

RECORD	M or W	Meters	Age	Mark	Names	Location	Date
<b>Pending Meet Records for National Outdoor Championship: List below is of Sept 30, 2025</b>							
American Record	Women	320 M	65-69	1:10.11	NON-CLUB : Kay Glynn (72), Patricia Clemmons (65), Jo Phelps (66), Karen Maxwell (66)	Huntsville, AL	2025 Jul 20
American Club Record	Women	320 M	65-69	1:31.12	Greater Philadelphia TC: Claudia Simpson (71), Deborah DeHaven (66), Vicki Fox (66), Julie Hayden (65)	Huntsville, AL	2025 Jul 20
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
Club Meet Record	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
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
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
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
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
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