

Progression of Olympic Trials Women's Records

100 Meters

13.0	1h1	Helen Filkey	Newark	4 Jul 1928
12.8	1h2	Jessie Cross	Newark	4 Jul 1928
12.8	1h4	Loretta McNeil	Newark	4 Jul 1928
12.6	1h5	Elizabeth Robinson	Newark	4 Jul 1928
12.6	1h7	Elta Cartwright	Newark	4 Jul 1928
12.6	1=h8	Stella Walsh	Newark	4 Jul 1928
12.6	1=h8	Mary Washburn	Newark	4 Jul 1928
12.4	1s1	Jessie Cross	Newark	4 Jul 1928
12.4	1s4	Elta Cartwright	Newark	4 Jul 1928
12.4	1	Elta Cartwright	Newark	4 Jul 1928
12.3	1	Ethel Harrington	Evanston	16 Jul 1932
11.7	1h1	Helen Stephens	Providence	4 Jul 1936
11.7	1	Helen Stephens	Providence	4 Jul 1936
11.7	1h1	Wilma Rudolph	Abilene	15 Jul 1960
11.5	1	Wilma Rudolph	Abilene	16 Jul 1960
11.3	1	Wyomia Tyus	Walnut	25 Aug 1968
11.3	1h1	Martha Watson	Frederick, Md	7 Jul 1972
11.2	1h2	Barbara Ferrell	Frederick, Md	7 Jul 1972
11.2	1h1	Evelyn Ashford	Eugene	20 Jun 1976

Unofficial times:

11.1	1h2	Chandra Cheeseborough	Eugene	20 Jun 1976
11.1	1h3	Brenda Morehead	Eugene	20 Jun 1976
10.8	1	Brenda Morehead	Eugene	21 Jun 1976
10.3	1q1	Florence Griffith Joyner	Indianapolis	16 Jul 1988

Wind-assisted

11.3w	1h1	Edith McGuire	New York	7 Aug 1964
11.3w	1h2	Wyomia Tyus	New York	7 Aug 1964
11.3w	1	Edith McGuire	New York	8 Aug 1964

Automatic Timing

11.41	1h2	Chandra Cheeseborough	Eugene	20 Jun 1976
11.38	1h3	Brenda Morehead	Eugene	20 Jun 1976
11.29	1q1	Chandra Cheeseborough	Eugene	20 Jun 1976
11.08	1	Brenda Morehead	Eugene	21 Jun 1976
10.61	1	Florence Griffith Joyner	Indianapolis	17 Jul 1988

Officially a legal time, but wind-assisted

10.49	1q1	Florence Griffith Joyner	Indianapolis	16 Jul 1988
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Automatic Timing - Wind-assisted

11.06w	1s2	Brenda Morehead	Eugene	21 Jun 1976
10.60w	1h1	Florence Griffith Joyner	Indianapolis	16 Jul 1988

200 Meters

25.3	1h2	Audrey Patterson	Providence	12 Jul 1948
25.3	1	Audrey Patterson	Providence	12 Jul 1948
24.3	1	Catherine Hardy	Harrisburg, Pa.	4 Jul 1952
24.2	1	Mae Faggs	Washington	25 Aug 1956
24.2	2	Wilma Rudolph	Washington	25 Aug 1956
24.2	1h1	Wilma Rudolph	Abilene	15 Jul 1960
23.9	1	Wilma Rudolph	Abilene	16 Jul 1960
23.8	1h2	Wyomia Tyus	Walnut	24 Aug 1968
23.5	1	Margaret Bailes	Walnut	24 Aug 1968
23.4	1	Jackie Thompson	Frederick, Md.	8 Jul 1972
23.4	2	Barbara Ferrell	Frederick, Md.	8 Jul 1972

22.7	1s1	Brenda Morehead	Eugene	24 Jun 1976
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Wind-assisted

