jun 02

**JAVELIN THROW (400 g = 14 oz)**

7	21.45	70- 4	Milla Koski-Vähälä	FIN	25 Aug 99	Ilmajoki	12 Jul 07
8	25.76	84- 6	Jenni Kangas	FIN	3 Jul 92	Pihtipudas	29 Jun 01
9	29.59	97- 1	Jenni Kangas	FIN	3 Jul 92	Alajärvi	2 Jul 02
10	35.73	117- 3	Karoliina Uusitalo	FIN	17 Apr 91	Harjavalta	12 Aug 01
11	39.04	128- 1	Stephanie Hessler	GER	16 Mar 83	Quierschied	1 Oct 94
12	45.99	150-11	Karoliina Uusitalo	FIN	17 Apr 91	Espoo	8 Aug 03
13	51.79	169-11	Piritta Kärnä	FIN	4 May 89	Kauhava	7 Sep 02
14	55.62	182- 6	Sabrina Werrstein	GER	9 Sep 80	Alsfeld	11 Jun 95

**JAVELIN THROW (600 g = 1 lb 5 oz)**

10	24.21	79- 5	Cerah Moren	USA	22 Jul 99	San Mateo CA	30 May 10
11	31.02	101- 9	Piritta Kärnä	FIN	4 May 89	Töysä	28 Aug 00
12	43.02	141- 2	Jucilene Sales de Lima	BRA	14 Sep 90	São Caetano	21 Jun 03
13	44.55	146- 2	Jucilene Sales de Lima	BRA	14 Sep 90	São Caetano	19 Jun 04
14	52.90	173- 7	Hannah Carson	USA	26 Jan 93	Walnut CA	26 Jul 07
15	54.56	179- 0	Vivian Zimmer	GER	22 Jul 87	Osnabrück	6 Jun 03
16	58.50	191-11	Vivian Zimmer	GER	22 Jul 87	Grosseto	15 Jul 04
17	60.14	197- 4	Vivian Zimmer	GER	22 Jul 87	Heilbronn	31 Jul 04
18	61.38	201- 5	Annika Suthe	GER	15 Oct 85	Halle	23 May 04
19	66.49	218- 2	Osleidis Menéndez	CUB	14 Nov 79	Leverkusen	5 Sep 99

Additional marks with old model

13	49.00	160- 9	Petra Rivers	AUS	11 Dec 52	Melbourne	8 Oct 66
14	53.68	176- 1	Korinna Schulz	GER	13 Sep 78	Cottbus	12 May 93
15	57.44A	188- 5	Isel López	CUB	11 Jul 70	Mexico City	26 Jun 86
16	66.40	217-10	Antoaneta Todorova	BUL	8 Jun 63	Sofia	25 May 80
17	69.66	228- 7	Antoaneta Todorova	BUL	8 Jun 63	Sofia	7 Jun 81
18	71.88	235-10	Antoaneta Todorova	BUL	8 Jun 63	Zagreb	15 Aug 81
19	71.88	235-10	Antoaneta Todorova	BUL	8 Jun 63	Zagreb	15 Aug 81

**NOTES****AGE**

These lists are based on actual birthdates. I use superior records by younger athletes as replacements for marks made by older athletes.

**COUNTRIES**

The athletes in these lists come from the following countries:

ALG Algeria  
 ARG Argentina  
 AUS Australia  
 BAR Barbados  
 BRA Brazil  
 BUL Bulgaria  
 CAN Canada  
 CAY Cayman Islands  
 CRO Croatia  
 CUB Cuba  
 CZE Czech Republic  
 DEN Denmark  
 ESP Spain  
 EST Estonia  
 FIN Finland  
 FRA France  
 GBR Great Britain and Northern Ireland  
 GER Germany  
 GRE Greece  
 GRN Grenada

HUN Hungary  
 ITA Italy  
 JAM Jamaica  
 JPN Japan  
 KOR South Korea  
 LAT Latvia  
 LTU Lithuania  
 LUX Luxemburg  
 NED Netherlands  
 NOR Norway  
 NZL New Zealand  
 PAN Panama  
 POL Poland  
 ROM Romania  
 RSA South Africa  
 RUS Russia  
 SAM Samoa  
 SLO Slovenia  
 SRB Serbia  
 SUI Switzerland  
 SVK Slovakia  
 SWE Sweden  
 TRI Trinidad and Tobago  
 TUN Tunisia  
 USA United States of America  
 VEN Venezuela

**TIMING**

In the lists for 50 m, 60 m, 100 m, 200 m, 300 m, 400 m, 100 m hurdles, 110 m hurdles and 400 m hurdles, only times recorded by fully automatic timing devices are included.

