

## United Southern Express Track Club

### RECORDS - USEXPRESS - Outdoor

#### Female

	<b>Event</b>	<b>Mark</b>	<b>Date Set</b>	<b>Record Holder</b>	<b>Team Affiliation</b>
Under 6 yrs	80m Dash	19.26	<b>May-23-09</b>	Braci Johnson at Feliciano Classic	<b>United Southern Express</b>
	100m Dash	17.55	<b>Jun-28-14</b>	Alaiya James at 2014 Roadrunner Invitat	<b>US Express</b>
	200m Dash	38.26	<b>Jun-27-15</b>	Mya Parker at 2014 USATF Southern Ass	<b>US Express</b>
	400m Dash	1:44.97	<b>Apr-28-12</b>	Jasmin Robertson at Cole-Lancon 2012 -	<b>United Southern Express</b>
	Long Jump	2.25m	<b>Jun-15-13</b>	Jasmin Robertson at Greater King David	<b>US Express</b>
7 - 8 yrs	100m Dash	15.20	<b>Jun-24-10</b>	Zarina London at USATF Southern Associa	<b>United Southern Express</b>
	200m Dash	31.14	<b>Jul-27-15</b>	Trenati Pitre at 2015 UATF JO National	<b>US Express</b>
	400m Dash	1:10.25	<b>Jul-27-15</b>	Trenati Pitre at 2015 UATF JO National	<b>US Express</b>
	800m Run	2:53.05	<b>Jul-28-18</b>	Molly Cramer at AAU National JO Champio	<b>US Express</b>
	1500m Run	5:50.25	<b>Jul-28-18</b>	Molly Cramer at AAU National JO Champio	<b>US Express</b>
	1500m Walk	17:07.66	<b>Jan-01-13</b>	Hannah Winston at 2013 Fertile Crescent	<b>US Express</b>
	Long Jump	3.65m	<b>Jun-24-10</b>	Zarina London at USATF Southern Associa	<b>United Southern Express</b>
	Shot Put	20-03.00	<b>Jun-7-14</b>	London Bess at 2014 LA Governor's Games	<b>US Express</b>
	Javelin	12.68m	<b>Jun-21-14</b>	London Bess at 2014 USATF JO Southern	<b>US Express</b>
	4x100m Relay	1:09.35	<b>Jun-9-12</b>	US Express P. Auzenne, J. Golphin, D. King, D. Young	<b>US Express</b>
	4x200m Relay	2:36.58	<b>Mar-28-15</b>	US Express L. Clay, M. Parker, M. West, T. Thyssen	<b>US Express</b>
	4x400m Relay	7:38.18	<b>Jun-13-09</b>	United Southern Express T.C. M. Branch, J. Watkins, L. Nash, K. Toussaint	<b>United Southern Express</b>
	9 - 10 yrs	100m Dash	14.05	<b>Jul-21-14</b>	Paris Auzenne at 2014 UATF JO National
200m Dash		29.96	<b>Jun-21-14</b>	Paris Auzenne at 2014 USATF JO Southern	<b>US Express</b>
400m Dash		1:09.09	<b>Jul-9-09</b>	Chante' N.Johnson at USATF REGION SIX	<b>United Southern Express</b>
800m Run		2:46.21	<b>Jun-11-19</b>	Molly Cramer at 2019 Area 11 Qualifier	<b>US Express</b>
1500m Run		5:36.91	<b>May-18-19</b>	Molly Cramer at 2019 US Express - Road	<b>US Express</b>
1500m Walk		10:42.10	<b>Jul-9-09</b>	Curtidrea A.Elliott at USATF REGION SIX	<b>United Southern Express</b>
High Jump		1.30m	<b>Jul-27-10</b>	Tia A.White at 2010 USATF National Juni	<b>United Southern Express</b>
