

ARKANSAS INDOOR | TOP 10 MARKS

60 METERS

1	6.56	Kenzo Cotton	2016
2	6.59	Jordan Anthony	2024
3	6.60	Jarrion Lawson	2016
4	6.62	Kristoffer Hari	2020
5	6.63	J-Mee Samuels	2009
6	6.64	Lance Lang	2024
7	6.66	Roman Turner	2021
8	6.69	Roy Ejiakuekwu	2019
9	6.71	Omar McLeod	2015
10	6.72	Omar Brown	2004
	6.72	Wallace Spearmon, Jr.	2005
	6.72	Mychael Stewart	2007

200 METERS

1	20.10	Wallace Spearmon, Jr.	2005
2	20.47	Lance Lang	2023
3	20.52	Omar Brown	2005
4	20.61	Kenzo Cotton	2018
5	20.62	Akheem Gauntlett	2012
5	20.67	J-Mee Samuels	2008
7	20.69	Obi Igbokwe	2018
8	20.70	Marek Niit	2011
	20.70	Connor Washington	2023
10	20.71	Josh Washington	2017
	20.74	James Benson II	2023

400 METERS

1	45.09	Chris Bailey	2023
2	45.29	Terry Gatson	2005
3	45.38	Obi Igbokwe	2018
4	45.72	Marqueze Washington	2016
5	45.88	James Benson II	2022
6	45.96	Neil Braddy	2014
7	45.99	Marek Niit	2011
8	46.01	Eric Janise	2017
9	46.04	Ben Skidmore	2011
10	46.05	Jeremy Farr	2020

800 METERS

1	1:45.95	Dirk Heinze	2001
2	1:46.07	Leoman Momoh	2013
3	1:46.76	Tomas Squella	2013
4	1:46.97	Seneca Lassiter	1998
5	1:47.12	Kieran Taylor	2022
6	1:47.31	Leroy Russell III	2023
7	1:47.38	Carlton Orange	2016
8	1:47.40	James Hatch	2005
9	1:47.66	Patrick Rono	2013
10	1:47.70	James Karanu	1999

MILE

1	3:55.4h	Niall O'Shaughnessy	1977
2	3:55.72	Graham Hood	1995
3	3:55.91	Doug Consiglio	1986
4	3:56.39	Paul Donovan	1986
5	3:56.77	Joe Falcon	1987
6	3:57.04	Said Ahmed	2005
7	3:57.08	Reuben Reina	1991
8	3:57.22	Seneca Lassiter	1999
9	3:57.60	Dorian Ulrey	2009
10	3:57.85	Elias Schreml	2021

3,000 METERS

1	7:34.17	Yaseen Abdalla	2024
2	7:38.59	Alistair Cragg	2004
3	7:42.29	Amon Kemboi	2022
4	7:46.42	Joe Falcon	1989
5	7:46.95	Kemoy Campbell	2013
6	7:46.96	Ben Shearer	2024
7	7:48.80	Reuben Reina	1991
8	7:49.78	Cameron Griffith	2019
9	7:49.84	Lexington Hilton	2023
10	7:50.25	Michael Power	1999

5,000 METERS

1	13:22.29	Yaseen Abdalla	2024
2	13:23.56	Patrick Kiprop	2024
3	13:24.36	Kirami Yego	2023
4	13:26.44	Amon Kemboi	2022
5	13:28.93	Alistair Cragg	2003
6	13:36.86	Ben Shearer	2023
7	13:36.87	Sean Kaley	1999
8	13:37.77	Shawn Forrest	2009
9	13:39.50	Jacob McLeod	2021
10	13:39.88	Peter Kosgei	2007

60m HURDLES

1	7.45	Omar McLeod	2015
2	7.54	Phillip Lemonious	2021
3	7.63	Tai Brown	2024
4	7.64	Michael Thomas	2003
5	7.65	Caleb Cross	2013
6	7.69	Tre'Bien Gilbert	2023
7	7.71	Ayden Owens-Delerme	2023
8	7.72	Matthew Lewis-Banks	2023
9	7.75	Brevin Sims	2024
10	7.76	Carl Elliott, III	2020

