

Event	Rank	Athlete	Result	Year
100 Meters	1	Cekarri Nixon	11.92w	2010
100 Meters	2	Ugo Eke	12.13	2005
100 Meters	3	Katesha Jacobs	12.4	1995
100 Meters	4	Micheli Arcuri	12.49	2004
100 Meters	5	Chloe Jarvis	12.54	2000
100 Meters	6	Sydney Hunter	12.56	2015
<b>100 Meters</b>	<b>7</b>	<b>Meaghan Rogers</b>	<b>12.6</b>	<b>2016</b>
100 Meters	8	Lillian Enes	12.65	2016
100 Meters	8	Kiani Reyna	12.77	2014
100 Meters	9	Haley Hughes	12.78	2012
100 Meters	10	Patti O'Rourke	12.8	1979
100 Meters	11	Youra Yelapaala	12.82	2003
100 Meters	12	Tameka McDonald	12.84	1997
100 Meters	13	Brianna Charles	12.88h	2009
<b>100 Meters</b>	<b>14</b>	<b>Ariane Arndt</b>	<b>12.90w</b>	<b>2013</b>
100 Meters	15	Katie Evans	12.91	2005
100 Meters	16	Shahar Flemming	12.94	2007
100 Meters	17	Margaret Kashuba	13.01	2010
100 Meters	18	Brittany Adams	13.02	2013
100 Meters	19	Malika Kirksey	13.12	2004
200 Meters	1	Cekarri Nixon	24.29	2009
200 Meters	2	Ugo Eke	25.09	2005
200 Meters	3	Lillian Enes	25.29	2016
200 Meters	4	Sydney Hunter	25.31	2014
200 Meters	5	Chloe Jarvis	25.56	2000
200 Meters	6	Kiani Reyna	25.64	2016
200 Meters	7	Katesha Jacobs	25.94	1996
200 Meters	8	Micheli Arcuri	25.95	2004
200 Meters	9	Ariane Arndt	25.96	2016
200 Meters	10	Camile Cholger	26.03	2009
200 Meters	11	Antoinette Polk	26.04	1994
200 Meters	12	Katie Evans	26.36	2005

200 Meters	13	Youra Yelpaala	26.44	2003
200 Meters	14	HaleyHughes	26.45	2012
200 Meters	15	Brittany Adams	26.46	2013
200 Meters	16	Ingrid Kantola	26.74	2002
<b>200 Meters</b>	<b>17</b>	<b>Katherine Gaston</b>	<b>26.73</b>	<b>2016</b>
200 Meters	18	Shaunda/Marinda Johnson	26.84	1996
200 Meters	19	Erica Lipscomb	26.84	1994
200 Meters	20	Yvonna Molodanof	27.01	2014
200 Meters	21	Margaret Kashuba	27.04h	2010
400 Meters	1	Ariane Arndt	54.87	2016
400 Meters	2	Sydney Hunter	55.88	2015
400 Meters	3	Chloe Jarvis	55.96	2000
400 Meters	4	Cekarri Nixon	55.97	2011
400 Meters	5	Lillian Enes	56.25	2014
400 Meters	6	Ugo Eke	57.85	2006
400 Meters	7	Camile Cholger	58.62	2007
400 Meters	8	Katie Poggi	58.55	2014
400 Meters	9	Katesha Jacobs	58.94	1996
400 Meters	10	Brittany Adams	59.01	2013
400 Meters	11	Ingrid Kantola	59.24	2004
400 Meters	12	Kiani Reyna	58.19	2016
400 Meters	13	Mikaela Vaden	59.83	2010
400 Meters	14	Marie Brothers	60.17	2003
400 Meters	15	Youra Yelpaala	60.4	2004
400 Meters	16	Christina Weubbe	60.54	1996
400 Meters	17	Sarah Kopperud	60.81	2004
400 Meters	18	Melanie Kasey	61	2003
400 Meters	19	Ally Sperbeck	61.6	2011
400 Meters	20	Camille Boudreaux	61.79	2012
<b>400 Meters</b>	<b>21</b>	<b>Ava Nkadi</b>	<b>61.82</b>	<b>2016</b>
400 Meters	22	Nicole Lange	62.05	2002
400 Meters	23	Erin Matranga	62.14h	2010
800 Meters	1	Ariane Arndt	2:08.62	2016

800 Meters	2	Ingrid Kantola	2:14.69	2003
800 Meters	3	Mikaela Vaden	2:17.66	2011
800 Meters	4	Peyton Bilo	2:17.79	2013
800 Meters	5	Joanne Kelley	2:18.34	1985
800 Meters	6	Chloe Jarvis	2:18.94	1997
800 Meters	7	Katie Hartman	2:18.99	2003
800 Meters	8	Camille Boudreaux	2:19.09	2013
800 Meters	9	Erin Matranga	2:19.93	2010
800 Meters	10	Maureen May	2:21.16	2009
<b>800 Meters</b>	<b>11</b>	<b>Sophie DeBenedetti</b>	<b>2:21.48</b>	<b>2016</b>
800 Meters	12	Lauren LaRocco	2:21.69	2014
800 Meters	13	Allison Klas	2:21.72	2011
800 Meters	14	Cecilia Mendez	2:21.75	1990
800 Meters	15	Madison Rawson	2:22.00	2014
800 Meters	16	Sarah Krtil	2:22.82	2002
<b>800 Meters</b>	<b>17</b>	<b>Sydney Vandegrift</b>	<b>2:22.99</b>	<b>2016</b>
<b>800 Meters</b>	<b>18</b>	<b>Kathryn Kramer</b>	<b>2:23.11</b>	<b>2016</b>
800 Meters	19	Madison Rawson	2:23.51	2013
800 Meters	20	Liz Cobb	2:23.53	1995
<b>800 Meters</b>	<b>21</b>	<b>Chase Worthen</b>	<b>2:23.76</b>	<b>2016</b>
800 Meters	22	Sonia Shylakhov	2:24.44	1999
800 Meters	23	Lisa Burmeister	2:24.94	1982
800 Meters	24	Kolleen Kassis McNamee	2:24.95	1990
1500 Meters	1	Lauren LaRocco	4:47.05	2014
1500 Meters	2	Ariel Young	4:51.04	2011
1500 Meters	3	Madison Rawson	4:53.73	2013
1500 Meters	4	Nicole Mendoza	4:55.36	2008
1500 Meters	5	Erin Matranga	4:57.39	2010
1500 Meters	6	Peyton Bilo	4:59.46	2012
1500 Meters	7	Katherine Enabnit	5:00.27	2007
1500 Meters	8	Meghan Enabnit	5:00.95	2007
1500 Meters	9	Sarah Boice	5:01.29	2007
1500 Meters	10	Maureen May	5:01.80	2008