Long Jump		12-07.75	<b>Jun-7-14</b>	Daila Young at 2014 LA Governor's Games	<b>US Express</b>
Shot Put		7.07m	<b>Jul-5-18</b>	Kimaya Brown at 2018 USATF Region VI	<b>US Express</b>
Javelin		17.41m	<b>Jul-5-12</b>	Jordon Breau at 2012 USATF Region VI C	<b>United Southern Express</b>
Triathlon		1082	<b>Jul-27-10</b>	Tia A.White at 2010 USATF National Juni	<b>United Southern Express</b>
4x100m Relay		3:00.00	<b>Jan-01-11</b>	tt	
4x200m Relay		2:22.55	<b>Apr-6-13</b>	US Express P. Auzenne, L. Perkins, M. St Cyr, D. Young	<b>US Express</b>
4x400m Relay	5:14.84	<b>Jul-9-09</b>	United Southern Express T.C.	<b>United Southern Express</b>	
11 - 12 yrs	100m Dash	12.76	<b>Jun-14-14</b>	Rakhaya Randle at 2014 GREATER KING I	<b>US Express</b>
	200m Dash	26.47	<b>Jul-27-15</b>	Kara-Lynn Dillon at 2015 UATF JO Nation	<b>US Express</b>
	400m Dash	1:01.26	<b>Jul-22-13</b>	Deneba Mbouissou at 2013 USATF JO Natic	<b>US Express</b>
	800m Run	2:30.80	<b>Jul-22-13</b>	Deneba Mbouissou at 2013 USATF JO Natic	<b>US Express</b>
	1500m Run	5:13.99	<b>Jul-28-18</b>	Faith Johnston at AAU National JO Champ	<b>US Express</b>

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11 - 12 yrs	3000m	Run	13:00.00	<b>Jun-11-19</b>	Layla Dunn at 2019 Area 11 Qualifier	<b>US Express</b>	
	1500m	Walk	10:11.76	<b>Jun-24-10</b>	Nadia Vreeland at USATF Southern Associ	<b>United Southern Express</b>	
	80m	Hurdles	13.00	<b>May-15-10</b>	Rakayla Robertson at 2010 GREATER KINC	<b>United Southern Express</b>	
		High Jump	1.45m	<b>Jul-27-15</b>	Rakhaya Randle at 2015 UATF JO National	<b>US Express</b>	
		Long Jump	4.79m	<b>Jul-26-11</b>	Danai Metoyer at 2011 USATF JO National	<b>United Southern Express</b>	
		Shot Put	11.85m	<b>Jul-25-16</b>	Laila Guy at 2016 USATF JO National Cha	<b>US Express</b>	
		Discus	86-08.00	<b>Jul-29-16</b>	Laila Guy at 2016 AAU National Junior O	<b>US Express</b>	
		Javelin	23.96m	<b>Jul-21-14</b>	Leah Kennedy at 2014 UATF JO National C	<b>US Express</b>	
		Out Pent	2678	<b>Jul-26-11</b>	Danai Metoyer at 2011 USATF JO National	<b>United Southern Express</b>	
	4x100m	Relay	54.20	<b>Jul-9-15</b>	US Express P. Auzenne, K. Dillon, J. Rideau, D. Young	<b>US Express</b>	
	4x200m	Relay	1:57.90	<b>Apr-15-11</b>	US Express C. Johnson, A. Martin, D. Metoyer, K. Octave	<b>US Express</b>	
	4x400m	Relay	4:33.74	<b>Jul-21-14</b>	US Express B. Cousin, J. Rideau, K. Wasington, K. Hebert	<b>US Express</b>	
	13 - 14 yrs	100m	Dash	12.50	<b>Jun-9-12</b>	Keionne Octave at 2012 LA Governor's Ga	<b>United Southern Express</b>
