NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN ATHLETIC ASSOCIATION

U23 CHAMPIONSHIPS - RECORDS

Updated: July 2026

MEN

EVENT	MARK	NAME	BIRTHDATE	AGE	COUNTRY	PLACE	DATE
100	10.01 *(1.1)*	Waseem WILLIAMS	8-Jan-1997	22	JAM	Queretaro, MEX	5-Jul-2019
	10.01 *(1.1)*	Samson COLEBROOKE	10-May-1997	22	BAH	Queretaro, MEX	5-Jul-2019
	10.01 *(1.1)*	Mario BURKE	18-Mar-1997	22	BAR	Queretaro, MEX	5-Jul-2019
200	19.99 *(2.0)*	Curtis MITCHELL	11-Mar-1989	21	USA	Miramar, FL, USA	9-Jul-2010
400	44.75	LeJerald BETTERS	6-Feb-1988	20	USA	Toluca, MEX	21-Jul-2008
800	1.45.65	Charles JOCK	23-Nov-1989	20	USA	Miramar, FL, USA	11-Jul-2010
1500	3.44.45	Oliver COLLIN	1-Jun-1989	21	CAN	Miramar, FL, USA	9-Jul-2010
5000	14.11.78	Cole SPROUT	3-Dec-2001	21	USA	San Jose, CRC	21-Jul-2023
10000	30.16.03	John MOORE	24-abr-84	22	USA	Santo Domingo, DOM	8-Jul-2006
110mh	13.31 *(1.8)*	Shane Rashad BRATHWAITE	8-Feb-1990	22	BAR	Irapuato, MEX	7-Jul-2012
400mh	48.80	Kenneth FERGUSON	22-Mar-1984	22	USA	Santo Domingo, DOM	8-Jul-2006
3000 Steeple	8.52.42	Noe JURADO RUELAS	4-Oct-1984	19	MEX	Sherbrooke, CAN	30-Jul-2004
4x100	38.39	UNITED STATES U23			USA	Toluca, MEX	21-Jul-2008
	(Jeremy Hall, Teddy Williams, Chris Dykes, J-Mee Samuels)						
4x400	2.58.83	UNITED STATES U23			USA	Miramar, FL, USA	11-Jul-2010
	(LeJerald Betters, O´Neal Wilder, Joey Hughes, Tavaris Tate)						
5000 Walk	**21.30.85**	**Denis Jared ESTRADA COLLADO**	**5-Apr-2007**	**19**	**GUA**	**Tlaxcala, MEX**	**10-Jul-2026**
10000 Walk	42.09.49	Gustavo Israel SOLIS AVENDAÑO	18-Aug-1998	20	MEX	Queretaro, MEX	6-Jul-2019
20000 Walk	1h 26.15.32	Evan DUNFEE	28-Sep-1990	21	CAN	Irapuato, MEX	8-Jul-2012
High Jump	2.28	Ryan Antone INGRAHAM	2-Nov-1993	20	BAH	Kamloops, CAN	10-Aug-2014
Pole Vault	5.61	Hunter GARRETSON	1-Apr-2002	21	USA	San Jose, CRC	23-Jul-2023
Long Jump	8.25 *(0.7)*	Andwuelle Ephrain WRIGHT	8-Aug-1997	21	TTO	Queretaro, MEX	5-Jul-2019
Triple Jump	17.01 *(0.5)*	Osniel TOSCA	30-Jun-1984	22	CUB	Santo Domingo, DOM	7-Jul-2006
Shot Put	20.81	Jordan GEIST	21-Jul-1998	20	USA	Queretaro, MEX	6-Jul-2019
Discus Throw	63.34	Rodney BROWN	21-May-1993	21	USA	Kamloops, CAN	8-Aug-2014
Hammer Throw	74.55	Diego Alan DEL REAL GALINDO	6-Mar-1994	22	MEX	San Salvador, ESA	16-Jul-2016
Javelin Throw	81.89	Anderson Jamal PETERS	21-Oct-1997	21	GRN	Queretaro, MEX	7-Jul-2019
Decathlon	7601	Rostam TURNER	1-Jan-1995	21	CAN	San Salvador, ESA	16-17-Jul-2016
	(11.08(-0.4), 7.03(1.1), 13.11, 1.91, 48.97 / 15.85(0.1), 45.40, 4.60, 57.60, 4.43.28)						

MIXED

4x100 Mixed	**41.92**	**PUERTO RICO U23**	**PUR**	**Tlaxcala, MEX**	**12-Jul-2026**
	(Angel MARQUEZ, Enith MAYSONET, Adrian CANALES, Frances COLON)				
4x400 Mixed	3.14.71	UNITED STATES U23	USA	San Jose, CRC	21-Jul-2023
	(Caleb CAVANAUGH, Kiah WILLIAMS, William SUMNER, Bailey LEAR)				

NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN ATHLETIC ASSOCIATION

U23 CHAMPIONSHIPS - RECORDS

Updated: July 2026

WOMEN

EVENT	MARK	NAME	BIRTHDATE	AGE	COUNTRY	PLACE	DATE
100	11.08 *(0.7)*	Mia BRAHE-PEDERSEN	28-Nov-2005	17	USA	San Jose, CRC	21-Jul-2023
200	22.72 *(0.9)*	Kimberly DUNCAN	2-Aug-1991	20	USA	Irapuato, MEX	7-Jul-2012
400	50.68	Jermaisha ARNOLD	5-Feb-2002	21	USA	San Jose, CRC	22-Jul-2023
800	2.02.02	Lisneidys Ines VEITIA CORDOVA	29-Apr-1994	22	CUB	San Salvador, ESA	17-Jul-2016
1500	4.05.84	Addison WILEY	24-Oct-2003	19	USA	San Jose, CRC	23-Jul-2023
5000	16.06.26	Erin FINN	19-Nov-1994	19	USA	Kamloops, CAN	10-Aug-2014
10000	35.30.87	Chelsea BLAASE	10-Apr-1994	22	USA	San Salvador, ESA	16-Jul-2016
100mh	12.57 *(1.7)*	Tonea MARSHALL	17-Dec-1998	20	USA	Queretaro, MEX	6-Jul-2019
400mh	55.14	T'erra BROWN	24-Oct-1989	20	USA	Miramar, FL, USA	11-Jul-2010
3000 Steeple	9.46.79	Rachel JOHNSON	30-Apr-1993	21	USA	Kamloops, CAN	9-Aug-2014
4x100	42.74	UNITED STATES U23			USA	San Jose, CRC	22-Jul-2023
	(Kaila JACKSON, Rayniah JONES, Sophia BECKMON, Mia BRAHE-PEDERSEN)						
4x400	3.26.83	UNITED STATES U23			USA	San Jose, CRC	23-Jul-2023
	(Ziyah HOLMAN, Kiah WILLIAMS, Jan'taijah FORD, Jermaisha ARNOLD)						
5000 Walk	22.31.13	Yasury Betzayda PALACIOS SAN JOSE	26-oct-1999	21	GUA	San Jose, CRC	10-Jul-2021
10000 Walk	49.24.70	Yesenia Ivania MIRANDA RIVAS	26-mar-1994	22	ESA	San Salvador, ESA	17-Jul-2016
High Jump	1.91	Akela JONES	22-Apr-1995	21	BAR	San Salvador, ESA	15-Jul-2016
Pole Vault	4.41	Sydney HORN	26-Jul-2002	20	USA	San Jose, CRC	21-Jul-2023
Long Jump	6.74 *(-1.0)*	Quanesha BURKS	15-Mar-1995	21	USA	San Salvador, ESA	17-Jul-2016
	6.74 *(-1.6)*	Akela JONES	22-Apr-1995	21	BAR	San Salvador, ESA	17-Jul-2016
Triple Jump	14.28	Yarianna MARTINEZ IGLESIAS	20-Sep-1984	21	CUB	Santo Domingo, DOM	8-Jul-2006
Shot Put	18.49	Raven SAUNDERS	15-May-1996	20	USA	San Salvador, ESA	16-Jul-2016
Discus Throw	60.14	Shanice LOVE	9-Jun-1997	22	JAM	Queretaro, MEX	5-Jul-2019
Hammer Throw	71.39	Amanda BINGSON	20-Feb-1990	22	USA	Irapuato, MEX	6-Jul-2012
Javelin Throw	57.09	Yulenmis AGUILAR MARTINEZ	3-ago-1996	19	CUB	San Salvador, ESA	17-Jul-2016
Heptathlon	5810	Gretchen QUINTANA CORDERO	30-Jun-1984	22	CUB	Santo Domingo, DOM	7-8-jul-2006
	(13.6(1.2), 1.71, 11.99, 24.27(0.8) / 6.10(-0.6), 33.37, 2.16.58)						

Compiled by:
Carlos Clemente (ESA) - NACAC Statistics
Email: ***ranking.results@yahoo.com***
Updated: July 2026

NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN ATHLETIC ASSOCIATION

U23 CHAMPIONSHIPS - RECORDS

Updated: July 2026

HISTORY

I NACAC U25 Championships *	Monterrey, MEX	August 3 - 5, 2000
II NACAC U25 Championships *	San Antonio, TX, USA	August 9 - 11, 2002
III NACAC U23 Championships	Sherbrooke, CAN	July 30 - August 1, 2004
IV NACAC U23 Championships	Santo Domingo, DOM	July 7 - 9, 2006
V NACAC U23 Championships	Toluca, MEX	July 18 - 20, 2008
VI NACAC U23 Championships	Miramar, FL, USA	July 9 - 11, 2010
VII NACAC U23 Championships	Irapuato, MEX	July 6 - 8, 2012
VIII NACAC U23 Championships	Kamloops, CAN	August 8 - 10, 2014
IX NACAC U23 Championships	San Salvador, ESA	July 15 - 17, 2016
X NACAC U18 & U23 Championships	Queretaro, MEX	July 5 - 7, 2019
XI NACAC U18 & U23 Championships	San Jose, CRC	July 9 - 11, 2021
XII NACAC U18 & U23 Championships	San Jose, CRC	July 21-23, 2023
XIII NACAC U18 & U23 Championships	**Tlaxcala, MEX**	**July 10 - 12, 2026**

**** Under 25 years***