



# All Time Individual Outdoor Track & Field Records

## 1.0 mile (Open)

1	Leticia Roveló	2012	7:12.00
2	Kelly Springer	2012	7:28.00

## 100 (Open)

1	Imani Beauliere	2013	12.04
2	Alexis Cabbage	2011	12.20
3	Jen Seniszyn	2006	12.37
4	Iris Pegeron	2011	12.60
5	Lesley Hendricks	2006	12.80
6	Caryn Grabowski	2009	12.90
6	Angelica Glover	2007	12.90
6	Aliyah Singleton	2012	12.90
7	Aerielle Belk	2006	13.10
7	Taylor Campbell	2012	13.10
8	Dainah Bland	2009	13.20
9	Ivohna Howard	2007	13.30
9	Amanda Ferrigno	2012	13.30
9	Bria Henry	2013	13.30
9	Joy Clarke	2013	13.30
10	Tatiana Ifill	2013	13.40

## 100 (Relay)

1	Bria Henry	2013	13.20
2	Janelle Gibbs	2013	13.70
3	Stephanie Annunziata	2012	14.90
4	Yahisa Jaramillo	2012	15.50
5	Jasmine Holmes	2012	16.30
6	Iris Pegeron	2010	
6	Tejah Larkin	2010	
6	Jasmine Holder	2010	
6	Taylor Campbell	2010	
6	Alexis Cabbage	2010	
6	Ayleen Santiago	2010	
6	Shanice London	2010	
6	Katie Colombo	2009	
6	Michelle Veltz	2009	
6	Caryn Grabowski	2009	
6	Ivohna Howard	2007	
6	Angelica Glover	2007	
6	Aerielle Belk	2007	
6	Jen Seniszyn	2007	
6	Miriam Majeski	2007	
6	Lesley Hendricks	2006	
6	Ashley Broderick	2005	
6	Tiara Brown	2005	

6	Taylor Campbell	2011	
6	Hannah Cannon	2011	
6	Imani Beauliere	2011	
6	Morgan Mclaughlin	2011	
6	Aliyah Singleton	2012	
6	Amanda Ferrigno	2012	
6	Tatiana Ifill	2013	
6	Jordan Coverson	2013	
6	Tonna Obaze	2013	
6	Joy Clarke	2013	

## 100 HH (Open)

1	Morgan Mclaughlin	2012	14.33
2	Genesis Fulmer	2007	15.60
3	Alisa Harris	2007	16.00
4	Janelle Gibbs	2013	16.19
5	Jordan Coverson	2013	16.74
6	Katie Ryan	2007	17.50
7	Ivohna Howard	2009	18.20
8	Bianca Greene	2013	18.60
9	Julia Hayes	2013	19.15
10	Kelly Springer	2011	19.62

## 100 HH (Relay)

1	Morgan Mclaughlin	2012	14.60
2	Janelle Gibbs	2012	16.70
3	Jasmine Holder	2012	18.00
4	Kelly Springer	2012	19.10

## 110 HH (Open)

1	Morgan Mclaughlin	2012	14.90
2	Janelle Gibbs	2012	16.80
3	Ellen McDermott	2009	18.80
4	Bianca Greene	2012	19.60
5	Ayleen Santiago	2011	20.80
6	Sam Pauls	2011	21.60
7	Shanice London	2011	21.70

## 110 HH (Relay)

1	Genesis Fulmer	2007	16.00
2	Alisa Harris	2007	16.10
3	Katie Ryan	2007	17.60
4	Miriam Majeski	2007	18.20
5	Kaity Eppinger	2007	19.70

## 200 (Open)

1	Imani Beauliere	2013	24.40
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2	Jordan Coverson	2013	25.60	10	Tess Lowe	2008	1:01.10
3	Alexis Cubbage	2011	25.61				
4	Jen Seniszyn	2007	25.80				
4	Morgan Mclaughlin	2012	25.80				
5	Lesley Hendricks	2006	26.60				
6	Angelica Glover	2007	26.70				
7	Caryn Grabowski	2009	26.90				
8	Taylor Campbell	2012	27.20				
9	Alisa Harris	2007	27.40				
9	Iris Pegeron	2011	27.40				
10	Aerielle Belk	2006	27.60				

### 200 (Relay)

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1	Imani Beauliere	2013	24.40
2	Jen Seniszyn	2007	25.00
3	Morgan Mclaughlin	2012	25.20
4	Alexis Cubbage	2011	25.30
5	Jordan Coverson	2013	25.60
6	Alisa Harris	2007	25.70
7	Lesley Hendricks	2006	25.90
8	Caryn Grabowski	2009	26.20
9	Aerielle Belk	2007	26.50
9	Taylor Campbell	2012	26.50
10	Angelica Glover	2007	26.60