		200m	Dash	25.62	<b>Jun-21-12</b>	Keionne Octave at 2012 USATF Southern A	<b>United Southern Express</b>
400m		Dash	58.39	<b>Jul-6-17</b>	Halyn Senegal at USATF Region 6 Junior	<b>US Express</b>	
800m		Run	2:27.13	<b>May-27-17</b>	Halyn Senegal at Road Runners Summer Cl	<b>US Express</b>	
1500m		Run	5:37.20	<b>Jun-21-14</b>	Briana Rideaux at 2014 USATF JO Souther	<b>US Express</b>	
3000m		Run	12:21.48	<b>Jun-13-14</b>	Amanda Mason at 2014 AAU Area 11 Qualiti	<b>US Express</b>	
1500m		Walk	9:58.26	<b>May-17-14</b>	Nihya Fairley at 2014 Fertile Crescent	<b>US Express</b>	
100m		Hurdles	14.95	<b>Jul-22-13</b>	Danai Metoyer at 2013 USATF JO National	<b>US Express</b>	
200m		Hurdles	27.89	<b>Jul-22-13</b>	Keionne Octave at 2013 USATF JO Nationa	<b>US Express</b>	
		High Jump	1.56m	<b>Jun-22-18</b>	Alana Simon at Southern Association JO	<b>US Express</b>	
		Pole Vault	8-00.00	<b>Jul-28-11</b>	Alexis Pickney at 2011 AAU National Jun	<b>United Southern Express</b>	
		Long Jump	5.25m	<b>Jun-22-13</b>	Danai Metoyer at 2013 Southern Associat	<b>US Express</b>	
		Triple Jump	10.34m	<b>Jun-21-14</b>	Kalyn Martin at 2014 USATF JO Southern	<b>US Express</b>	
		Shot Put	68-08.00	<b>Jul-29-16</b>	Leah-Monet Morgan at 2016 AAU National	<b>US Express</b>	
		Shot Put	14.33m	<b>Jul-23-18</b>	Laila Guy at USATF Hershey National Jun	<b>US Express</b>	
		Discus	34.68m	<b>Jul-23-18</b>	Laila Guy at USATF Hershey National Jun	<b>US Express</b>	
		Javelin	28.66m	<b>Jul-5-18</b>	Leah Guy at 2018 USATF Region VI	<b>US Express</b>	
		Out Pent	2874	<b>Jul-22-13</b>	Danai Metoyer at 2013 USATF JO National	<b>US Express</b>	
4x100m		Relay	51.67	<b>Jul-7-16</b>	US Express L. Rioux, K. Dillon, A. Chambers, J. Hubbert, K. Beavers	<b>US Express</b>	
4x200m	Relay	5:00.00	<b>Jan-01-11</b>	TT			
4x400m	Relay	4:22.71	<b>Jun-23-17</b>	US Express J. Jeanbatiste, J. Jeanbatiste, H. Senegal, A. Simon	<b>US Express</b>		
15 - 16 yrs	100m	Dash	12.51	<b>Jun-21-14</b>	Morgan Thibeaux at 2014 USATF JO Southe	<b>US Express</b>	
	200m	Dash	25.69	<b>Jun-7-14</b>	Morgan Thibeaux at 2014 LA Governor's G	<b>US Express</b>	
	400m	Dash	55.80	<b>Jun-7-19</b>	Halyn Senegal at 2018 Track Houston Cha	<b>US Express</b>	
	800m	Run	2:27.97	<b>Jun-23-11</b>	Danielle Rogers at 2011 USATF Southern	<b>United Southern Express</b>	
	1500m	Run	5:21.85	<b>Jul-21-14</b>	Briana Rideaux at 2014 UATF JO National	<b>US Express</b>	
	3000m	Run	11:56.14	<b>Jul-27-15</b>	Briana Rideaux at 2015 UATF JO National	<b>US Express</b>	
	1500m	Walk	9:47.12	<b>May-25-13</b>	Eleni Lemoine at 2013 Fertile Crescent	<b>United Southern Express</b>	

