



Jamaica National Indoor Records

Female



Event	Time/Distance	Athlete	Date	Venue	
50 m	6.00	Merlene Ottey	04-Feb-94		Moscow, Russia
55 m	6.68 A	Peta-Gaye Dowdie	06-Feb-98		Colorado Springs, USA
60 m	6.96	Merlene Ottey	14-Feb-92		Madrid, Spain
200 m	21.87	Merlene Ottey	13-Feb-93	Meeting Pas de Calais	Liévin, France
300 m	35.69	Patricia Hall	14-Feb-12	Meeting Pas de Calais	Liévin, France
400 m	50.93	Sandie Richards	14-Mar-93	World Champs	Toronto, Canada
800 m	1:59.54	Kenia Sinclair	12-Mar-06	World Champs	Moscow, Russia
1000 m	2:38.62	Kenia Sinclair	06-Feb-10	Boston Indoor Games	Boston, USA
1500 m	4:12.86	Mardrea Hyman	15-Feb-04	BW-Bank Meeting	Karlsruhe, Germany
Mile	4:32.33	Kenia Sinclair	03-Mar-05		Gainesville, USA
3000 m	8:41.10	Aisha Praught-Leer	03-Feb-18	Millrose Games	New York, USA
50 m hurdles	6.67+	Michelle Freeman	13-Feb-00	Meeting Pas de Calais	Liévin, France
60 m hurdles	7.74	Michelle Freeman	03-Feb-98		Madrid, Spain
High jump	1.87 m	Kimberly Williamson	28-Feb-15	Big 12 Indoor T&F Champs	Ames, Iowa, USA
Pole vault	3.36 m	Sandé Swaby	23-Feb-01		Lincoln, USA
Long jump	6.91 m	Elva Goulbourne	23-Feb-02	SEC Champs	Fayetteville, USA
Triple jump	14.84 m	Trecia Smith	11-Mar-06	World Champs	Moscow, Russia
Shot put	19.22 m	Daniel Thomas-Dodd	02-Mar-18	World Indoors Champs	Birmingham, UK
Weight throw	22.95 m	Kim Barrett	12-Mar-04	NCAA Division I Champs	Fayetteville, USA
Pentathlon	4181 pts	Salcia Slack	14-Mar-15	NCAA Division II Champs	Birmingham, USA
<i>8.57 (60 m H) , 1.60 m (HJ) , 13.39 m (SP) , 5.90 m (LJ) , 2:16.52 (800 m)</i>					
4x400 m	3:26.54		09-Mar-14	World Championships	Sopot, Poland
<i>Patricia Hall, Anneisha McLaughlin, Kaliese Spencer & Stephanie Ann McPherson</i>					

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