### 400 (Open)

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1	Alexis Cubbage	2011	57.70
2	Jordan Coverson	2013	58.71
3	Imani Beauliere	2013	58.90
4	Tess Lowe	2009	1:00.50
5	Alisa Harris	2005	1:00.80
6	Lesley Hendricks	2005	1:01.10
7	Aerielle Belk	2007	1:01.39
8	Genesis Fulmer	2007	1:01.60
9	Morgan Mclaughlin	2012	1:02.60
10	Iris Pegeron	2010	1:03.20

### 400 (Relay)

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1	Alexis Cubbage	2011	57.70
2	Alisa Harris	2005	58.09
3	Imani Beauliere	2013	58.20
4	Jordan Coverson	2013	58.90
5	Genesis Fulmer	2007	59.30
6	Morgan Mclaughlin	2011	59.50
7	Lesley Hendricks	2006	59.60
8	Jen Seniszyn	2007	59.90
9	Aerielle Belk	2007	1:00.80

### 400 IH (Open)

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1	Morgan Mclaughlin	2011	1:02.56
2	Alisa Harris	2005	1:05.67
3	Jordan Coverson	2013	1:06.90
4	Genesis Fulmer	2007	1:07.10
5	Bianca Greene	2012	1:08.41
6	Katie Ryan	2007	1:10.50
7	Ivohna Howard	2006	1:10.60
8	Janelle Gibbs	2012	1:10.61
9	Michelle Veltz	2009	1:12.47
10	Kayla Zoleta	2006	1:13.40

### 400 IH (Relay)

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1	Alisa Harris	2007	1:04.80
2	Genesis Fulmer	2007	1:05.89
3	Katie Ryan	2007	1:06.80
4	Tiara Brown	2006	1:07.00
5	Jordan Coverson	2013	1:08.54
6	Morgan Mclaughlin	2012	1:10.17
7	Ivohna Howard	2007	1:10.20
8	Bianca Greene	2013	1:11.00
9	Janelle Gibbs	2013	1:13.68
10	Geriana Pinto	2008	1:17.80

### 800 (Open)

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1	Tess Lowe	2009	2:23.20
2	Samantha Peters	2007	2:26.60
3	Kate Lowe	2011	2:28.35
4	Jenna Socci	2009	2:28.70
5	Katie Colombo	2007	2:30.99
6	Allie Whitefleet	2008	2:32.24
7	Asia Johnson	2013	2:33.78
8	Aerielle Belk	2005	2:35.10
9	Stephanie Annunziata	2013	2:35.98
10	Allison Guzman	2009	2:36.42

### 800 (Relay)

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1	Samantha Peters	2008	2:23.00
2	Tess Lowe	2008	2:24.30
3	Jenna Socci	2009	2:26.40
4	Asia Johnson	2013	2:26.80
5	Katie Colombo	2007	2:31.40
6	Allie Whitefleet	2008	2:32.40
7	Olena Lyaschenko	2005	2:33.30
8	Geriana Pinto	2007	2:33.60



## All Time Individual Outdoor Track & Field Records

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9	Kate Lowe	2012	2:33.90
10	Stephanie Annunziata	2013	2:34.70

### 1200 (Open)

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1	Allie Whitefleet	2008	4:08.70
2	Jenna Socci	2008	4:08.80

### 1200 (Relay)

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1	Asia Johnson	2013	3:59.90
2	Allie Whitefleet	2008	4:02.30
3	Jenna Socci	2009	4:06.30
4	Amanda Dalton	2006	4:11.10
5	Tess Lowe	2006	4:11.50
6	Olena Lyaschenko	2005	4:20.97
7	Kate Lowe	2011	4:21.80
8	Bree Kelly	2006	4:22.30
9	Gina Egidio	2007	4:25.60

### 1600 (Open)

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1	Samantha Peters	2009	5:21.70
2	Jenna Socci	2011	5:25.20
3	Asia Johnson	2013	5:35.07
4	Allie Whitefleet	2008	5:35.49
5	Olena Lyaschenko	2005	5:39.38
6	Grace Kelly	2010	5:44.70
7	Amanda Dalton	2006	5:47.40
8	Lila Majano	2013	5:50.26
9	Sarah Fox	2011	5:54.66
10	Gina Egidio	2007	5:55.00

### 1600 (Relay)

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1	Samantha Peters	2008	5:25.10
2	Olena Lyaschenko	2005	5:47.10
3	Allie Whitefleet	2008	5:50.60
4	Lila Majano	2013	5:51.20
5	Amanda Dalton	2006	5:54.10
6	Jenna Socci	2008	6:02.80
7	Gina Egidio	2008	6:07.00
8	Grace Kelly	2010	6:09.80
9	Sarah Fox	2011	6:10.70
10	Bree Kelly	2006	6:16.20

### 3200 (Open)

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1	Samantha Peters	2009	11:55.30
2	Asia Johnson	2013	11:59.30
3	Jenna Socci	2010	12:08.50
4	Allie Whitefleet	2009	12:43.40

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5	Grace Kelly	2010	12:43.70
6	Bree Kelly	2006	12:53.60
7	Lila Majano	2013	12:55.37
8	Olena Lyaschenko	2005	13:06.90
9	Gina Egidio	2006	13:23.00
10	Jenny Herron	2012	14:17.00

