



# NORTHWOOD TRACK & FIELD GIRLS TOP 10



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

100m			
12.43	+0.7	Megan Blanchard	2007
12.63	+1.9	Carina Hendley	2015
12.69	+0.0	Danielle "Dani" Solaru	2013
12.76	+1.6	Kathleen Overbaugh	2019
12.80	+1.2	Chinyere "Chiny" Chambers	2016
12.91	+0.4	Erica Lu	2012
12.95	+1.6	Martha "Markie" Bowers	2019
13.04	+1.6	Victoria Ton	2004
13.10	-1.1	Kaylee Nguyen	2017
13.12	+1.6	Tori Oloro	2019

100m (wind aided)			
12.32	+2.7	Megan Blanchard	2008
12.63	+2.4	Chinyere "Chiny" Chambers	2016
12.70	+3.1	Carina Hendley	2016
12.70	nwi	Victoria Ton	2004
12.86	nwi	Kathleen Overbaugh	2017
12.91	nwi	Martha "Markie" Bowers	2018
13.04	nwi	Erica Lu	2014
13.06	nwi	Brooke Kong	2018
13.29	nwi	Kaylee Nguyen	2017
13.29	nwi	Suzanne Denson	2012

200m			
25.80	+0.4	Kathleen Overbaugh	2019
25.81	-0.7	Megan Blanchard	2008
25.81	+0.4	Chinyere "Chiny" Chambers	2015
25.82	-0.3	Carina Hendley	2015
25.97	+0.0	Philine Qian	2013
25.97	+0.8	Amanda Bolger	2016
26.12	+0.4	Danielle "Dani" Solaru	2014
26.36	+0.0	Samantha "Sam" Solaru	2010
26.49	+0.0	Marissa Clow	2010
26.66	+0.4	Tori Oloro	2019

200m (wind aided)			
25.54	+3.9	Megan Blanchard	2008
25.88	+2.1	Kathleen Overbaugh	2019
25.90	+2.8	Danielle "Dani" Solaru	2014
26.17	+2.6	Chinyere "Chiny" Chambers	2016
26.59	+2.9	Philine Qian	2013
26.68	nwi	Samantha "Sam" Solaru	2011
26.69	nwi	Carina Hendley	2016
26.80	+2.4	Erica Lu	2012
26.91	nwi	Madeline "Maddy" Johnson	2013
27.07	nwi	Marissa Clow	2010

400m			
56.66		Samantha "Sam" Solaru	2013
57.92		Marissa Clow	2009
58.02		Philine Qian	2013
58.11		Amanda Bolger	2017
58.55		Kathleen Overbaugh	2019
59.28		Hurya Ahmed	2018
1:00.07		Danielle "Dani" Solaru	2014
1:00.17		Alexis Gopal	2016
1:00.30		Alexandra Sciarra	2007
1:00.82		Alexandria "Ceci" Adams	2010

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
2:19.27		Jazmin Esparza	2017
2:21.48		Kanene Sierra	2007
2:21.89		Samantha "Sami" Murphy	2015
2:22.50		Marisa Purcell	2011
2:22.53		Lauren Porter	2009

1600m			
4:42.29		Bethan Knights	2014
4:56.34		Erika Adler	2017
5:01.34		Rachel Ngu	2008
5:01.77		Samantha "Sami" Murphy	2015
5:07.73		Ashley Larson	2014
5:09.95		Chole Muler	2018
5:11.15		Audrey Landis	2019
5:15.02		Marisa Purcell	2013
5:15.62		Aviv Lazar	2007
5:16.89		Jazmin Esparza	2018

3200m			
9:50.12C		Bethan Knights	2014
10:24.62		Erika Adler	2017
10:50.29		Samantha "Sami" Murphy	2014
11:14.04		Marisa Purcell	2011
11:14.81		Micaela O'Connell	2019
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

100m HH			
15.28	-1.1	Kellie May	2017
16.01	-1.1	Tori Oloro	2019
16.39	+1.1	Lauren Porter	2011
16.52	+1.7	Charlotte "Charlie" Tanner	2019
16.70	-1.0	Amani Tristan	2015
16.74	-2.2	Victoria Ton	2004
16.77	-1.6	Emilie Wong	2006
16.78	+1.9	Caitlyn King	2019
16.88	+1.0	Crisylle Blanton	2015
17.05	+0.0	Michelle Rosinski	2013

100m HH (wind aided)			
15.18	+2.6	Kellie May	2017
15.57	nwi	Victoria Ton	2005
15.62	+3.6	Tori Oloro	2019
15.72	nwi	Lauren Porter	2010
16.90	+2.2	Charlotte "Charlie" Tanner	2019
16.92	nwi	Emilie Wong	2006
17.05	nwi	Kim Bernard	2005
17.16	+2.3	Joy Wang	2013
17.17	nwi	Brienne Gassin	2003
17.20	nwi	Kellie Wong	2005

