

LOS ALAMITOS HIGH SCHOOL FROSH/SOPH GIRLS TOP 10 ALL-TIME TRACK & FIELD TIMES/MARKS

100 METERS

12.02	Cavetra Mitchell	1991
12.04c	Sara Limp (11.8h)	2013
12.07	Ashley Willingham	2014
12.47	Danielle Limp	2017
12.54c	Vanessa Blanco (12.3h)	1986
12.62	Alyssa Blockburger	2017
12.64c	Alicia Keyworth (12.4h)	2009
12.66	Sydnee Kolster	2017
12.68	Megan Strawther	2004
12.76	Claire Navarro	2005

200 METERS

24.75	Ashley Willingham	2014
24.88	Cavetra Mitchell	1991
25.02	Sara Limp	2013
25.63	Sydnee Kolster	2017
25.73	Jasmine Jones	2003
25.73	Alyssa Blockburger	2017
25.89	Danielle Limp	2017
26.03	Kelly Jue	2005
26.09	Danielle Fessenden	2008
26.34c	Spechel Cole (26.1h)	2002

400 METERS

56.43	Alyssa Blockburger	2018
56.69	Ashley Willingham	2014
58.99	Danielle Fessenden	2008
59.47	Lauren Yamada	2009
59.79	Brianna Taylor	2013
59.98	Emma Nuiry	2010
60.03	Madaline Caddell	2006
60.15c	Kelly Jue (60.01h)	2004
60.22	Olivia Poland	2017
60.32	Cheyenne Perez	2009

800 METERS

2:18.32	Tracy Fatone	1990
2:18.57	Olivia Velasco	2018
2:21.27	Bronsyn Ledgard	2016
2:21.53	Christine Ruby	1997
2:21.97	Delaney Sanacore	2016
2:22.24	Natania Fernoll	2013
2:23.68	Nicole Bliss	2015
2:24.42	Emily Woodworth	2010
2:24.42	Maria Halfhill	2018
2:24.57	Katy McRae	2005

1600 METERS

5:10.48	Tracy Fatone	1989
5:13.24	Olivia Velasco	2017
5:15.22	Ashlynn Almasy	2015
5:16.20	Delaney Sanacore	2016
5:16.68	Jessica McIntyre	2010
5:18.76	Natania Fernoll	2013
5:19.78	Claire Rainey	2011
5:21.00	Kim Bates	1996
5:21.83	Jillian De Avila	2009
5:21.15	Brooke Brannon	2011

3200 METERS

11:23.14	Kim Bates	1996
11:38.02	Ashlynn Almasy	2014
11:39.30	Jillian De Avila	2009
11:52.00	Katie Mais	1999
11:54.01	Nicole Bliss	2015
11:55.24	Brooke Brannon	2011
11:55.63	Olivia Velasco	2017
11:58.03	Sarah Enyart	2015
12:01.00	Karen Schnick	1991
12:09.20	Jennifer Schefski	2006

100 METER HURDLES - 33"

15.33	Ashlan Revollar	2014
15.61	Alison Parsons	2014
15.82	Lauren Willingham	2016
15.84c	Brianna Mikalson (15.6h)	2012
16.77	Rachel Hermann	2016
16.78	Sommer Hammond	1994
17.02	Christy Finn	2007
17.03	Daj'ah Mullins	2014
17.08	Jaelyn Johnson	2015
17.18	Kasandra Shagena	2006
17.18	Pi'ilani Mata	2014

300 METER LOW HURDLES - 30"

46.19	Brianna Mikalson	2012
46.30	Sheri Moore	1992
47.16	Sommer Hammond	1995
48.26	Pi'ilani Mata	2014
48.30	Christine Ruby	1997
48.33	Lauren Willingham	2016
48.72	Jordan Agnew	2011
48.75	Dyllan Klotzer	1996
48.81	Kate Nelson	2018
48.98	Rachel Hermann	2016

POLE VAULT

11'-8"	Carissa Culver	2008
11'-0"	Alexa Ward	2005
10'-6"	Katelyn Beighton	2005
9'-3"	Allison Millar	2017
9'-0"	Elise Harabedian	2009
8'-9"	Mary Garrett	2006
8'-6"	Alex Gama Cholon	2011
8'-6"	Maddie Woyjeck	2013
8'-0"	Christina Tucker	1998
8'-0"	Jacquiline Duilio	2007
8'-0"	Elizabeth Santa Cruz	2007
8'-0"	Katie Lusk	2010
8'-0"	Ty Watkins	2010
8'-0"	Brooke Anger	2015
8'-0"	Brooke Hearn	2015

DISCUS - 1 kg

128'-3"	Faimalie Sale	2016
124'-6"	Mackenna Howard	2012
112'-5"	Sara Allsup	1996
110'-0"	Laura Cadranell	2000
107'-3"	Pilar Vella	2004
105'-11"	Siena Ruelas	2014
104'-7"	Miranda Ta'amu	2015
101'-0"	Kathleen Fonte	2002
97'-2"	Alexis Villagran	2016
95'-8"	Lakiedra Beckton	1992