1500 Meters	11	Katie Boice	5:07.72	2008
1500 Meters	12	Kim Lackner	5:08.66	2011
1500 Meters	13	Macee Moreno	5:16.78	2011
1500 Meters	14	April Willet	5:18.02	2009
1500 Meters	15	Allison Klas	5:26.13	2011
1500 Meters	16	Elena Fricke	5:27.84	2011
1500 Meters	17	Shelby Vollmer	5:32.44	2010
1600 Meters	1	Peyton Bilo	4:57.02	2015
1600 Meters	2	Miranda Myers	5:02.24	2013
1600 Meters	3	Lauren LaRocco	5:03.06	2013
1600 Meters	4	Liz Cobb	5:04.03	1995
<b>1600 Meters</b>	<b>5</b>	<b>Ariane Arndt</b>	<b>5:04.58</b>	<b>2016</b>
1600 Meters	6	Madison Rawson	5:06.61	2013
<b>1600 Meters</b>	<b>7</b>	<b>Sydney Vandegrift</b>	<b>5:06.98</b>	<b>2016</b>
1600 Meters	8	Camille Boudreaux	5:07.04	2013
1600 Meters	9	Sarah Krtil	5:07.11	2003
1600 Meters	10	Nicole Mendoza	5:07.13	2007
1600 Meters	11	Chase Worthen	5:07.26	2016
1600 Meters	12	Cybelle McFadden	5:08.36	1993
1600 Meters	13	Ariel Young	5:11.04	2011
1600 Meters	14	Meghan Enabnit	5:11.43	2007
1600 Meters	15	Erin Matranga	5:12.13	2011
<b>1600 Meters</b>	<b>16</b>	<b>Ava Nkadi</b>	<b>5:14.40</b>	<b>2015</b>
1600 Meters	17	Katherine Enabnit	5:14.83	2007
1600 Meters	18	Cecilia Mendez	5:16.14	1990
1600 Meters	19	Ariane Arndt	5:16.17	2015
1600 Meters	20	Cathy Corfee	5:16.97	1981
1600 Meters	21	Sarah Boice	5:17.65	2007
<b>1600 Meters</b>	<b>22</b>	<b>Sophie DeBenedetti</b>	<b>5:19.19</b>	<b>2016</b>
1600 Meters	22	Lisa Baumeister	5:20.54	1982
1600 Meters	23	Julie Yerke	5:22.68	1987
1600 Meters	24	Katie Bolce	5:23.08	2008
1600 Meters	25	Mallory Shingle	5:23.14	2014

1600 Meters	26	Megan Alexander	5:24.54	2003
1600 Meters	27	Sharon Muha	5:25.34	1997
3000 Meters	1	Miranda Myers	5:11.30a	2014
3000 Meters	2	Peyton Bilo	10:15.82	2015
3000 Meters	3	Madison Rawson	10:27.32	2014
3000 Meters	4	Lauren LaRocco	10:35.50	2012
3000 Meters	5	Katherine Enabnit	10:36.49	2007
3000 Meters	6	Nicole Mendoza	10:36.59	2009
3000 Meters	7	Katie Bolce	10:44.60	2008
3000 Meters	8	Camille Dyer	11:12.19	2010
3000 Meters	9	Noel Peterson	11:29.6	2008
3000 Meters	10	Shelby Vollmer	11:51.30	2011
1 Mile	1	Peyton Bilo	5:02.21	2015
1 Mile	2	Lauren LaRocco	5:08.62	2013
3200 Meters	1	Peyton Bilo	10:31.67	2015
3200 Meters	2	Lauren LaRocco	10:23.10	2014
<b>3200 Meters</b>	<b>3</b>	<b>Sydney Vandegrift</b>	<b>10:41.49</b>	<b>2016</b>
3200 Meters	4	Miranda Myers	10:58.15	2013
3200 Meters	5	Madison Rawson	10:59.85	2013
3200 Meters	6	Cybelle McFadden	11:07.16	1991
3200 Meters	7	Nicole Mendoza	11:14.19	2009
3200 Meters	8	Sarah Krtil	11:15.56	2003
3200 Meters	9	Peyton Bilo	11:20.02	2013
3200 Meters	10	Julie Verke	11:21.74	1987
3200 Meters	11	Jessica Diaz	11:25.55	2012
3200 Meters	12	Erin Matranga	11:26.77	2011
3200 Meters	13	Katherine Enabnit	11:26.84	2007
3200 Meters	14	Katie Boice	11:28.33	2008
3200 Meters	15	Camille Dyer	11:30.04	2011
3200 Meters	16	Meghan Enabnit	11:30.90	2007
3200 Meters	17	Sarah Boice	11:32.09	2008
<b>3200 Meters</b>	<b>18</b>	<b>Chase Worthen</b>	<b>11:37.35</b>	<b>2016</b>
3200 Meters	19	Shelby Vollmer	11:44.06	2011

