

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

### **100 m**

|    |                 |         |      |
|----|-----------------|---------|------|
| 1  | Eva Brown       | 12.59 w | 2025 |
| 2  | Desie Armstrong | 12.89   | 2019 |
| 3  | Divine Adesida  | 12.98   | 2008 |
| 4  | Kylah Burke     | 13.21   | 2025 |
| 5  | Sarah West      | 13.22   | 2000 |
| 6  | Nina Palmer     | 13.34   | 2025 |
| 7  | Amirah Miller   | 13.36 w | 2025 |
| 8  | Jordan Davis    | 13.47   | 2015 |
| 9  | Delaney Brokman | 13.64   | 2010 |
| 10 | Jenna Coffman   | 13.70   | 2016 |

### **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  | Anna Guerrero   | 13:02.97 | 2023 |
| 6  | Shannon Hector  | 13:05.0  | 2000 |
| 7  | Erica Cardinale | 13:17.65 | 2014 |
| 8  | Haley Swanson   | 13:29.95 | 2006 |
| 9  | Tisha Nichols   | 13:31.41 | 2007 |
| 10 | Nora Pallotta   | 14:04.21 | 2004 |

### **200 m**

|    |                 |         |      |
|----|-----------------|---------|------|
| 1  | Eva Brown       | 26.95   | 2025 |
| 2  | Desie Armstrong | 27.24   | 2019 |
| 3  | Sarah West      | 28.07   | 2000 |
| 3  | Janean Bell     | 28.07   | 2012 |
| 5  | Nina Palmer     | 28.12   | 2025 |
| 6  | Delaney Brokman | 28.18   | 2010 |
| 7  | Lacey Pettigrew | 28.28   | 2002 |
| 8  | Jordan Davis    | 28.33   | 2015 |
| 9  | Jenna Coffman   | 28.61   | 2016 |
| 10 | Amirah Miller   | 28.63 w | 2025 |

### **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 |

### **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 Snaveley     | 1:05.72 | 2004 |
| 9  | Marena Yarnell      | 1:05.75 | 2011 |
| 10 | Aerolon Nhingsavath | 1:05.78 | 2019 |

### **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 |

### **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 |

### **Long Jump**

|    |                  |          |      |
|----|------------------|----------|------|
| 1  | Eva Brown        | 15-03.25 | 2025 |
| 2  | Divine Adesida   | 15-03    | 2008 |
| 3  | Emily West       | 15-02    | 2016 |
| 4  | Kim Baer         | 15-01    | 1999 |
| 5  | Jenna Coffman    | 14-11.5  | 2016 |
| 6  | Shelby Stuart    | 14-09.5  | 2008 |
| 7  | Brianna Conte    | 14-09    | 2002 |
| 8  | Kieara Rios      | 14-08.75 | 2016 |
| 9  | Christina Cortez | 14-04.5  | 2017 |
| 10 | Devon Rowe       | 14-04    | 2016 |

### **1600 m**

|    |                  |         |      |
|----|------------------|---------|------|
| 1  | Marissa D'Atri   | 5:17.06 | 2015 |
| 2  | Allie Timbrell   | 5:18.32 | 2013 |
| 3  | Renae Searls     | 5:18.86 | 2022 |
| 4  | Jewelz Andrews   | 5:28.66 | 2008 |
| 5  | Samantha Jones   | 5:30.0  | 2000 |
| 6  | Nicole Tria      | 5:34.13 | 2016 |
| 7  | Erica Cardinale  | 5:38.95 | 2015 |
| 8  | Danielle Osborne | 5:44.00 | 2011 |
| 9  | Rae Keyser       | 5:47.24 | 2025 |
| 10 | Michaela Nilson  | 5:52.10 | 2008 |

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

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### 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  | Alyssa Lopez    | 9-00 | 2025 |
| 2  | Danielle Sutton | 8-00 | 1997 |
| 2  | Crystal Dinh    | 8-00 | 2011 |
| 4  | Samantha Parker | 7-06 | 2008 |
| 5  | Corina Jones    | 7-04 | 2022 |
| 6  | Laura Johnson   | 7-00 | 1997 |
| 6  | Kellie Stephens | 7-00 | 2000 |
| 8  | Kim Baer        | 6-06 | 1999 |
| 8  | Ashley Breeze   | 6-06 | 2019 |
| 10 | Cara Martinez   | 5-06 | 2010 |
| 10 | Camille Dumlao  | 5-06 | 2024 |

### 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  | Miller, Burke, Palmer, Brown      | 50.68 | 2025 |
| 2  | Unknown Team                      | 52.10 | 2011 |
| 3  | Watkins, Burke, Evans, Brown      | 52.14 | 2025 |
| 4  | Watkins, Brown, Palmer, Tisdale   | 52.72 | 2025 |
| 5  | *Unnamed Team                     | 52.95 | 2025 |
| 6  | Mendoza, Grube, Brokman, Osborne  | 53.40 | 2010 |
| 7  | Watkins, Burke, Palmer, Tisdale   | 53.65 | 2025 |
| 8  | Watkins, Lopez, Grellman, Tisdale | 53.72 | 2025 |
| 9  | Unknown Team                      | 54.06 | 2005 |
| 10 | Unknown Team                      | 54.38 | 2012 |

### 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, Snavelly, Roth | 4:35.33 | 2005 |
| 5  | Watkins, Evans, Grellman, Singh     | 4:37.79 | 2025 |
| 6  | Unknown Team                        | 4:38.10 | 2006 |
| 7  | Unknown Team                        | 4:38.58 | 2009 |
| 7  | Evans, Palmer, Watkins, Tisdale     | 4:38.58 | 2025 |
| 9  | Unknown Team                        | 4:38.88 | 2002 |
| 10 | Parker, Andrews, Wadsworth, Nilson  | 4:41.31 | 2008 |

**1500 m** Renae Searls 5:04.92 2022

**3000 m** Samantha Jones 11:32.9 2001

**4 x 200** Unknown Team 1:54.28 2005

**4 x 800** D'Atri, Cardinale, Davis, Quontamatteo  
10:25.20 2015

**4 x 1600** Unknown Team 24:36.32 2008

**DMR (12-4-8-16)** Unknown Team 13:23.60 2001

**SMR (1-1-2-4)** Unknown Team 2:02.15 2012

**4 x 100 HH** Unknown Team 1:30.24 2010

**Javelin** Reina Felson-Lamb 46-07 2020

### 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