**INDOOR MARKS**

Indoor marks are suffixed by the letter "i".

**ROAD RACES**

Times from road races are not included, with the exception of the marathon.

**CROSS COUNTRY**

Times from cross country races are not included.

**ALTITUDE**

Marks set at an altitude of 1 000 m or higher are suffixed by the letter "A".

**DATES**

Sometimes I know that a record was set during a certain meeting but not on which day. In those cases I give the first day of the meeting and mark it by an asterisk.

**ACKNOWLEDGEMENTS**

Falk Tippmann ([European Age Best Performances](#))  
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 Desmond Dunham ([DC Redwings](#))  
 Shawn Devereaux  
 Weia Reinboud ([Weia's site](#))  
 Nikos Mouratidis  
 Hans-Erik Pettersson ([Track & field athletics statistics](#))  
 Derrick and Paula Hardwick  
 Peter Heidenstrom ([Athletics New Zealand](#))  
 Dan B. ([Track and Field](#) and [Running](#))  
 Graham Thomas ([Athletics Gold](#))  
 Roman Olszewski ([Ontario Track and Field Association](#))

Samantha Stein ([Warradale Little Athletics](#))  
Alain Bouillé  
Péter and Sándor  
Alex Parnov  
Silke Burestam  
Leslie Stokes ([United Age Group Track Coaches Association](#) and [Mt. Airy Track Club](#))  
Justin Clouder  
Diego Gonsalves  
Bill Myers (Lawrence Track Club)  
Arno Brewer (Mission Valley Track and Field Club)  
Isolde  
Sale Fuamatu  
Kevin Young  
Jim Barodte ([San Luis Distance Club](#))  
Raymond Lanier ([Gazelle Track Club](#))  
Jack Leydig  
Ken Young ([Association of Road Racing Statisticians](#))  
Joseph Robles  
David Woods ([Indianapolis Star](#))  
Danielle McKinley (Baton Rouge YMCA Track Club)  
Erica D'Lasselle  
Robert Lee Griffin, Jr. ([Five Hills Track & Field Club](#))  
Kevin Kitze  
Kerry Ryan  
Vincent Rosario  
Robert Thomas  
Yousri Elmejdoubi  
Edwin Kortekaas  
James E. Fields  
Glenn Connor  
Shelton Hall ([Quiet Fire Youth Track Club](#))  
Mimmi Jacobsson  
Kwabene Brown  
Curtis Taylor  
Aulis Tiensuu  
Robert Levay  
Maarten van Ommeren  
Bob and Greg Duplantis  
Marius Kranendonk  
Michael Cunliffe ([Seattle Speed Track Club](#))  
Joyce Hines (Do Right Track Club)  
Fabio Olevano  
Lorraine Williams ([TrackMom](#))  
Morris Ellis  
Terrance Burke  
Craig Rice  
Mary McLaughlin  
Andrea Wilson  
Herb Jones  
Laura and John Goldstone  
Bill Stephens ([Phoenix Athletics Association](#))  
Jon Martin  
Juha Virta  
Jeff Topham  
Jill McCluskey  
Clyde Harris (Boynton Beach Track Club)  
Richard Heeringa  
René Bourgoyne  
David Jantzen  
Derrick Allen ([The Heat Track Club](#))  
Thad Moren ([Pitman Pride Track and Field](#))  
Julie Asher-Smith  
Tee Stock  
Nick Toohey  
Charles Hornbeak  
Paul Jenés ([Athletics Australia](#))  
Pierre Crockrell  
Flavio Ferreira

3/24/2011

INTERNATIONAL AGE RECORDS

Terry Gent  
Jason Tullai

**ADDITIONS AND CORRECTIONS**

Please send additions and corrections to [dominique@dino-online.de](mailto:dominique@dino-online.de).