3200 Meters	20	Camille Boudreaux	11:45.66	2013
3200 Meters	21	Kim Lackner	11:51.47	2011
3200 Meters	22	Katie Hartman	11:53.7	2003
3200 Meters	23	Gabrielle Dyer	11:56.0	2016
3200 Meters	24	Mallory Shingle	11:58.5	2013
<b>3200 Meters</b>	<b>25</b>	<b>Allie Lourim</b>	<b>11:59.6</b>	<b>2016</b>
3200 Meters	26	Macee Moreno	12:04.9	2011
3200 Meters	27	Cathy Corfee	12:10.4	1981
3200 Meters	28	Eleanor Ferguson	12:11.9	2013
3200 Meters	29	Maggie Toole	12:13.2	2003
3200 Meters	30	Ariel Medina	12:19.5	2013
100 Meter Hurdles	1	Tifani Grimes	14.82	2004
100 Meter Hurdles	2	Amanda Schnabel	15.00	2013
100 Meter Hurdles	3	Ingrid Kantola	15.04	2004
<b>100 Meter Hurdles</b>	<b>4</b>	<b>Elizabeth Hennessy</b>	<b>15.56w</b>	<b>2016</b>
100 Meter Hurdles	5	Christina Weubbe	15.83	2002
100 Meter Hurdles	6	Patti O'Rourke	15.83	1979
<b>100 Meter Hurdles</b>	<b>7</b>	<b>Serena Shimada</b>	<b>16.19w</b>	<b>2016</b>
100 Meter Hurdles	7	Karen Lysaght	16.22	1981
100 Meter Hurdles	8	Kerry Slavich	16.24	1994
100 Meter Hurdles	9	Verna Washington	16.54	1981
100 Meter Hurdles	10	Colleen Callaghan	16.79	2005
100 Meter Hurdles	11	Kia Shebert	16.95	2009
<b>100 Meter Hurdles</b>	<b>12</b>	<b>Camille Enes</b>	<b>17.19</b>	<b>2016</b>
100 Meter Hurdles	12	Julia Dasen	17.27	2012
100 Meter Hurdles	13	Michele Stember	17.44	1988
100 Meter Hurdles	14	Marissa Dumlao	17.45	2012
100 Meter Hurdles	15	Courtney Simmons	17.54	1987
300 Meter Hurdles	1	Amanda Schnabel	44.17	2013
300 Meter Hurdles	2	Ingrid Kantola	44.80	2004
300 Meter Hurdles	3	Christine Weubbe	45.34	2002
<b>300 Meter Hurdles</b>	<b>4</b>	<b>Elizabeth Hennessy</b>	<b>45.40</b>	<b>2016</b>
300 Meter Hurdles	5	Erica Lipscomb	45.69	1995

300 Meter Hurdles	6	Michele Stember	46.84	1988
300 Meter Hurdles	7	Marie Brothers	47.74	1985
300 Meter Hurdles	8	Camille Enes	48.92	2016
300 Meter Hurdles	9	Katherine Ross	49.48	2005
<b>300 Meter Hurdles</b>	<b>10</b>	<b>Isabelle Rudus</b>	<b>49.67</b>	<b>2016</b>
300 Meter Hurdles	11	Tifani Grimes	49.74	2004
300 Meter Hurdles	12	Carolyn DePiazza	49.87	2004
300 Meter Hurdles	13	Colleen Callaghan	50.14	2005
300 Meter Hurdles	14	Jen DuCray	50.24	1998
400 Meter Hurdles	1	Ingrid Kantola	1:05.14	2004
400 Meter Hurdles	2	Amanda Schnabel	1:06.59	2013
<b>400 Meter Hurdles</b>	<b>3</b>	<b>Elizabeth Hennessy</b>	<b>1:07.56</b>	<b>2015</b>
400 Meter Hurdles	3	Carolyn DePiazza	1:09.23	2013
<b>4x100 Relay</b>	<b>1</b>	<b>Reyna, Arndt, Enes, Rogers</b>	<b>47.52</b>	<b>2016</b>
4x100 Relay	2	Reyna, Arndt, Enes, Hunter	47.61	2014
4x100 Relay	3	Vaden, Nixon, Cholger, Charles	47.86	2009
4x100 Relay	4	Vaden, Nixon, Dickerson, Charles	48.37	2010
4x100 Relay	5	M. Johnson, E. Lipscomb, S. Johnson, Jacot	48.39	1995
4x100 Relay	6	Adams, Arndt, Reyna, Hunter	48.50	2013
4x100 Relay	7	Vaden, Nixon, Cholger, Flemrnings-Herr	48.86	2008
4x100 Relay	8	Kirksey, Cholger, Evans, U. Eke	49.30	2006
4x100 Relay	9	Kirksey, Cholger, Dickerson, Hennigan	49.50	2007
4x100 Relay	10	Callaghan, U. Eke, Evans, Arcuri	49.65	2005
4x100 Relay	11	Arcuri, Grimes, Evans, Yelapaala	49.73	2003
4x100 Relay	12	Arcuri, Kirksey, Evans, Yelapaala	49.76	2004
4x100 Relay	13	Adams, Sperbeck, Hughes, Hunter	50.02	2012
4x100 Relay	14		50.04	1996
4x100 Relay	15	Nixon, Isola, Vaden, Sperbeck	50.05	2011
4x100 Relay	16		50.64	1994
4x100 Relay	17		51.34	2002
4x100 Relay	18		52.04	1988
4x100 Relay	20		52.70	2001
4x400 Relay	1	Arndt,, Reyna, Enes, Hunter	3:45.02	2014

