

## Frosh-Soph Girls Top 10 Track & Field Records

### 100 m

1	Desie Armstrong	12.89	2019
2	Divine Adesida	12.98	2008
3	Sarah West	13.22	2000
4	Jordan Davis	13.47	2015
5	Delaney Brokman	13.64	2011
6	Jenna Coffman	13.70	2016
7	Briana Conte	13.74 c	2002
8	Savannah Wadsworth	13.82	2008
9	Angie Daza Sanchez	13.89	2012
10	Joy Adesida	13.95	2019

### 200 m

1	Desie Armstrong	27.24	2019
2	Sarah West	28.07	2000
2	Janean Bell	28.07	2012
4	Delaney Brokman	28.18	2011
5	Lacey Pettigrew	28.28	2002
6	Jordan Davis	28.33	2015
7	Shireen Amini	28.64 c	1999
8	Skye McKinsey	28.67	2019
9	Savannah Wadsworth	28.76	2008
9	Angie Daza Sanchez	28.76	2012

### 400 m

1	Lacey Pettigrew	1:02.72	2002
2	Maria Morandin	1:03.3	1980
3	Angie Daza Sanchez	1:04.37	2013
4	Janean Bell	1:04.47	2012
5	Delaney Brokman	1:04.55	2011
6	Savannah Wadsworth	1:05.10	2008
7	Shireen Amini	1:05.45	1999
8	Sophia Snavely	1:05.72	2004
9	Marena Yarnell	1:05.75	2011
10	Aerolon Nhingsavath	1:05.78	2019

### 800 m

1	Marissa D'Atri	2:22.51	2015
2	Stacie Klotovitch	2:28.0	2001
3	Jordan Davis	2:29.17	2015
4	Helene Hollidge	2:31.49	2013
5	Samantha Jones	2:34.0	2000
6	Shireen Amini	2:35.0	2000
7	Erica Cardinale	2:35.10	2015
8	Allie Timbrell	2:36.67	2012
9	Danielle Osborne	2:37.09	2011
10	Nicole Tria	2:37.54	2016

### 1600 m

1	Marissa D'Atri	5:17.06	2015
2	Allie Timbrell	5:18.32	2013
3	Jewelz Andrews	5:28.66	2008
4	Samantha Jones	5:30.0	2000
5	Nicole Tria	5:34.13	2016
6	<a href="#">Rena Searls</a>	<a href="#">5:34.68</a>	<a href="#">2021</a>
7	Erica Cardinale	5:38.95	2015
8	Danielle Osborne	5:44.00	2011
9	Michaela Nilson	5:52.10	2008

10	Beth Mork	5:52.8	1999
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### 3200 m

1	Allie Timbrell	11:43.07	2013
2	Jewelz Andrews	12:24.24	2008
3	Michaela Nilson	12:29.90	2008
4	Kellie Stephens	12:41.0	2001
5	Shannon Hector	13:05.0	2000
6	Erica Cardinale	13:17.65	2014
7	Haley Swanson	13:29.95	2006
8	Tisha Nichols	13:31.41	2007
9	Nora Pallotta	14:04.21	2004
10	Carrie Jones	14:06.6	2005

### 100 m Hurdles (33")

1	Samantha Capozzo	17.40	2005
2	Alexis Yu	17.89	2018
3	Kay Bromley	18.30	2011
4	Kirsten Jennings	18.40	2005
5	Melissa Grube	18.48	2011
6	Sienna Strickland	18.69	2016
7	Laylah Fonseca	19.19	2019
8	Tiauna McClenahan	19.21	2016
9	Emily West	19.24	2016
10	Anna Palmer	19.28	2016

### 300 m Hurdles (30")

1	Samantha Capozzo	50.75	2005
2	Anna Palmer	53.14	2016
3	Selina Haefke	53.49	2012
4	Alexis Yu	53.84	2018
5	Ana Mendoza	54.12	2010
6	Carissa Thangathurai	54.13	2006
7	Sienna Strickland	54.33	2016
8	Heather Stephens	54.35	1998
9	Laylah Fonseca	54.58	2019
10	Kristen Jennings	55.02	2005