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5 - 16 yrs	3000m	Walk	17:28.35	<b>Jun-1-13</b>	Eleni Lemoine at Southern Association C	<b>US Express</b>
	100m	Hurdles	15.50	<b>Jun-14-14</b>	Danai Metoyer at 2014 GREATER KING D	<b>US Express</b>
	400m	Hurdles	1:07.58	<b>Jul-21-14</b>	Victoria Wayne at 2014 UATF JO National	<b>US Express</b>
	2000m	StplCh	10:18.46	<b>Jul-10-14</b>	Taea Jackson at 2014 USATF Region 6 Cha	<b>US Express</b>
		High Jump	1.63m	<b>Jun-21-14</b>	Victoria Wayne at 2014 USATF JO Souther	<b>US Express</b>
		Long Jump	5.24m	<b>Jul-9-15</b>	Danai Metoyer at 2015 USATF Region VI J	<b>US Express</b>
		Triple Jump	11.48m	<b>Jul-5-18</b>	Madisyn Rideau at 2018 USATF Region VI	<b>US Express</b>
		Shot Put	12.19m	<b>Jul-22-19</b>	Laila Guy at USATF Hershey National Jun	<b>US Express</b>
		Discus	35.08m	<b>Jul-22-19</b>	Laila Guy at USATF Hershey National Jun	<b>US Express</b>
		Hammer	26.25m	<b>Jul-7-16</b>	Emily Nichols at 2016 USATF Region VI J	<b>US Express</b>
	4x100m	Relay	49.77	<b>Jul-22-19</b>	US Express	<b>US Express</b>
					P. Auzenne, M. Joshua, M. St Cyr, P. Williams, D. Daniels, T	
	4x400m	Relay	4:22.32	<b>Jul-22-19</b>	US Express	<b>US Express</b>
					P. Auzenne, A. Simon, P. Williams, M. Joshua, M. St Cyr, L.	
7 - 18 yrs	100m	Dash	11.80	<b>Jul-23-12</b>	Tori Williams at 2012 USATF National JO	<b>United Southern Express</b>
	200m	Dash	24.54	<b>Jul-23-12</b>	Tori Williams at 2012 USATF National JO	<b>United Southern Express</b>
	400m	Dash	55.75	<b>Jul-11-19</b>	Faith Outing at USATF Region 6 Champio	<b>US Express</b>
	800m	Run	2:14.39	<b>Jul-22-19</b>	Faith Outing at USATF Hershey National	<b>US Express</b>
	1500m	Run	5:49.98	<b>Jun-23-17</b>	Sasha Russ at USATF Southern Associatio	<b>US Express</b>
	3000m	Run	15:15.75	<b>Jul-9-09</b>	Tamerin L.Taylor at USATF REGION SIX 1	<b>United Southern Express</b>
	100m	Hurdles	14.28	<b>Jun-24-10</b>	Kimberly Francis at USATF Southern Asso	<b>United Southern Express</b>
	400m	Hurdles	1:01.38	<b>Jul-27-15</b>	Victoria Wayne at 2015 UATF JO National	<b>US Express</b>
		Long Jump	5.73m	<b>Jul-7-11</b>	Asia English at 2011 USATF JO Region 6	<b>United Southern Express</b>
		Triple Jump	11.20m	<b>Jun-21-19</b>	Madisyn Rideau at 2019 Southern Associa	<b>US Express</b>
		Shot Put	10.02m	<b>Jun-1-13</b>	Michelle Mayes	<b>at 2013 Southern Associ</b>
		Discus	30.32m	<b>Jun-1-13</b>	Michelle Mayes at Southern Association	<b>US Express</b>
		Javelin	30.76m	<b>Jul-5-12</b>	Michelle Mayes at 2012 USATF Region VI	<b>United Southern Express</b>