23.8w	1h1	Edith McGuire	New York	7 Aug 1964
23.4w	1	Edith McGuire	New York	8 Aug 1964
22.9w	1q2	Chandra Cheeseborough	Eugene	22 Jun 1976
22.2w	1	Brenda Morehead	Eugene	24 Jun 1976

Automatic Timing

23.53	1h1	Brenda Morehead	Eugene	22 Jun 1976
23.20	1h2	Debra Armstrong	Eugene	22 Jun 1976
22.96	1q1	Debra Armstrong	Eugene	22 Jun 1976
22.95	1s1	Brenda Morehead	Eugene	24 Jun 1976
22.91	1h4	Randy Givens	Los Angeles	21 Jun 1984
22.67	1q1	Randy Givens	Los Angeles	21 Jun 1984
22.47	1q2	Valerie Brico-Hooks	Los Angeles	21 Jun 1984
22.16	1	Valerie Brico-Hooks	Los Angeles	22 Jun 1984
21.96	1h1	Florence Griffith Joyner	Indianapolis	22 Jul 1988
21.77	1q2	Florence Griffith Joyner	Indianapolis	22 Jul 1988
21.69	1	Allyson Felix	Eugene	30 Jun 2012

Automatic Timing - Wind-assisted

22.49w	1	Brenda Morehead	Eugene	24 Jun 1976
22.31w	1s1	Florence Griffith	Los Angeles	22 Jun 1984

400 Meters

54.7	1h1	Janell Smith	New York	7 Aug 1964
54.3	1h2	Jarvis Scott	Walnut	25 Aug 1968
53.5	1	Jarvis Scott	Walnut	25 Aug 1968
53.5	1h2	Debra Edwards	Frederick, Md.	7 Jul 1972
51.8	1	Kathy Hammond	Frederick, Md.	8 Jul 1972

Automatic Timing

51.79	1s1	Debra Sapenter	Eugene	24 Jun 1976
51.48	1	Sherri Howard	Eugene	25 Jun 1980
50.87	1q2	Chandra Cheeseborough	Los Angeles	17 Jun 1984
50.41	1s1	Chandra Cheeseborough	Los Angeles	18 Jun 1984
49.28	1	Chandra Cheeseborough	Los Angeles	19 Jun 1984

800 Meters

2:32.6	1	Rayma Wilson	Newark	4 Jul 1928
2:16.6	1h1	Pat Daniels	Abilene	15 Jul 1960
2:15.6	1	Pat Daniels	Abilene	16 Jul 1960
2:13.1	1	Sandra Knott	New York	8 Aug 1964
2:11.6	1h1	Vicki Foltz	Walnut	24 Aug 1968
2:03.0	1	Madeline Manning	Walnut	24 Aug 1968
2:03.0	2	Doris Brown	Walnut	24 Aug 1968
2:02.38	1s1	Madeline Jackson	Eugene	20 Jun 1976
1:59.81	1	Madeline Jackson	Eugene	22 Jun 1976
1:58.30	1	Madeline Manning	Eugene	24 Jun 1980
1:58.01	1	Kim Gallagher	Indianapolis	18 Jul 1988
1:57.04	1	Meredith Rainey	Atlanta	17 Jun 1996

1500 Meters

4:26.5	1h1	Kathy Gibbons	Frederick, Md.	7 Jul 1972
4:10.4	1	Francie Larrieu	Frederick, Md.	8 Jul 1972
4:07.32	1	Cindy Poor	Eugene	27 Jun 1976
4:04.91	1	Mary Decker	Eugene	29 Jun 1980

4:00.18	1	Ruth Wysocki	Los Angeles	24 Jun 1984
3:58.92	1	Mary Slaney	Indianapolis	23 Jul 1988

3000 Meters Steeplechase

[9:39.35]	1	Ann Gaffigan	Sacramento	15 Jul 2004
9:49.53	1h1	Nicole Bush	Eugene	30 Jun 2008
9:27.59	1	Anna Willard	Eugene	3 Jul 2008
9:17.48	1	Emma Coburn	Eugene	7 Jul 2016

