

RECORD	M or W	Meters	Age	Mark	Names	Location	Date
Masters All-Time List: Nationals 2011 to 2024; 2013 St Charles, MO; 2015 Penn Relays; 2021 Marble Falls and Vienna/Alexandria, VA							
Not Eligible: Exhibitions; 2006 Mesa, Arizona; 2018 Birmingham, AL; 2016 USA Masters Games; Nationals 2007/2009/2010; and prior to 2006							
American Record	Women	320 M	60-64	1:08.26	NON-CLUB : Rita Hanscom (60), Linda Lowery (62), Linda Cohn (61), Brenda Matthews (65)	Winston-Salem, NC	2014-Jul-19
	Women	320 M	60-64	1:09.43	NON-CLUB: Kay Glynn (66), Brenda Steele Matthews (70), Jo Phelps (60), Rita Hanscom (65)	Ames, IA	2019-Jul-12
	Women	320 M	60-64	1:12.77	(International team) Daphne Scott (61), Jo Phelps (62), * Jovette Jolicoeur (61), Karen Maxwell (62)	Ames, IA	2021-Jul-23
	Women	320 M	60-64	1:15.34	NON-CLUB: Kay Glynn (69), Karen Maxwell (63), Daphne Scott (62), Florence Meiler (88)	Lexington, KY	2022-Jul-29
American Club Record	Women	320 M	60-64	1:47.25	CLUB: Philadelphia Masters: Claudia Simpson (68), Suzanne Faller (69), Isabel Bentz (71), Deborah DeHaven (63)	Vienna/Alexandria, VA	2021-Sept-05
	Women	320 M	60-64	1:47.36	CLUB: Philadelphia Masters: Claudia Simpson (68), Suzanne Faller (70), Isabel Bentz (71), Deborah DeHaven (63)	Lexington, KY	2022-Jul-29
American Record	Women	320 M	55-59	1:08.71	NON-CLUB: Karen Maxwell (65), Penny Tolman (56), Jo Phelps (65), Andrea Collier (57)	Sacramento, CA	2024-Jul-19
American Record	Women	320 M	50-54	56.81	NON-CLUB : Karen Maxwell (58), Regina Richardson (52), Dr. Koura Gibson (53), Joy Upshaw (56)	Baton Rouge, LA	2017-Jul-16
Former American Record	Women	320 M	50-54	59.20	NON-CLUB: Linda Arnold (50), Karen Maxwell (53), Liz Palmer (52), Kathleen Shook (51)	Lisle, IL	2012-Aug-03
	Women	320 M	50-54	1:00.80	NON-CLUB: Dr Koura Gibson (52), Karen Maxwell (57), Wanda Evans (52), Joy Upshaw (55)	Grand Rapid, MI	2016-Jul-17
	Women	320 M	50-54	1:01.49	NON-CLUB: Caryl Senn-Griffiths (51), Karen Maxwell (54), Kathleen Shook (52), Shawn Hipp (56)	Olathe, KS	2013-Jul-11-14
	Women	320 M	50-54	1:02.18	NON-CLUB: Wanda Evans (50), Dr Koura Gibson (50), Wanda Robinson (52), Mary Wilkins (53)	Winston-Salem, NC	2014-Jul-19
	Women	320 M	50-54	1:03.56	NON-CLUB: Dr Koura Gibson (55), Marioky Scott (50), Wanda Evans (55), Janean Shannon (56)	Ames, IA	2019-Jul-12
	Women	320 M	50-54	1:08.03	NON-CLUB: Karen Maxwell (56), Vicki Fox (56), Pamela Gunneson (54), Jo Phelps (56)	Jacksonville, FL	2015-Jul-25
Former American Record	Women	320 M	50-54	1:08.75	NON-CLUB: Kay Glenn (58), Linda Lowery (59), Jo Phelps (52), Kathleen Shook (50)	Berea, OH	2011-Jul-31
	Women	320 M	50-54	1:09.00	NON-CLUB: Daphne Sluys (55), Vicki Fox (57), Ginny Richburg (57), Roxanne Brockner (50)	Grand Rapid, MI	2016-Jul-17
	Women	320 M	50-54	1:14.74	NON-CLUB: Kristine Longshore (50), Jo Phelps (59), Janean Shannon (55), Caren Ware (56)	Spokane, WA	2018-Jul-27