	4x100m	Relay	47.63	<b>Jul-5-12</b>	United Southern Express T.C.	<b>United Southern Express</b>
					M. Batiste, M. Jack, G. Patterson, P. Semien, K. Thompson, T	
	4x400m	Relay	3:57.68	<b>Jul-23-12</b>	United Southern Express T.C.	<b>United Southern Express</b>
					K. Thompson, M. Jack, D. Rogers, P. Semien, M. Batiste, T. W	

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**RECORDS - USEXPRESS - Outdoor**

**Male**

	<b>Event</b>	<b>Mark</b>	<b>Date Set</b>	<b>Record Holder</b>	<b>Team Affiliation</b>
Under 6 yrs	100m Dash	17.43	<b>Jun-13-09</b>	Andre' Metoyer Jr at USATF Southern Ass	<b>US Express</b>
	200m Dash	38.71	<b>Jun-5-10</b>	Khristian Zeigler at 2010 Governors Gam	<b>US Express</b>
	400m Dash	1:21.88	<b>Apr-24-10</b>	Khristian Zeigler at US Express Track &	<b>US Express</b>
	Long Jump	2.36m	<b>Jun-21-14</b>	Kaleb West at 2014 USATF JO Southern A	<b>US Express</b>
7 - 8 yrs	100m Dash	14.49	<b>May-29-10</b>	Isaiah Sam at 2010 Betty Smothers Relay	<b>US Express</b>
	200m Dash	29.73	<b>Jun-22-18</b>	Terrence Gillette at Southern Associati	<b>US Express</b>
	400m Dash	1:15.20	<b>Jun-23-11</b>	Kody West at 2011 USATF Southern Associ	<b>US Express</b>
	800m Run	2:54.56	<b>Jul-22-13</b>	Chance Martin at 2013 USATF JO National	<b>US Express</b>
	1500m Run	6:34.72	<b>Jun-21-19</b>	Leland Cramer at 2019 Southern Associat	<b>US Express</b>
	Long Jump	3.80m	<b>Jul-7-11</b>	Andre Metoyer at 2011 USATF JO Region 6	<b>US Express</b>
	Shot Put	5.41m	<b>Jun-8-19</b>	Jacob May at 2019 USATF Southern Associ	<b>US Express</b>
	Javelin	16.49m	<b>Jul-27-15</b>	Philip Auzenne at 2015 UATF JO National	<b>US Express</b>
	4x100m Relay	1:12.39	<b>Apr-9-10</b>	United Southern Express T.C.	<b>US Express</b>
				T. Spann, A. MetoyerJr, J. Williams, J. Early	
	4x200m Relay	2:40.39	<b>Apr-6-13</b>	US Express	<b>US Express</b>
				J. Bradford, A. Givens, O. HardingIII, S. St Cyr	
9 - 10 yrs	100m Dash	13.10	<b>Mar-25-11</b>	Richard Davis Jr at 2011 LSU Tiger Rela	<b>US Express</b>
	200m Dash	27.86	<b>Jul-6-17</b>	Ethan Washington at USATF Region 6 Juni	<b>US Express</b>
	400m Dash	1:02.42	<b>Jun-23-17</b>	Ethan Washington at USATF Southern Asso	<b>US Express</b>
	800m Run	2:29.21	<b>Jul-6-17</b>	Ethan Washington at USATF Region 6 Juni	<b>US Express</b>
	1500m Run	5:17.89	<b>Jun-8-13</b>	Adam Mason at 2013 LA Governor's Games	<b>US Express</b>
	1500m Walk	9:48.19	<b>Jul-27-10</b>	Oliver Vreeland at 2010 USATF National	<b>US Express</b>
	High Jump	1.33m	<b>Apr-24-10</b>	Jonah Mayes at US Express Track & Field	<b>US Express</b>
