

Men's 100m sprint world records

Athlete	Nationality	Location of race	Year	Time (s)
Don Lippincott	United States	Stockholm, Sweden	1912	10.6
Charlie Paddock	United States	Redlands, USA	1921	10.4
Percy Williams	Canada	Toronto, Canada	1930	10.3
Jesse Owens	United States	Chicago, USA	1936	10.2
Willie Williams	United States	Berlin, Germany	1956	10.1
Armin Hary	West Germany	Zürich, Switzerland	1960	10.0
Jim Hines	United States	Mexico City, Mexico	1968	9.95
Calvin Smith	United States	Colorado Springs, USA	1983	9.93
Carl Lewis	United States	Seoul, South Korea	1988	9.92
Leroy Burrell	United States	New York, USA	1991	9.90
Carl Lewis	United States	Tokyo, Japan	1991	9.86
Leroy Burrell	United States	Lausanne, Switzerland	1994	9.85
Donovan Bailey	Canada	Atlanta, USA	1996	9.84
Maurice Greene	United States	Athens, Greece	1999	9.79
Tim Montgomery	United States	Paris, France	2002	9.78
Asafa Powell	Jamaica	Athens, Greece	2005	9.77
Asafa Powell	Jamaica	Rieti, Italy	2007	9.74
Usain Bolt	Jamaica	New York, US	2008	9.72
Usain Bolt	Jamaica	Beijing, China	2008	9.69
Usain Bolt	Jamaica	Berlin, Germany	2009	9.58

Notes

- Only the first person to achieve each time is noted.
- Jim Hines 9.95s achieved in 1968 is unofficial as fully automated electronic timing was not accepted until 1975.

<http://kandjsports.files.wordpress.com/2008/08/usainbolt.jpg>

http://en.wikipedia.org/wiki/Men's_100_metres_world_record_progression

Men's 400m individual medley world records

Swimmer	Nationality	Location of race	Year	Time (m:s)
Gary Heinrich	United States	Philadelphia, Pennsylvania	1957	05:15.6
Vladimir Strushanov	USSR	Moscow, Soviet Union	1957	05:12.9
Ian Black	Great Britain	Cardiff, United Kingdom	1959	05:08.8
George Harrison	United States	Los Angeles, California	1960	05:07.8
George Harrison	United States	Los Angeles, California	1960	05:05.3
Dennis Rounsaville	United States	Toledo, Ohio	1960	05:04.5
Ted Stickles	United States	Chicago, Illinois	1961	05:04.3
Ted Stickles	United States	Los Angeles, California	1961	04:55.6
Gerhard Hetz	West Germany	Moscow, Soviet Union	1962	04:53.8
Ted Stickles	United States	Chicago, Illinois	1962	04:51.4
Ted Stickles	United States	Louisville, Kentucky	1962	04:51.0
Gerhard Hetz	West Germany	Tokyo, Japan	1963	04:50.2
Dick Roth	United States	Los Altos, California	1964	04:48.6
Dick Roth	United States	Tokyo, Japan	1964	04:45.4
Andrei Dunayev	USSR	Tallinn, Soviet Union	1968	04:45.3
Greg Buckingham	United States	Santa Clara, California	1968	04:45.1
Gary Hall, Sr.	United States	Los Angeles, California	1968	04:43.4
Charles Hickcox	United States	Long Beach, California	1968	04:43.3
Charles Hickcox	United States	Long Beach, California	1968	04:39.0
Gary Hall, Sr.	United States	Santa Clara, California	1969	04:38.7
Gary Hall, Sr.	United States	Louisville, Kentucky	1969	04:33.9
Gary Hall, Sr.	United States	Los Angeles, California	1970	04:31.0
Gary Hall, Sr.	United States	Chicago, Illinois	1972	04:30.8
András Hargitay	Hungary	Vienna, Austria	1974	04:28.9
Zoltán Verraszto	Hungary	Long Beach, California	1976	04:26.0
Rod Strachan	United States	Montreal, Canada	1976	04:23.7
Jesse Vassallo	United States	The Woodlands, Texas	1978	04:23.4
Jesse Vassallo	United States	West Berlin, West Germany	1978	04:20.0
Ricardo Prado	Brasil	Guayaquil, Ecuador	1982	04:19.8
Jens-Peter Berndt	East Germany	Magdeburg, East Germany	1984	04:19.6
Alex Baumann	Canada	Etobicoke, Canada	1984	04:17.5
Alex Baumann	Canada	Los Angeles, California	1984	04:17.4
David Wharton	United States	Brisbane, Queensland	1987	04:16.1
Tamás Darnyi	Hungary	Strasbourg, France	1987	04:15.4
Tamás Darnyi	Hungary	Seoul, South Korea	1988	04:14.7
Tamás Darnyi	Hungary	Perth, Western Australia	1991	04:12.4
Tom Dolan	United States	Rome, Italy	1994	04:12.3
Tom Dolan	United States	Sydney, New South Wales	2000	04:11.8
Michael Phelps	United States	Fort Lauderdale, Florida	2002	04:11.1
Michael Phelps	United States	Indianapolis, Indiana	2003	04:10.7
Michael Phelps	United States	Barcelona, Spain	2003	04:09.1
Michael Phelps	United States	Long Beach, California	2004	04:08.4
Michael Phelps	United States	Athens, Greece	2004	04:08.3
Michael Phelps	United States	Melbourne, Victoria	2007	04:06.2
Michael Phelps	United States	Omaha, Nebraska	2008	04:05.2
Michael Phelps	United States	Beijing, China	2008	04:03.8

<http://www.yorkblog.com/teentakeover/Michael%20Phelps.jpg>

http://en.wikipedia.org/wiki/World_record_progression_400_metres_individual_medley

Women's hammer world records

Athlete	Nationality	Location of throw	Year	Mark (m)
Olga Kuzenkova	Russia	Adler, Russia	1994	66.84
Mihaela Melinte	Romania	Bucharest, Romania	1995	66.86
Olga Kuzenkova	Russia	Moscow, Russia	1995	67.00
Olga Kuzenkova	Russia	Moscow, Russia	1995	68.14
Olga Kuzenkova	Russia	Moscow, Russia	1995	68.16
Mihaela Melinte	Romania	Bucharest, Romania	1996	69.42
Mihaela Melinte	Romania	Bucharest, Romania	1997	69.58
Olga Kuzenkova	Russia	Munich, Germany	1997	71.22
Olga Kuzenkova	Russia	Munich, Germany	1997	73.10
Mihaela Melinte	Romania	Poiana Brasov, Romania	1998	73.14
Mihaela Melinte	Romania	Clermont-Ferrand, France	1999	75.29
Mihaela Melinte	Romania	Clermont-Ferrand, France	1999	75.97
Mihaela Melinte	Romania	Rüdlingen, Switzerland	1999	76.05
Mihaela Melinte	Romania	Rüdlingen, Switzerland	1999	76.07
Tatyana Lysenko	Russia	Moscow, Russia	2005	77.06
Gulfiya Khanafeyeva	Russia	Tula, Russia	2006	77.26
Tatyana Lysenko	Russia	Zhukovskiy, Russia	2006	77.41
Tatyana Lysenko	Russia	Tallinn, Estonia	2006	77.80
Anita Włodarczyk	Poland	Berlin, Germany	2009	77.96

http://www.pkol.pl/en/files/FOTY_NEWSY/wlodarczyk_anita_540.jpg

http://en.wikipedia.org/wiki/Women's_hammer_world_record_progression