

Regina Richardson

Brief Highlights

May 05, 2023

DOB [Dec 26, 1994] [Jan 30, 1965]

of Masters World Records = 1 [2]

of Masters American Records = 5 [6]

Received Masters Award(s) Yes (Age-Group: 2006, 2005, 2004, 2003)

All-Time US Ranked [as of May 05, 2023]		HH	LH	LJ	TJ	Outd Pent
	W35	---	---	---	7	4
	W40	7	---	8	3	7
	W45	---	---	6	3	---
	W50	---	---	---	4	16

	Total	HH	LH	LJ	TJ	Outd Pent
		# of times	# of times	# of times	# of times	# of times
US Ranked #1 (indoor)	13	2	---	3	8	---
US Ranked #1 (outdoor)	16	1	---	3	10	2
National Indoor Champion 1st	15	2	---	5	8	---
National Outdoor Champion 1st	13	1	1	3	6	2
WMA Ind Champion Medals	none	---	---	---	---	---
WMA Outd Champion Medals	none	---	---	---	---	---

	Age	Event	Date	Mark	
Masters World Record	W40	TJ indoor	1/29/2005	11.80	
	[superceded] W40	TJ indoor	1/15/2005	11.57	[superceded]
Masters American Record	W35	TJ	8/8/2003	11.74	
	W35	TJ indoor	3/28/2004	11.07	
	W40	TJ	8/6/2006	11.36	
	W35	Pent (Outd)	8/5/2004	2580 [2565]	NMN 9/2004 = 2565 points

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Note: Information above will need to be rechecked for accuracy.

Note: US Rankings and US National Championship placing excludes international athletes.

US Rank # 1 Indoor HH	2013, 2006
US Rank # 1 Indoor LJ	2015, 2013, 2007
US Rank # 1 Indoor TJ	2018, 2017, 2015, 2014, 2010, 2007, 2006, 2004
US Rank # 1 Outdoor HH	2006
US Rank # 1 Outdoor LH	---
US Rank # 1 Outdoor LJ	2011, 2006, 2002
US Rank # 1 Outdoor TJ	2013-2016, 2011, 2010, 2005-2007, 2003
US Rank # 1 Outdoor Pent	2006, 2004
Nat Indoor # 1 HH	2013, 2007
Nat Indoor # 1 LJ	2015, 2013, 2010, 2007, 2004
Nat Indoor # 1 TJ	2018, 2013-2015, 2010, 2009, 2007, 2004
Nat Out # 1 HH	2006
Nat Out # 1 LH	2003
Nat Out # 1 LJ	2006, 2004, 2003
Nat Out # 1 TJ	2014, 2013, 2010, 2006, 2004, 2003
Nat Out # 1 Pent	2006, 2004
WMA Indoor Medals	none
WMA Outdoor Medals	none