<b>4x400 Relay</b>	<b>2</b>	<b>Reyna, Enes, Hennessy, Arndt</b>	<b>3:45.49</b>	<b>2016</b>
4x400 Relay	3	Arndt , Reyna, Hunter, Schnabel	3:50.47	2013
4x400 Relay	4	Arndt, Enes, Hunter, Hennessy	3:57.82	2015
4x400 Relay	5	Matranga, Nixon, Charles, Vaden	3:59 .33	2010
4x400 Relay	6	Nixon, Cholger, Charles, Vaden	4:00 .10	2009
4x400 Relay	7	Nixon, Cholger, Schmitgen, Vaden	4:00 .31	2008
4x400 Relay	8	Adams, Boudreaux, Hunter, Hughes	4:02.43	2012
4x400 Relay	9	Willis, Lipscomb, Johnson, Jacobs	4:02.64	1995
4x400 Relay	10	Cholger, Scunitgen, K. Ross, Dickerson	4 :02.90	2007
4x400 Relay	11	Nixon, Vaden, Sperbeck , Matranga	4 :03.77	2011
4x400 Relay	12	Eke, Kopperud, Kantola, Yelpaala	4 :05 .75	2003
4x400 Relay	13		4 :06 .58	1998
4x400 Relay	14		4 :07.04	1999
4x400 Relay	15		4:07.3 7	2002
4x400 Relay	16		4:04.77	1994
4x400 Relay	17		4:08 .81	2001
4x400 Relay	18		4:10 .34	1990
4x400 Relay	19	Evans, Cholger, Rutaganira, U. Eke	4:10.52	2006
4x400 Relay	20		4:12 .24	1982
Discus	1	Kayla O'Brine	139-00.00	2013
Discus	2	Sam Ruggles	119-1	2015
Discus	3	Chris Gedney	119-00.50	1980
Discus	4	Caroline Boals	115-08.00	2012
Discus	5	Brooke Sperbeck	114-03.00	2011
Discus	6	Amanda Helmer	112-05.50	2005
Discus	7	Margo Jaime	109-00.50	1989
Discus	8	Kathryn Kobasic	109-00.00	1991
Discus	9	Shawnmarie Andrews	108-10.00	2010
Discus	10	Cindy Stinson	107-07	1987
Discus	11	Lauryn Walters	106-02	1998
Discus	12	Alana Piccone	105-02	2009
Discus	13	Maggie Oys	105-2	2015
Discus	14	Bianca De Sousa	103-11.00	2011



Discus	15	Juliana Cerezo-Rangel	103-4	2016
Discus	16	Stephanie Bauman	101-05	1999
Discus	17	Vanessa Ortiz	100-01	2008
Discus	18	Samantha Ruggles	98-09.00	2013
Discus	19	Karry Madrigal	98-02	1992
Discus	20	Karla Guido	97-11	2000
Discus	21	Jenna Smith	96-07.50	2004
Shot Put	1	Samatha Ruggles	40-5.75	2014
Shot Put	2	Kayla O'Brine	36-7.5	2014
Shot Put	3	Amanda Helmer	37-10	2005
Shot Put	4	Imani McCray	35-03.00	2012
Shot Put	5	Chris Gedney	35-00	1980
Shot Put	6	Caroline Boals	34-09.50	2012
Shot Put	7	Maggie Oys	34-9.5	2014
Shot Put	8	Shawnmarie Andrews	34-01.50	2010
Shot Put	9	Margo Jaime	33-07	1989
Shot Put	10	Vanessa Ortiz	32-05 .50	2008
Shot Put	11	Thompson	32-04 .00	1995
Shot Put	12	Alana Piccone	32-02.00	2009
Shot Put	13	Kathryn Kobasic	32-00.50	1992
Shot Put	14	Juliana Cerezo-Rangel	31-9	2016
Shot Put	15	Tifani Grimes	31-06	2004
Shot Put	16	Mackenzie Theis	31-02.00	2010
Shot Put	17	Jasmine Carter	31-01	2006
Shot Put	18	Chiara Adamo	30-05.25	2004
Shot Put	19	Cindy Stinson	30-02.50	1987
Shot Put	T20	Teresa Kopple	30-00	1983
Shot Put	T20	Jenna Smith	30-00	2004
Pole Vault	T1	Laura Huarte	11-09.00	2002
Pole Vault	T1	Ingrid Kantola	11-09.00	2004
Pole Vault	2	Hayley Carbullido	11-06.00	2013
Pole Vault	3	Marie Brown	10-10.00	2007
Pole Vault	4	Alli Gotts	10-06.00	2010

Pole Vault	5	Theresa Ross	9-09.00	2008
Pole Vault	T6	Katherine Ross	9-00.00	2005
Pole Vault	T6	Jordan Schrock	9-00.00	2013
Pole Vault	7	Makayla Mellas	8-09.00	2013
Pole Vault	8	Emily Tuscano	8-01.00	2008
Pole Vault	9	Zoe Halliday	8-00.00	2013
Pole Vault	T10	Kelsey Hayward	7-06.00	2003
Pole Vault	T10	Nicole Xavier	7-06.00	2013
<b>Pole Vault</b>	<b>T10</b>	<b>Olivia Birmingham</b>	<b>7-06.00</b>	<b>2016</b>
<b>Pole Vault</b>	<b>T10</b>	<b>Kristen Kopp</b>	<b>7-06.00</b>	<b>2016</b>
Pole Vault	T14	Chelsa Thompson	7-00.00	2009
Pole Vault	T14	Chrissy Fischer	7-00.00	2010
<b>Pole Vault</b>	<b>T14</b>	<b>Teresa Lee</b>	<b>7-000.00</b>	<b>2016</b>
<b>Pole Vault</b>	<b>T14</b>	<b>Kara Baichtal</b>	<b>7-00.00</b>	<b>2016</b>
Pole Vault	T18	Clarissa Carbullido	6-06.00	2006
<b>Pole Vault</b>	<b>T18</b>	<b>Vanessa Carsey</b>	<b>6-06.00</b>	<b>2016</b>
<b>Pole Vault</b>	<b>T20</b>	<b>Abby Erkenbrack</b>	<b>6-04.00</b>	<b>2016</b>
Pole Vault	21	Sarah Masterson	6-03.00	2009
Pole Vault	22	Jenna Mozdy	6-00.00	2004
High Jump	1	Karen Lysaght	6-00.00	1980
High Jump	2	Tifani Grimes	5-07.00	2004
High Jump	3	Brianna Charles	5-04.00	2010
High Jump	4	Ingrid Kantola	5-02.50	2002
High Jump	5T	Jessica Louche	5-02.00	2000
High Jump	5T	Christina Bray	5-02.00	1982
High Jump	5T	Natasha De Sousa	5-02.00	2013
High Jump	8	Andrea Furtado	5-01.00	2012
High Jump	8	Ava Bean	5-1	2015
High Jump	10	Letitia Murphy	5-00.50	1985
High Jump	T11	Katie McGann	5-00.00	1999
High Jump	T11	Kerry Slavich	5-00.00	1994
High Jump	T11	Jackie Meek	5-00.00	1986
<b>High Jump</b>	<b>14</b>	<b>Teresa Lee</b>	<b>4-11</b>	<b>2016</b>