Gaffigan's mark not a Trials record, as the event was not on the Olympic programme

3000 Meters

9:01.28	1h1	Cindy Bremser	Los Angeles	19 Jun 1984
8:48.51	1s1	Cindy Bremser	Los Angeles	21 Jun 1984
8:34.91	1	Mary Decker	Los Angeles	23 Jun 1984

5000 Meters

15:44.33	1h1	Lynn Jennings	Atlanta	14 Jun 1996
15:28.18	1	Lynn Jennings	Atlanta	17 Jun 1996
14:45.35	1	Regina Jacobs	Sacramento	21 Jul 2000

10000 Meters

34:04.77	1h1	Lynn Jennings	Indianapolis	18 Jul 1988
33:57.22	1h2	Patty Murray	Indianapolis	18 Jul 1988
31:51.27	1	Lynn Nelson	Indianapolis	22 Jul 1988
31:51.05	1	Deena Drossin	Sacramento	14 Jul 2000
31:09.65	1	Deena Kastor (Drossin)	Sacramento	16 Jul 2004

Marathon

2:31:04	1	Joan Benoit	Olympia, Wa.	12 May 1984
2:29:50	1	Margaret Groos	Pittsburgh	1 May 1988
2:28:25	1	Colleen de Reuck	St Louis	3 Apr 2004
2:25:38	1	Shalane Flanagan	Houston	14 Jan 2012

10 Kilometers Walk

45:46	1	Debbie Lawrence	New Orleans	22 Jun 1992
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20 Kilometers Walk

1:32:39	1	Michelle Rohl	Sacramento	16 Jul 2000
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100 Meters Hurdles

13.3	1h1	Pat Johnson	Frederick, Md.	7 Jul 1972
13.1	1h3	Lacey O'Neal	Frederick, Md.	7 Jul 1972
13.0	1	Pat Johnson	Frederick, Md.	8 Jul 1972

Automatic Timing

13.60	1h2	Debby LaPlante	Eugene	26 Jun 1976
13.22	1h1	Debby LaPlante	Eugene	24 Jun 1980
13.00	1s1	Debby LaPlante	Eugene	25 Jun 1980
12.90	1	Stephanie Hightower	Eugene	25 Jun 1980
12.83	1q2	Gail Devers	Indianapolis	21 Jul 1988
12.83	1s1	Pat Davis	Indianapolis	22 Jul 1988
12.83	1s2	Jackie Humphrey	Indianapolis	22 Jul 1988

12.80	1q1	LaVonna Martin	New Orleans	27 Jun 1992
12.78	1s1	Lynda Tolbert	New Orleans	27 Jun 1992
12.67	1s2	Gail Devers	New Orleans	27 Jun 1992
12.55	1	Gail Devers	New Orleans	28 Jun 1992
12.33	1	Gail Devers	Sacramento	23 Jul 2000

Automatic Timing - Wind-assisted

13.33w	1s1	Debby LaPlante	Eugene	26 Jun 1976
13.25w	1	Rhonda Brady	Eugene	27 Jun 1976
12.81w	1q1	Benita Fitzgerald-Brown	Indianapolis	21 Jul 1988
12.45w	1s2	Gail Devers	Sacramento	23 Jul 2000

400 Meters Hurdles

56.48	1h1	Leslie Maxie	Los Angeles	18 Jun 1984
56.33	1h3	Judi Brown	Los Angeles	18 Jun 1984
55.61	1s1	Lori McCauley	Los Angeles	19 Jun 1984
54.93	1	Judi Brown	Los Angeles	21 Jun 1984
54.93	1	Schowonda Williams	Indianapolis	20 Jul 1988
53.62	1	Sandra Farmer-Patrick	New Orleans	21 Jun 1992
53.33	1	Sandra Glover	Sacramento	17 Jul 2000
52.95	1	Sheena Johnson	Sacramento	11 Jul 2004
52.88	1	Dalilah Muhammad	Eugene	10 Jul 2016