4X400 RELAY

3:01.09	C. Washington , J. Benson II, A. Owens-Delerme, C. Bailey	2023
3:02.09	C. Washington , J. Benson II, A. Owens-Delerme, C. Bailey	2023
3:03.07	T. Tomlyanovich , L. Lang, W. Spencer, S. McElroy	2024
3:03.18	J. Farr, B. Battle , A. Owens, J. Benson II	2022
3:03.34	B. DuPont, F. Cleary, C. Moss, R. Haley	1985
3:03.50	M. Niit, N. Braddy, C. Cross, A. Gauntlett	2013
3:03.76	M. Niit, A. Gauntlett, B. Skidmore, N. Braddy	2012
3:04.27	C. Washington , L. Lang, S. McElroy , T. Tomlyanovich	2024
3:04.29	C. Washington , T. Tomlyanovich , W. Spencer, S. McElroy	2024
3:04.42	Lang, Washington , Bailey, Archer	2023

DISTANCE MEDLEY RELAY

9:22.13	B. Shearer , J. Benson II, L. Russell III, E. Schreml	2023
9:24.56	A. Kibet, J. Benson II, K. Taylor, E. Schreml	2022
9:28.88	E. Schreml , W. Spencer, R. Wells, B. Shearer	2024
9:28.35	Al. McClary, B. Skidmore, C. Bilbrew, D. Ulrey	2009
9:28.37	A. Dalquist, J. Stephen, P. Rono, K. Campbell	2015
9:28.78	S. Lassiter, J. Huffman, R. Stanley, M. Power	1998
9:29.25	A. Perkins, T. Gatson, J. Hatch, S. Ahmed	2005
9:29.37	C. Wallace, N. Braddy, T. Squella, P. Rono	2014
9:30.07	N. Bruton, C. Davis, B. Baker, G. Hood	1994
9:30.14	C. Mulvaney, M. Bridges, S. Vazquez, A. Cragg	2004

HIGH JUMP

1	2.32	7-7.25	Ray Doakes	1994
2	2.31	7-7	Kenny Evans	2000
3	2.28	7-5.50	Bill Jasinski	1984
4	2.27	7-5.25	Romaine Beckford	2024
5	2.26	7-5	James Ballard	1997
6	2.25	7-4.50	Matt Hemingway	1995
7	2.24	7-4.25	Kevin Dotson	1997
	2.24	7-4.25	Lavar Miller	1999
9	2.22	7-3.25	Noah Kittelson	2012
	2.22	7-3.25	Ken LeGassey	2017
	2.22	7-3.25	Jah-Nhai Perinchief	2018

POLE VAULT

1	5.75	18-10.25	Andrew Irwin	2015
2	5.44	17-10.25	Troy Smith	1998
3	5.41	17-9	Mark Klee	1985
	5.41	17-9	Kevin Lazas	2013
5	5.40	17-8.50	Mark McGahee	1990
	5.40	17-8.50	Etamar Bhastekar	2021
	5.40	17-8.50	John Kendricks	2024
8	5.34	17-6	Jeff Pascoe	1987
9	5.26	17-3	Spencer McCorkel	2008
10	5.25	17-2.75	P.J. Brown	2004

LONG JUMP

1	8.43	27-8	Erick Walder	1994
2	8.40	27-6.75	Carey McLeod	2023
	8.40	27-6.75	Wayne Pinnock	2024
4	8.39	27-6.50	Jarrion Lawson	2014
5	8.22	26-11.50	Mike Conley	1985
6	8.18	26-10	Melvin Lister	2000
7	8.17	26-9.75	Alain Bailey	2010
8	8.16	26-9.25	Robert Howard	1997
9	8.12	26-7.75	Ryan Brown	2021
10	8.09	26-6.50	Tarik Batchelor	2010

TRIPLE JUMP

1	17.54	57-6.5	Jaydon Hibbert	2023
2	17.40	57-1	Mike Conley	1985
3	17.24	56-6.75	Erick Walder	1994
4	17.19	56-4.75	Clive Pullen	2017
5	17.14	56-2.75	Edrick Floréal	1989
6	17.04	55-11	Robert Howard	1997
7	16.82	55-2.25	Jerome Romain	1994
8	16.78	55-0.75	Melvin Lister	1999
9	16.77	55-0.25	Brian Wellman	1990
10	16.61	54-6	Jason Ward	2000

SHOT PUT

1	20.48	67-2.25	Rojé Stona	2024
2	20.47	67-2	Jordan West	2023
3	20.28	66-6.5	Scott Lofquist	1983
4	19.91	65-4	Marty Kobza	1986
5	19.53	64-1	Marcus Clavelle	2000
6	18.77	61-7	Ralford Mullings	2023
7	18.37	60-3.50	Mike Chism	1989
8	17.92	58-9.50	Devin Randall	2014
9	17.68	58-0.25	Sam Kempka	2018
10	17.56	57-7.50	Gerry McEvoy	1980
	17.56	57-7.50	Jonathon Reeves	2002

