



# Jamaica National Senior Records

## Male



Event	Time/Distance	Wind	Athlete	Venue	Date
50 M	5.47	0.90	Usain Bolt	World Championships, Berlin	16-Aug-09
60 M	6.31	0.90	Usain Bolt	World Championships, Berlin	16-Aug-09
<b>100 M</b>	<b>9.58</b>	<b>0.9</b>	<b>Usain Bolt</b>	<b>World Championships, Berlin</b>	<b>16-Aug-09</b>
100 Yds	9.07	-0.50	Asafa Powell	Golden Spike Ostrava	27-May-10
150 M	14.44	-0.30	Usain Bolt	Manchester City Games	17-May-09
<b>200 M</b>	<b>19.19</b>	<b>-0.3</b>	<b>Usain Bolt</b>	<b>World Championships, Berlin</b>	<b>20-Aug-09</b>
300 M	30.97		Usain Bolt	Golden Spike Ostrava	27-May-10
400 M	43.93		Rusheen McDonald	Beijing	22-Aug-15
800 M	1:45.21		Seymour Newman	Helsinki	29-Jun-77
1000 M	2:17.0		Byron Dyce	Berlin, Germany	01-Jul-74
1500 M	3:39.19		Steve Green	Victoria	28-Aug-94
Mile	03:57.3		Byron Dyce	Manchester, United Kingdom	01-Jul-74
3000 M	7:41.87		Kemoy Campbell	Racers Grand Prix, Kingston	10-Jun-17
5000 M	13:20.39		Kemoy Campbell	Palo Alto, CA	02-May-15
10000 M	28:06.40		Kemoy Campbell	Stanford Invitational	31-Mar-17
10 Km (Road)	29:47.00		Mark Elliott	Montgomery, USA	02-Nov-91
3000 M SC	8:52.82		Lionel Scott	Indianapolis	04-May-85
110 M H	12.90	0.7	Omar McLeod	National Champs, Kingston	24-Jun-17
200 M H	23.02	1.4	Leford Green	Manchester City, UK	17-May-14
300 M H	35.22		Kemel Thompson	Norwich Union Classic, UK	30-Jun-02
400 M H	47.60		Winthrop Graham	Zurich	04-Aug-93
Half Marathon	1:09:10.00		Wainard Talbert	Negril, Jamaica	03-Dec-05
Marathon	2:16:39.00		Derrick Adamson	Philadelphia	25-Nov-84
High Jump	2.34 m		Germaine Mason	Santo Domingo	09-Aug-03
Pole Vault	5.35 m		K'Don Samuels	Irapuato	07-Jul-12
Long Jump	8.62 m	0.7	James Beckford	Orlando	05-Apr-97
Triple Jump	17.92 m	1.9	James Beckford	Odessa	20-May-95
Shot Put	21.96		O'Dayne Richards	Rabat, Morocco	16-Jul-17
Discus	69.67 m		Fedrick Dacres	Stockholm, Sweden	10-Jun-18
Javelin	75.01 m		Orrin Powell	GC Foster Classic, St. Catherine	20-Feb-16
Javelin	68.97 m		Robert Barnes	Kingston	21-Jun-03
Hammer	70.93 m		Caniggia Raynor	National Champs, Kingston	24-Jul-17
20 Km Race Walk	1:40.11		Byron Williams	Brighton	15-Apr-72
Decathlon	8644 pts		Maurice Smith	World Championships, Osaka	01-Sep-07
	<i>10.62 w 0.7</i>	<i>7.50 w 0.0</i>	<i>17.32</i>	<i>1.97</i>	<i>47.48</i>
	<i>13.91 w -0.2</i>	<i>52.36</i>	<i>4.8</i>	<i>53.61</i>	<i>04:33.5</i>
<b>4x100m</b>	<b>36.84</b>		<b>Team Jamaica</b>	<b>London</b>	<b>11-Aug-12</b>
			<i>Nesta Carter, Michael Frater, Yohan Blake &amp; Usain Bolt</i>		
<b>4x200m</b>	<b>1:18.63</b>		<b>Team Jamaica</b>	<b>Nassau, Bahamas</b>	<b>24-May-14</b>
			<i>Nickel Ashmeade, Warren Weir, Jermaine Brown &amp; Yohan Blake</i>		
Swedish Relay	1:46.59		Team Jamaica	Stockholm, Sweden	25-Jul-06
			<i>Christopher Williams, Usain Bolt, Davian Clarke &amp; Jermaine Gonzales</i>		
4x400m	2:56.75		Team Jamaica	Athens	10-Aug-97
			<i>Danny McFarlane, Michael McDonald, Davian Clarke &amp; Greg Haughton</i>		
Sprint Medley	3:19.97		Team Jamaica	Penn Relays, USA	29-Apr-17
			<i>Mario Forsythe, Jamari Rose, Allodin Fothergill &amp; Jo-Wayne Hibbert</i>		

**World Record**

Revised: 2018 June 11