



Tolsma Indoor Track Center Records

Women's

Event	Mark	Athlete	Team	Date
60	7.31	Alexis Joyce	Unattached	2/18/06
200	24.67	Breanna Alston	Appalachian State	2/8/13
400	53.97	Tiffany Ross-Williams	Reebok	2/18/06
500	1:13.98	Jaime Watson	Liberty	1/30/10
800	2:08.62	Alisa Harvey	Unattached	1/28/06
1,000	2:52.46	Carolyn Bethel	Hidden Valley HS	12/15/12
Mile	4:47.32	Anna Nosenko	Wake Forest	2/11/11
3,000	9:39.60	Heather Zealand	Unattached	1/29/05
5,000	16:43.43	Julia Cathcart	William & Mary	12/3/05
60 hurdles	8.15	Kellie Wells	Hampton	1/28/06
4 x 400	3:48.51		Hampton	1/28/06
4 x 800	9:21.53		Blacksburg HS	1/9/10
DMR	11:54.07		Wake Forest	1/28/06
Long Jump	20-3.5 (6.18m)	Lela Nelson	Unattached	1/23/09
Triple Jump	42-10.25 (13.06m)	Tomika Ferguson	Unattached	1/26/08
High Jump	5-10.75 (1.80m)	Kena Butts	Liberty	2/5/05
Pole Vault	13-8.25 (4.17m)	Elizabeth Powell	William & Mary	2/13/15
Shot Put	53-4.5 (16.27m)	Brittany Pryor	Virginia Tech	1/27/07
Weight	67-6.25 (20.58m)	Tamara Burns	Virginia Tech	12/9/05
Pentathlon	4,065	Lela Nelson	Unattached	1/23/09

Men's

Event	Mark	Athlete	Team	Date
60	6.68	LaShawn Merritt	Nike	2/18/06
200	21.82	Tim Walls	This	1/28/06
400	48.84	Phil Leineweber	Liberty	2/9/07
500	1:04.28	Zach Vrhovac	Albemarle HS	2/20/09
800	1:53.40	Thomas Morrison	Wake Forest	2/11/11
1,000	2:27.14	Isaac Wendland	Unattached	2/8/13
Mile	4:01.63	Josh McDougal	Liberty	2/18/06
3,000	7:57.90	Josh McDougal	Liberty	12/2/07
5,000	13:41.35	Sam Chelanga	Liberty	1/28/11
60 hurdles	7.66	Anwar Moore	This	1/28/06
4 x 400	3:17.87		Hampton	1/28/06
4 x 800	7:45.73		Liberty	1/29/16
DMR	10:11.27		Liberty	1/28/06
Long Jump	24-9.75 (7.56m)	Kevin Octave	Unattached	2/26/05
	24-9.75 (7.56m)	Greig Cryer	Unattached	1/27/07
Triple Jump	52-1.25 (15.88m)	Allen Simms	Unattached	12/3/11
High Jump	7-0.5 (2.15m)	John Hubbard	Unattached	2/18/06
	7-0.5 (2.15m)	John Hubbard	Unattached	1/27/07
	7-0.5 (2.15m)	Matt Parker	Unattached	1/30/10
	7-0.5 (2.15m)	Matt Parker	Unattached	2/12/10
	7-0.5 (2.15m)	Avion Jones	VMI	4/19/13
Pole Vault	17-7 (5.36m)	Kolby Shepherd	Unattached	1/26/13
	17-7 (5.36m)	Derek O'Connell	William & Mary	2/12/16
Shot Put	62-11.25 (19.18m)	Justin Clickett	Virginia Tech	12/2/06
Weight	65-5.5 (19.95m)	Dan Royal	Unattached	12/2/06
Heptathlon	5,690	Edward Broadbent	HPC Elite	1/27-28/12