

Varsity Girls Top 10 Track & Field Records

100 m

1	Desie	Armstrong	12.17	2019
2	Erin	McLaughlin	12.44	1987
3	Tammy	Albertsen	12.64 c	1978
4	Debbie	Santa Maria	12.74 c	1975
4	Justina	Thompson	12.74 c	1992
6	Divine	Adesida	12.78	2010
7	Monica	Dunn	12.93	1993
8	Danielle	Hopkins	12.94 c	1980
8	Joy	Suitos	12.94 c	1980
10	Jordan	Davis	12.96 w	2018

200 m

1	Erin	McLaughlin	25.44	1987
2	Desie	Armstrong	25.63	2019
3	Divine	Adesida	25.64	2010
4	Sadie	Parker	26.19	2021
5	Maree	Hansen	26.24 c	1980
6	Tammy	Albertsen	26.84 c	1978
6	Justina	Thompson	26.84 c	1992
8	Lisa	Piper	27.01	1992
8	Alana	Burke	27.01	2021
10	Savannah	Wadsworth	27.02	2010

400 m

1	Maree	Hansen	56.2	1980
2	Divine	Adesida	58.05	2009
3	Erin	McLaughlin	58.38	1988
4	Laura	Underwood	59.68	1997
5	Lisa	Piper	59.80	1994
6	Janelle	Corbyn	1:00.1	1985
6	Beth	Mork	1:00.1	1999
8	Maria	Zamora	1:00.35	2003
9	Kelly	O'Dell	1:00.9	1999
10	Alta	Whipple	1:01.10	2002

800 m

1	Marissa	D'Atri	2:11.77	2017
2	Paige	Tully	2:14.6	1983
3	Janelle	Corbyn	2:19.5	1985
4	Beth	Mork	2:20.25	2001
5	Beth	Dunn	2:20.28	2001
6	Maree	Hansen	2:20.3	1980
7	Jessica	Neu	2:22.43	1997
8	Allie	Timbrell	2:22.90	2014
9	Beth	Clausen	2:24.6	1992
10	Samantha	Jones	2:24.67	2000

1600 m

1	Paige	Tully	4:57.90	1983
2	Allie	Timbrell	5:01.55 c	2014
3	Marissa	D'Atri	5:03.63	2018
4	Katie	Leary	5:10.31	1985
5	Samantha	Jones	5:11.09	2003
6	Jessica	Neu	5:13.27	2000
7	Amy	Loper-Riley	5:16.9	1998
8	Renae	Searls	5:19.50	2021
9	Stacey	Brunton	5:27.0	1986

10	Janelle	Corbyn	5:28.8 c	1988
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3200 m

1	Samantha	Jones	11:02.85	2003
2	Amy	Loper-Riley	11:15.88	1997
3	Allie	Timbrell	11:16.25	2014
4	Katie	Leary	11:17.1	1985
5	Paige	Tully	11:24.0	1981
6	Jessica	Neu	11:25.4 c	1999
7	Marissa	D'Atri	11:32.65	2018
8	Nicole	Tria	11:42.98	2019
9	Tanya	Rosengren	11:52.12	2001
10	Stacey	Brunton	11:57.7	1988

100 m Hurdles (33")

1	Traci	Banks	15.54	1993
2	Shelly	Cline	15.70	1988
3	Joy	Suitos	16.34 c	1981
4	Linda	Haefke	16.44 c	1980
4	Tina	Tamboury	16.44	1985
6	Beth	Michelson	16.84 c	1977
6	Terri	Cutler	16.84 c	1980
8	Samantha	Capozzo	17.00	2005
9	Joanne	Rilli	17.01	2000
9	Melissa	Grube	17.01	2012

300 m Low Hurdles (30")

1	Shelly	Cline	47.04 c	1988
2	Tina	Tamboury	48.04 c	1985
3	Maree	Hansen	49.14 c	1981
4	Hope	Suitos	49.64 c	1991
5	Joanne	Rilli	49.69	2000
6	Jessica	Neu	49.96	2000
7	Samantha	Capozzo	50.39	2005
8	Shireen	Amini	50.41	2002
9	Kay	Bromley	50.54	2013
10	Sienna	Strickland	51.56	2016

Long Jump

1	Desie	Armstrong	18-01.5	2021
2	Joy	Suitos	17-09	1981
3	Danielle	Hopkins	17-05.5	1981
4	Monica	Dunn	17-04.5	1992
5	Jill	Suitos	17-00.5	1986
6	Erin	McLaughlin	16-02.5	1987
6	Maria	Morandin	16-02.5	1983
8	Kelly	O'Dell	16-00	1999
8	Makhai	Broussard	16-00	2017
10	Brianna	Hernandez	15-09	2019
10	Emily	West	15-09	2019

Triple Jump

1	Maria	Morandin	35-01.5	1984
2	Sadie	Parker	35-00.75	2021
3	Jill	Suitos	35-00.5	1984
4	Kelly	O'Dell	34-10.5	1997
5	Lindsay	Lightsey	34-04.5	2002
6	Jenna	Coffman	34-03	2017

