

(i) = Indoor record, only noted when better than outdoor record or where no outdoor record exists.

U11 Girls

| Event | Name | Record | Year |
|-------------|-------------------|---------|------|
| 60m | Kathryn Christie | 9.1s | 2004 |
| 75m | Alisha Rees | 10.65s | 2009 |
| 80m | Louise Carmichael | 12.2s | 2012 |
| 100m = | Lisa Herrington | 14.0s | 1981 |
| 100m = | Jennifer Reid | 14.0s | 1988 |
| 150m | Alisha Rees | 21.31s | 2009 |
| 200m | Alisha Rees | 29.78s | 2009 |
| 400m | Lisa Herrington | 72.1s | 1981 |
| 600m | Anna Pyper | 1.56.6s | 2011 |
| 800m | Kathryn Christie | 2.40.3s | 2005 |
| High Jump | Ellie Workman | 1.40m | 2003 |
| Long Jump | Jennifer Reid | 4.08m | 1988 |
| Triple Jump | Zoe Davidson | 8.36m | 1996 |
| Javelin | Ellie Workman | 18.45m | 2003 |
| Discus | Shareen Reid | 17.76m | 1995 |
| Shot | Sarah Thompson | 6.39m | 2001 |

U13 Girls

| Event | Name | Record | Year |
|-------------------|-------------------|----------|------|
| 60m (i) = | Alisha Rees | 8.53s | 2014 |
| 75m | Kelsey Stewart | 10.54s | 2009 |
| 80m = | Frances Sealy | 12.0s | 2012 |
| 80m = | Louise Carmichael | 12.0s | 2013 |
| 100m = | Catherine Cooke | 13.1s | 1982 |
| 100m = | Lisa Herrington | 13.1s | 1983 |
| 150m = | Kelsey Stewart | 20.6s | 2009 |
| 150m = | Alisha Rees | 20.6s | 2011 |
| 200m | Alisha Rees | 27.18s | 2011 |
| 400m | Rachel Spencer | 66.1s | 1998 |
| 600m | Frances Sealy | 1.55.9s | 2012 |
| 800m | Kelsey Stewart | 2.22.1s | 2009 |
| 1200m | Emma Swanson | 4.03.32s | 2016 |
| 1500m | Emma Swanson | 5.09.29s | 2016 |
| 60m H (i) | Shareen Reid | 10.87s | 1997 |
| 70m H | Ella Creamer | 11.94 | 2017 |
| High Jump | Ellie Workman | 1.48m | 2004 |
| Long Jump | Louise Carmichael | 4.72m | 2014 |
| Triple Jump | Daisy Higginson | 10.13m | 2000 |
| Javelin - 400g | Ellie Workman | 28.47m | 2005 |
| Discus | Jennifer Reid | 23.50m | 1990 |
| Shot | Jennifer Reid | 8.27m | 1990 |
| Pentathlon | Ellie Workman | 2269 pts | 2005 |

U15 Girls

| Event | Name | Record | Year |
|-----------------|-----------------|----------|-----------|
| 60m (i) | Alisha Rees | 8.0s | 2012 |
| 100m | Alisha Rees | 11.92s | 2013 |
| 200m | Alisha Rees | 24.64s | 2013 |
| 400m | Emma Cloggie | 59.6s | 2002 |
| 800m (i) | Emma Cloggie | 2.17.6s | 2002 |
| 800m | Emma Cloggie | 2.18.51 | 2002 |
| 1500m | Emma Swanson | 4.57.01s | 2017 |
| 60m H (i) | Georgia Summers | 9.62s | 2013 |
| 75m H | Georgia Summers | 11.86s | 2013 |
| High Jump (i) | Ellie Workman | 1.68m | 2007 |
| High Jump | Ellie Workman | 1.64m | 2007 |
| Long Jump | Rachel Spencer | 5.18m | 2000 |
| Triple Jump | Frances Sealy | 10.22m | 2015 |
| Pole Vault (i) | Rosa Hare | 2.05m | 2014 |
| Javelin - 600g | Ellie Workman | 28.35 | 2007 |
| Javelin - 500g | Rosa Hare | 21.51m | 2014 |
| Discus | Daisy Higginson | 26.74m | 2001 |
| Shot - 3.25kg | Ellie Workman | 10.02m | 2007 |
| Shot - 3kg | Mhairi Welsh | 8.55m | 2015 |
| Hammer – 3kg | | | From 2018 |
| Pentathlon (i) | Ellie Workman | 3191pts | 2007 |
| Pentathlon | Ellie Workman | 3047pts | 2007 |

