

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

|             |                    |         |      |                          |                      |          |      |
|-------------|--------------------|---------|------|--------------------------|----------------------|----------|------|
| <b>100</b>  |                    |         |      | 8                        | Beth Mork            | 5:52.8   | 1999 |
| 1           | Divine Adesida     | 12.98   | 2008 | 9                        | Stacy Klotovitch     | 5:53.45  | 2001 |
| 2           | Sarah West         | 13.22   | 2000 | 10                       | Elizabeth Gorrell    | 5:55.10  | 2005 |
| 3           | Jordan Davis       | 13.47   | 2015 | <b>3200</b>              |                      |          |      |
| 4           | Delaney Brockman   | 13.64   | 2011 | 1                        | Allie Timbrell       | 11:43.07 | 2013 |
| 5           | Jenna Coffman      | 13.70   | 2016 | 2                        | Jewelz Andrews       | 12:24.24 | 2008 |
| 6           | Briana Conte       | 13.5    | 2002 | 3                        | Michaela Nilson      | 12:29.90 | 2008 |
| 7           | Savannah Wadsworth | 13.82   | 2008 | 4                        | Kellie Stephens      | 12:41.0  | 2001 |
| 8           | Angie DazaSanchez  | 13.89   | 2012 | 5                        | Shannon Hector       | 13:05.0  | 2000 |
| 9           | Bella Puljiz       | 13.96   | 2018 | 6                        | Erica Cardinale      | 13:17.65 | 2014 |
| 10          | Kristen Wong       | 14.00   | 2009 | 7                        | Haley Swanson        | 13:29.95 | 2006 |
| <b>200</b>  |                    |         |      | 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 | <b>100 Hurdles (33")</b> |                      |          |      |
| 4           | Jordan Davis       | 28.33   | 2015 | 1                        | Samantha Capozzo     | 17.40    | 2005 |
| 5           | Shireen Amini      | 28.4    | 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                        | Tiauna McClenahan    | 19.21    | 2016 |
| 10          | Sophia Snavely     | 29.20   | 2004 | 7                        | Emily West           | 19.24    | 2016 |
| 10          | Selina Haefke      | 29.20   | 2011 | 8                        | Katie Hermans        | 19.39    | 2000 |
| <b>400</b>  |                    |         |      | 9                        | Kaitlin Jennings     | 19.40    | 2005 |
| 1           | Maria Morandin     | 63.3    | 1980 | 10                       | Sarah Walton         | 19.50    | 2005 |
| 2           | Angie DazaSanchez  | 64.37   | 2013 | <b>300 Hurdles (30")</b> |                      |          |      |
| 3           | Janean Bell        | 64.47   | 2012 | 1                        | Samantha Capozzo     | 50.75    | 2005 |
| 4           | Delaney Brockman   | 64.55   | 2011 | 2                        | Selina Haefke        | 53.49    | 2012 |
| 4           | Savannah Wadsworth | 65.10   | 2008 | 3                        | Alexis Yu            | 53.84    | 2018 |
| 5           | Shireen Amini      | 65.45   | 1999 | 4                        | Ana Mendoza          | 54.12    | 2010 |
| 6           | Sophia Snavely     | 65.72   | 2004 | 5                        | Carissa Thangathurai | 54.13    | 2006 |
| 7           | Marena Yarnell     | 65.75   | 2011 | 6                        | Sienna Strickland    | 54.33    | 2016 |
| 8           | Sara DeLeon        | 66.10   | 1994 | 7                        | Heather Stephens     | 54.35    | 1998 |
| 9           | Alex Bigley        | 66.79   | 1999 | 8                        | Anna Palmer          | 54.40    | 2015 |
| <b>800</b>  |                    |         |      | 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 | <b>Long Jump</b>         |                      |          |      |
| 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                        | Jenna Coffman        | 14-08    | 2016 |
| 9           | Danielle Osborne   | 2:37.09 | 2011 | 7                        | Christina Cortez     | 14-04.50 | 2017 |
| 10          | Nicole Tria        | 2:37.54 | 2016 | 8                        | Devon Rowe           | 14-04    | 2016 |
| <b>1600</b> |                    |         |      | 9                        | Dyan Ortiga          | 14-03.50 | 2000 |
| 1           | Marissa D'Atri     | 5:17.06 | 2015 | 10                       | Samantha Sutton      | 14-00    | 2016 |
| 2           | Allie Timbrell     | 5:18.32 | 2013 | <b>Triple Jump</b>       |                      |          |      |
| 3           | Jewelz Andrews     | 5:28.66 | 2008 | 1                        | Jenna Coffman        | 32-03    | 2016 |
| 4           | Samantha Jones     | 5:30.0  | 2000 | 2                        | Kim Baer             | 32-01.50 | 1999 |
| 5           | Nicole Tria        | 5:34.13 | 2016 | 3                        | Lindsay Lightsey     | 31-03.50 | 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 |                          |                      |          |      |