High Jump

4'11 ³ / ₄	1.52	1	Mildred Wiley	Newark	4 Jul 1928
4'11 ³ / ₄	1.52	2	Jean Shiley	Newark	4 Jul 1928
5'3 ³ / ₁₆	1.60	1=	Jean Shiley	Evanston	16 Jul 1932
5'3 ³ / ₁₆	1.60	1=	Mildred Didriksen	Evanston	16 Jul 1932
5'4 ³ / ₄	1.64	1	Alice Coachman	Providence	12 Jul 1948
5'6"	1.67	-	Eleanor Montgomery	New York	8 Aug 1964
5'6"	1.67	2	Terrezene Brown	New York	8 Aug 1964
5'6"	1.67	3	Estelle Baskerville	New York	8 Aug 1964
5'8"	1.72	1	Eleanor Montgomery	New York	8 Aug 1964
5'9 ¹ / ₄	1.76	1	Deanne Wilson	Frederick, Md.	8 Jul 1972
5'9 ¹ / ₄	1.76	2	Sandi Goldsberry	Frederick, Md.	8 Jul 1972
5'11 ¹ / ₄	1.81	3	Pam Spencer	Eugene	24 Jun 1976
5'11 ¹ / ₄	1.81	-	Joni Huntley	Eugene	24 Jun 1976
5'11 ¹ / ₄	1.81	-	Paula Girven	Eugene	24 Jun 1976
6'0 ¹ / ₂	1.84	2	Joni Huntley	Eugene	24 Jun 1976
6'0 ¹ / ₂	1.84	-	Paula Girven	Eugene	24 Jun 1976
6'1 ¹ / ₄	1.86	1	Paula Girven	Eugene	24 Jun 1976
6'1 ¹ / ₄	1.86	1	Louise Ritter	Eugene	23 Jun 1980
6'1 ¹ / ₄	1.86	2	Paula Girven	Eugene	23 Jun 1980
6'1 ¹ / ₄	1.86	5	Mary Moore	Los Angeles	23 Jun 1984
6'1 ¹ / ₄	1.86	-	Louise Ritter	Los Angeles	23 Jun 1984
6'1 ¹ / ₄	1.86	6	Phyllis Blunston	Los Angeles	23 Jun 1984
6'1 ¹ / ₄	1.86	-	Joni Huntley	Los Angeles	23 Jun 1984
6'1 ¹ / ₄	1.86	4	Katrena Johnson	Los Angeles	23 Jun 1984
6'1 ¹ / ₄	1.86	-	Pam Spencer	Los Angeles	23 Jun 1984
6'2 ¹ / ₄	1.89	2	Pam Spencer	Los Angeles	23 Jun 1984
6'2 ¹ / ₄	1.89	3	Joni Huntley	Los Angeles	23 Jun 1984
6'2 ¹ / ₄	1.89	-	Louise Ritter	Los Angeles	23 Jun 1984
6'3 ¹ / ₂	1.92	1	Louise Ritter	Los Angeles	23 Jun 1984
6'4"	1.93	-	Louise Ritter	Indianapolis	23 Jul 1988
6'4"	1.93	-	Coleen Sommer	Indianapolis	23 Jul 1988
6'4"	1.93	-	Trish King	Indianapolis	23 Jul 1988
6'5"	1.96	3	Trish King	Indianapolis	23 Jul 1988
6'5"	1.96	-	Louise Ritter	Indianapolis	23 Jul 1988
6'5"	1.96	2	Coleen Sommer	Indianapolis	23 Jul 1988

6'6 ¼	1.99	1	Louise Ritter	Indianapolis	23 Jul 1988
6'7"	2.01	1	Chaunté Lowe	Eugene	30 Jun 2012
6'7"	2.01	2	Brigetta Barrett	Eugene	30 Jun 2012
6'7"	2.01	1	Chaunté Lowe	Eugene	3 Jul 2016

Pole Vault

Mark before event was included in Olympic program:

