# WOMEN PAN AMERICAN RECORDS

| Discipline | Perf | Wind | Competitor | DOB | Country | Venue | Date |
|---|---|---|---|---|---|---|---|
| 100 Metres | 10.49 | 0.0 | Florence Griffith-Joyner | 21 Dec 1959 | USA | Indianapolis (USA) | 16 Jul 1988 |
| 200 Metres | 21.34 | +1.3 | Florence Griffith-Joyner | 21 Dec 1959 | USA | Seoul (KOR) | 29 Sep 1988 |
| 400 Metres | 47.78 | | Sydney McLaughlin | 07 Aug 1999 | USA | Tokyo (JPN) | 18 Sep 2025 |
| 800 Metres | 1:54.44 | | Ana Fidelia Quiros | 23 Mar 1963 | CUB | Barcelona (ESP) | 09 Sep 1989 |
| 1500 Metres | 3:54.99 | | Shelby Houlihan | 08 Feb 1993 | USA | Doha (QAT) | 05 Oct 2019 |
| 5000 Metres | 14:19.45 | | Alicia Monson | 13 May 1998 | USA | London (GBR) | 23 Jul 2023 |
| 10000 Metres | 30:03.82 | | Alicia Monson | 13 May 1998 | USA | San Juan Capistrano (USA) | 04 Mar 2023 |
| Marathon | 2:18:29 | | Emily Sisson | 12 Oct 1991 | USA | Chicago (USA) | 09 Oct 2022 |
| 3000 Metres Steeplechase | 8:57.77 | | Courtney Frerichs | 18 Jan 1993 | USA | Eugene (USA) | 21 Aug 2021 |
| 100 Metres Hurdles | 12.09 | 0.0 | Masai Russell | 17 Jun 2000 | USA | Zürich (SUI) | 27 Aug 2026 |
| 400 Metres Hurdles | 50.37 | | Sydney McLaughlin | 07 Aug 1999 | USA | Paris (FRA) | 08 Aug 2024 |
| High Jump | 2.05 | | Chaunte Lowe | 12 Jan 1984 | USA | Des Moines (USA) | 26 Jun 2010 |
| Pole Vault | 5.03 | | Jennifer Suhr | 05 Feb 1982 | USA | Brockport (USA) | 30 Jan 2016 |
| Long Jump | 7.49 | +1.3 | Jackie Joyner-Kersee | 03 Mar 1962 | USA | New York (USA) | 22 May 1994 |
| | 7.49 | +1.7 | Jackie Joyner-Kersee | 03 Mar 1962 | USA | Sestriere (ITA) | 31 Jul 1994 |
| Triple Jump | 15.74 | | Yulimar Rojas | 21 Oct 1995 | VEN | Beograd (SRB) (i) | 20 Mar 2022 |
| Shot Put | 21.14 | | Chase Jackson | 20 Jul 1994 | USA | Brussels (BEL) | 04 Sep 2026 |
| Discus Throw | 73.52 | | Valarie Allman | 23 Feb 1995 | USA | Ramona (USA) | 12 Apr 2025 |
| Hammer Throw | 81.13 | | Camryn Rogers | 07 Jun 1999 | CAN | Austin (USA) | 02 Apr 2026 |
| Javelin Throw | 71.70 | | Olisdeilys Menéndez | 14 Nov 1979 | CUB | Helsinki (FIN) | 14 Aug 2005 |
| Heptathlon | 7291 | | Jackie Joyner-Kersee | 03 Mar 1962 | USA | Seoul (KOR) | 24 Sep 1988 |
| Half Marathon Race Walk | 1:31:44 | | Kimberly García | 19 Oct 1993 | PER | Podebrady (CZE) | 08 May 2026 |
| Marathon Race Walk | 3:24:37 | | Paula Milena Torres | 17 Oct 2000 | ECU | Brasilia (BRA) | 12 Apr 2026 |
| 4x100 Metres Relay | 40.82 | | United States | | USA | London (GBR) | 10 Aug 2012 |
| | | | Tianna Madison | 30 Aug 1985 | | | |
| | | | Allyson Felix | 18 Nov 1985 | | | |
| | | | Bianca Knight | 02 Jan 1989 | | | |
| | | | Carmelita Jeter | 24 Nov 1979 | | | |
| 4x400 Metres Relay | 3:15.27 | | United States | | USA | Paris (FRA) | 10 Aug 2024 |
| | | | Shamier Little | 20 Mar 1995 | | | |
| | | | Sydney McLaughlin | 07 Aug 1999 | | | |
| | | | Gabrielle Thomas | 07 Dec 1996 | | | |
| | | | Alexis Holmes | 28 Jan 2000 | | | |