300m LH			
45.21		Tori Oloro	2019
46.56		Lauren Porter	2010
46.80		Amani 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
48.99		Katelyn Muniz	2019

High Jump			
5' 02.00"		Grace Wang	2006
5' 02.00"		Lorraine Flores	2007
5' 02.00"		Skylar Legaspi	2018
5' 01.00"		Brooke Kong	2016
5' 00.00"		Tory Bellas	2009
5' 00.00"		Kellie May	2016
4' 10.00"		K. Allen / J. Untalan	05/06
4' 10.00"		L. Reid / D. Qi	08/10
4' 10.00"		L. Porter / K. Berry	11/12
4' 10.00"		R. Chang / S. Cotton	15/19

Long Jump			
18' 05.25"	+0.7	Kellie May	2017
17' 04.00"	+1.2	Brooke Kong	2017
15' 11.50"	+0.2	Madeline "Maddy" Johnson	2013
15' 07.00"	-1.0	Victoria "Vicky" Ton	2003
15' 05.00"	-1.5	Sujean Park	2010
15' 03.25"	+0.0	Melissa Kan	2009
14' 10.25"	+0.0	Dian Qi	2010
14' 09.50"	-1.1	Kate Berry	2013
14' 05.50"	-0.1	Gabriela "Gaby" Mackey	2014
-	-	-	-

Long Jump (wind aided)			
18' 01.00"	nwi	Kellie May	2017
17' 08.50"	nwi	Victoria "Vicky" Ton	2004
17' 05.50"	nwi	Brooke Kong	2018
16' 11.00"	nwi	Madeline "Maddy" Johnson	2013
16' 10.00"	nwi	Melissa Kan	2009
16' 09.50"	nwi	Grace Wang	2006
16' 05.00"	nwi	Katelyn Muniz	2019
16' 04.50"	nwi	Alexis Muniz	2013
16' 02.50"	nwi	Skylar Legaspi	2019
16' 02.00"	nwi	K. Berry / C. Blanton	14/15

Triple Jump			
38' 06.25"	+2.0	Kellie May	2017
32' 06.25"	+0.0	Gabriela "Gaby" Mackey	2014
32' 02.00"	-0.8	Kate Berry	2013
31' 08.50"	+0.0	Melissa Kan	2010
31' 00.75"	+0.6	Alexis Muniz	2013
30' 00.00"	+0.0	Sujean Park	2010
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-

Triple Jump (wind aided)			
38' 11.75"	+2.3	Kellie May	2017
35' 07.25"	nwi	Melissa Kan	2008
35' 07.00"	nwi	Grace Wang	2006
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' 03.00"	nwi	Kate Berry	2013
32' 06.00"	nwi	Katelyn "Katie" Kong	2014
32' 05.50"	nwi	Angela Ma	2008

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
33' 07.50"		Ashley Muscatelli	2013
31' 06.50"		Hayley Cohen	2013
31' 05.00"		Yasmine Ghattas	2016
31' 02.00"		Soleil Cotton	2019
29' 07.00"		Emily Duginger	2013

Discus			
131' 11"		Christa Kondru	2010
131' 03"		Abria Lipscomb	2003
113' 07"		Sophie Grossman	2018
110' 08"		Emily Duginger	2013
108' 05"		Crista Goldbaum	2008
106' 03"		Ashley Muscatelli	2014
100' 02"		Jane Smith	2005
98' 04"		Brett Timmons	2006
97' 06"		Yasmine Ghattas	2016
96' 06"		Rachel McCurry	2019

4x100m Relay			
48.45		C. Hendley, A. Bolger B. Kong, C. Chambers	2016
48.52		E. Lu, D. Solaru C. Chambers, C. Hendley	2013
49.02		C. Chambers, P. Qian D. Solaru, C. Hendley	2013
49.39		B. Kong, A. Bolger H. Ahmed, K. Nguyen	2017
49.52		E. Lu, P. Qian J. Robles, C. Chambers	2014

4x400m Relay			
3:58.05		A. Gopal, K. Nguyen H. Ahmed, A. Bolger	2017
3:58.12		A. Gopal, K. Nguyen C. Chambers, A. Bolger	2016
3:59.49		A. Adams, L. Porter, M. Clow, J. Mistry	2009
3:59.88		S. Solaru, A. Adams L. Porter, M. Clow	2010
4:01.80		A. Gopal, A. Larson C. Chambers, A. Bolger	2016

"aided" - wind monitored and reported greater than +2.0 meters/seconds  
"nwi" - no wind monitoring instrument used or reported