SHOT PUT - 4 kg

42'-5.5"	Faimalie Sale	2016
39'-5"	Mackenna Howard	2012
35'-6.25"	Michelle Ramirez	2017
34'-4"	Laura Cadranell	2000
33'-7"	Kathleen Fonte	2003
32'-11"	Miranda Ta'amu	2015
32'-5"	Katie Ensley	1994
31'-9"	Dawn Gludt	1988
31'-7"	Tia Karapulios	2010
31'-4"	Erin Larios	2018

400 METER RELAY (4 x 100M)

50.05	Leanne Halbert Kara Mallari Kelly Jue Claire Navarro	2005
50.61	Lauren Iris Gracen Alvarez Jamie Holcomb Raya Young	2010
50.71	Lauren Willingham Nicole Barham Sydnee Kolster Danielle Limp	2016
50.73	Daj'ah Mullins Janelle Smith Ariana Ford Anijah Green	2014
50.91	Rachel Hermann Nicole Barham Sydnee Kolster Danielle Limp	2016
50.92	Kate Nelson Olivia Poland Emily Colmenares Anastasia Rosenthal	2017
51.00	Brooke Anger Anijah Green Ariana Ford Janelle Smith	2014
51.04	Alexandra LaCarra Platt Daj'ah Mullins Ariana Ford Janelle Smith	2014
51.12	Kate Nelson Khalia Gathright Michelle Bernardo Anastasia Rosenthal	2018
51.21	Pi'llani Mata Janelle Smith Corina Walti Kristen Sells	2013

1600 METER RELAY (4 x 400M)

4:12.39	Jillian Shih Sierra Roper Jamie Holcomb Emma Nuiry	2010
4:12.54	Megan Lamb Julia Jue Claire Stevens Caroline DeSmet	2015
4:13.05	Makenna Geist Jennifer Bandlely Cassandra Mikalson Sarah Pisani	2012
4:15.33	Nicole Barham Lauren Willingham Danielle Limp Sydnee Kolster	2016
4:15.36	Sydnee Kolster Olivia Pisani Hannah Nemnich Olivia Poland	2017
4:16.16	Olivia Pisani Hannah Nemnich Olivia Velasco Olivia Poland	2017
4:16.48	Alexa Blandino Feben Worku Kaya Guerrero Olivia Pisani	2018
4:16.79	Nicole Barham Heather Dollins Danielle Limp Sydnee Kolster	2016
4:17.01	Hannah Nemnich Anastasia Rosenthal Olivia Pisani Olivia Poland	2017
4:17.19	Lauren Bennett Laura Hennings Kristina McCowin Alexis Duarte	2005

HIGH JUMP

5'-5"	Kallie Given	2015
5'-4"	Alison Parsons	2014
5'-3"	Chelsey Mauck	2000
5'-2"	Alta Tinsley	2000
5'-2"	Kelsey Thorn	2005
5'-2"	Elise Harabedian	2010
5'-2"	Amelia Wiggs	2018
5'-2"	Shelby Wright	2018
5'-1"	Lauren Mallari	2001
5'-0"	Stephanie Reese	1998
5'-0"	Karen Self	2000
5'-0"	Brianna Dixon	2006
5'-0"	Caroline Parsons	2008
5'-0"	Katie Whitlock	2011
5'-0"	Reilly McMahan	2015

LONG JUMP

17'-4"	Alison Parsons	2014
17'-3"	Jessica Petroske	2002
17'-3"	Jade Galloway	2016
17'-2"	Jennifer Bandlely	2012
17'-1.5"	Jordan Agnew	2011
16'-8"	Ashlan Revollar	2013
16'-7.5"	Reilly McMahan	2016
16'-4"	Maureen Kennedy	2014
16'-2"	Laura Brun	1989
16'-0.75"	Karen Self	1986

TRIPLE JUMP

35'-2.5"	Alison Parsons	2014
34'-8"	Jessica Petroske	2002
34'-5.5"	Jordan Agnew	2011
34'-4"	Brianna Dixon	2007
34'-1"	Reilly McMahan	2016
33'-9"	Ashlan Revollar	2013
33'-8.75"	Maria Bowden	1992
33'-8.75"	Brittany Savelkoul	1995
33'-7"	Stephanie Reese	1998
33'-6.25"	Jenny Reyes	1989

LEGEND

y = race was in yards

h = hand time

c = time converted from yards to meters and
from hand timed to fully automatic time

CONVERSIONS

1. Races less than one lap add .24 to hand time
2. Races of one lap add .14 to hand time
3. More than one lap, no conversion
4. For yards to meters, multiply time by
.994194; round up to the next tenth of a sec