	Long Jump	5.02m	<b>Jun-24-10</b>	Jonah Mayes at USATF Southern Associati	<b>US Express</b>
	Shot Put	8.55m	<b>Jun-21-14</b>	Christopher Bess at 2014 USATF JO South	<b>US Express</b>
	Javelin	35.41m	<b>Jan-01-09</b>	Kevin Tripeaux II at USATF Southern As	<b>US Express</b>
	Triathlon	624	<b>Jul-27-15</b>	Kendrin Johnson at 2015 UATF JO Nationa	<b>US Express</b>
	4x100m Relay	54.33	<b>Jul-21-14</b>	US Express	<b>US Express</b>
				C. Wilson, D. Charles, L. Fontenot, T. Richardson	
		4x200m Relay	2:14.74	<b>Apr-6-13</b>	US Express
				A. Knighten, A. Metoyer,Jr, K. Tate, D. Rutledge	
	4x400m Relay	5:02.52	<b>Jun-6-15</b>	US Express	<b>US Express</b>
				C. Martin, K. Johnson, M. Fair Iii, N. Beckwith	
11 - 12 yrs	100m Dash	12.14	<b>Jul-9-15</b>	Solomon Lewis at 2015 USATF Region VI J	<b>US Express</b>
	200m Dash	24.86	<b>Jul-27-15</b>	Solomon Lewis at 2015 UATF JO National	<b>US Express</b>
	400m Dash	56.33	<b>Jul-26-11</b>	Gerald Levy at 2011 USATF JO National C	<b>US Express</b>
	800m Run	2:21.13	<b>Jul-22-19</b>	Ethan Washington at USATF Hershey Natio	<b>US Express</b>
	1500m Run	5:04.88	<b>Jul-24-17</b>	Winston Decuir III at USATF Hershey Nat	<b>US Express</b>
	3000m Run	10:53.24	<b>Jul-21-14</b>	Adam Mason at 2014 UATF JO National Ch	<b>US Express</b>

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11 - 12 yrs	1500m	Walk	8:57.30	<b>Jul-23-12</b>	Oliver Vreeland at 2012 USATF National	<b>US Express</b>
	80m	Hurdles	13.76	<b>Jul-7-16</b>	Tre'Shawn Dunn at 2016 USATF Region VI	<b>US Express</b>
		High Jump	1.57m	<b>Jul-5-12</b>	Jonah Mayes at 2012 USATF Region VI Cha	<b>US Express</b>
		Long Jump	16-05.75	<b>Jun-12-12</b>	Jonah Mayes at Area 10-2012 AAU Qualifi	<b>US Express</b>
		Shot Put	12.13m	<b>Jul-11-19</b>	Philip Auzenne at USATF Region 6 Champ	<b>US Express</b>
		Discus	27.21m	<b>Jul-10-14</b>	Troye Collins at 2014 USATF Region 6 Ch	<b>US Express</b>
		Javelin	33.40m	<b>May-24-14</b>	Christopher Niccolini II at 2014 GREATE	<b>US Express</b>
	4x100m	Relay	49.93	<b>Jul-27-15</b>	US Express K. Tate, C. Wilson, L. Lovell, S. Lewis, A. Metoyer, T. Dunn	<b>US Express</b>
	4x400m	Relay	4:02.08	<b>Jul-22-19</b>	US Express K. Arvie, C. Corbins, D. Smith, E. Washington, C. Glenn, J.	<b>US Express</b>
	3 - 14 yrs	100m	Dash	11.60	<b>Jul-7-11</b>	Kydris Washington at 2011 USATF JO Regi
200m		Dash	23.54	<b>Jul-22-13</b>	Gerald Levy at 2013 USATF JO National C	<b>US Express</b>
400m		Dash	52.09	<b>Jun-22-13</b>	Gerald Levy at 2013 Southern Associatio	<b>US Express</b>
800m		Run	2:11.71	<b>Jul-7-16</b>	Micah Williams at 2016 USATF Region VI	<b>US Express</b>
