



Individual All Time Outdoor Field List

Discus (1.6 kg)

1	Shauna Greenwood	(2004)	117' 10.00"
1	Brandi Adams	(2008)	48' 01.00"
2	Jordan Doherty	(2010)	81' 07.00"
2	Roxanne Dalere	(2010)	46' 02.00"
3	Alex Evans	(2008)	74' 10.00"
3	Geriana Pinto	(2009)	
4	Brionna Belk	(2009)	73' 01.00"
4	Jasmine Evans	(2009)	
5	Brenda Eke	(2008)	69' 04.00"
5	Bryshawna Otto	(2009)	
6	Caresse Simmonds	(2010)	65' 06.00"
6	Shanel Crawford	(2006)	
7	Jasmine Ramos	(2008)	64' 03.00"
8	Megan Trollo	(2010)	59' 02.50"
9	Takia Nash	(2008)	50' 11.00"
10	Jessica Riddick	(2008)	49' 02.00"

High Jump

1	Kaity Eppinger	(2007)	5' 05.00"
2	Caryn Grabowski	(2009)	5' 02.00"
3	Tiara Brown	(2008)	5' 02.00"
4	Danielle Hoff	(2007)	4' 10.00"
5	Ellen McDermott	(2009)	4' 08.00"
6	Alisa Harris	(2005)	4' 06.00"
7	Ashley Broderick	(2005)	4' 06.00"
8	Katie Colombo	(2009)	4' 04.00"
9	Chloe Sullivan	(2007)	4' 04.00"

Javelin

1	Allison Allmer	(2010)	92' 09.00"
2	Geriana Pinto	(2009)	91' 03.00"
3	Alex Evans	(2008)	85' 00.00"
4	Megan Trollo	(2010)	72' 04.00"
5	Jasmine Ramos	(2010)	65' 00.00"
6	Molly Luppino	(2010)	57' 10.00"
7	Kathryn Bricki	(2010)	53' 00.00"
8	Brenda Eke	(2008)	51' 07.00"
9	Brionna Belk	(2008)	49' 00.00"
10	Takia Nash	(2008)	29' 01.00"

Long Jump

1	Alex Evans	(2008)	73' 06.00"
2	Geriana Pinto	(2008)	65' 02.00"
3	Jasmine Ramos	(2008)	59' 03.00"
4	Ashley Broderick	(2007)	16' 01.75"

5	Angelica Glover	(2007)	14' 11.00"
6	Caryn Grabowski	(2007)	14' 10.00"
7	Jasmine Holder	(2010)	14' 08.50"
8	Ivohna Howard	(2006)	14' 02.00"
9	Lesley Hendricks	(2005)	13' 06.00"
10	Nicole King	(2005)	13' 02.00"

Shot Put (12 lb)

1	Alex Evans	(2009)	31' 00.50"
2	Jessica Riddick	(2009)	30' 07.00"
3	Megan Trollo	(2010)	30' 01.25"
4	Geriana Pinto	(2010)	29' 04.50"
5	Jordan Doherty	(2010)	28' 03.50"
6	Brionna Belk	(2010)	28' 00.00"
7	Caresse Simmonds	(2010)	27' 05.00"
8	Allison Allmer	(2010)	25' 06.00"
9	Jasmine Ramos	(2010)	24' 06.00"
10	Brenda Eke	(2008)	23' 11.00"

Shot Put (4 kg)

1	Brionna Belk	(2009)	26' 04.00"
2	Caresse Simmonds	(2010)	24' 08.00"
3	Kathryn Bricki	(2010)	21' 10.00"
4	Roxanne Dalere	(2010)	18' 08.50"
5	Bryshawna Otto	(2009)	
6	Brenda Eke	(2008)	
7	Takia Nash	(2008)	
8	Brandi Adams	(2008)	

Triple Jump

1	Jasmine Holder	(2010)	32' 02.50"
2	Caryn Grabowski	(2007)	31' 11.50"
3	Ashley Broderick	(2005)	31' 04.00"
4	Kaity Eppinger	(2007)	29' 04.00"
5	Danielle Hoff	(2007)	27' 01.00"
6	Katie Ryan	(2007)	26' 03.00"
7	Nicole King	(2005)	25' 00.00"
8	Ellen McDermott	(2009)	
9	Tiara Brown	(2008)	
10	Angelica Glover	(2007)	