

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

SENIOR CHAMPIONSHIPS - RECORDS

Updated: December 2025



WOMEN

EVENT	MARK	NAME	BIRTHDATE	AGE	COUNTRY	PLACE	DATE
100	10.83 (-0.1)	Shericka JACKSON	15-Jul-1994	28	JAM	Freeport, BAH	20-Aug-2022
200	22.35 (0.3)	Brittany BROWN	18-Apr-1995	27	USA	Freeport, BAH	21-Aug-2022
400	49.40	Shaunae Mernett MILLER-UIBO	15-Apr-1994	28	BAH	Freeport, BAH	20-Aug-2022
800	1.57.52	Ajee WILSON	8-May-1994	24	USA	Toronto, CAN	11-Aug-2018
1500	4.04.53	Heather MACLEAN	31-Aug-1995	26	USA	Freeport, BAH	21-Aug-2022
5000	15.11.68	Natosha ROGERS	7-May-1991	31	USA	Freeport, BAH	19-Aug-2022
10000	32.19.84	Taylor ROE	13-Oct-2000	24	USA 	Freeport, BAH	15-Aug-2025
100mh	12.55 (0.9)	Kendra HARRISON	18-Sep-1992	25	USA	Toronto, CAN	11-Aug-2018
400mh	53.32	Shamier LITTLE	20-Mar-1995	23	USA	Toronto, CAN	12-Aug-2018
3000 Steeple	9.34.36	Gabrielle JENNINGS	15-Sep-1998	23	USA	Freeport, BAH	19-Aug-2022
High Jump	1.92	Vashti CUNNINGHAM	18-Jan-1998	24	USA	Freeport, BAH	19-Aug-2022
Pole Vault	4.75	Katie NAGEOTTE	30-Jun-1991	27	USA	Toronto, CAN	11-Aug-2018
Long Jump	6.93 (2.0)	Quanesha BURKS	15-Mar-1995	20	USA	San Jose, CRC	9-Aug-2015
Triple Jump	14.49 (1.5)	Thea Noelia LAFOND	5-Apr-1994	28	DMA	Freeport, BAH	21-Aug-2022
Shot Put	20.15	Sarah MITTON	20-Jun-1996	26	CAN	Freeport, BAH	21-Aug-2022
Discus Throw	63.18	Laulauga TAUSAGA-COLLINS	22-May-1998	24	USA	Freeport, BAH	19-Aug-2022
Hammer Throw	74.60	DeAnna PRICE	8-Jun-1993	25	USA	Toronto, CAN	10-Aug-2018
Javelin Throw	64.68	Kara WINGER	10-Apr-1986	36	USA	Freeport, BAH	21-Aug-2022
Heptathlon	5022 (14.90(1.2), 1.71, 9.82, 27.06(0.5) / 5.66(-2.2), 37.86, 2.29.29)	Maria Gabriela CARRILLO	13-May-1984	23	ESA	San Salvador, ESA	15-Jul-2007
4x100	42.24 (Barbara PIERRE, Lakeisha LAWSON, Dezerea BRYANT, Kyra JEFFERSON)	United States			USA	San Jose, CRC	9-Aug-2015
4x400	3.23.54 (Kaylin WHITNEY, Kyra JEFFERSON, A'Keyla MITCHELL, Jaide STEPTER)	United States			USA	Freeport, BAH	21-Aug-2022
10000 Walk	44.16.21	Cristina Esmeralda López	19-Sep-1982	24	ESA	San Salvador, ESA	15-Jul-2007
20000 Walk	1h 36.15.88	Rachelle DE ORBETA PEREZ	27-Mar-2000	25	PUR 	Freeport, BAH	16-Aug-2025
20kms Walk	1h 36.34	Maria Lynn MICHTA-COFFEY	23-Jun-1986	32	USA	Toronto, CAN	10-Aug-2018

HISTORY

I NACAC Senior Championships	San Salvador, ESA	July 13-15, 2007
II NACAC Senior Championships	San Jose, CRC	August 7-9, 2015
III NACAC Senior Championships	Toronto, CAN	August 10-12, 2018
IV NACAC Senior Championships	Freeport, BAH	August 19-21, 2022
V NACAC Senior Championships	Freeport, BAH	August 15-17, 2025

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