

Alhambra Track Top 10 Lists - - Girls' Frosh-Soph

100				8	Beth Mork	5:52.8	1999
1	Desie Armstrong	12.89	2019	9	Stacy Klotovitch	5:53.45	2001
2	Divine Adesida	12.98	2008	10	Elizabeth Gorrell	5:55.10	2005
3	Sarah West	13.22	2000	3200			
4	Jordan Davis	13.47	2015	1	Allie Timbrell	11:43.07	2013
5	Delaney Brockman	13.64	2011	2	Jewelz Andrews	12:24.24	2008
6	Jenna Coffman	13.70	2016	3	Michaela Nilson	12:29.90	2008
7	Briana Conte	13.74 c	2002	4	Kellie Stephens	12:41.0	2001
8	Savannah Wadsworth	13.82	2008	5	Shannon Hector	13:05.0	2000
9	Angie DazaSanchez	13.89	2012	6	Erica Cardinale	13:17.65	2014
10	Joy Adesida	13.95	2019	7	Haley Swanson	13:29.95	2006
200				8	Tisha Nichols	13:31.41	2007
1	Sarah West	28.07	2000	9	Nora Pallotta	14:04.21	2004
1	Janean Bell	28.07	2012	10	Carrie Jones	14:06.6	2005
3	Delaney Brockman	28.18	2011	100 Hurdles (33")			
4	Jordan Davis	28.33	2015	1	Samantha Capozzo	17.40	2005
5	Shireen Amini	28.64 c	1999	2	Alexis Yu	17.89	2018
6	Savannah Wadsworth	28.76	2008	3	Kay Bromley	18.30	2011
6	Angie DazaSanchez	28.76	2012	4	Kirsten Jennings	18.40	2005
8	Kristen Wong	28.97	2009	5	Melissa Grube	18.48	2011
9	Jenna Coffman	29.11	2016	6	Sienna Strickland	18.69	2016
10	Sophia Snavely	29.20	2004	7	Tiauna McClenahan	19.21	2016
10	Selina Haefke	29.20	2011	8	Emily West	19.24	2016
400				9	Anna Palmer	19.28	2016
1	Maria Morandin	1:03.3	1980	10	Katie Hermans	19.39	2000
2	Angie DazaSanchez	1:04.37	2013	300 Hurdles (30")			
3	Janean Bell	1:04.47	2012	1	Samantha Capozzo	50.75	2005
4	Delaney Brockman	1:04.55	2011	2	Anna Palmer	53.14	2016
5	Savannah Wadsworth	1:05.10	2008	3	Selina Haefke	53.49	2012
6	Shireen Amini	1:05.45	1999	4	Alexis Yu	53.84	2018
7	Sophia Snavely	1:05.72	2004	5	Ana Mendoza	54.12	2010
8	Marena Yarnell	1:05.75	2011	6	Carissa Thangathurai	54.13	2006
9	Sara DeLeon	1:06.10	1994	7	Sienna Strickland	54.33	2016
10	Kylee Phillips	1:06.74	2019	8	Heather Stephens	54.35	1998
800				9	Kristen Jennings	55.02	2005
1	Marissa D'Atri	2:22.51	2015	10	Gabrielle Banez	55.72	2018
2	Staci Klotovich	2:28.0	2001	Long Jump			
3	Jordan Davis	2:29.17	2015	1	Divine Adesida	15-03	2008
4	Helene Hollidge	2:31.49	2013	2	Emily West	15-02	2016
5	Samantha Jones	2:34.0	2000	3	Kim Baer	15-01	1999
6	Shireen Amini	2:35.0	2000	4	Shelby Stuart	14-09.5	2008
7	Erica Cardinale	2:35.10	2015	5	Brianna Conte	14-09	2002
8	Allie Timbrell	2:36.67	2012	6	Kieara Rios	14-08.75	2016
9	Danielle Osborne	2:37.09	2011	7	Jenna Coffman	14-08	2016
10	Nicole Tria	2:37.54	2016	8	Christina Cortez	14-04.5	2017
1600				9	Devon Rowe	14-04	2016
1	Marissa D'Atri	5:17.06	2015	10	Dyan Ortiga	14-03.5	2000
2	Allie Timbrell	5:18.32	2013	Triple Jump			
3	Jewelz Andrews	5:28.66	2008	1	Jenna Coffman	32-03	2016
4	Samantha Jones	5:30.0	2000	2	Kim Baer	32-01.5	1999
5	Nicole Tria	5:34.13	2016	3	Lindsay Lightsey	31-03.5	2001
6	Erica Cardinale	5:38.95	2015	4	Kay Bromley	31-01	2011
7	Danielle Osborne	5:44.00	2011	5	Heather Stephens	30-04	1997
8	Michaela Nilson	5:52.10	2008				