WEIGHT

1	21.75	71-4.25	Ruben Banks	2021
2	21.18	69-6	Erich Sullins	2019
3	18.40	60-4.50	Tony Ugho	2005
4	18.13	59-5.75	Devin Randall	2016
5	17.27	56-8	Marlon Dwyer	2012
6	17.17	56-4	Justin Holmes	2012
7	16.51	54-2	Sam Kempka	2016
8	16.17	53-0.75	Ben Ryer	2021
9	15.21	49-11	Jeff Rogers	2016
10	14.84	48-8.25	Deatrich Wise	2013

HEPTATHLON

1	6,518	Ayden Owens-Delerme	2023
2	6,175	Kevin Lazas	2013
3	6,047	Yariel Soto Torrado	2023
4	6,022	Gunnar Nixon	2012
5	6,000	Jack Turner	2024
6	5,975	Gabe Moore	2019
7	5,970	Marcus Weaver	2024
8	5,965	Daniel Spejcher	2022
9	5,898	Markus Ballengee	2021
10	5,680	Etamar Bhastekar	2021

ARKANSAS OUTDOOR | TOP 10 MARKS

100 METERS

1	10.04	Jarrion Lawson	2015
	10.04	Lance Lang	2024
3	10.07	Kenzo Cotton	2016
4	10.08	J-Mee Samuels	2008
5	10.11	Vincent Henderson	1993
6	10.18	Roman Turner	2022
7	10.19	Marek Niit	2012
	10.19	Marqueze Washington	2016
9	10.20	Derrick Thompson	1994
	10.20	Connor Washington	2023

110m HURDLES

1	12.97	Omar McLeod	2015
2	13.21	Phillip Lemonious	2021
3	13.41	Kevin White	1997
	13.41	Tre'Bien Gilbert	2021 & 2022
5	13.50	Michael Thomas	2003
6	13.52	Elijah Morris	2024
7	13.57	John Register	1987
8	13.58	Chris Phillips	1993
9	13.62	Carl Elliott, III	2021
10	13.66	Eddie Jackson	2002

LONG JUMP

1	8.74	28-8.25	Erick Walder	1994
2	8.58	28-1.75	Jarrion Lawson	2016
3	8.54	28-0.25	Wayne Pinnock	2023
4	8.49	27-10.25	Melvin Lister	2000
5	8.40	27-6.75	Robert Howard	1997
6	8.38	27-6	Mike Conley	1983
7	8.35	27-4.75	Alain Bailey	2010
8	8.27	27-1.75	Carey McLeod	2023
9	8.17	26-9.75	Tarik Batchelor	2011
10	8.15	26-9	Raymond Higgs	2011

200 METERS

1	19.89	Wallace Spearmon, Jr.	2005
2	20.04	Lance Lang	2024
3	20.17	Jarrion Lawson	2016
4	20.20	Jimmy French	1991
5	20.31	Derrick Thompson	1995
6	20.32	J-Mee Samuels	2008
7	20.35	Kenzo Cotton	2016
8	20.36	Wallace Spearmon, Sr.	1984
9	20.43	Omar Brown	2005
	20.43	Marek Niit	2011

400m HURDLES

1	48.26	Ayden Owens-Delerme	2023
2	48.49	Kemar Mowatt	2017
3	49.08	Sam Glover	2000
4	49.75	Travean Caldwell	2019
5	49.77	William Spencer, Jr.	2024
6	49.92	Nick Hilson	2019
7	50.14	Caleb Cross	2013
8	50.28	Fred Cleary	1985
9	50.31	D'Marcus Brown	1998
10	50.34	Maurice Bridges	2004

TRIPLE JUMP

1	17.87	58-7.50	Jaydon Hibbert	2023
2	17.54	57-6.50	Mike Conley	1985
3	17.40	57-1.25	Brian Wellman	1991
4	17.29	56-8.75	Edrick Floréal	1989
5	17.24	56-6.75	Jerome Romain	1995
6	17.19	56-5	Robert Howard	1996
7	17.18	56-4.50	Brandon Craven	1996
8	17.12	56-2	Erick Walder	1994
9	17.02	55-10.25	Melvin Lister	1999
10	16.90	55-5.50	Clive Pullen	2016

