

NATIONAL CATHOLIC HIGH SCHOOL "ALL-TIME" TRACK and FIELD RECORDS ~ GIRLS' OUTDOOR

100m	11.30	SHATAYA HENDRICKS	St. Thomas Aquinas	Fort Lauderdale	FL	2007
200m	22.86	JASMINE BALDWIN	Bishop Amat	La Puente	CA	2004
400m	50.69	SANYA RICHARDS	St. Thomas Aquinas	Fort Lauderdale	FL	2002
800zn	2:05.95	JAWANNA McMULLEN	Christ the King	Queens	NY	1994
1,500m	4:14.50	JORDAN HASAY	Mission Prep	San Luis Obispo	CA	2008
Mile	4:39.71	BRIE FELNAGLE	Bellarmino Prep	Tacoma	WA	2005
2,000m Steeple	7:03.0	HILARY McCLENDON	Bishop Kelly	Boise	ID	2005
3,000m	9:13.56	MARY SHEA	Cardinal Gibbons	Raleigh	NC	1979
3,000m Steeple	10:48.79	McCLENDON				2005
3,200m	9:52.13	HASAY				2008
2 Miles	10:01.08	MOLLY HUDDLE	Notre Dame	Elmira	NY	2002
5,000m	16:13.7	SHEA				1979
10,000m	32:52.5	SHEA				1979
100n H	13.23	ASHLEE WILLIAMS	Bishop Dunne	Dallas	TX	2001
300m H	40.99	CHARLYNNA FOSTER	Central Catholic	Clearwater	FL	1995
400m H	57.25	NICOLE LEACH	West Catholic	Philadelphia	PA	2005
4x100m Relay	44.70	ST. BERNARD		Playa del Rey	CA	1997
4x200m	1:36.90	ST. THOMAS AQUINAS		Fort Lauderdale	FL	2000
4x400m	3:39.43	ST. BERNARD				1997
4x800m	8:56.45	POPE JOHN XXIII		Sparta	NJ	2007
4x1,600m	20:46.02	CARONDELET		Concord	CA	2008
4cxOne Mile	21:14.2	BISHOP ALEMANY	[= 21:06.9 @ 4x1,600m]	Mission Hills	CA	1981
800m Medley	1:44.03	WEST CATHOLIC		Philadelphia	PA	2005
Sprint Medley	3:52.22m	WEST CATHOLIC				2004
Distance Medley	11:53.50m	ACADEMY of HOLY NAMES		Albany	NY	2008
4x100m shuttle H	1:00.22	NOTRE DAME		Lawrenceville	NJ	1997
High Jump	6-0	KAREN LYSAGHT	St. Francis	Sacramento	CA	1980
Pole Vault	14-0	JENNA GRIMALDI	St. Ignatius	San Francisco	CA	2001
Long Jump	20-10.25	RACHEL LAURENT	Vandebilt Catholic	Houma	LA	2008
Triple Jump	44-5.5	KE'NIYA RICHARDSON	Holy Names	Oakland	CA	2007
Shot Put (4kg)	50-6	RICHARDSON				2007
Discus (HS)	186-3	SEILALA SUA	St. Thomas Aquinas	Fort Lauderdale	FL	1996
Hammer (4kg)	169-10	SUA				1996
Javelin (New)	158-5	MEGAN MALONEY	LaSalle Academy	Providence	RI	2005
Javelin (Old)	177-7	MARISSA TSCHIDA	Loyola Sacred Heart	Missoula	MT	2007
Heptathlon	5,086 pts.	MICHELLE OLIVERA	Bishop Garcia Diego	Santa Barbara	CA	1984
		MELISSA FLANDRA	Magnificat	Rocky River	OH	1993

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