Alhambra Track Top 10 Lists - - Girls' Frosh-Soph

5	Shireen Amini	30-04	1999
7	Laylah Fonseca	30-03	2019
8	Ashley Danford	29-10.25	2000
9	Ashley Breeze	29-09	2019
10	Ellen Nunes	29-06.5	2019

High Jump

1	Lindsay Lightsey	4-10	2002
2	Kieara Rios	4-08	2016
3	Heather Stephens	4-06	1998
3	Erin Holt	4-06	2000
3	Jennifer Jones	4-06	2000
3	Desiree Stogdell	4-06	2000
3	Kathryn Bumala	4-06	2007
3	Delaney Brokman	4-06	2010
9	Amy Rawlinson	4-04	1994
9	Kellie Stephens	4-04	2000
9	Carissa Thangathurai	4-04	2006
9	Jasmine Romero	4-04	2017

Pole Vault

1	Danielle Sutton	8-00	1997
2	Crystal Dinh	7-06	2011
2	Samantha Parker	7-06	2008
4	Laura Johnson	7-00	1997
4	Kellie Stephens	7-00	2000
6	Kim Baer	6-06	1999
6	Ashley Breeze	6-06	2019
8	Cara Martinez	5-06	2010
9			
10			

Shot Put

1	Molly West	30-01.75	2010
2	Kieara Rios	29-11.5	2016
3	Genevieve Lipary	28-10.5	2000
4	Skylar Wondrusch	28-08.5	2016
5	Praise Adesida	28-06	2009
6	Lizzy Colbert	28-05	1998
7	Hayley Ward	28-04.25	2015
8	Veronika Olson	27-10.5	2014
9	Phoebe Tang	26-08	2016
10	Natasha Tellei	26-03	1999

Discus

1	Phoebe Tang	94-08	2016
2	Kieara Rios	94-01	2016
3	Genevieve Lipary	86-05	2000
4	Natasha Tellei	84-04	1999
5	Emma Fitzgerald	83-08	2003
6	Praise Adesida	80-00	2009
7	Vanessa Silva	79-00	1999
8	Lizzy Colbert	78-05	1998
9	Jill Fowler	73-09	1994
10	Alicia Marietti	72-11	2012

4 x 100 Relay

1	Unknown Team	52.10	2001
2	Mendoza, Grube, Brokman, Osborne	53.40	2010
3	Walton, ElMossalamy, Snavely, Roth	54.43	2005
4	Unknown Team	54.47	1998
5	Strickland, Sutton, West, Coffman	54.77	2016
5	Unknown Team	55.18	2011
6	Lindorf, West, Shoepke, Danford	55.54	2000
7	Yoeono, Wong, Johnson, Onwuzulike	55.55	2009
8	Danford, West, Stogdell, Schoepke	56.24 c	2000
9	Unknown Team	56.35	2006
10	Magtibay, Jianoran, Stone, Sutton	57.04	2016

4 x 400 Relay

1	Unknown Team	4:25.0	2001
2	Walton, ElMossalamy, Snavely, Roth	4:35.33	2005
3	Unknown Team	4:38.10	2006
4	Unknown Team	4:38.87	2011
5	Parker, Andrews, Wadsworth, Nilson	4:41.31	2008
6	Yoeono, Wong, Johnson, Onwuzulike	4:45.04	2009
7	Hughes, Lindorf, Mikesell, Schoepke	4:53.0	2000
8	Martinez, Nunes, Nhingsavath, Phillips	4:55.61	2019
9	McKinsey, Padrique, Phillips, Nhingsavath	4:57.98	2019
10	Roth, ElMossalamy, Snavely, Morales	5:00.21	2004

Notes:

- c = converted from yards
- w = wind-aided
- times to tenths are hand timed; times to hundredths are electronically timed.
- for distances under 400 meters, the conversion factor from hand-timed to electronic timing is .24
- for distances 400 meters and up, the conversion factor from hand-timed to electronic timing is .14
- Especially in the 100, 200, and 4 x 100 relays, top-10 rankings include all of the variables listed above

Non-Standard Events:

4 x 200	Adesida, McKinsey, Armstrong, Fonseca		
	1:59.71	2019	
4 x 800	no names available	11:00.8	2001
4 x 1600	no record		
DM (3-1-2-4)	no names available	13:23.60	2001
SM (1-1-2-4)	no record		
SM (2-2-4-8)	no record		
1500	no record		
3000	Samantha Jones	11:32.90	2001