



Jamaica National Senior Records

Female



Event	Time/Distance	Wind	Athlete	Venue	Date
60 M	7.02	1.7	Elaine Thompson	Queens Grace Inv; Kgn	28-Jan-17
100 M	10.70	0.6	Shelly-Ann Fraser-Pryce	Kingston	29-Jun-12
100 M	10.70	0.3	Elaine Thompson	Kingston	01-Jul-16
100 Yds	9.91	1.1	Veronica Campbell-Brown	Golden Spike Ostrava	31-May-11
150 M	16.46	-1.5	Merlene Ottey	Trapani, Italy	27-Sep-89
200 M	21.64	0.8	Merlene Ottey	Brussels	13-Sep-91
300 M	35.73		Novlene Williams-Mills	World Champs, Osaka	29-Aug-07
400 M	49.30		Lorraine Fenton	Monaco	19-Jul-02
600 M	1:24.17		Michelle Ballentine	Naimette-Xhovémont, Belgium	03-Aug-04
800 M	1:56.15		Natoya Goule	Monaco	20-Jul-18
1500 M	4:01.84		Yvonne Graham	Monte Carlo	25-Jul-95
Mile	4:24.64		Yvonne Graham	Weltklasse Zürich, Sweden	17-Aug-94
3000 M	8:37.07		Yvonne Graham	Zurich	16-Aug-95
5000 M	15:07.91		Yvonne Graham	Berlin	01-Sep-95
10 Km (Road)	33:56.00		Korene Hinds	Bermuda International	15-Jan-11
Half Marathon	1:28:20		Tanica Thomas	San Diego, United States	02-Dec-06
Marathon	3:08:47		Jill Vincent	Negril, Jamaica	05-Jun-00
3000 M SC	9:14.09		Aisha Praught	Brussels Diamond League	31-Aug-18
100 M H	12.45	0.8	Brigitte Foster	Eugene, Oregon, USA	24-May-03
200 M H	27.15	-1.1	Delloreen Ennis	Manchester City Games, UK	25-May-13
400 M H	52.42		Melaine Walker	Berlin	20-Aug-09
High Jump	1.93		Sheree Francis-Ruff	G. C. Foster College	07-Feb-10
Pole Vault	3.36i		Sande Swaby	Big 12, Lincoln NE	23-Feb-01
Long Jump	7.16a	-0.1	Elva Goulbourne	Ciudad de Mexico	22-May-04
Triple Jump	15.16	0.7	Trecia Smith	Linz	02-Aug-04
Shot Put	19.48		Daniel Thomas-Dodd	Virginia Challenge, VA	20-Apr-19
Discus	65.05		Shadae Lawrence	Clovis, CA	11-May-19
Hammer	71.48		Daina Levy	Lawrence, KS	25-Jun-16
Javelin	61.10		Olivia McKoy	Nassau	10-Jul-05
Heptathlon	6527 pts <i>13.86 w</i> <i>6.92 w</i>	<i>1.86</i> <i>49.04</i>	Dianne Guthrie <i>13.80</i> <i>2:20.82</i>	Knoxville <i>24.91</i>	03-Jun-95
4x100m	41.07		Team Jamaica <i>Veronica Campbell-Brown, Natasha Morrison, Elaine Thompson & Shelly-Ann Fraser-Pryce</i>	Beijing, World Champs	29-Aug-15
4x200m	1:29.04		Team Jamaica <i>Jura Levy, Shericka Jackson, Shashalee Forbes & Elaine Thompson</i>	IAAF World Relays, Bahamas	22-Apr-17
Sprint Medley (100, 100, 200 & 400)	1:36.67		Team Jamaica <i>Audra Segree, Natasha Morrison, Anastasia Leroy & Verone Chambers</i>	Penn Relays, USA	29-Apr-17
4x400m	3:18.71		Team Jamaica <i>Rosemarie Whyte, Davita Prendergast, Novlene Williams-Mills & Shericka Williams</i>	Daegu, World Champs	03-Sep-11
Sprint Medley (200, 200, 400 & 800)	3:34.56		Team Jamaica <i>Sherri-Ann Brooks, Rosemarie Whyte, Moya Thompson & Kenia Sinclair</i>	Penn Relays, USA	01-Apr-09
4x800m	8:16.04		Team Jamaica <i>Kimarra McDonald, Simoya Campbell, Natoya Goule & Samantha James</i>	Nassau, Bahamas	03-May-15