



NORTHWOOD TRACK & FIELD GIRLS TOP PERFORMERS



To be eligible all running event records must be recorded with fully automatic timing (FAT)

100m			
12.28	+3.4	Averie Hernandez	2025
12.32wa	+2.7	Megan Blanchard	2008
12.52wa	+2.5	Alyssa Bowman	2023
12.63	+1.9	Carina Hendley	2015
12.63wa	+2.4	Chinyere "Chiny" Chambers	2016
12.66wa	+5.1	Kalea Brown	2021
12.69	+0.0	Danielle "Dani" Solaru	2013
12.69	+1.9	Julia Muniz	2022
12.70	nwi	Victoria Ton	2004
12.72	nwi	Lauren Park	2025
12.72	+2.1	Mallory Venezia	2024
12.76	+1.6	Kathleen Overbaugh	2019
12.91	+0.4	Erica Lu	2012
12.91wa	nwi	Martha "Markie" Bowers	2018

200m			
24.23	-0.6	Averie Hernandez	2025
25.54wa	+3.9	Megan Blanchard	2008
25.61	+1.0	Alyssa Bowman	2024
25.80	+0.4	Kathleen Overbaugh	2019
25.81	+0.4	Chinyere "Chiny" Chambers	2015
25.82	-0.3	Carina Hendley	2015
25.90wa	+2.8	Danielle "Dani" Solaru	2014
25.97	+0.0	Philine Qian	2013
25.97	+0.8	Amanda Bolger	2016
25.98	+2.5	Lauren Park	2025
26.03wa	+3.0	Julia Muniz	2022
26.29wa	nwi	Tori Oloro	2020
26.36	+0.0	Samantha "Sam" Solaru	2010
26.40	+1.5	Reina Kabbara	2021

400m			
56.66		Samantha "Sam" Solaru	2013
57.95		Marissa Clow	2009
58.02		Philine Qian	2013
58.11		Amand Bolger	2017
58.21		Averie Hernandez	2025
58.55		Kathleen Overbaugh	2019
58.82		Alyssa Bowman	2024
59.25		Julia Muniz	2022
59.28		Hurya Ahmed	2018
59.30		Lauren Park	2024
1:00.04		Reina Kabbara	2021
1:00.07		Danielle "Dani" Solaru	2014
1:00.17		Alexis Gopal	2016
1:00.30		Alexandra Sciarra	2007

800m			
2:13.80		Bethan Knights	2014
2:15.66		Ashley Larson	2014
2:16.03		Alexandria "Ceci" Adams	2010
2:16.95		Rachel Ngu	2008
2:17.87		Erika Adler	2017
2:17.98		Reina Kabbara	2022
2:19.27		Jazmin Esparza	2017
2:20.88		Maia Murthy	2025
2:21.48		Kanene Sierra	2007
2:21.89		Samantha "Sam" Murphy	2015
2:22.50		Marisa Purcell	2011
2:22.53		Lauren Porter	2009
2:22.87		Jasmine Mistry	2009
2:23.04		Christine Farson	2003

1600m			
4:42.29		Bethan Knights	2014
4:56.34		Erika Adler	2017
5:01.34		Rachel Ngu	2008
5:01.77		Samantha "Sam" Murphy	2015
5:07.73		Ashley Larson	2014
5:09.95		Chloe Muller	2018
5:10.41		Elizabeth Odom	2021
5:11.15		Audrey Landis	2019
5:11.64		Sharice Laygo	2024
5:13.52		Maia Murthy	2025
5:15.02		Marisa Purcell	2013
5:15.62		Aviv Lazar	2007
5:16.89		Jazmin Esparza	2018
5:16.96		Savana Gunhewa	2010