400 METERS

1	44.48	Roddie Haley	1986
2	44.82	James Benson II	2023
3	44.84	Chris Bailey	2023
4	44.93	Terry Gatson	2005
5	44.94	Obi Igbokwe	2018
6	45.04	Calvin Davis	1993
7	45.07	Ayden Owens-Delerme	2022
8	45.13	Akheem Gauntlett	2012
9	45.27	TJ Tomljanovich	2024
		Steven McElroy	2024
10	45.74		

3,000m STEEPLECHASE

1	8:22.34	Daniel Lincoln	2002
2	8:23.93	Stanley Kebenei	2015
3	8:25.49	Godfrey Siamusiye	1996
4	8:29.13	Peter Kosgei	2005
5	8:30.67	Frankline Tonui	2016
6	8:32.05	Matt Kerr	1998
7	8:34.89	Alex Hallock	1991
8	8:35.35	Richard Cooper	1989
9	8:38.87	Scott MacPherson	2009
10	8:41.47	Cale Wallace	2016

SHOT PUT

1	20.76	68-1.50	Jordan West	2023
2	20.35	66-9.50	Marty Kobza	1985
3	20.08	65-10.50	Rojé Stona	2023
4	19.58	64-3	Marcus Clavelle	2000
5	19.34	63-5.50	Scott Lofquist	1982
6	18.87	61-11.25	Sam Kempka	2019
7	18.37	60-3.50	Mike Chism	1989
8	17.84	58-6.50	Gerry McEvoy	1979
9	17.58	57-8.25	Jeff Rogers	2019
10	17.45	57-3	Keith Gray	1979

800 METERS

1	1:44.97	Brandon Rock	1995
2	1:45.18	Seneca Lassiter	1999
3	1:45.70	Graham Hood	1994
4	1:46.13	Stanley Redwine	1983
5	1:46.20	James Karanu	1999
6	1:46.23	Randy Stephens	1981
7	1:46.46	Patrick Rono	2014
8	1:46.52	Lorenzo Brown	1987
9	1:46.62	Robbie Stevens	2003
10	1:46.76	Robert Bradley	1990

4x100 RELAY

38.47	O. McLeod, J. Lawson, K. Cotton, M. Washington	2015
38.49	K. Cotton, J. Lawson, J. Washington, K. Mowatt	2016
38.54	K. Hari, K. Mowatt, K. Harris, Cotton	2018
38.58	J. Oglesby, K. Hari, T. Gilbert, R. Ejakuekwu	2019
38.59	R. Ejakuekwu, K. Mowatt, K. Harris, K. Cotton	2018
38.77	R. Ejakuekwu, K. Mowatt, M. Washington, K. Cotton	2017
38.81	F. Cleary, R. Haley, M. Conley, W. Spearmon, Sr.	1985
38.95	R. Ejakuekwu, O. Igbokwe, M. Washington, K. Cotton	2017
38.96	K. Cotton, J. Lawson, R. Ejakuekwu, M. Washington	2016
39.06	L. Lang, C. Washington, S. McElroy, J. Benson	2024

DISCUS

1	70.00	229-8	Rojé Stona (OLYMPIC RECORD)	2024
2	62.79	206-0	Ralford Mullings	2023
3	62.60	205-4	Scott Lofquist	1982
4	59.98	196-9	Marty Kobza	1985
5	56.82	186-5	Marcus Clavelle	2000
6	55.51	182-1	Jordan West	2023
7	55.32	181-6	Devin Randall	2014
8	54.05	177-4	Erich Sullins	2018
9	53.75	176-4	Justin Holmes	2012
10	53.04	174-0	Markus Ballengee	2021

1,500 METERS

1	3:33.27	Seneca Lassiter	1999
2	3:35.23	Dorian Ulrey	2009
3	3:35.27	Graham Hood	1992
4	3:35.42	Joe Falcon	1989
5	3:35.82	Doug Consiglio	1988
6	3:35.94	Said Ahmed	2006
7	3:36.91	Andy McClary	2008
8	3:37.16	Niall Bruton	1993
9	3:37.71	Frank O'Mara	1983
10	3:38.31	Paul Donovan	1984