High Jump	T15	Allison Hine	4-10.00	2000
High Jump	T15	Kayla Morrow	4-10.00	2013
High Jump	T15	Gabby Palmeri	4-10.00	2013
<b>High Jump</b>	<b>18</b>	<b>Kathryn Kramer</b>	<b>4-10.00</b>	<b>2016</b>
Long Jump	1	Tifani Grimes	19-03.50	2004
Long Jump	2	Tifani Grimes	19-00.00	2004
Long Jump	3	Nicole Spring	17-9.5	2015
<b>Long Jump</b>	<b>4</b>	<b>Meagan Rogers</b>	<b>17-8</b>	<b>2016</b>
Long Jump	5	Rachel Beck	17-03.50	2013
Long Jump	T6	Margaret Kashuba	17-02.50	2010
Long Jump	T6	Nicole Spring	17-02.50	2013
Long Jump	8	Malika Kirksey	17-01.00	2005
Long Jump	9	Andrea Furtado	16-09.50	2012
<b>Long Jump</b>	<b>10</b>	<b>Isabelle Rudis</b>	<b>16-4.75</b>	<b>2016</b>
Long Jump	11	Carolyn DePiazza	16-00.00	2004
Long Jump	12	Jen DuCray	15-09.50	1998
<b>Long Jump</b>	<b>13</b>	<b>Isabelle Grassel</b>	<b>15-9.00</b>	<b>2016</b>
Long Jump	T14	Minh Nguyen	15-08.50	2010
Long Jump	T14	Maggie Kennedy	15-08.00	1988
Long Jump	15	Nicole Lange	15-06.75	1983
Long Jump	16	Patty Cubanski	15-05.00	2003
Long Jump	T17	Kim Meehan	15-04.00	1982
Long Jump	T17	Emily Egan	15-04.00	2012
Long Jump	T17	Gabby Palmeri	15-04.00	2013
Long Jump	20	Ingrid Kantola	15-02.50	2004
Long Jump	T21	Megan Alexander	15-02.50	2002
Long Jump	T21	Nicole Freund	15-02.50	2013
<b>Triple Jump</b>	<b>1</b>	<b>Nicole Spring</b>	<b>36-11.75</b>	<b>2015</b>
Triple Jump	2	Tifani Grimes	36-06.00	2004
Triple Jump	3	Rachel Beck	35-03.00	2013
Triple Jump	4	Malika Kirksey	34-10.00	2006
Triple Jump	5	Carolyn DePiazza	34-02.00	2003
Triple Jump	6	Megan Alexander	33-10.50	2002

Triple Jump	7	Patty Cubanski	33-09.00	2003
Triple Jump	8	Minh Nguyen	33-04.00	2011
<b>Triple Jump</b>	<b>9</b>	<b>Meagan Rogers</b>	<b>33-1.25</b>	<b>2016</b>
Triple Jump	10	Courtney Simmons	32-04.25	1986
Triple Jump	11	Margaret Kashuba	32-04.00	2009
Triple Jump	12	Marie Brothers	32-01.00	1985
Triple Jump	13	Natasha De Sousa	32-00 .00	2013
Triple Jump	14	Sarah Kopperud	31-09 .00	2002
Triple Jump	T15	Kathleen Pendola	31-07 .50	1990
Triple Jump	T15	Jen DuCray	31-05.00	1997
Triple Jump	T15	Shaunda Marinda Johnson	31-05 .00	1996
Distance Medley Relay	1	Rawson, Reyna, Boudreaux, Bilo	12:17.54	2013
<b>Distance Medley Relay</b>	<b>2</b>	<b>Vandegridt, DeBenedetti, Worthen, Arndt</b>	<b>12:26.20</b>	<b>2016</b>
Distance Medley Relay	3	M. Enabnit, Cholger, S. Bolce, Mendoza;	12:38.90	2007
Distance Medley Relay	4	May, Cholger, Vaden, Mendoza	12:39.48	2008
Distance Medley Relay	5	Alexander , Toole, Kantola , Krtil	12:39.54	2003
Distance Medley Relay	6	May, Nixon , Vaden , Matranga	12:47.40	2009
Distance Medley Relay	7	Dyer , Nixon, Vaden , Matranga	12:50.46	2010
Distance Medley Relay	8	Bilo, Boudreaux, Myers, Diaz	12:52.68	2011
Distance Medley Relay	9	Matranga, Klas, Vaden, Young	12:55.17	2011
Distance Medley Relay	10	K. Enabnit , U. Eke, D. Winje, Mendoza	13:13.37	2006
Distance Medley Relay	11		13:31.96	1990
Distance Medley Relay	12	M. Enabnit, K. Enabnit, K. Bolce, K. Ro	13:41.00	2005
Distance Medley Relay	13		13:59.88	1987
Distance Medley Relay	14	K. Ross, Rutaganira, Coronado , D. Winj	14:50.24	2004
Sprint Medley Relay (1,1,2,4)	1	Kashuba , Charles, Nixon , Vaden	1:49.56	2010
Sprint Medley Relay (1,1,2,4)	2	Evans, Grimes, Arcuri , Kantola	1:52.64	2004
Sprint Medley Relay (1,1,2,4)	3	Scimabel , Arndt, Reyna, Hunter	1:53.94	2013
Sprint Medley Relay (1,1,2,4)	4	Evans, Maldonado , Cholger, U. Eke	1:54.00	2006
Sprint Medley Relay (1,1,2,4)	5	Dumlao , Schmitgen, Nixon, Vaden	1:55.65	2009
Sprint Medley Relay (1,1,2,4)	6	Holley, Isola, Nixon , Vaden	1:56.68	2011
Sprint Medley Relay (1,1,2,4)	7	Santamaria, Adams, Hunter, M. Vollmer	1:57.24	2012
Sprint Medley Relay (1,1,2,4)	8		2:01.44	1984

