

POTOMAC VALLEY TRACK CLUB

Women's's Heptathlon Records

Group	Mark	Athlete	Age	Hometown	Year
100M HIGH HURDLES					
14-yr					
15-yr					
16-yr					
17-yr					
18-yr	16.6h	Ebonye Flanagan	18	USA	1999
20-29	14.90	Danielle McNaney	21	Kansas City, KS	2004
30-34					
35-39	14.6h	Leslie Estwick	38	Canada	1999
40-44					
45-49					
HIGH JUMP					
14-yr					
15-yr					
16-yr					
17-yr					
18-yr	1.37m	Ebonye Flanagan	18	USA	1999
20-29	1.70m	Kimiko Nakatake	28	Japan	1999
30-34					
35-39	1.64m	Leslie Estwick	38	Canada	1999
40-44					
45-49					
SHOT PUT					
14-yr					
15-yr					
16-yr					
17-yr					
18-yr	8.39m	Ebonye Flanagan	18	USA	1999
20-29	10.22m	Danielle McNaney	21	Kansas City, KS	2004
30-34					
35-39	10.26m	Leslie Estwick	38	Canada	1999
40-44					
45-49					
200M DASH					
14-yr					
15-yr					
16-yr					
17-yr					
18-yr	29.8h	Ebonye Flanagan	18	USA	1999
20-29	26.42	Danielle McNaney	21	Kansas City, KS	2004
30-34					
35-39	26.8h	Leslie Estwick	38	Canada	1999
40-44					
45-49					
1st DAY POINTS					
14-yr					
15-yr					
16-yr					
17-yr					
18-yr	2000	Ebonye Flanagan	18	USA	1999
20-29	2978	Danielle McNaney	21	Kansas City, KS	2004
30-34					
35-39	2900	Leslie Estwick	38	Canada	1999
40-44					
45-49					

Group	Mark	Athlete	Age	Hometown	Year
LONG JUMP					
14-yr					
15-yr					
16-yr					
17-yr					
18-yr	4.09m	Ebonye Flanagan	18	USA	1999
20-29	5.30m	Danielle McNaney	21	Kansas City, KS	2004
30-34					
35-39	5.65m	Leslie Estwick	38	Canada	1999
40-44					
45-49					
JAVELIN					
14-yr					
15-yr					
16-yr					
17-yr					
18-yr	14.74m	Ebonye Flanagan	18		1999
20-29	40.20m	Danielle McNaney	21	Kansas City, KS	2004
30-34					
35-39	21.90m	Leslie Estwick	38	Canada	1999
40-44					
45-49					
800M RUN					
14-yr					
15-yr					
16-yr					
17-yr					
18-yr	3:02.5	Ebonye Flanagan	18		1999
20-29	2:27.80	Danielle McNaney	21	Kansas City, KS	2004
30-34					
35-39	2:51.5	Leslie Estwick	38	Canada	1999
40-44					
45-49					
2nd DAY POINTS					
14-yr					
15-yr					
16-yr					
17-yr					
18-yr	863	Ebonye Flanagan	18	USA	1999
20-29	2035	Danielle McNaney	21	Kansas City, KS	2004
30-34					
35-39	1516	Leslie Estwick	38	Canada	1999
40-44					
45-49					
TOTAL POINTS					
14-yr					
15-yr					
16-yr					
17-yr					
18-yr	2863	Ebonye Flanagan	18	USA	1999
20-29	5013	Danielle McNaney	21	Kansas City, KS	2004
30-34					
35-39	4416	Leslie Estwick	38	Canada	1999
40-44					
45-49					