

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

OUTDOOR RECORDS

Updated: December 2025



MEN

EVENT	MARK		NAME	BIRTHDATE	AGE	COUNTRY	PLACE	DATE	
100	9.58 <i>(0.9)</i>	WR	Usain BOLT	21-Aug-1986	22	JAM		Berlin, GER	16-Aug-2009
200	19.19 <i>(-0.3)</i>	WR	Usain BOLT	21-Aug-1986	22	JAM		Berlin, GER	20-Aug-2009
400	43.18		Michael JOHNSON	13-Sep-1967	31	USA		Sevilla, SPA	26-Aug-1999
800	1.41.20		Marco AROP	20-Sep-1998	25	CAN		Paris, FRA	10-Aug-2024
1000	2.13.9 (h)		Rick WOHLHUTER	23-Dec-1948	25	USA		Oslo, NOR	30-Jul-1974
1500	3.27.65		Cole HOCKER	6-Jun-2001	23	USA		Paris, FRA	6-Aug-2024
Mile	3.43.97		Yared NUGUSE	1-Jun-1999	24	USA		Eugene, OR, USA	16-Sep-2023
2000	4.51.54		Charles PHILIBERT-THIBOUTOT	31-Dec-1990	32	CAN		Brussels, BEL	8-Sep-2023
3000	7.22.91		Grant FISHER	22-Apr-1997	27	USA		New York, NY, USA	8-Feb-2025
5000	12.44.09 <i>(f)</i>		Grant FISHER	22-Apr-1997	27	USA		Boston, MA, USA	14-Feb-2025
5 Kms (Road)	13.18		Juan Armando QUINTANILLA	19-Apr-1968	27	MEX		Carlsbad, CA, USA	31-Mar-1996
10000	26.33.84		Grant FISHER	22-Apr-1997	24	USA		Sn. Juan Capist. CA, USA	6-Mar-2022
10 Kms (Road)	27.26		Conner MANTZ	8-Dec-1996	28	USA		C.Elizabeth, ME, USA	2-Aug-2025
Half Marathon	59.15		Conner MANTZ	8-Dec-1996	28	USA		New York, NY, USA	16-Mar-2025
Marathon	2h 04.43		Conner MANTZ	8-Dec-1996	28	USA		Chicago, IL, USA	12-Oct-2025
110mh	12.80 <i>(0.3)</i>	WR	Aries MERRITT	24-Jul-1985	27	USA		Brussels, BEL	7-Sep-2012
400mh	46.17		Rai BENJAMIN	27-Jul-1997	24	USA		Tokyo, JPN	3-Aug-2021
3000 Steeple	8.00.45		Evan JAGER	8-Mar-1989	26	USA		Saint Denis, FRA	4-Jul-2015
High Jump	2.45	WR	Javier SOTOMAYOR	13-Oct-1967	25	CUB		Salamanca, ESP	27-Jul-1993
Pole Vault	6.07		KC LIGHTFOOT	11-Nov-1999	23	USA		Nashville, TN, USA	2-Jun-2023
Long Jump	8.95 <i>(0.3)</i>	WR	Mike POWELL	10-Nov-1963	27	USA		Tokyo, JPN	30-Aug-1991
Triple Jump	18.21 <i>(0.2)</i>		Christian TAYLOR	18-Jun-1990	25	USA		Beijing, CHN	27-Aug-2015
Shot Put	23.56	WR	Ryan CROUSER	18-Dec-1992	30	USA		Los Angeles, CA, USA	27-May-2023
Discus Throw	72.01		Ralford MULLINGS	22-Nov-2002	22	JAM		Ramona, OK, USA	16-Aug-2025
Hammer Throw	84.70		Ethan KATZBERG	5-Apr-2002	23	CAN		Tokyo, JPN	16-Sep-2025
Javelin Throw	93.07		Anderson PETERS	21-Oct-1997	24	GRN		Doha, QAT	13-May-2022
Decathlon	9045		Ashton EATON	21-Jan-1988	27	USA		Beijing, CHN	28-29-Aug-2015
<i>(10.23(-0.4), 7.88(0.0), 14.52, 2.01, 45.00 / 13.69(-0.2), 43.34, 5.20, 63.63, 4.17.52)</i>									
4x100	36.84	WR	JAMAICA			JAM		London, GBR	11-Aug-2012
<i>(Nesta CARTER, Michael FRATER, Yohan BLAKE, Usain BOLT)</i>									
4x400	2.54.29	WR	UNITED STATES			USA		Stuttgart, GER	22-Aug-1993
<i>(Andrew VALMON, Quincy WATTS, Harry REYNOLDS, Michael JOHNSON)</i>									
10000 Walk	38.08.50		Evan DUNFEE	28-Sep-1990	34	CAN		Camberra, AUS	27-Jan-2025
20000 Walk	1h 17.25.6		Bernardo SEGURA	11-Feb-1970	24	MEX		Fana, NOR	7-May-1994
20km Walk	1h 17.39		Evan DUNFEE	28-Sep-1990	34	CAN		Adelaide, AUS	16-Feb-2025
35km Walk	2h 21.40		Evan DUNFEE	28-Sep-1990	34	CAN		Dudince, SVK	22-Mar-2025
50km Walk	3h 41.09		Erick BARRONDO	14-Jun-1991	21	GUA		Dudince, SVK	23-Mar-2013
4x400 Mixed	3.07.41	WR	UNITED STATES			USA		Paris, FRA	2-Aug-2024
<i>(Vernon NORWOOD, Shamier LITTLE, Bryce DEADMON, Kaylyn BROWN)</i>									

