

IT Sligo Track Records

| Men | | | | | women | | | | |
|--------------|----------|---------------------|-------------------------|------------|--------------|----------|---------------------------------|----------------------------|--------------------------|
| Event | Record | Name | Club/Country | Date | Event | Record | Name | Club/Country | Date |
| 100m | 10.31 | Ryan Mosley | Barbados | 27/05/2007 | 100m | 11.66 | Ciara Sheehy | Dublin City Harriers A.C. | 27/05/2007 |
| 200m | 20.07 | Curtis Woods | North Down | 14/07/2013 | 200m | 24.61 | Ciara Sheehy | Dublin City Harriers A.C. | 27/05/2007 |
| 400m | 47.52 | Conrad Williams | England | 30/05/2004 | 400m | 54.68 | Amanda Pritchard Jennifer Kerry | | 12/06/2011 14/07/2013 |
| 800m | 1.52.05 | Ciaran O'Connell | Glaslough Harriers A.C. | 30/05/2004 | 800m | 2.04.55 | Sarah Jamieson | Australia | 30/05/2004 |
| 1500m | 3.52.24 | Michael Power | Australia | 30/05/2004 | 1500m | 4.37.00 | Anmarie Mc Glynn | Tir Chonaill | 14/07/2013 |
| 1 Mile | | | | | | | | | |
| 3000m | 8.14.48 | Robert Connolly | DSD | 30/05/2004 | 3000m | 9.04.78 | Maria Mc Cambridge | DSD | 30/05/2004 |
| 5000m | 15.02.58 | Catch Grennan | Tullamore Hrs | 14/07/2013 | | | | | |
| 10000m | | | | | | | | | |
| 3000m sc | 9.42.88 | Tomas Cotter | Dunleer | 12/06/2011 | | | | | |
| 5000m Walk | 19.21.63 | Robert Heffernan | Togher A.C | 30/05/2004 | 3000m Walk | 12.34.71 | Gillian O'Sullivan | Farranfore Maine Valley A. | 30/05/2004 |
| 110m hur | 14.52 | Ian Mc Donald | Crusaders A.C. | 27/05/2007 | 100 Hur | 14.05 | Sandra Lawler | Kildare County | 14/07/2013 |
| 400m hur | 54.75 | James Ruxton | Shercock | 12/06/2011 | 400m hur | 65.08 | Naomi Morgan | City of Derry | 14/07/2013 |
| High Jump | 2 | Caolan Flanagan | Ballymena & Antrim | 27/05/2007 | High Jump | 1.74 | Sharon Heveron | Westport AC | 30/05/2004 |
| Pole Vault | 4.8 | Brendan Mc Conville | North Down | 30/05/2004 | Pole Vault | 3.20 | JulietClaffey | Borrisokane A.C. | 30/05/2004 |
| Long Jump | 7.23 | Adam Mc Mullen | Mid - Ulster | 12/06/2011 | Long Jump | 6.10 | Antoinette Furlong | DMP AC | 30/05/2004 |
| Tripple Jump | 12.67 | Callum Hunter | Sligo | 14/07/2013 | Tripple Jump | 12.65 | Tanisha Robinson Scanlon | Limerick | 30/05/2004 |
| Shot Put | 15.58 | Sean Breathnach | G.C.H | 14/07/2013 | Shot Put | 11.42 | Geraldine Stewart | Tirchonail | 12/06/2011 |
| Discus | 44.87 | Sean Breathnach | G.C.H | 27/05/2007 | Discus | 37.64 | Kathy Hetherington | North Down | 14/07/2013 |
| Hammer | 52.08 | Martin Hunt | Clonliffe Hrs | 12/06/2011 | Hammer | 48.04 | Maggie Donnelly | City of Derry | 12/06/2011 |
| Javelin | 64.22 | Joseph Diskin | Sli Cualann A.C. | 30/05/2004 | Javelin | 46.21 | Kirsty Morrison | England | 30/05/2004 |
| 4x100m | 42.12 | | Clonliffe Harriers | 14/07/2013 | 4x100m | 48.65 | | DSD | 14/07/2013 |
| 4x400m | 3.29.73 | | Tullamore Hrs | 12/06/2011 | 4x400m | 3.47.24 | | DSD | 14/07/2013 |