



# Jamaica National Indoor Records

## Male



Event	Time/Distance	Athlete	Date	Venue	
50 m	5.61+	Michael Green	16-Feb-97	Meeting Pas de Calais	Liévin, France
55 m	6.06 A	Syan Williams	14-Feb-98		Colorado Springs, USA
60 m	6.44	Asafa Powell	18-Mar-16	World Championships	Portland, USA
150 m	15.66 OT	Lerone Clarke	11-Feb-10	Botnia Games	Korsholm, Finland
200 m	20.48	Omar McLeod	17-Feb-17	Arkansas Qualifier	Fayetteville, USA
300 m	32.91	Jermaine Brown	31-Jan-15	New York Armory Track Invitational	New York, USA
400 m	44.86	Akeem Bloomfield	10-Mar-18	NCAATF Championships	College Station, Texas
800 m	1:46.70	Alex Morgan	09-Mar-96		Indianapolis, USA
1000 m	2:19.96	Mario Vernon-Watson	12-Feb-00		Allston, USA
1500 m	3:40.7 (ht)	Byron Dyce	08-Feb-74	Millrose Games	New York City, USA
3000 m	7:40.79	Kemoy Campbell	20-Feb-16	Millrose Games	New York City, USA
5000 m	13:14.45	Kemoy Campbell	26-Feb-17	Boston Univ. Last Chance Meet	Boston, USA
50 m hurdles	6.58	Richard Phillips	28-Jan-11	U.S. Open Track and Field	New York City, USA
60 m hurdles	7.41	Omar McLeod	20-Mar-16	World Championships	Portland, USA
300 m hurdles	36.02 OT	Dinsdale Morgan	04-Feb-98	Pirkkahall	Tampere, Finland
400 m hurdles	50.05	Isa Phillips	06-Feb-17	Meeting Elite en salle de l'Eure	Val-de-Reuil, France
High jump	2.30 m	Germaine Mason	08-Feb-03	Hochsprung mit Musik	Arnstadt, Germany
Pole vault	5.25 m A	K'Don Samuels	28-Jan-11	Pole Vault Summit	Reno, USA
Long jump	8.40 m	James Beckford	09-Feb-96		Madrid, Spain
Triple jump	17.19 m	Clive Pullen	11-Feb-17	Tyson Invitational	Fayetteville, USA
Shot put	20.31 m	Ashinia Miller	24-Jan-15	McCravy Memorial	Lexington, KY, USA
Weight throw	21.60 m	Caniggia Raynor	06-Feb-16	Mule Relays	Warrensburg, USA
Heptathlon	6035 pts	Maurice Smith	25–26 February 2005	SEC Championships	Fayetteville, USA
	6.94 (60 m) , 7.11 m (LJ) , 16.03 m (SP) , 1.98 m (HJ) / 7.88 (60 m H) , 4.50 m (PV) , 2:39.32 (1000 m)				
4 × 400 m	3:03.69	Team Jamaica	09-Mar-14	World Championships	Sopot, Poland
Errol Nolan, Allodin Fothergill, Ahkeem Gauntlett & Edino Steele					

Revised: 2018 March 10