### Long Jump

1	Divine Adesida	15-03	2008
2	Emily West	15-02	2016
3	Kim Baer	15-01	1999
4	Shelby Stuart	14-09.5	2008
5	Brianna Conte	14-09	2002
6	Kieara Rios	14-08.75	2016
7	Jenna Coffman	14-08	2016
8	Christina Cortez	14-04.5	2017
9	Devon Rowe	14-04	2016
10	Dyan Ortiga	14-03.5	2000

### Triple Jump

1	Jenna Coffman	32-03	2016
2	Sadie Parker	32-02.25	2020
3	Kim Baer	32-01.5	1999
4	Lindsay Lightsey	31-03.5	2001
5	Kay Bromley	31-01	2011
6	Heather Stephens	30-04	1997
6	Shireen Amini	30-04	1999

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8	Laylah Fonseca	30-03	2019
9	Ashley Danford	29-10.25	2000
10	Ashley Breeze	29-09	2019

### High Jump

1	Lindsay Lightsey	4-10	2002
2	Kieara Rios	4-08	2016
2	Joy Adesida	4-08	2019
4	Heather Stephens	4-06	1998
4	Erin Holt	4-06	2000
4	Jennifer Jones	4-06	2000
4	Desiree Stogdell	4-06	2000
4	Kathryn Bumala	4-06	2007
4	Delaney Brokman	4-06	2010
4	Alli Watkins	4-06	2021

### Pole Vault

1	Danielle Sutton	8-00	1997
1	Crystal Dinh	8-00	2011
3	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
6	Corina Jones	6-06	2021
9	Cara Martinez	5-06	2010
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### 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	Molly West	81-05	2010
7	Praise Adesida	80-00	2009
8	Vanessa Silva	79-00	1999
9	Lizzy Colbert	78-05	1998
10	Kyra Togni	74-02	2020

### 4 x 100 Relay

1	Unknown Team	52.10	2011
2	Mendoza, Grube, Brokman, Osborne	53.40	2010
3	Unknown Team	54.06	2005
4	Unknown Team	54.38	2012
5	Walton, ElMossalamy, Snavely, Roth	54.43	2005
6	Unknown Team	54.47	1998
7	Strickland, Sutton, West, Coffman	54.77	2016
8	Unknown Team	54.88	2002
9	Strickland, Sutton, West, Palmer	54.93	2016
10	Unknown Team	55.18	2011

### 4 x 400 Relay

1	Unknown Team	4:24.02	2008
2	Unknown Team	4:25.0	2001
3	Unknown Team	4:33.47	2011
4	Walton, ElMossalamy, Snavely, Roth	4:35.33	2005
5	Unknown Team	4:38.10	2006
6	Unknown Team	4:38.58	2009
7	Unknown Team	4:38.88	2002
8	Parker, Andrews, Wadsworth, Nilson	4:41.31	2008
9	Yoeono, Wong, Johnson, Onwuzulike	4:45.04	2009
10	Nhingsavath, A. Lipary, Tarnowski, Phillips	4:46.08	2020

<b>3000 m</b>	Samantha Jones	11:32.9	2001
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<b>4 x 200</b>	Unknown Team	1:54.28	2005
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<b>4 x 800</b>	D'Atri, Cardinale, Davis, Quontamatteo	10:25.20	2015
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<b>4 x 1600</b>	Unknown Team	24:36.32	2008
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<b>DMR (12-4-8-16)</b>	Unknown Team	13:23.60	2001
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<b>SMR (1-1-2-4)</b>	Unknown Team	2:02.15	2012
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<b>4 x 100 HH</b>	Unknown Team	1:30.24	2010
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<b>Javelin</b>	Reina Felson-Lamb	46-07	2020
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### Notes:

- c = converted from yards, w = wind-aided
- times to tenths = hand timed; times to hundredths = electronic
- distances under 400m - conversion = +.24 h/t to electronic
- distances 400 meters and up - conversion = +.14 h/t to electronic