New weights introduced in 2014 for U15 Girls Javelin and Shot

U17 Women

| Event | Name | Record | Year |
|------------------|-----------------|---------------|------|
| 60m (i) | Alisha Rees | 7.61s | 2015 |
| 100m | Alisha Rees | 11.55s | 2014 |
| 200m | Alisha Rees | 23.61s | 2015 |
| 300m | Kelsey Stewart | 38.66s | 2013 |
| 400m | Kelsey Stewart | 55.1s | 2013 |
| 800m | Kelsey Stewart | 2.13.29s | 2013 |
| 1500m | Briony Curtis | 4.47.77s | 2000 |
| 60m H(i) | Jennifer Reid | 9.5s | 1993 |
| 80m H | Ellie Workman | 12.42s | 2008 |
| 300m H | Jennifer Reid | 48.1s | 1994 |
| 3000m - Track | Briony Curtis | 10.25.2 6s | 2000 |
| 5000m - Road | Rhona Auckland | 19.01s | 2009 |
| High Jump (i) | Ellie Workman | 1.71m | 2009 |
| = High Jump | Catherine Smy | 1.70m | 2003 |
| = High Jump | Claire McGarvey | 1.70m | 2017 |
| Long Jump | Ellie Workman | 5.47m | 2009 |
| Triple Jump | Catherine Smy | 11.13m | 2002 |
| Pole Vault | Frances Sealy | 2.10m | 2017 |
| Javelin - 600g | Kylie Davidson | 25.61m | 2004 |
| Javelin - 500g | Alisha Rees | 23.19m | 2014 |
| Discus | Daisy Higginson | 25.53m | 2002 |
| Shot - 4kg | Jennifer Reid | 9.86m | 1994 |
| Shot - 3kg | Mhairi Welsh | 9.18m | 2016 |
| Hammer - 4kg | Kylie Davison | 22.70m | 2004 |
| Hammer - 3kg | Kate Samuel | 21.05m | 2014 |
| Pentathlon (i) | Ellie Workman | 3337pts | 2009 |
| Pentathlon | Ellie Workman | 3059pts | 2009 |
| Heptathlon | Ellie Workman | 4309pts | 2009 |

New weights introduced in 2014 for U17 Women Javelin, Shot and Hammer

U20 & Senior Women

| Event | Name | Record | Year |
|-----------------|----------------|-----------|------|
| 60m (i) | Alisha Rees | 7.43s | 2017 |
| 100m | Alisha Rees | 11.56s | 2016 |
| 200m | Alisha Rees | 23.12s | 2017 |
| 400m | Kelsey Stewart | 53.63s | 2017 |
| 800m | Kelsey Stewart | 2.07.21s | 2017 |
| 1500m | Rhona Auckland | 4.31.96s | 2014 |
| 1500m S/C - U20 | Eve Sealy | 6.11.21s | 2016 |
| 3000m S/C | Eve Sealy | 13.35.58s | 2016 |
| 3000m Track | Rhona Auckland | 9.18.3s | 2015 |
| 5000m - Track | Rhona Auckland | 15.27.6s | 2015 |
| 5000m - Road | Rhona Auckland | 15.54s | 2014 |
| 10000m - Track | Rhona Auckland | 32.22.79s | 2015 |
| 10000m - Road | Rhona Auckland | 33.03s | 2014 |
| Half Marathon | Emma Davidson | 1.49.29s | 2016 |
| 60m H(i) | Ellie Workman | 9.61s | 2010 |
| 100m H | Ellie Workman | 16.75s | 2010 |
| 400m H | Eve Sealy | 78.9s | 2015 |
| High Jump | Catherine Smy | 1.70m | 2004 |
| Long Jump | Catherine Smy | 5.31m | 2004 |
| Triple Jump (i) | Zoe Davidson | 10.91m | 2003 |
| Triple Jump = | Zoe Davidson | 10.61m | 2003 |
| Triple Jump = | Catherine Smy | 10.61m | 2004 |
| Javelin – 600g | Donna Dey | 33.58m | 1996 |
| Discus – 1kg | Katy Dawes | 27.74m | 1990 |
| Shot - 4kg | Ellie Workman | 9.33m | 2010 |
| Hammer - 4kg | Kylie Davison | 23.90m | 2005 |
| Heptathlon | Ellie Workman | 3824pts | 2010 |