Sprint Medley Relay (1,1,2,4)	9		2 :02.24	2003
Sprint Medley Relay (1,1,2,4)	10	Huneidi , Galloway, Schmitgen, Dickerson	2:05.98	2008
Sprint Medley Relay (1,1,2,4)	11	Odzinski, Trotter, Schmitgen, Huneidi	2:06.8	2007
Sprint Medley Relay (2,2,4,8)	1	Flemming, A. Winje, K. Ross, T. Ross	4:49.72	2007
4x200 Relay	1	Kantola, Arcuri, Grimes, Yelapaala	1:48.84	2004
4x200 Relay	2	Maldonado , Hennigan, Evans, Eke	1:49.69	2006
4x200 Relay	3	A. Sperbeck, Linn, Holley , Isola	1:56.56	2011
4x200 Relay	4	Vaden, Galloway, Schmitgen, Nixon	1:57.27	2008
4x200 Relay	5	Dallosta, Fong, Hayward , Sanchez	1:59.74	2002
4x200 Relay	6	Dallosta, Kwan , Cubanski, Kantola	2:02.24	2003
4x200 Relay	7	Frazier, Dumlao, Cates, Dasen	2:03.46	2012
4x800 Relay	1	Alexander, Hartman, Krtil, Kantola	9:28.66	2003
4x800 Relay	2	Sanchez, Hartman, Krtil, Kantola	9:42.65	2002
4x800 Relay	3	Mendoza, K. Enabnit, M. Enabnit, S. Bo	9:46.89	2007
4x800 Relay	4	Vaden , K. Enabnit, S. Bolce, Lloyd	9:47.10	2008
4x800 Relay	5	Matranga, Frazier, Vaden, Mendoza	10 :04.66	2009
4x800 Relay	6		10:12.39	1989
4x800 Relay	7	K. Enabnit, M. Enabnit, Mendoza, S. Bo	10:15.92	2006
4x800 Relay	8	Moreno , K. Lackner, S. Frazier, Klas	10:22.31	2011
4x800 Relay	9	Diaz, LaRocco, Young, Stralen	10:31.60	2012
4x800 Relay	10	Klas, K. Lackner, Vollmer, Bragg	10:39.69	2010
4x800 Relay	11	Stralen, Moreno , Shebert, Woodard	10:45.15	2013
4x800 Relay	12	K. Enabnit, M. Enabnit, Rutaganira, D.V	11:00.10	2005
4x800 Relay	13	D. Winje, Brown, Castello, Ramos	11:41.24	2004
<b>4x1600 Relay</b>	<b>1</b>	<b>DeBenedetti, Reyna, Dyer, Wothen</b>	<b>22.28.81</b>	<b>2016</b>
4x1600 Relay	2	Moreno , Medina, Lackner, Ferguson	23:08.89	2013
4x1 Mile Relay	1	Mendoza, K. Enabnit, S. Bolce, M. Enab	21:26.71	2007
4x1 Mile Relay	2	Mendoza, K. Enabnit, S.Boice, M. Enab	21:35.83	2008
Thrower's 400	1	Adamo, Otuhiva, J. Smith, Hidalgo	1:23.98	2004
Thrower's 400	2	Quinones, Hidalgo, Kho, Carter	1:36.24	2003
Discus Relay	1	Murbach, Carrothers, Ruggles	265-03.01	2013
Discus Relay	2	Andrews, Sperbeck , Theis	259-10.5	2010
Discus Relay	3	O'Brine, McCray , Murbach	251-00.50	2012

Discus Relay	4	Piccione, Andrews, Bachmeier	240-01	2009
Discus Relay	5	Piccione, Andrews, Ortiz	234-05	2008
Shot Put Relay	1	Andrews, Sperbeck , Theis	85-08.5	2010
Shot Put Relay	2	Piccione, Andrews, Bachmeier	85-02.00	2009
Shot Put Relay	3	Murbach, Carrothers, Ruggles	83-08.00	2013
Shot Put Relay	4	Piccione, Andrews, Ortiz	83-01.50	2008
Shot Put Relay	5	McCray, O'Brine, Kozina	81-06.25	2012
Shuttle Hurdle Relay	1		42.17	2013
Shuttle Hurdle Relay	2	Frazier, Dumlao, Dazen, Cates	43:63	2012
Shuttle Hurdle Relay	3	T. Ross, Boyd, Bowman, A . Ross	47.11	2008
Triple Jump Relay	1T	N. DeSousa, Carriere, Foraker	85-06.00	2013
Triple Jump Relay	1T	Beck, N. DeSousa, Neft	84-05.00	2012
Triple Jump Relay	2	Flores, A. Furtado, Kashuba	83-05.0	2010
Long Jump Relay	1	A . Furtado, Beck, Campbell	44-04.00	2012
Long Jump Relay	2	DeSousa, Dumlao, Nguyen	40-07.0	2010
Long Jump Relay	3	Stone, Freund, Rutaganira	37-07.00	2013
High Jump Relay	1	Charles, N. DeSousa, A . Furtado	14-04.0	2010
High Jump Relay	2	N. De Sousa, A. Furtado, K . Furtado	14-02.00	2012
High Jump Relay	3	N. De Sousa, Foraker, Carriere	14-00.00	2013
Pole Vault Relay	1	Carbullido	10-00.00	2012

