

NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN ATHLETIC ASSOCIATION (NACAC)

INDOOR RECORDS

Updated: December 2025



MEN								
EVENT	MARK		NAME	BIRTHDATE	AGE	COUNTRY	PLACE	DATE
50m	5.56	WR	Donovan BAILEY	16-dic-67	28	CAN	Reno, NV, USA	9-Feb-1996
	5.56	WR	Maurice GREENE	23-jul-74	24	USA	Los Angeles, CA, USA	12-Feb-1999
60m	6.34	WR	Christian COLEMAN	6-mar-96	21	USA	Albuquerque, NM, USA	18-Feb-2018
200m	20.02		Elijah HALL-THOMPSON	22-ago-94	23	USA	College Station, TX, USA	10-Mar-2018
400m	44.52		Michael NORMAN	3-dic-97	20	USA	College Station, TX, USA	10-Mar-2018
800m	1.43.24		Josh HOEY	1-nov-99	25	USA	New York, NY, USA	23-Feb-2025
1000m	2.14.48		Josh HOEY	1-nov-99	25	USA	Philadelphia, PA, USA	18-Jan-2025
1500m	3.31.74		Yared NUGUSE	1-jun-99	25	USA	New York, NY, USA	8-Feb-2025
1 Mile	3.46.63		Yared NUGUSE	1-jun-99	25	USA	New York, NY, USA	8-Feb-2025
3000m	7.22.91	WR	Grant FISHER	22-abr-97	27	USA	New York, NY, USA	8-Feb-2025
5000m	12.44.09	WR	Grant FISHER	22-abr-97	27	USA	Boston, MA, USA	14-Feb-2025
50m hurdles	6.25	WR	Mark McKOY	10-dic-61	24	CAN	Kobe, JPN	5-Mar-1986
60m hurdles	7.27	WR	Grant HOLLOWAY	19-nov-97	26	USA	Albuquerque, NM, USA	16-Feb-2024
High Jump	2.43	WR	Javier SOTOMAYOR		89	CUB	Budapest, HUN	4-Mar-1989
Pole Vault	6.05		Christopher NILSEN	13-Jan-1998	24	USA	Rouen, FRA	5-Mar-2022
Long Jump	8.79	WR	Carl LEWIS		84	USA	New York, NY, USA	27-Jan-1984
Triple Jump	17.83		Aliecer URRUTIA		97	CUB	Sindelfingen, GER	1-Mar-1997
Shot Put	23.38	WR	Ryan CROUSER	18-Dec-1992	30	USA	Pocatello, ID, USA	18-Feb-2023
Heptathlon	6645	WR	Ashton EATON		112	USA	Istanbul, TUR	10-Mar-2012
(6.79, 8.16, 14.56, 2.03, 7.68, 5.20, 2.32.77)								
4x200	1.22.71		UNITED STATES			USA	Glasgow, GBR	3-Mar-1991
(Thomas JEFFERSON, Raymond PIERRE, Antonio McKAY, Kevin LITTLE)								
4x400	3.01.39		UNITED STATES	Texas A&M		USA	College Station, TX, USA	10-Mar-2018
(Ilolu IZU, Robert GRANT, Devin DIXON, Mylik KERLEY)								
5000 Walk	18.38.71		Ernesto CANTO	18-oct-59	27	MEX	Indianapolis, IN, USA	7-Mar-1987

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WOMEN

EVENT	MARK	NAME	BIRTHDATE	AGE	COUNTRY	PLACE	DATE
50m	6.00	Merlene OTTEY	10-May-1960	33	JAM	Moscow, RUS	4-Feb-1994
60m	6.94	Aleia HOBBS	24-Feb-1996	26	USA	Albuquerque, NM, USA	18-Feb-2023
	6.94	Julien ALFRED	10-Jun-2001	21	LCA	Albuquerque, NM, USA	11-Mar-2023
200m	21.87	WR Merlene OTTEY	10-May-1960	32	JAM	Lievin, FRA	13-Feb-1993
400m	49.24	Isabella WHITTAKER	15-Feb-2002	23	USA 	Virginia B., VA, USA	15-Mar-2025
800m	1.58.29	Ajee WILSON	8-May-1994	25	USA	New York, NY, USA	8-Feb-2020
1000m	2.33.75	Lucia STAFFORD	17-Aug-1998	24	CAN	Boston, MA, USA	28-Jan-2023
1500m	3.59.60	Heather MACLEAN	31-Aug-1995	29	USA 	Boston, MA, USA	2-Mar-2025
1 Mile	4.16.41	Elle ST.PIERRE	20-Feb-1995	28	USA	New York, NY, USA	11-Feb-2024
3000m	8.20.87	Elle ST.PIERRE	20-Feb-1995	29	USA	Glasgow, GBR	2-Mar-2024
5000m	14.31.38	Gabriela DEBUES-STAFFORD	13-Sep-1995	26	USA	Boston, MA, USA	11-Feb-2022
50m hurdles	6.67	Jackie JOYNEYR-KERSEE	3-Mar-1962	32	USA	Reno, NV, USA	10-Feb-1995
	6.67	Michelle FREEMAN	5-May-1969	30	JAM	Lievin, FRA	13-Feb-2000
60m hurdles	7.65	WR Devynne Ashtyn CHARLTON	26-Nov-1995	28	BAH	Glasgow, GBR	3-Mar-2024
High Jump	2.02	Chaunte LOWE	12-Jan-1984	28	USA	Albuquerque, NM, USA	26-Feb-2012
Pole Vault	5.03	Jennifer SUHR	5-Feb-1982	33	USA	Brockport, NY, USA	30-Jan-2016
Long Jump	7.23	Brittney REESE	9-Sep-1986	25	USA	Istanbul, TUR	11-Mar-2012
Triple Jump	15.12	Jasmine MOORE	1-May-2001	21	USA	Albuquerque, NM, USA	11-Mar-2023
Shot Put	20.68	Sarah MITTON	20-Jun-1996	28	CAN 	Karlsruhe, GER	7-Feb-2025
Pentathlon	5004	Anna HALL	23-Mar-2001	21	USA	Albuquerque, NM, USA	16-Feb-2023
(8.04, 1.91, 13.80, 6.34, 2.05.70)							
4x200	1.32.67	UNITED STATES			USA	New York, NY, USA	27-Jan-2018
(Kyra JEFFERSON, Deajah STEVENS, Daina HARPER, Asha RUTH)							
4x400	3.23.85	UNITED STATES			USA	Birmingham, GBR	4-Mar-2018
(Quanera HAYES, Georganne MOLINE, Shakima WIMBLEY, Courtney OKOLO)							
3000 Walk	12.20.79	Debbi LAWRENCE	15-Oct-1961	31	USA	Toronto, CAN	12-Mar-1993

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