1500m		Run	4:30.68	<b>Jul-28-18</b>	Abram Johnston at AAU National JO Champ	<b>US Express</b>
3000m		Run	9:48.13	<b>Jul-28-18</b>	Abram Johnston at AAU National JO Champ	<b>US Express</b>
1500m		Walk	9:27.94	<b>May-18-13</b>	Oliver Vreeland at 2013 Fertile Crescen	<b>US Express</b>
3000m		Walk	17:33.72	<b>Jun-1-13</b>	Oliver Vreeland at Southern Association	<b>US Express</b>
100m		Hurdles	15.95	<b>Jul-26-11</b>	Nathan A.Turner at 2011 USATF JO Nation	<b>US Express</b>
200m		Hurdles	26.04	<b>Jul-22-13</b>	Gerald Levy at 2013 USATF JO National C	<b>US Express</b>
		High Jump	6-00.00	<b>Jun-8-18</b>	Tre'Shawn Dunn at Track Houston 2018 Ch	<b>US Express</b>
		Long Jump	5.96m	<b>Jul-5-18</b>	Tre'Shawn Dunn at 2018 USATF Region VI	<b>US Express</b>
		Triple Jump	11.92m	<b>Jul-26-11</b>	Jonathan Prior at at 2011 USATF JO Nati	<b>US Express</b>
		Shot Put	11.86m	<b>Jun-25-16</b>	Jathan Royal at USATF Southern Associat	<b>US Express</b>
		Shot Put	40-00.50	<b>Jun-15-11</b>	Myron A.Barnes at Area 8 - 2011 AAU T&F	<b>US Express</b>
		Discus	38.11m	<b>Jul-23-12</b>	Drake LeBlanc at 2012 USATF JO National	<b>US Express</b>
		Javelin	115-02.00	<b>May-23-15</b>	Jake Craft at 2015 K-Y BETTY SMOTHERS	<b>US Express</b>
		Out Pent	2198	<b>Jul-9-09</b>	Curtis Elliott at USATF REGION SIX T&F	<b>US Express</b>
4x100m		Relay	46.21	<b>Jul-21-14</b>	US Express B. Fontenot, J. Kitchens, L. Williams, U. Njoku	<b>US Express</b>
4x400m		Relay	3:41.67	<b>Jul-22-13</b>	US Express G. Levy, N. Morgan, B. Rembert, H. Woods	<b>US Express</b>
5 - 16 yrs	100m	Dash	11.23	<b>Jun-15-19</b>	James Pennington Iii at 2018 USATF Regi	<b>US Express</b>
	200m	Dash	22.53	<b>Jul-5-18</b>	Trevon Broussard at 2018 USATF Region V	<b>US Express</b>
	400m	Dash	49.47	<b>Jun-23-17</b>	Richard Davis Jr at USATF Southern Asso	<b>US Express</b>
	800m	Run	2:08.59	<b>Jun-23-17</b>	Isaiah Rankins at USATF Southern Associ	<b>US Express</b>
	1500m	Run	4:36.41	<b>May-20-17</b>	Isaiah Rankins at 2017 Fertile Crescent	<b>US Express</b>
	3000m	Run	12:27.04	<b>Jun-8-13</b>	Jeremiah A.Turner at 2013 LA Governor's	<b>US Express</b>
	110m	Hurdles	16.18	<b>Jun-2-12</b>	Marquise Foster at Elm Grove Invitation	<b>United Southern Express</b>
	400m	Hurdles	58.97	<b>Jul-6-17</b>	Isaiah Rankins at USATF Region 6 Junior	<b>US Express</b>
	2000m	StplCh	7:42.29	<b>Jul-7-16</b>	Joshua Hilliard at 2016 USATF Region VI	<b>US Express</b>
		High Jump	2.05m	<b>Jul-22-13</b>	Jeremiah Mayes at 2013 USATF JO Nationa	<b>US Express</b>
		Long Jump	6.28m	<b>Jun-24-10</b>	Justin Williams at USATF Southern Assoc	<b>United Southern Express</b>