4x400 RELAY

2:58.83	T. Tomljanovich, L. Lang, S. McElroy, J. Benson	2024
2:59.03	T. Tomljanovich, L. Lang, S. McElroy, J. Benson	2024
3:00.97	L. Lang, J. Benson, C. Washington, C. Bailey	2023
3:01.56	T. Tomljanovich, J. Benson, C. Washington, S. McElroy	2024
3:01.84	R. Schwartz, E. Janise, R. Ejakuekwu, O. Igbokwe	2017
3:02.02	M. Lister, S. Glover, R. Stanley, K. Baker	2000
3:02.25	J. Register, M. Clemmons, L. Brown, R. Haley	1987
3:02.47	M. Niit, A. Gauntlett, B. Skidmore, N. Braddy	2012
3:02.89	N. Braddy, A. Kokorin, C. Cross, A. Gauntlett	2013
3:03.06	M. Niit, T. Southard, B. Skidmore, N. Braddy	2012

HAMMER

1	67.84	222-7	Erich Sullins	2019
2	66.85	219-4	Ruben Banks	2021
3	61.59	202-0	Ben Ryer	2022
4	51.98	170-6	Jordan West	2023
5	49.63	162-10	Devin Randall	2015
6	49.58	162-8	Brandon Heeger	2010
7	47.07	154-5	Justin Holmes	2011
8	45.19	148-3	Tony Ugoh	2005
9	42.95	140-11	Marlon Dwyer	2012

5,000 METERS

1	13:12.74	Alistair Cragg	2004
2	13:20.39	Kemoy Campbell	2015
3	13:22.08	Jason Bunston	1997
4	13:24.46	Paul Donovan	1984
5	13:24.78	Reuben Reina	1991
6	13:28.26	Josphat Boit	2006
7	13:28.57	Jack Bruce	2018
8	13:28.60	Ryan Wilson	1996
9	13:28.81	Shawn Forrest	2009
10	13:29.49	Kirami Yego	2024

HIGH JUMP

1	2.30	7-6.5	Ray Doakes	1995
	2.30	7-6.5	Matt Hemingway	1996
	2.30	7-6.5	James Ballard	1997
	2.30	7-6.5	Kenny Evans	2000
	2.30	7-6.5	Romaine Beckford	2024
5	2.29	7-6	Bill Jasinski	1985
7	2.24	7-4.25	Anthony May II	2013
8	2.23	7-3.75	Lavar Miller	2001
9	2.21	7-3	Shannon King	1996
10	2.20	7-2.5	Ken LeGassey	2015
	2.20	7-2.5	Kason O'Riley	2024

JAVELIN

1	78.11	256-3	Eric Brown	2006
2	73.74	241-11	Ed Kaminski	1990
3	69.60	228-4	Luke Laird	2008
4	69.01	226-5	Jeff Woods	2013
5	68.14	223-7	Clark Morman	1977
6	66.57	218-5	Steve Pickert	1977
7	66.07	216-9	Pete Mirocke	2014
8	65.91	216-3	Alex Springer	2018
9	65.84	216-0	Mike Mordica	1972
10	65.65	215-5	Marcus Weaver	2023

10,000 METERS

1	27:52.10	Shawn Forrest	2009
2	28:00.58	Patrick Kiprop	2023
3	28:02.24	Amon Kemboi	2022
4	28:07.27	Josphat Boit	2005
5	28:08.97	Peter Kosgei	2005
6	28:09.11	Gilbert Boit	2021
7	28:17.53	Kirami Yego	2024
8	28:20.20	Daniel Lincoln	2003
9	28:20.29	Alistair Cragg	2003
10	28:28.73	Jacob McLeod	2023

POLE VAULT

1	5.72	18-9.25	Andrew Irwin	2012
2	5.56	18-2.75	Jeremy Scott	2004
3	5.51	18-0.75	Mark Klee	1985
4	5.50	18-0.5	Jeff Pascoe	1986
5	5.35	17-6.5	Etamar Bhastekar	2021
6	5.33	17-6	Troy Smith	1988
7	5.32	17-5.5	Chris Adams	1991
8	5.30	17-4.5	Kevin Lazas	2013
9	5.25	17-2.75	Spencer McCorkel	2008
10	5.20	17-0.75	Mark McGahee	1990
	5.20	17-0.75	P.J. Brown	2005
	5.20	17-0.75	John Scott Kendricks	2024

DECATHLON

1	8,532	Ayden Owens-Delerme	2022
2	8,097	Markus Ballengee	2021
3	7,963	Jack Turner	2024
4	7,955	Kevin Lazas	2012
5	7,917	Yariel Soto Torrado	2023
6	7,910	Marcus Weaver	2023
7	7,901	Gabe Moore	2018
8	7,892	Gunnar Nixon	2012
9	7,881	Daniel Spejcher	2022
10	7,635	Derek Jacobus	2017