13'9 ¼	4.20	1	Stacy Dragila	Atlanta	19 Jun 1996
14'2 ½	4.33	-	Stacy Dragila	Sacramento	23 Jul 2000
14'2 ½	4.33	3	Melissa Mueller	Sacramento	23 Jul 2000
14'2 ½	4.33	-	Kellie Suttle	Sacramento	23 Jul 2000
14'2 ½	4.33	4	Mary Sauer	Sacramento	23 Jul 2000
14'6 ¼	4.43	-	Stacy Dragila	Sacramento	23 Jul 2000
14'6 ¼	4.43	2	Kellie Suttle	Sacramento	23 Jul 2000
14'10 ¼	4.53	-	Stacy Dragila	Sacramento	23 Jul 2000
15'2 ¼	4.63	1	Stacy Dragila	Sacramento	23 Jul 2000
15'3	4.65	-	Stacy Dragila	Sacramento	18 Jul 2004
15'7	4.75	-	Stacy Dragila	Sacramento	18 Jul 2004
15'7 ½"	4.76	-	Jenn Stuczynski	Eugene	6 Jul 2008
16'1 1/2"	4.92	1	Jenn Stuczynski	Eugene	6 Jul 2008

Long Jump

18'4 5/8	5.60	1	Emma Reed	Providence	12 Jul 1948
19'9 1/4	6.02	1	Martha Matthews	Washington	25 Aug 1956
20'4 1/2	6.21	1	Willie White	Abilene	15 Jul 1960
21'0 3/4	6.42	1	Martha Watson	Walnut	24 Aug 1968
21'9 3/4	6.65	Q	Kathy McMillan	Eugene	19 Jun 1976
22'11 3/4	7.00	1	Jodi Anderson	Eugene	28 Jun 1980
22'11 3/4	7.00	H	Jackie Joyner-Kersey	Indianapolis	16 Jul 1988
23'8 1/4	7.22	Q	Jackie Joyner-Kersey	Indianapolis	22 Jul 1988
23'11 ¾	7.31	1	Brittney Reese	Eugene	2 Jul 2016

Wind-assisted

21'4"w	6.50	1	Willie White	New York	8 Aug 1964
22'1 1/2w	6.74	-	Kathy McMillan	Eugene	19 Jun 1976
22'3"w	6.78	1	Kathy McMillan	Eugene	19 Jun 1976
22'3"w	6.78	-	Kathy McMillan	Eugene	19 Jun 1976
22'7 1/2w	6.89	-	Jodi Anderson	Eugene	28 Jun 1980
24'5 1/4w	7.45	1	Jackie Joyner-Kersey	Indianapolis	23 Jul 1988

Triple Jump

Mark before event was included in Olympic program:

46'8 ¼"	14.23	1	Sheila Hudson	New Orleans	20 Jun 1992
45'0"	13.70	Q	Diana Orrange	Atlanta	16 Jun 1996
46'6 ½"	14.17	Q	Cynthea Rhodes	Atlanta	16 Jun 1996
47'5"	14.45	1	Tiombe Hurd	Sacramento	11 Jul 2004

Shot Put + = 8 lb implement

38'8 1/4+	11.79	1	Frances Kaszubski	Providence	12 Jul 1948
39'8 1/4+	12.09	1	Janet Dicks	Harrisburg	4 Jul 1952
46'9 1/2	14.26	1	Earlene Brown	Washington	25 Aug 1956

50'10 1/4	15.49	1	Earlene Brown	Abilene	15 Jul 1960
53'5"	16.28	1	Maren Seidler	Frederick, Md.	7 Jul 1972
58'2 1/2	17.74	Q	Maren Seidler	Eugene	21 Jun 1980
58'9 1/2	17.92	1	Maren Seidler	Eugene	21 Jun 1980
59'2 3/4	18.05	Q	Bonnie Dasse	Indianapolis	22 Jul 1988
62'1 3/4	18.94	Q	Ramona Pagel	Indianapolis	22 Jul 1988
63'5"	19.33	1	Ramona Pagel	Indianapolis	23 Jul 1988
64.3 ¼	19.59	1	Michelle Carter	Eugene	8 Jul 2016

