

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 Snavely	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	Michelle Malone	32-04	2002
2	Molly West	30-01.75	2010
3	Kieara Rios	29-11.5	2016
4	Genevieve Lipary	28-10.5	2000
5	Skylar Wondrusch	28-08.5	2016
6	Praise Adesida	28-06	2009
7	Lizzy Colbert	28-05	1998
8	Hayley Ward	28-04.25	2015
9	Veronika Olson	27-10.5	2014
10	Phoebe Tang	26-08	2016

Discus

1	Phoebe Tang	94-08	2016
2	Kieara Rios	94-01	2016
3	Michelle Malone	88-06	2002
4	Genevieve Lipary	86-05	2000
5	Natasha Tellei	84-04	1999
6	Emma Fitzgerald	83-08	2003
7	Molly West	81-05	2010
8	Praise Adesida	80-00	2009
9	Vanessa Silva	79-00	1999
10	Lizzy Colbert	78-05	1998

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

4 x 200	Unknown Team	1:54.28	2005
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SMR (1-1-2-4)	Unknown Team	2:02.15	2012
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4 x 800	D'Atri, Cardinale, Davis, Quontamatteo	10:25.20	2015
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4 x 1600	Unknown Team	24:32.03	2002
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DMR (12-4-8-16)	Unknown Team	13:23.60	2001
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4 x 100 HH	Unknown Team	1:30.24	2010
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1500 m	Renae Searls	5:04.92	2022
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3000 m	Samantha Jones	11:32.9	2001
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Javelin	Reina Felson-Lamb	46-07	2020
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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