### Discus (1 kg)

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1	Kim Way	2012	44' 00.00"
2	Allison Allmer	2009	
2	Jordan Doherty	2009	
2	Brionna Belk	2009	
2	Bryshawna Otto	2009	
2	Caresse Simmonds	2009	
2	Jasmine Ramos	2008	
2	Brenda Eke	2008	
2	Alex Evans	2008	
2	Takia Nash	2008	
2	Brandi Adams	2008	

### Discus (1.6 kg)

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1	Shauna Greenwood	2004	117' 10.00"
2	Jordan Doherty	2011	91' 00.00"
3	Megan Trollo	2012	88' 09.00"
4	Allison Allmer	2012	75' 06.00"
5	Alex Evans	2008	74' 10.00"
6	Brionna Belk	2009	73' 01.00"
7	Donnae Days	2013	71' 01.00"
8	Karla Torres	2013	70' 05.00"
9	Yosmeen Harris	2013	70' 01.00"
10	Caresse Simmonds	2011	69' 10.00"

### High Jump

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1	Kaity Eppinger	2007	5' 05.00"
2	Caryn Grabowski	2009	5' 02.00"
2	Tiara Brown	2008	5' 02.00"
3	Jasmine Holder	2012	5' 00.00"
3	Janelle Gibbs	2013	5' 00.00"
4	Danielle Hoff	2007	4' 10.00"
5	Ellen McDermott	2009	4' 08.00"
5	Bianca Greene	2013	4' 08.00"
6	Alisa Harris	2005	4' 06.00"
6	Ashley Broderick	2005	4' 06.00"
7	Katie Colombo	2009	4' 04.00"
7	Chloe Sullivan	2007	4' 04.00"
8	Sophie Ghizzone	2013	4' 02.00"
8	Julia Hayes	2013	4' 02.00"



## All Time Individual Outdoor Track & Field Records

9 Katie Piotrowski 2005

### Javelin

1	Allison Allmer	2011	112' 03.00"
2	Kathryn Bricki	2012	95' 05.00"
3	Geriana Pinto	2009	91' 03.00"
4	Alex Evans	2008	85' 00.00"
5	Allison Yashay	2013	77' 00.00"
6	Megan Trollo	2010	72' 04.00"
7	Cienna Herlihy	2013	70' 11.00"
8	Sam Pauls	2011	68' 04.00"
9	Jessie Florendo	2013	65' 05.00"
10	Jasmine Ramos	2010	65' 00.00"

### Long Jump

1	Alex Evans	2008	73' 06.00"
2	Geriana Pinto	2008	65' 02.00"
3	Jasmine Ramos	2008	59' 03.00"
4	Morgan Mclaughlin	2012	19' 00.25"
5	Bria Henry	2013	16' 04.00"
6	Jasmine Holder	2012	16' 02.75"
7	Ashley Broderick	2007	16' 01.75"
8	Angelica Glover	2007	14' 11.00"
8	Bianca Greene	2012	14' 11.00"
9	Caryn Grabowski	2007	14' 10.00"
10	Diana Arcure	2013	14' 02.25"

### Shot Put (12 lb)

1	Megan Trollo	2012	32' 06.00"
2	Donnae Days	2013	31' 04.00"
3	Alex Evans	2009	31' 00.50"
4	Allison Allmer	2012	30' 11.00"
5	Jessica Riddick	2009	30' 07.00"
6	Jordan Doherty	2011	30' 06.50"
7	Kathryn Bricki	2012	29' 10.25"
8	Yosmeen Harris	2013	29' 09.50"
9	Geriana Pinto	2010	29' 04.50"
10	Brionna Belk	2010	28' 00.00"

### Shot Put (4 kg)

1	Megan Trollo	2011	31' 00.00"
2	Jordan Doherty	2012	29' 06.00"
3	Kathryn Bricki	2012	27' 07.00"
4	Brionna Belk	2009	26' 04.00"
5	Caresse Simmonds	2011	25' 08.00"
6	Kerianne Doherty	2012	22' 08.75"
7	Kim Way	2012	22' 08.50"

8 Karla Torres 2012 20' 07.50"

9 Bryana Brewton 2012 19' 06.00"

10 Roxanne Dalere 2010 18' 08.50"

### Triple Jump

1	Jasmine Holder	2012	33' 04.00"
2	Caryn Grabowski	2007	31' 11.50"
3	Ashley Broderick	2005	31' 04.00"
3	Joy Clarke	2013	31' 04.00"
4	Diana Arcure	2013	30' 00.50"
5	Bianca Greene	2013	29' 11.00"
6	Kaity Eppinger	2007	29' 04.00"
7	Janelle Gibbs	2012	28' 04.50"
8	Danielle Hoff	2007	27' 01.00"
9	Katie Ryan	2007	26' 03.00"
10	Nicole King	2005	25' 00.00"