		Triple Jump	12.94m	<b>Jul-22-13</b>	Jeremiah Mayes at 2013 USATF JO Nationa	<b>US Express</b>
		Shot Put	11.58m	<b>Jul-7-11</b>	Jonathan Prior at 2011 USATF JO Region	<b>United Southern Express</b>

**United Southern Express Track Club**

**RECORDS - USEXPRESS - Outdoor**

5 - 16 yrs	Discus	133-06.00	<b>Jul-29-16</b>	Austin Dunaway at 2016 AAU National Jun	<b>US Express</b>
	Hammer	32.83m	<b>Jul-21-14</b>	Kennan Tate at 2014 UATF JO National Ch	<b>US Express</b>
	Javelin	37.80m	<b>May-31-14</b>	Kennan Tate at USATF Southern Associati	<b>US Express</b>
	4x100m Relay	4:00.00	<b>Jan-01-01</b>	tt	<b>tt</b>
	4x400m Relay	3:26.63	<b>Jul-5-18</b>	US Express M. Williams, C. Ceasar, J. Pennington Iii, A. Sharper Jr, T.	<b>US Express</b>
7 - 18 yrs	100m Dash	10.73	<b>Jul-6-17</b>	Burnell Williams Iii at USATF Region 6	<b>US Express</b>
	200m Dash	21.50	<b>Jun-4-11</b>	Jordon Lee at 2011 LA Governor's Games	<b>United Southern Express</b>
	400m Dash	48.38	<b>Jul-5-18</b>	Tajhe Jones at 2018 USATF Region VI	<b>US Express</b>
	800m Run	1:56.95	<b>Jul-25-16</b>	Randy Carter Jr at 2016 USATF JO Nation	<b>US Express</b>
	1500m Run	4:06.73	<b>Jul-29-16</b>	Randy Carter Jr at 2016 AAU National Ju	<b>US Express</b>
	3000m Run	10:05.78	<b>Jun-05-10</b>	Trevor Gayten	<b>United Southern Express</b>
	5000m Run	16:58.64	<b>Jul-8-10</b>	Trevor Gayten at USATF REGION SIX T&	<b>United Southern Express</b>
	110m Hurdles	14.23	<b>May-28-11</b>	Bentrell McGee at Tommie Smith Youth Tr	<b>United Southern Express</b>
	400m Hurdles	54.82	<b>Jun-23-11</b>	Bentrell McGee at 2011 USATF Southern A	<b>United Southern Express</b>
	High Jump	2.10m	<b>May-31-14</b>	Jeremiah Mayes at USATF Southern Associ	<b>US Express</b>
	Long Jump	22-09.25	<b>Jun-15-11</b>	Akil Bennet at Area 8 - 2011 AAU T&F JO	<b>United Southern Express</b>
	Triple Jump	14.33m	<b>Jun-23-11</b>	William LeBlanc at 2011 USATF Southern	<b>United Southern Express</b>
	Shot Put	12.84m	<b>Jul-5-18</b>	Wade Smith at 2018 USATF Region VI	<b>US Express</b>
	Discus	38.86m	<b>Jul-5-18</b>	Wade Smith at 2018 USATF Region VI	<b>US Express</b>
	Javelin	50.07m	<b>Jun-3-17</b>	Debonaire Williams at 2017 GREATER KIN	<b>US Express</b>
	Decathlon	3669	<b>Jul-8-10</b>	Dimetrie Chopin at USATF REGION SIX T	<b>United Southern Express</b>
	4x100m Relay	42.09	<b>Jul-6-17</b>	US Express B. Williams Iii, T. Jones, B. Moore, J. Hayes	<b>US Express</b>
	4x400m Relay	3:12.94	<b>Jul-23-18</b>	US Express D. Butler, R. Davis Jr, T. Jones, B. Moore, I. Rankins, B. W	<b>US Express</b>