

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

<b>100 m</b>			10	Stacie Klotovitch	5:53.45	2001
1	<a href="#">Desie Armstrong</a>	<a href="#">12.89</a>				<a href="#">2019</a>
2	Divine Adesida	12.98				2008
3	Sarah West	13.22				2000
4	Jordan Davis	13.47				2015
5	Delaney Brockman	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	<a href="#">Joy Adesida</a>	<a href="#">13.95</a>				<a href="#">2019</a>
<b>200 m</b>						
1	<a href="#">Desie Armstrong</a>	<a href="#">27.24</a>				<a href="#">2019</a>
2	Sarah West	28.07				2000
2	Janean Bell	28.07				2012
4	Delaney Brockman	28.18				2011
5	Jordan Davis	28.33				2015
6	Shireen Amini	28.64 c				1999
7	<a href="#">Skye McKinsey</a>	<a href="#">28.67</a>				<a href="#">2019</a>
8	Savannah Wadsworth	28.76				2008
8	Angie Daza Sanchez	28.76				2012
10	Kristen Wong	28.97				2009
<b>400 m</b>						
1	Maria Morandin	1:03.3				1980
2	Angie Daza Sanchez	1:04.37				2013
3	Janean Bell	1:04.47				2012
4	Delaney Brockman	1:04.55				2011
5	Savannah Wadsworth	1:05.10				2008
6	Shireen Amini	1:05.45				1999
7	Sophia Snavely	1:05.72				2004
8	Marena Yarnell	1:05.75				2011
9	<a href="#">Aerolon Nhingsavath</a>	<a href="#">1:05.78</a>				<a href="#">2019</a>
10	Sara DeLeon	1:06.10				1994
<b>800 m</b>						
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
<b>1600 m</b>						
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	Erica Cardinale	5:38.95				2015
7	Danielle Osborne	5:44.00				2011
8	Michaela Nilson	5:52.10				2008
9	Beth Mork	5:52.8				1999
			10	Stacie Klotovitch	5:53.45	2001
			<b>3200 m</b>			
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
			<b>100 m Hurdles (33")</b>			
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	<a href="#">Laylah Fonseca</a>	<a href="#">19.19</a>				<a href="#">2019</a>
8	Tiauna McClenahan	19.21				2016
9	Emily West	19.24				2016
10	Anna Palmer	19.28				2016
			<b>300 m Hurdles (30")</b>			
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	<a href="#">Laylah Fonseca</a>	<a href="#">54.58</a>				<a href="#">2019</a>
10	Kristen Jennings	55.02				2005
			<b>Long Jump</b>			
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
			<b>Triple Jump</b>			
1	Jenna Coffman	32-03				2016
2	Kim Baer	32-01.5				1999
3	Lindsay Lightsey	31-03.5				2001
4	Kay Bromley	31-01				2011
5	Heather Stephens	30-04				1997
5	Shireen Amini	30-04				1999
7	<a href="#">Laylah Fonseca</a>	<a href="#">30-03</a>				<a href="#">2019</a>

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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
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
10	Amy Rawlinson	4-04	1994
10	Kellie Stephens	4-04	2000
10	Carissa Thangathurai	4-04	2006
10	Jasmine Romero	4-04	2017

## Pole Vault

1	Danielle Sutton	8-00	1997
2	Samantha Parker	7-06	2008
2	Crystal Dinh	7-06	2011
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	Molly West	81-05	2010
7	Praise Adesida	80-00	2009
8	Vanessa Silva	79-00	1999
9	Lizzy Colbert	78-05	1998
10	Jill Fowler	73-09	1994

## 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	Strickland, Sutton, West, Palmer	54.93	2016
9	Unknown Team	55.18	2011
10	Lindorf, West, Shoepke, Danford	55.54	2000

## 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	Parker, Andrews, Wadsworth, Nilson	4:41.31	2008
8	Unknown Team	4:43.07	2002
9	Yoeono, Wong, Johnson, Onwuzulike	4:45.04	2009
10	Unknown Team	4:49.10	2015

## Notes:

1. c = converted from yards, w = wind-aided
2. times to tenths = hand timed; times to hundredths = electronic
3. distances under 400m - conversion = +.24 h/t to electronic
4. distances 400 meters and up - conversion = +.14 h/t to electronic
5. Especially in the 100, 200, and 4x100 relays, top-10 rankings include all of the variables listed above

## Non-Standard Events:

<b>3000 m</b>	Samantha Jones	11:32.9	2001
<b>4 x 200</b>	Unknown Team	1:54.28	2005
<b>4 x 800</b>	D'Atri, Cardinale, Davis, Quontamatteo	10:25.20	2015
<b>4 x 1600</b>	Unknown Team	24:36.32	2008
<b>DMR (3-1-2-4)</b>	Unknown Team	13:23.60	2001
<b>SMR (1-1-2-4)</b>	Unknown Team	2:02.15	2012
<b>4 x 100 HH</b>	Unknown Team	1:30.24	2010