



## Liberty Indoor Track Complex Records

### Women's

Event	Mark	Athlete	Team	Date
55	6.77	Thelma Davies	Girard College H.S.	1/19/18
60	7.30	Kiara Grant	Norfolk State	2/15/20
200	23.52	Ayla Stanislaus	New Mexico JC	3/7/20
300	37.36	Athing Mu	Unattached	1/18/20
400	52.55	Athing Mu	Unattached	1/18/19
500	1:10.22	Athing Mu	Unattached	1/17/20
600	1:28.36	Jazmine Fray	District Track Club	4/29/21
800	2:03.73	Sarah Hendrick	Kennesaw State	2/27/21
1,000	2:41.25	Claudia Saunders	District Track Club	4/29/21
1,500	4:47.54	Zoe Arrington	Johnson City	1/19/20
1,500 Walk	10:55.43	Patricia Clemmons	Unattached	12/22/19
1,600	4:54.33	Carly Wilkes	Glenvar H.S.	3/3/21
Mile	4:37.42	Anna Vess	NC State	2/12/22
Mile Walk	7:25.84	Megan Kelley	Ocean Lakes H.S.	1/13/17
3K	9:22.82	Michaela Meyer	Unattached	12/2/21
3K Walk	13:00.56	Taylor Ewert	Beavercreek H.S.	1/17/20
3,200	10:32.75	Caroline Bauer	Jamestown H.S.	3/1/22
2 Mile	10:31.44	Jenna Hutchins	Science Hill H.S.	1/18/20
5K	15:37.12	Katelyn Tuohy	North Rockland H.S.	1/20/18
55 Hurdles	7.69	Shadajah Ballard	Western Branch H.S.	1/19/19
60 Hurdles	8.14	Cha'Mia Rothwell	Unattached	2/12/22
Mile Steeplechase	5:48.79	Anna Spear	Langley H.S.	1/14/17
4 x 200	1:35.39		Bullis School	1/20/18
4 x 400	3:39.60		Bullis School	1/19/18
4 x 800	9:11.88		Monroe College	3/7/20
Sprint Medley	4:06.90		Hydel Group of Schools	1/18/20
Distance Medley	11:34.54		Lake Braddock H.S.	1/13/17
220 Shuttle Hurdles	33.22		Tallwood H.S.	1/18/19
240 Shuttle Hurdles	34.16		Marshall	2/1/20
Long Jump	20-10.75 (6.37m)	Jasmine Akins	Kennesaw State	2/25/22
Triple Jump	47-7.75 (14.52m)	Thea LaFond	Unattached	1/23/21
High Jump	6-0 (1.83m)	Shelby Tyler	Unattached	1/19/19
	6-0 (1.83m)	Morgan Smalls	Panther Creek H.S.	1/17/20
Pole Vault	15-1 (4.60m)	Alina McDonald	KMR Athletics	2/11/22 2/5/22
Shot Put	53-1.5 (16.19m)	Patience Marshall	Campbell	2/1/20
Weight Throw	66-9.25 (20.35m)	Victoria Merriweather	Charlotte	2/10/17
Pentathlon	4,202	Jordan Gray	Kennesaw State	2/22/19

**Men's**

<b>Event</b>	<b>Mark</b>	<b>Athlete</b>	<b>Team</b>	<b>Date</b>
55	6.26	Malcolm Johnson Jr.	St. Stephen's & St. Agnes	1/18/20
60	6.63	Davonte Burnett	Barton County CC	3/7/20
200	20.68	Caleb Boger	Barton County CC	3/7/20
300	32.64	Brian Herron	Lakeside H.S.	1/19/18
400	46.15	Alejandro Perlaza Zapata	Liberty	2/23/19
500	1:00.66	Alejandro Perlaza Zapata	Life Speed	1/23/21
600	1:15.79	CJ Jones	District Track Club	5/6/21
800	1:46.59	Alex Amankwah	District Track Club	5/6/21
1,000	2:21.89	Neil Gourley	Virginia Tech	1/27/18
1,500	4:09.00	Isaiah Schulties	Shores Elite	1/19/20
1,500 Walk	7:23.44	Clayton Stoil	Unattached	12/5/21
1,600	4:12.14	Ferenc Kovacs	Woodberry Forest School	1/29/22
Mile	3:56.79	Antonio Lopez Segura	Virginia Tech	2/12/22
Mile Walk	7:33.12	Henry Kilbourne	Asheville H.S.	1/13/17
3K	7:54.64	Patrick Anderson	North Carolina	2/11/22
3,200	9:09.71	Carlos Shultz	Loudoun Valley H.S.	12/14/19
2 Mile	9:10.60	Carlos Shultz	Loudoun Valley H.S.	1/18/20
5K	13:43.27	Athanas Kioko	Campbell	2/11/22
55 Hurdles (H.S.)	7.13	Cory Poole	East Orange Campus	1/14/17
60 Hurdles	7.71	Jovaine Atkinson	Liberty	2/24/18
	7.71	Kurt Powdar	Hinds CC	3/6/20
Mile Steeplechase	5:15.44	Nathan Morton	Christiansburg H.S.	1/14/17
4 x 200	1:25.60		Bullis School	1/19/19
4 x 400	3:10.34		St. Augustine's	2/1/20
4 x 800	7:40.57		Lipscomb	1/25/19
4 x 1,600	20:39.62		E.C. Glass H.S.	11/30/18
4 x Mile	17:17.31		Loudoun Valley H.S.	1/18/19
Sprint Medley	3:32.61		Colonial Forge H.S.	1/19/19
Distance Medley	9:50.29		NC State	2/12/22
220 Shuttle Hurdles (H.S.)	30.26		Oscar Smith H.S.	1/19/18
240 Shuttle Hurdles	32.41		Navy	2/11/22
Long Jump	25-6.25 (7.78m)	Shakwon Coke	Barton County CC	3/6/20
Triple Jump	53-1.5 (16.19m)	Shakwon Coke	Barton County CC	3/7/20
High Jump	7-4.25 (2.24m)	Kennedy Sauder	Liberty	2/25/22
Pole Vault	18-10.25 (5.75m)	Scott Houston	Vaulthouse Elite	1/23/21
Shot Put	67-2.75 (20.49m)	Stipe Zunic	Nike/Croatia	2/11/17
Shot Put (H.S.)	60-0.5 (18.30m)	Aaron Wilkerson	Southern Guilford H.S.	1/13/17
Weight Throw	76-9.75 (23.41m)	Alex Young	Unattached	2/11/22
Heptathlon	5,608	Dylan Cooper	Athletic Lab TC	1/21/22