3200m			
9:50.12C		Bethan Knights	2014
10:24.62		Erika Adler	2017
10:50.29		Samantha "Sam" Murphy	2014
11:14.04		Marisa Purcell	2011
11:14.81		Micaela O'Connell	2019
11:20.05		Elizabeth Odom	2021
11:25.59		Sharice Laygo	2024
11:27.67		Chloe Muller	2018
11:29.47		Rebecca Tuttle	2010
11:30.23		Ashley Larson	2013
11:30.91		Audrey Landis	2019
11:33.14		Natsuki Eguchi	2014
11:34.79		Aleksandra Crampton	2017
11:39.00		Madison Mason	2021

100m HH			
15.18wa	+2.6	Kellie May	2017
15.57wa	nwi	Victoria Ton	2005
15.62wa	+3.6	Tori Oloro	2019
15.72wa	nwi	Lauren Porter	2010
16.18	+0.0	Zelal Kucukkaya	2023
16.44	+2.0	Emice Lee	2022
16.52	+1.7	Charlotte "Charlie" Tanner	2019
16.68	+1.6	Sienna Hidalgo	2025
16.70	-1.0	Amari Tristan	2015
16.77	-1.6	Emilie Wong	2006
16.78	+1.9	Caitlyn King	2019
16.88	+1.0	Crisylle Blanton	2015
16.96wa	nwi	Katelyn Muniz	2021
17.05	+0.0	Michelle Rosinski	2013

300m LH			
45.21		Tori Oloro	2019
46.54		Katelyn Muniz	2021
46.56		Lauren Porter	2010
46.80		Amari Tristan	2015
47.24		Amanda Bolger	2016
47.77		Michelle Rosinski	2013
48.37		Jiwon "Jenny" Kim	2013
48.37		Charlotte "Charlie" Tanner	2019
48.46		Sophia Rosinski	2013
48.91		Caitlyn King	2019
48.97		Nicole Theodorou	2025
49.07		Zelal Kucukkaya	2023
49.53		Allison Ordura	2002
49.56		Hunsika Yerratha	2025

Long Jump (all conditions)			
18' 05.25"	+0.7	Kellie May	2017
17' 08.50"	nwi	Victoria "Vicky" Ton	2004
17' 05.25"	nwi	Brooke Kong	2018
16' 11.00"	nwi	Madeline "Maddy" Johnson	2013
16' 10.25"	nwi	Kalea Brown	2022
16' 10.00"	nwi	Melissa Kan	2009
16' 09.50"	nwi	Grace Wang	2006
16' 07.00"	nwi	Katelyn Muniz	2021
16' 04.50"	nwi	Alexis Muniz	2013
16' 04.00"	nwi	Crisylle Blanton	2015
16' 03.50"	nwi	Bia Yoo	2025
16' 02.00"	nwi	Skylar Legaspi	2019
16' 02.00"	nwi	Kate Berry	2014
16' 01.00"	nwi	Yeon Yang	2008

Triple Jump (all conditions)			
38' 11.75"	+2.3	Kellie May	2017
35' 07.25"	nwi	Melissa Kan	2008
35' 07.00"	nwi	Grace Wang	2006
35' 06.25"	nwi	Kalea Brown	2022
34' 10.25"	nwi	Yeon Yang	2008
34' 09.00"	nwi	Brooke Kong	2016
34' 08.50"	nwi	Tori Oloro	2019
34' 06.00"	nwi	Skylar Legaspi	2019
33' 07.00"	nwi	Bia Yoo	2025
33' 04.00"	nwi	Brooklyn Guan	2022
33' 03.00"	nwi	Kate Berry	2013
33' 02.50"	nwi	Katie Damko	2025
32' 06.25"	+0.0	Gabriela "Gaby" Mackey	2014
32' 06.00"	nwi	Katelyn "Katie" Kong	2014

High Jump			
5' 03.00"		Skylar Legaspi	2020
5' 02.00"		Grace Wang	2006
5' 02.00"		Lorraine Flores	2007
5' 01.00"		Brooke Kong	2016
5' 00.00"		Tory Bellas	2009
5' 00.00"		Kellie May	2016
4' 10.00"		Lauren Porter	2011
4' 10.00"		Dian Qi	2010
4' 10.00"		Jackie Untalan	2006
4' 10.00"		Kristine Allen	2005
4' 10.00"		Lindsey Reid	2008
4' 10.00"		Rona Chang	2015
4' 10.00"		Soleil Cotton	2018
4' 10.00"		Katie Berry	2012