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7	Monica	Dunn	33-01.5	1992
8	Kim	Baer	33-01.25	2000
9	Brianna	Hernandez	32-08	2019
10	Joanne	Rilli	32-06.75	2000

High Jump

1	Traci	Banks	5-05	1994
2	Lindsay	Lightsey	5-04	2004
3	Renae	Scott	5-01	1980
3	Sabrina	Micanek	5-01	1990
3	Kieara	Rios	5-01	2017
6	Terri	Cutler	5-00	1980
6	Shelly	Cline	5-00	1990
8	Maureen	Mason	4-10	1998
8	Heather	Stephens	4-10	2000
8	Jenni	Jones	4-10	2000
8	Kathryn	Bumala	4-10	2008
8	Joy	Adesida	4-10	2019

Pole Vault

1	Danielle	Sutton	8-06	1997
1	Jessica	Neu	8-06	1999
3	Sky	Gliatto	8-00	1998
3	Crystal	Dinh	8-00	2013
3	Alexis	Yu	8-00	2020
6	Corina	Jones	7-07	2021
7	Laura	Johnson	7-06	1997
7	Kim	Baer	7-06	2001
7	Beth	Dunn	7-06	2002
7	Megan	Keith	7-06	2004
7	Marilee	Mazur	7-06	2007
7	Ashley	Breeze	7-06	2019
7	Katelyn	Kyllo	7-06	2019

Shot Put

1	Praise	Adesida	43-03	2012
2	Tamika	Waters	37-03.5	1989
3	Michelle	Malone	37-00.5	2004
4	Jessica	Robinson	34-07	2000
5	Kieara	Rios	33-11.75	2017
6	Selina	Haefke	33-02.5	2014
7	Sarah	Robinson	33-02	1999
8	Molly	West	32-04.5	2011
9	Stephanie	Colbert	32-01	1995
10	Hayley	Ward	31-05.5	2018

Discus

1	Praise	Adesida	141-00	2012
2	Carla	Casazza	122-07	1983
3	Betty	Hoffman	113-07	1977
4	Stephanie	Colbert	112-07	1995
5	Michelle	Malone	106-08.5	2004
6	Sarah	Tavares	104-01	2006
7	Michelle	DeGraef	103-04	1988
8	Jessica	Robinson	102-09	2000
9	Phoebe	Tang	102-08	2017
10	Selina	Haefke	99-07	2014

4x100 relay

1	Hopkins, Suitos, Haefke, Hansen	49.64 c	1980
2	Taylor, Zanotelli, Cline, McLaughlin	50.34 c	1989
3	Banks, Thompson, Dunn, Piper	50.36	1992
4	Wadsworth, D. Adesida, Yoeono, P. Adesida	50.43	2010
5	J. Adesida, West, Stone, Armstrong	50.93	2019
6	Unknown Team	51.07	1993
7	M. Lipary, Epps, Parker, Armstrong	51.11	2021
8	Wadsworth, D. Adesida, Wight, Gordon	51.25	2009
9	Paoli, Suitos, Dunn, Piper	51.34 c	1991
10	Coffman, Strickland, Stone, Davis	51.72	2018

4x400 relay

1	Swicegood, Tully, Hansen, Hopkins	3:56.0	1981
2	Taylor, Howard, Corbyn, McLaughlin	4:03.58	1988
3	Mork, Dunn, Whipple, Zamora	4:05.39	2002
4	Cutler, Swicegood, Hopkins, Hansen	4:05.8	1980
5	Amini, West, Mork, O'Dell	4:06.64	2000
6	Mork, Neu, Rilli, O'Dell	4:09.09	1999
7	Dunn, Amini, West, Mork	4:09.11	2001
8	Zamora, Hughes, West, Pruitt	4:09.27	2003
9	Taylor, Cline, Corbyn, McLaughlin	4:09.6	1988
10	Wadsworth, Bumala, Wight, D. Adesida	4:10.11	2009

400 Hurdles	Becky Gilbert	1:20.68	1990
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1500 m	Marissa D'Atri	4:47.00	2018
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3000 m	Amy Loper-Riley	10:47.7	1997
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5000 m	Kaelyn Nguyen	24:33.3	2021
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DMR (12-4-8-16)	Loper-Riley, O'Dell, Mork, Neu	12:36.97	2000
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SMR (1-1-2-4)	Unknown Team	2:00.13	2000
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SMR (2-2-4-8)	Unknown Team	4:18.93	2001
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4 x 200	Unknown Team	1:50.47	2010
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4 x 800	Whipple, Dunn, Pettigrew, Mork	9:43.34	2002
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4 x 1600	Neu, Jones, Loper-Riley, Zamolo	22:00.26	2000
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4 x 100 HH	O'Dell, Neu, Rilli, Stephens	1:10.3	2000
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Pentathlon	Corina Jones	1198 Points	2021
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Heptathlon	Kieara Rios	2365 Points	2017
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Javelin	Kieara Rios	56-11.75	2017
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Notes:

- c = converted from yards, w = wind-aided
- times to tenths = hand timed; times to hundredths = electronic
- 100m/200m/hurdles conversion = +.24 h/t to electronic
- 400m and up conversion = +.14 h/t to electronic