**Meet**

Sac-Joaquin Section Masters Prelims

Golden West Invitational

Sac-Joaquin Section Finals

Delta League Championships

Metro Meet #4

St. Francis/Sheldon Meet

**Delta League Finals**

Halden Invitational

Delta League Trials

St. Francis/ Sheldon Meet

McClatchy Meet

Woody Wilson Invitational

Metro Championships

Rio Linda Invitational

**St. Francis/Pleasant Grove**

Delta League Championships

Delta River League Championships

Delta River League Champion ships

SF/ Oak Ridge/Folsom Meet

Delta League Championships

Sac-Joaquin Section Masters Finals

Delta League Championship s

Elk Grove Dual

St. Francis/Sheldon Meet

Metro Meet #4

Rio Linda Invitational

Bronco Invitational

Delta League Championships

Franklin Dual Meet

Delta River League Championships

Don Gilbert

Delta League Championships

Sac-Joaquin Subsection Trials  
Delta River League Championship  
King Gilbert Invitational  
Metro Meet # 3

**Delta League Finals**

Metro Championships  
Metro Championships

SF/Pleasant Grove Dual Meet  
Sac-Joaquin Section Finals  
Sac-Joaquin Section Trials  
Sac-Joaquin Section Finals  
Sac-Joaquin Section Finals  
Sac-Joaquin Section Finals  
Delta League Championship  
Delta River League Championships

Metro Championship  
Meet of Champions  
Bronco Invitational  
Delta League Finals  
Delta River League Championships  
Metro Championships  
Gilbert-King Invitational  
Metro Championships  
Gold Rush Invitational  
Sac-Joaquin Subsection Finals  
SF/Pleasant Grove/Ponderosa Dual M  
Delta River League Championship  
**Delta League Finala**  
Sac-Joaquin Subsection  
SF/Pleasant Grove Dual Meet  
CIF State Championships



Sac-Joaquin Section Finals  
Sac-Joaquin Section Finals  
Sac-Joaquin Section Trials  
Sac-Joaquin Section Finals  
Metro Championships  
Arcadia Invitational  
Sac Town Races  
Woody Wilson Invitational  
Sac-Joaquin Section D-1 Finals  
**Delta League Finals**

Delta River League Championship  
Sac-Joaquin Section Trial

Sac-Joaquin Subsections  
**Franklin Dual Meet**  
**Delta League Finals**  
SF/ Oak Ridge/Folsom Meet  
Sac-Joaquin Subsections

Sac-Joaquin Subsections  
Metro Championships  
Sacramento County Invitational  
Stanford Invitational  
Sac Town Races  
Sacramento State Track Classic  
Sac State Track Classic  
Sac State Track Classic  
Sac Town Races  
Sac State Track Classic  
Sac State Track Classic  
Sac State Track Classic  
Sac Town Races

Sac State Track Classic

Sac Town Races

Sac Town Races

Sac State Track Classic

Sac State Track Classic

Sac Town Races

Sac State Track Classic

Meet of Champions

Sac-Joaquin Section Finals

Sac-Joaquin Section Finals

State Meet Trials

**Bronco Invitational**

Sac-Joaquin Section Finals

**Halden Invitational**

Sac-Joaquin Section Finals

Sac-Joaquin Subsections

Sac-Joaquin Section Championships

Sac-Joaquin Section Masters Finals

Sac-Joaquin Section Championships

Delta River League Championship

Sac-Joaquin Section Championships

Sac-Joaquin Section Finals

**Meet of Champions**

Sac-Joaquin Section Championships

Metro Championships

Bronco Invitational

Kennedy Dual Meet

Bronco Invitational

**Bronco Invitational**

Metro Championships

Sac-Joaquin Subsections

Bronco Invitational

Delta League Championships

Sac State Meet

Stanford Invitational

Stanford Invitational

Sac Town Races

Stanford Invitational

Stanford Invitational

Sac State Track Classic

Sac Town Races

Sac State Track Classic

Sac State Track Classic

Stanford Invitational

Stanford Invitational

CIF State Championships

CIF State Championships

**CIF State Championships**

Sac-Joaquin Section Finals

Sac-Joaquin Section Masters Finals

State Meet Finals

Woody Wilson Invitational

Sacramento Meet of Champions

Woody Wilson Invitational

Sac-Joaquin Section Meet

Sac-Joaquin Section Masters Finals

BV Bronco Distance Carnival

Bay Area Blast Distance Carnival

SJS Masters Meet Finals

Woody Wilson Invitational

Bay Area Blast Distance Carnival

Woody Wilson Invitational

**Delta League Final**

BV Bronco Distance Carnival

Rio Linda Invitational  
SF/Oakridge/Ponderosa Dual Meet  
Nevada Union Invitational  
Delta League Finals  
Rio Linda Invitational  
**Delta League Finals**  
SF/Oakridge/Ponderosa Dual Meet  
Metro Championships  
St. Francis/Ponderosa Meet  
Glen Poole Relays  
Rio Linda Invitational  
Delta League Championships  
Meet of Champions  
Arcadia Invitational  
**Meet of Champions**  
Sac-Joaquin Section Trials  
Sac-Joaquin Section Finals  
**Meet of Champions**  
Sac High Meet  
Metro Championships  
Metro Finals  
Delta League Finals  
Delta River League Championships  
**Franklin Dual Meet**  
Woody Wilson Invitational  
Kennedy Meet  
Delta River League Championship  
Burbank Meet  
Sac-Joaquin Section Masters Finals  
Delta League Championships  
Sac-Joaquin Section Finals  
**Sac-Joaquin Section Masters Finals**  
Sac-Joaquin Section Finals