Pole Vault			
12' 00.00"		Kalea Brown	2022
9' 00.00"		Melissa Kan	2008
9' 00.00"		Leyla Karimova	2019
8' 06.00"		Ella Yu	2025
7' 06.00"		Leah Dörner	2008
7' 06.00"		Daniella Pierce	2022
7' 03.00"		Yamil Cervantes	2021
7' 00.00"		Sophia Garcia	2020
7' 00.00"		Meridian Santol	2022
7' 00.00"		Kibbeum "Joy" Bea	2021
7' 00.00"		Hunsika Yerratha	2025
6' 09.00"		Kailyn Janick	2022
6' 09.00"		Anushka Trivedi	2021
6' 06.00"		L. Kugra, K. Ascarzadeh	20' 22

Shot Put			
40' 10.00"		Christa Kondru	2010
37' 10.75"		Abria Lipscomb	2003
35' 07.00"		Brett Timmons	2005
34' 03.00"		Kellie May	2017
34' 02.00"		Sophie Grossman	2019
34' 01.00"		Dani Galisteo	2025
33' 07.50"		Ashley Muscatelli	2013
33' 00.75"		Soleil Cotton	2020
31' 06.50"		Hayley Cohen	2013
31' 05.00"		Yasmine Ghattas	2016
31' 01.50"		Saige Singh	2023
30' 11.00"		Lizzy Li	2025
30' 05.50"		Rachel McCurry	2020
30' 04.50"		Grace Holder	2021

Discus			
131' 11"		Christa Kondru	2010
131' 03"		Abria Lipscomb	2003
123' 11"		Dani Galisteo	2025
113' 07"		Sophie Grossman	2018
110' 08"		Emily Duginger	2013
108' 05"		Crista Goldbaum	2008
106' 03"		Ashley Muscatelli	2014
103' 10"		Aaliyah Williams	2024
100' 02"		Jane Smith	2005
98' 04"		Brett Timmons	2006
98' 02"		Soleil Cotton	2020
97' 06"		Yasmine Ghattas	2016
97' 02"		Ashlynn Lynch	2025
96' 06"		Rachel McCurry	2019

4x100m Relay			
48.45		Amanda Bolger, Chinyere Chambers Carina Hendley, Brooke Kong	2016
48.52		Chinyere Chambers, Carina Hendley Erica Liu, Danielle Solaru	2013
49.02		Chinyere Chambers, Carina Hendley Philine Qian, Danielle Solaru	2013
49.05		Averie Hernandez, Maya Marfatia Lauren Park, Nicole Theodorou	2025
49.09		Kalea Brown, Reina Kabbara Katelyn Muniz, Julia Muniz	2021
49.29		Kalya Brown, Alyssa Bowman Reina Kabbara, Julia Muniz	2022
49.39		Hurya Ahmed, Amanda Bolger Brooke Kong, Kaylee Nguyen	2017

4x400m Relay			
3:55.60		Averie Hernandez, Maya Marfatia Lauren Park, Nicole Theodorou	2025
3:58.05		Hurya Ahmed, Amanda Bolger Alexis Gopal, Kaylee Nguyen	2017
3:58.12		Amanda Bolger, Chinyere Chambers Alexis Gopal, Kaylee Nguyen	2016
3:59.40		Alyssa Bowman, Averie Hernandez Lauren Park, Mallory Venezia	2024
3:59.49		Alexandria Adams, Melissa Clow Jasmine Mistry, Lauren Porter	2009
3:59.88		Alexandria Adams, Melissa Clow Jasmine Mistry, Samantha Solaru	2010
4:01.80		Amanda Bolger, Chinyere Chambers Alexis Gopal, Ashley Larson	2016