RECORD	M or W	Meters	Age	Mark	Names	Location	Date
Masters All-Time List: Nationals 2011 to 2024; 2013 St Charles, MO; 2015 Penn Relays; 2021 Marble Falls and Vienna/Alexandria, VA							
Not Eligible: Exhibitions; 2006 Mesa, Arizona; 2018 Birmingham, AL; 2016 USA Masters Games; Nationals 2007/2009/2010; and prior to 2006							
American Club Record	Women	320 M	50-54	2:02.40	CLUB: Philadelphia Masters: Kristine Longshore (53), Suzanne Faller (69), Isabel Bentz (70), Deborah DeHaven (62)	Ames, IA	2021-Jul-23
American Record	Women	320 M	45-49	58.84	NON-CLUB: Ellen Andel (45), Christine Roemer (47), Menka Scott (45), Susan Wiemer (46)	Lisle, IL	2012-Aug-03
	Women	320 M	45-49	1:10.77	(International team): Christine Dorman (47), Marioky Scott (47), Kristine Longshore (48), * Jovette Jolicoeur	Grand Rapid, MI	2016-Jul-17
American Club Record	Women	320 M	45-49	2:29.55	CLUB: Potomac Valley TC: Penelope Ingles (45), Mary Lowe Mayhugh (65), Joanne Shabelski (59), Marquerite Matthews (59)	Vienna/Alexandria, VA	2021-Sept-05
International team	Women	320 M	40-44	50.20	(International team) Marsha Baird (50),* Dash Newington (40), Jamie West (40)* Toyin Augustus (44)	Sacramento, CA	2024-Jul-19
American Record	Women	320 M	40-44	52.18	NON-CLUB : Danelle Readinger (42), Lisa Edwards (40), Kimberley Touya (42), Rachel Guest (43)	Spokane, WA	2018-Jul-27
	Women	320 M	40-44	55.05	NON-CLUB: Katrina Vazquez (43), Lisa Edwards (46), Marie Hamay (45), Rachel Guest (49)	Sacramento, CA	2024-Jul-19
Former American Record	Women	320 M	40-44	55.65	NON-CLUB: Anne Sluder (41), Menka Scott (47), Regina Richardson (49), Susan Wiemer (48)	Winston-Salem, NC	2014-Jul-19
Former American Record	Women	320 M	40-44	56.21	NON-CLUB: Lisa Ryan (43), Anne Sluder (40), Dr Koura Gibson (49), Menka Scott (46)	Olathe, KS	2013-Jul-11-14
	Women	320 M	40-44	56.61	NON-CLUB: Marie Hamay (42), Lisa Edwards (43), Deia Goff (44), Rachel Guest (46)	Ames, IA	2021-Jul-23
	Women	320 M	40-44	58.86	(International team): Katrina Vazquez (41), *Tiombe Johnson (47), Katie Tweto (48), Lisa Edwards (44)	Lexington, KY	2022-Jul-29
	Women	320 M	40-44	1:03.49	NON-CLUB: Christine Dorman (48), Kristine Longshore (49), Anne Sluder (44), LaDonna Gooden (49)	Baton Rouge, LA	2017-Jul-16
	Women	320 M	40-44	1:04.24	NON-CLUB: Danelle Readinger (46), Deia Goff (45), Melanie Blake (43), Aixa Alvarez (46)	Lexington, KY	2022-Jul-29
American Club Record	Women	320 M	40-44	1:06.41	CLUB: TNT Intl. RC: Jill Cypress (42), Linda Jarjisian (54), Christine Roemer (49), Jo Phelps (55)	Winston-Salem, NC	2014-Jul-19
	Women	320 M	40-44	1:08.45	NON-CLUB: Marie Hamay (40), Debra Cane (43), Anne Sluder (46), Kristine Longshore (51)	Ames, IA	2019-Jul-12
	Women	320 M	40-44	1:08.89	(International team) * Lisbeth Mijares (45), Jo-Anne Hill-Patterson (44), Kelley Reinfelds (46), Deia Goff (46)	Greensboro, NC	2023-Jul-21
	Women	320 M	40-44	1:14.87	CLUB: So Cal Track Club: Latiffia Varlack (40), Debra Cane (47), Alex Dietrich (44), Caroline Cobb (41)	Greensboro, NC	2023-Jul-21

RECORD	M or W	Meters	Age	Mark	Names	Location	Date
Masters All-Time List: Nationals 2011 to 2024; 2013 St Charles, MO; 2015 Penn Relays; 2021 Marble Falls and Vienna/Alexandria, VA							
Not Eligible: Exhibitions; 2006 Mesa, Arizona; 2018 Birmingham, AL; 2016 USA Masters Games; Nationals 2007/2009/2010; and prior to 2006							
	Women	320 M	40-44	2:20.94	CLUB: Potomac Valley Track Club: Katrina Vazquez (40), Mary Lowe Mayhugh (65), Penelope Ingles (45), Tami Graf (85)	Ames, IA	2021-Jul-23
American Record	Women	400 M	35-39	1:14.60	NON-CLUB : Lisa Edwards (37), Anne Sluder (42), Shara Coletta (37), Melanie Blake (36)	Jacksonville, FL	2015-Jul-25
	Women	400 M	35-39	1:19.04	NON-CLUB: Debra Cane (40), Anne Sluder (43), Melanie Blake (37), Lisa Edwards (38)	Grand Rapid, MI	2016-Jul-17
	Women	400 M	35-39	1:21.91	NON-CLUB: Lisa Edwards (39), Marioky Scott (48), Melanie Blake (38), Wanda Evans (53)	Baton Rouge, LA	2017-Jul-16
Unofficial: Meet Record	Women		25-30	1:07.90	NON-CLUB: Amber Johnson (30), Amanda Pasko (27), Breanna Sanner (34), Latasha Dodson (33)	Greensboro, NC	2023-Jul-21