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|    |                  |          |      |
|----|------------------|----------|------|
| 5  | Shireen Amini    | 30-04    | 1999 |
| 7  | Ashley Danford   | 29-10.25 | 2000 |
| 8  | Christina Cortez | 29-00    | 2018 |
| 9  | Marena Yarnell   | 28-01.5  | 2011 |
| 10 | Angel Lyon       | 23-04    | 1994 |

## 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 |
| 7  | Alexis Yu       | 5-06 | 2017 |
| 8  |                 |      |      |
| 9  |                 |      |      |
| 10 |                 |      |      |

## Shot Put

|    |                  |          |      |
|----|------------------|----------|------|
| 1  | Kieara Rios      | 29-11.50 | 2016 |
| 2  | Molly West       | 29-04.50 | 2010 |
| 3  | Genevieve Lipary | 28-10.50 | 2000 |
| 4  | Skylar Wondrusch | 28-08.50 | 2016 |
| 5  | Praise Adesida   | 28-06    | 2009 |
| 6  | Lizzy Colbert    | 28-05    | 1998 |
| 7  | Hayley Ward      | 28-04.25 | 2015 |
| 8  | Veronika Olson   | 27-10.50 | 2014 |
| 9  | Phoebe Tang      | 26-08    | 2015 |
| 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  | 81-02 | 2003 |
| 6  | Praise Adesida   | 80-00 | 2009 |
| 7  | Lizzy Colbert    | 78-05 | 1998 |
| 8  | Vanessa Silva    | 75-02 | 1998 |
| 9  | Jill Fowler      | 73-09 | 1994 |
| 10 | Alicia Marietti  | 72-11 | 2012 |

## 4 x 100 Relay

|    |                                    |       |      |
|----|------------------------------------|-------|------|
| 1  | no names available                 | 52.10 | 2001 |
| 2  | Mendoza, Grube, Brokman, Osborne   | 53.40 | 2010 |
| 3  | Walton, ElMossalamy, Snavely, Roth | 54.43 | 2005 |
| 4  | no names available                 | 54.47 | 1998 |
| 5  | Strickland, Sutton, West, Coffman  | 54.77 | 2016 |
| 5  | no names available                 | 55.18 | 2011 |
| 6  | Lindorf, West, Schoepke, Danford   | 55.54 | 2000 |
| 7  | Yoeono, Wong, Johnson, Onwuzulike  | 55.55 | 2009 |
| 8  | Danford, West, Stogdell, Schoepke  | 56.1  | 2000 |
| 9  | no names available                 | 56.35 | 2006 |
| 10 | Magtibay, Jianoran, Stone, Sutton  | 57.04 | 2016 |

## 4 x 400 Relay

|    |                                     |         |      |
|----|-------------------------------------|---------|------|
| 1  | no names available                  | 4:25.0  | 2001 |
| 2  | Walton, ElMossalamy, Snavely, Roth  | 4:35.33 | 2005 |
| 3  | no names available                  | 4:38.10 | 2006 |
| 4  | no names available                  | 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  | Roth, ElMossalamy, Snavely, Morales | 5:00.21 | 2004 |
| 9  | Hermens, Lindorf, Ortiga, Schoepke  | 5:06.0  | 2000 |
| 10 | Johnson, Dinh, Osborne, Hakenewerth | 5:06.95 | 2010 |

## Notes:

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

## Non-Standard Events:

|                     |                    |          |      |
|---------------------|--------------------|----------|------|
| <b>4 x 200</b>      | no record          |          |      |
| <b>4 x 800</b>      | no names available | 11:00.8  | 2001 |
| <b>4 x 1600</b>     | no record          |          |      |
| <b>DM (3-1-2-4)</b> | no names available | 13:23.60 | 2001 |
| <b>SM (1-1-2-4)</b> | no record          |          |      |
| <b>SM (2-2-4-8)</b> | no record          |          |      |
| <b>1500</b>         | no record          |          |      |
| <b>3000</b>         | Samantha Jones     | 11:32.90 | 2001 |