

# BUENA GIRLS TRACK FROSH/SOPH TOP 10 MARKS

Times to 100ths are fully automatic; Times to 10ths are hand timed

## 100 METERS

1	AMANDA FALLS	12.3	1991
2	JOSEPHINE JOHNSON	12.5	1981
3	SHANNON SMITH	12.78	2005
4	KAYLA WASHINGTON	12.79	2019
5	KARINN WASHINGTON	12.80	2019
6	AMY KLOPE	12.7	1978
6	SONIA AGUILAR	12.7	1989
8	XIALEA MCLEAN	12.95	2016
9	AALIYAH STAPLES-WEST	12.99	2014
10	SHARON HANSON	12.8	1981
10	STACY HEBERT	12.8	1993
10	LEAH GLASER	12.8	1997

## 200 METERS

1	JOSEPHINE JOHNSON	26.0	1981
1	KAYLA WASHINGTON	26.24	2019
3	AMANDA FALLS	26.1	1991
4	SHARON HANSON	26.2	1981
5	KAREN WISE	26.6	1975
6	KAIYA KELLY	26.87	2016
7	RACHELLE MCDONALD	26.7	2000
8	CORY DUGAN	26.95	2005
9	ASHLEIGH GARMON	27.02	1999
10	HEATHER ARNOLD	26.8	1987

## 400 METERS

1	ALISA HOUSTON	59.35	2013
2	TESSA CALAHAN	59.78	2006
3	JOANIE WEINERTH	59.9	1986
3	HEATHER ARNOLD	59.9	1987
5	AMELIA MATHIS	60.32	2005
6	KELLIE MEYERS	60.4	1983
7	CORY DUGAN	60.60	2004
8	GILLIAN BARKALOW	60.6	1993
9	SHARON HANSON	60.9	1981
10	STACY HEBERT	61.1	1994

## 800 METERS

1	AMELIA MATHIS	2:14.67	2006
2	ALIYA SHAH	2:17.32	2011
3	EMILY BERNATH	2:18.1	2000
4	SCHATZI VANDEHEI	2:18.9	1983
5	NATALIE SANDERSON	2:19.96	1999
6	MEAGHAN DUNNE	2:20.3	1994
7	TAMMY MCCARTY	2:20.8	1983
7	AMY VAN ATTA	2:20.8	1992
9	NATALIE COOPER	2:21.34	2013
10	NICOLE ELLIS	2:21.4	1987

## 1600 METERS

1	MICHELE LEWIS	5:04.0	1985
2	TAMMY MCCARTY	5:05.53	1983
3	KIMBERLY DONATELLI	5:08.92	2004
4	AMY VAN ATTA	5:11.3	1993
5	MICHELLE MASON	5:12.1	1979
6	NATALIE COOPER	5:12.74	2013
7	AMELIA MATHIS	5:14.16	2005
8	BARB ALMARAZ	5:17.2	1995
9	ALIYA SHAH	5:19.95	2010
10	MARY DIETZ	5:20.4	1985

## 3200 METERS

1	MICHELLE MASON	10:47.1	1979
2	KIMBERLY DONATELLI	11:03.29	2004
3	ALIYA SHAH	11:20.28	2010
4	MICHELE LEWIS	11:20.6	1985
5	MARY DIETZ	11:21.6	1985
6	KAREN HINKLE	11:27.34	1989
7	TAMMY MCCARTY	11:32.2	1983
8	SALLY ELLBERG	11:32.47	2013
9	KIM GONZALES	11:35.7	1980
10	JALEN BURNS	11:38.07	2015

## 100 M HURDLES

1	LAUREN RAMIREZ	15.78	2006
2	STACY HEBERT	15.7	1994
3	KALEAH MESA	16.65	2015
4	SHANNON MORTEN	16.6	1997
5	KRYSTAL TREIBURG	16.89	2006
6	JULIE SMITH	16.94	2002
7	KELLY GEIL	17.09	2017
8	JESSICA EVANS	17.20	2006
9	KELSEY MASON	17.55	2009
10	REBECCA BAKER	17.5	1995

## 300 M HURDLES

1	SHARON HANSON	43.91	1981
2	STACY HEBERT	44.39	1994
3	CARLA BESAMAT	47.4	1988
4	MELISSA MUNTZEL	47.90	2006
5	LAUREN RAMIREZ	47.94	2006
6	JULIE SMITH	48.1	2002
7	CRYSTAL GOODNESS	48.2	1985
8	SHANNON MORTEN	49.11	1997
9	KALEAH MESA	49.13	2015
10	JADE GOMEZ	49.30	2018

## BUENA GIRLS TRACK FROSH/SOPH TOP 10 MARKS

### HIGH JUMP

1	ERINN BEATTIE	5' 9"	2013
2	MIA PALKIE	5' 4"	1989
3	HEATHER ROSE	5' 2"	1987
3	LAUREN BEVAN	5' 2"	2009
5	DONNA STAPLETON	5' 0"	1974
5	BETSY VON ESSEN	5' 0"	1978
5	TERESA PALMISANO	5' 0"	1985
5	MISSEY PROPE	5' 0"	1985
5	ABBY COLLINS	5' 0"	2001
5	LAUREN RAMIREZ	5' 0"	2006
5	YVONNE ANTUNEZ	5' 0"	2009

### LONG JUMP

1	SHARON HANSON	17' 7.75"	1981
2	ASHLEIGH GARMON	16' 11.5"	1999
3	LIZ HARRIS	16' 10"	1986
4	MIA PALKIE	16' 6"	1989
5	ERINN BEATTIE	16' 5.75"	2013
6	LAUREN BEVAN	16' 5"	2009
7	OLYMPIA MCCURTIS	16' 3.5"	1995
8	COREY DUGAN	16' 2.5"	2005
8	AALIYAH STAPLES-WEST	16' 2.5"	2014
10	MISSEY PROPE	16' 0.5"	1985

### TRIPLE JUMP

1	LIZ HARRIS	35' 6"	1986
2	PEARL BROOKS	35' 2"	2014
3	BETH MCGILL	34' 0.5"	1993
4	ANGELINA SANDERSON	33' 11"	1995
5	RENEE MCCURTIS	33' 8.5"	1994
6	KAIYA KELLY	33' 5.75"	2017
7	BRIA LAWS	33' 1.5"	2019
8	ELAINE DERENSIS	32' 11"	1990
8	HALIE BROWNELLER	32' 11"	2015
10	ALLY AUSTIN	32' 10"	2009

### SHOT PUT

1	SHELAINA LARSON	37' 0.5"	1998
2	XENA KISTLER	36' 5.5"	1977
3	ALYSE QUIROZ	34' 4"	2003
4	AMANDA HENRY	34' 2.5"	1994
5	KRIS FAIN	33' 9"	1985
6	MOLLY WATKINS	33' 7"	2010
7	TERESA PALMISANO	32' 6"	1985
7	AALIYAH ROWE	32' 6"	2009
9	KIM VOGEL	32' 2.5"	1989
10	SAMI WHITCOMB	31' 9"	2004

### DISCUS

1	SHELAINA LARSON	116' 0"	1998
2	AALIYAH ROWE	112' 7.5"	2010
3	SARAH GOLDEN	110' 0"	1993
4	XENA KISTLER	106' 6"	1977
5	TAWNIA ERPS	104' 2"	1997
6	ALYSE QUIROZ	102' 6"	2002
7	AMANDA HENRY	98' 10"	1994
8	SHARI COOK	95' 4"	2006
9	KATIE OLIVA	90' 6"	2015
10	KIM VOGEL	89' 8"	1989