Discus

116'9	35.58	1	Maybelle Reichardt	Newark	4 Jul 1928
133'0	40.55	1	Ruth Osborn	Evanston	16 Jul 1932
145'4	44.31	1	Earlene Brown	Washington	25 Aug 1956
176'10"	53.90	1	Earlene Brown	Abilene	15 Jul 1960
192'8"	58.72	Q	Lorna Griffin	Eugene	28 Jun 1980
197'6"	60.20	1	Lorna Griffin	Eugene	29 Jun 1980
202'7"	61.76	1	Leslie Deniz	Los Angeles	24 Jun 1984
203'1"	61.90	Q	Suzy Powell	Sacramento	16 Jul 2000
216'2"	65.90	1	Seilala Sua	Sacramento	17 Jul 2000

Hammer

Mark before event was included in Olympic program:

193'9"	58.06	1	Dawn Ellerbe	Atlanta	19 Jun 1996
210'11"	64.28	-	Dawn Ellerbe	Sacramento	15 Jul 2000
214'5"	65.35	4	Anna Norgren	Sacramento	15 Jul 2000
214'7"	65.40	-	Dawn Ellerbe	Sacramento	15 Jul 2000
217'2"	66.20	3	Jesseca Cross	Sacramento	15 Jul 2000
224'7"	68.49	-	Dawn Ellerbe	Sacramento	15 Jul 2000
226'6"	69.04	-	Dawn Ellerbe	Sacramento	15 Jul 2000
227'0"	69.20	1	Dawn Ellerbe	Sacramento	15 Jul 2000
231'0"	70.42	1	Erin Gilreath	Sacramento	15 Jul 2004
232'0"	70.72	1	Jessica Cosby	Eugene	5 Jul 2008
232'2"	70.77	3	Jessica Cosby	Beaverton	21 Jun 2012
233'8"	71.22	-	Amanda Bingson	Beaverton	21 Jun 2012
235'6"	71.78	2	Amanda Bingson	Beaverton	21 Jun 2012
235'7"	71.80	1	Amber Campbell	Beaverton	21 Jun 2012
236'3"	72.02	-	Amber Campbell	Eugene	6 Jul 2016
236'4"	72.04	-	Gwen Berry	Eugene	6 Jul 2016
239'9"	73.08	3	DeAnna Price	Eugene	6 Jul 2016
239'9"	73.08	2	Gwen Berry	Eugene	6 Jul 2016
242'10"	74.03	1	Amber Campbell	Eugene	6 Jul 2016

Javelin

139'3"	42.44	1	Mildred Didriksen	Evanston	16 Jul 1932
140'4"	42.76	1	Dorothy Dodson	Providence	12 Jul 1948
153'5"	46.75	1	Karen Anderson	Washington	25 Aug 1956
163'5	49.82	1	Karen Anderson	Oldham Abilene	16 Jul 1960
176'0"	53.64	1	Ranae Bair	New York	8 Aug 1964
177'5"	54.08	1	Barbara Friedrich	Walnut	25 Aug 1968
197'9"	60.28	1	Kate Schmidt	Frederick, Md.	8 Jul 1972
202'3"	61.64	Q	Kate Schmidt	Eugene	19 Jun 1976
213'5"	65.04	1	Kate Schmidt	Eugene	20 Jun 1976

New Implement - from 2000 onwards

191'2"	58.28	1	Lynda Blutreich	Sacramento	17 Jul 2000
191'8"	58.44	1	Kara Patterson	Eugene	30 Jun 2008
198'5"	60.49	Q	Kara Patterson	Eugene	29 Jun 2012
201'9"	61.51	1	Brittany Borman	Eugene	1 Jul 2012

Heptathlon

6520	6579	1	Jackie Joyner-Kersey	Los Angeles	17 Jun 1984
7215	7215	1	Jackie Joyner-Kersey	Indianapolis	16 Jul 1988