Sac-Joaquin Subsections

Metro Trials

Delta League Finals

Sac-Joaquin Section Finals

**Delta League Trials**

Florin Dual Meet

Gilbert-King Invitational

Delta League Championships

Metro League Championships

Woody Wilson

Stanford Invitational

**Stanford Invitational**

Stanford Invitational

**CIF State Championships**

CIF State Meet Preliminaries

Sac-Joaquin Masters Finals

Sac-Joaquin Section Trials

Sac-Joaquin Section Masters Finals

Sac-Joaquin Section D-1 Finals

Div. I Section Trials

Delta River League Championships

Sac-Joaquin Section Finals

Sac-Joaquin Subsection Finals

Delta League Championships

Sacramento Meet of Champions

Metro Championships

Delta River League Championship

Metro Championships

Metro Championships

Metro Championships

Metro Championships

CIF State Championships

**Sac-Joaquin Section Masters Finals**

Sac-Joaquin Section Masters Finals

Delta League Finals

Sac-Joaquin Section Masters Finals

Sacramento Meet of Champions

Sac-Joaquin Section D-1 Finals

Sac-Joaquin Section Masters Trials

Sac-Joaquin Section Trials

Sac-Joaquin Section Finals

Sac-Joaquin Section Trials

Sac-Joaquin Subsection Finals

Sac-Joaquin Subsections

Sac-Joaquin Subsections

Sac-Joaquin Subsections

Metro Championships

Sac-Joaquin Subsection Trials

Sac-Joaquin Section Finals

Div. I Section Trials

Metro Championships

Arcadia Invitational

Glenn Poole Invitational

Metro Championships

Delta River League Championship

SF/Oakridge/ Ponderosa Dual Meet

Gold Rush Invitational

Bella Vista Invitational

Sac High Meet

SF/MT/ Fiorin Dual Meet

Kennedy Meet

Metro Championships

Sac-Joaquin Section D-1 Finals

Rio Linda Invitational

Delta River League Championship

Elk Grove Dual  
Metro Championships  
SF/MT/Fiorin Dual Meet  
LeFebvre Relays  
Cordova/Burbank/McClatchy  
Metro Meet # 3  
Elk Grove Dual  
Sac-Joaquin Section Finals  
Oak Ridge/Folsom  
Gold Rush Invitational  
Delta River League Championship  
McClatchy Meet  
Delta River League Championship  
Halden Invitational  
SF/Sheldon/Folsom Dual Meet  
Sac High Meet  
SF/MT/Fiorin Dual Meet  
Metro Championships  
Sac-Joaquin Section D-1 Finals  
Sac-Joaquin Subsections  
Halden Invitational  
Elk Grove Dual  
Bronco Invitational  
Bronco Invitational  
Delta League Championships  
St. Francis Invitational  
Sac/Kennedy Meet  
Bronco Invitational  
Meet of Champions  
Sac-Joaquin Section Finals  
Sac-Joaquin Section Masters Finals  
Reno Pole Vault Summit  
SF/Pleasant Grove Dual

SJS Masters Meet Finals  
Rocklin Thunder Invitational  
Sac Town Races  
Delta River League Championships  
Sac-Joaquin Section D-1 Finals  
Sac Town Races  
2003 Folsom Dual  
St. Francis/Sheldon Meet  
**Franklin Dual Meet**  
**Delea League Meet**  
SF/Monterey Trails Dual  
MT/Fiorin Dual Meet  
**League Dual Meet**  
**League Dual Davis**  
Delta League Championship  
**Halden Invitational**  
**Delta League**  
Folsom Dual  
Laguna Creek Dual  
State Meet Finals  
Bronco Invitational  
Bronco Invitational  
Metro Meet #4  
Metro Championships  
Metro Championships  
Bronco Invitational  
Sacramento Meet of Champions  
St. Francis/Monterey Trail  
Metro Championships  
Metro Championships  
Stan Wright  
Sac County Invitational  
**Delta League Finals**



Rio Linda Invitational

St. Francis/Davis Meet

Rio Linda Invitational

**Delta League Grant Dual**

Folsom Dual (w+5.0 est.low pit)

Delta League Championships

Sac-Joaquin Section Finals

**Delta League Finals**

Sac-Joaquin Section Masters Finals

SF/Pleasant Grove Dual

SF/ Oak Ridge/Folsom Meet

Delta League Championships

Delta River League Championship

**Delta League Finals**

Folsom Dual

Metro League Championships

**Elk Grove Dual**

Delta River League Championship

Metro League Championships

Loretto Dual Meet

Gold Rush Invitational

5ac High Dual Meet

Delta River League Championship

Rio Linda Invitational

Franklin Dual Meet

Sac-Joaquin Subsections

Delta River League Championships

**Delta League Championships**

Rio Linda Invitational

Delta River League Championships

SJ Div. I Section Trials

Delta League Championships

Sac-Joaquin Subsections

Gold Rush Invitational  
Delta River League Championship  
**Delta League Finals**  
Metro League Championships  
Sac Town Races  
Kennedy Meet  
SF/ Oak Ridge/Folsom Meet  
Rio Linda Invitational  
Metro League Championships  
Metro League Championships  
Metro League Championships  
Woody Wilson Invitational  
**Stanford Invitational**  
Woody Wilson Invitational  
Woody Wilson Invitational  
Stanford Invitational  
BV Bronco Distance Carnival  
BV Bronco Distance Carnival  
BV Bronco Distance Carnival  
Woody Wilson Invitational  
Stanford Invitational  
Cordova Relays  
Gold Rush Invitational  
Oakmont Relays  
LeFebvre Relays  
Woody Wilson Invitational  
Le Febvre Relays  
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Le Febvre Relays  
Le Febvre Relays  
Le Febvre Relays  
Clarke Massey Relays  
Dewey Halden Relays

Glenn Poole Relays  
Clark-Massey Relays  
Sacramento State Invitational  
Sacramento State Invitational  
Clarke Massey Relays  
CAL Invitational  
Woody Wilson Invitational  
Clarke-Massey Relays  
Metro Relays  
Glenn Poole Relays  
Clarke Massey Relays  
Stanford Invitational  
Woody Wilson Invitational  
BV Bronco Distance Carnival  
Stanford Invitational  
BV Bronco Distance Carnival  
Dewey Halden Relays  
Stanford Invitational  
Woody Wilson Invitational  
Clarke Massey Relays  
Woody Wilson Invitational  
LeFebvre Relays  
Gold Rush Invitational  
LeFebvre Relays  
**Arcadia Invitational**  
BV Bronco Distance Carnival  
Arcadia Invitational  
Arcadia Invitational

Le Febvre Relays  
LeFebvre Relays  
Clarke Massey Relays

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