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WOMEN

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100	10.49 (0.0)	WR	Florence GRIFFITH-JOYNER	21-Dec-1959	28	USA	Indianapolis, IN, USA	16-Jul-1988
200	21.34 (1.3)	WR	Florence GRIFFITH-JOYNER	21-Dec-1959	28	USA	Seoul, KOR	29-Sep-1988
400	47.78		Sydney McLAUGHLIN-LEVRONE	7-Aug-1999	26	USA	Tokyo, JPN	18-Sep-2025
800	1.54.44		Ana Fidelia QUIROT	23-Mar-1963	26	CUB	Barcelona, SPA	9-Sep-1989
1000	2.30.71		Addison WILEY	24-Oct-2003	21	USA	Monaco, MON	11-Jul-2025
1500	3.54.99		Shelby HOULIHAN	8-Feb-1993	26	USA	Doha, QAT	5-Oct-2019
Mile	4.16.32		Sinclair JOHNSON	13-Apr-1998	27	USA	London, GBR	19-Jul-2025
2000	5.28.78		Cory Ann McGEE	29-May-1992	32	USA	Monaco, MON	12-Jul-2024
3000	8.20.87 (i)		Elle ST. PIERRE	20-Feb-1995	29	USA	Glasgow, GBR	2-Mar-2024
5000	14.19.45		Alicia MONSON	13-May-1998	25	USA	London, GBR	23-Jul-2023
5 Kms (Road)	14.50		Molly HUDDLE	31-Aug-1984	30	USA	Boston, MA, USA	18-Apr-2015
10000	30.03.82		Alicia MONSON	13-May-1998	24	USA	Sn. Juan Capist. CA, USA	4-Mar-2023
10 Kms (Road)	30.52		Shalane FLANAGAN	8-Jul-1981	34	USA	Boston, MA, USA	26-Jun-2016
Half Marathon	1h 06.09		Weini KELATI FREZGHI	1-Dec-1996	28	USA	Houston, TX, USA	19-Jan-2025
Marathon	2h 18.19		Emily SISSON	12-Oct-1991	30	USA	Chicago, IL, USA	9-Oct-2022
100mh	12.17 (2.0)		Masai RUSSELL	17-Jun-2000	24	USA	Miramar, FL, USA	2-May-2025
400mh	50.37	WR	Sydney McLAUGHLIN-LEVRONE	7-Aug-1999	25	USA	Paris, FRA	8-Aug-2024
3000 Steeple	8.57.77		Courtney FRERICHs	18-Jan-1993	28	USA	Eugene, OR, USA	21-Aug-2021
High Jump	2.05		Chaunte HOWARD-LOWE	12-Jan-1984	26	USA	Des Moines, IA, USA	26-Jun-2010
Pole Vault	5.03 (i)		Jennifer SUHR	5-Feb-1982	33	USA	Brockport, NY, USA	30-Jan-2016
Long Jump	7.49 (1.3)		Jackie JOYNER-KERSEE	3-Mar-1962	32	USA	New York, NY, USA	22-May-1994
	7.49 (1.7)		Jackie JOYNER-KERSEE	3-Mar-1962	32	USA	Satriere, ITA	31-Jul-1994
Triple Jump	15.29 (0.3)		Yamile ALDAMA	14-Aug-1972	30	CUB	Rome, ITA	11-Jul-2003
Shot Put	20.96		Belsy LAZA	5-Jun-1967	24	CUB	Mexico DF, MEX	2-May-1992
Discus Throw	73.52		Valarie ALLMAN	23-Feb-1995	30	USA	Ramona, OK, USA	12-Apr-2025
Hammer Throw	80.51		Camryn ROGERS	7-Jun-1999	26	CAN	Tokyo, JPN	15-Sep-2025
Javelin Throw	71.70		Osleidys MENENDEZ	14-Nov-1979	25	CUB	Helsinki, FIN	14-Aug-2005
Heptathlon	7291	WR	Jackie JOYNER-KERSEE	3-Mar-1962	26	USA	Seoul, KOR	24-Sep-1988
(12.69(0.8), 1.86, 15.80, 22.56(1.6) / 7.27(0.7), 45.66, 2.08.51)								
4x100	40.82	WR	UNITED STATES			USA	London, GBR	10-Aug-2012
(Tianna Madison, Allyson Felix, Bianca Knight, Carmeita Jeter)								
4x400	3.15.27		UNITED STATES			USA	Paris, FRA	10-Aug-2024
(Shamier Little, Sydney McLaughlin-Levrone, Gabrielle Thomas, Alexis Holmes)								
10000 Walk	44.13.88		Alegna Aryday GONZALEZ	2-Jan-1999	19	MEX	Tampere, FIN	14-Jul-2018
10km Walk	42.42		Maria Graciela MENDOZA	23-Mar-1963	34	MEX	Nauburg, GER	25-May-1997
20000 Walk	1h 31.23.7		Lauren HARRIS	23-Jul-1999	26	USA	Eugene, OR, USA	2-Aug-2025
20km Walk	1h 26.06		Alegna Aryday GONZALEZ	2-Jan-1999	26	MEX	Tokyo, JPN	20-Sep-2025
35km Walk	2h 44.28		Alegna Aryday GONZALEZ	2-Jan-1999	26	MEX	Dublin, IRL	13-Jul-2025
50km Walk	4h 13.56		Mirna Sucely ORTIZ	28-Feb-1987	31	GUA	Guatemala, GUA	24-Feb-2019

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