**Mixed**

<b>Event</b>	<b>Mark</b>	<b>Athlete</b>	<b>Team</b>	<b>Date</b>
4 x 400	3:38.79		Battlefield H.S.	1/18/20

### Best Marks Within a Pentathlon

Event	Mark	Athlete	Team	Date
60 Hurdles	8.57	Beatrice Puiu	Unattached	1/25/19
High Jump	5-8.5 (1.74m)	Meredith Engle	Liberty	2/25/22
		Bella Jackson	Lipscomb	2/25/22
		Sarah Glidden	Athletic Lab TC	1/21/21
Shot Put	47-0.25 (14.33m)	Jordan Gray	Kennesaw State	2/22/19
Long Jump	19-7.5 (5.98m)	Jordan Gray	Kennesaw State	2/22/19
800	2:17.59	Lauren Polimeno	Jacksonville	2/22/19

### Best Marks Within a Heptathlon

Event	Mark	Athlete	Team	Date
60	7.00	Chukwuma Maduka	Liberty	1/26/18
Long Jump	23-4 (7.11m)	Zach Davis	Liberty	2/10/17
Shot Put	49-8.5 (15.15m)	Dylan Cooper	Athletic Lab TC	1/21/21
High Jump	7-0.5 (2.15m)	Romaine Beckford	South Plains College	3/6/20
60 Hurdles	7.95	Jack Flood	Athletic Lab TC	1/22/21
Pole Vault	16-4.75 (5.00m)	Tyler Grob	Athletic Lab TC	1/22/21
1,000	2:43.67	Pablo Romero	High Point	2/16/19

### Relay Record Performers

Event	Team	Athletes
Women's 4 x 200	Bullis School	Shaniya Hall, Leah Phillips, Ashley Seymour, Masai Russell
Women's 4 x 400	Bullis School	Masai Russell, Kasey Ebb, Sierra Leonard, Shaniya Hall
Women's 4 x 800	Monroe College	Thobile Amon, Joanna Archer, Thulisile Amon, Faten Laribi
Women's SMR	Hydel	Kerrica Hill, Oneika McAnnuf, Garrel Whyte, Abbigail Mullings
Women's DMR	Lake Braddock HS	Shannon Browning, Skyla Davidson, Samantha Schwerts, Kate Murphy
Women's 220 SH	Tallwood HS	Yasmine Silmon, Kyla Taylor, Shirell Washington, Tamia Arnold
Women's 240 SH	Marshall	Hannah Carreon, Taylor Robinson, Safiyyah Mitchell, Ashonti Warner
Men's 4 x 200	Bullis School	Ashton Allen, Austin Allen, Andre Turay, Ryan Willie
Men's 4 x 400	St. Augustine's	Brandon Parris, Phillip Marcelle, Kurt Modeste, Jalen Jones
Men's 4 x 800	Lipscomb	Jonathan Schwind, Zach Israel, Ryan Bush, Ryan Speer
Men's 4 x 1,600	E.C. Glass HS	Unknown
Men's 4 x Mil	Loudoun Valley HS	Sam Affolder, Jacob Hunter, Connor Wells, Jacob Windle
Men's SMR	Colonial Forge HS	Ed Deskins, Jaden Brinson, Zack Kindel, Micah Harris
Men's DMR	NC State	Kyle Durham, Zach Hughes, Jake Toomey, Brett Gardner
Men's 220 SH	Oscar Smith HS	Shymeek Dixon, Kurt Powdar, Aaron Shirley, Ke Vaughn Watson
Men's 240 SH	Navy	Brahmir Vick, Baynes Autry, Jacob Jancek, Max Lapuh
Mixed 4 x 400	Battlefield HS	Kaden Waller, Kristen Mancinelli, Madysen Kannon, Austin Gallant