

LOS ALAMITOS HIGH SCHOOL

JV GIRLS TOP 10 ALL-TIME TRACK & FIELD TIMES/MARKS

100 METERS

12.88	Lia Arambula	2016
13.03	Krystal deRamos	2014
13.11	Emily Colmenares	2017
13.13	Kellie Ventress	2017
13.26	Kenna Limp	2014
13.29	Khalia Gathright	2018
13.35	Kristina McCowin	2006
13.37	Grace Ahn	2016
13.39	Aris Sparks	2010
13.42	Jana Lynn Mora	2005
13.42	Kasey Ainslie	2018

200 METERS

26.65	Lia Arambula	2016
27.34	Grace Ahn	2017
27.37	Kellie Ventress	2017
27.37	Nicole Barham	2018
27.42	Daj'ah Mullins	2014
27.45	Krystal deRamos	2014
27.46	Emily Colmenares	2017
27.64	Makayla Foley	2017
27.71	Kasey Ainslie	2018
27.72	Khalia Gathright	2018

400 METERS

63.70	April Bailey	2015
63.96	Feben Worku	2018
64.08	Caroline Snyder	2011
64.45	Julia Jue	2016
64.96	Corina Washington	2010
65.24	Danielle Lisotte	2010
65.24	Mylinh Vu	2018
65.88	Rachael Ayers	2010
66.06	Erin Henry	2002
66.16	Alexa Blandino	2018

800 METERS

2:25.95	Annie Bliss	2017
2:31.41	Caroline DeSmet	2014
2:32.98	Monique Ponce	2015
2:33.35	Nicole Soto	2016
2:33.76	Emily Woodworth	2011
2:33.82	JulieAnne Yanagisawa	2012
2:33.85	Taylor Reimer	2011
2:33.99	Breana Goodman	2015
2:34.31	Lauren Kussler	2015
2:34.67	Cara Warner	2013

1600 METERS

5:29.42	Sophia Craig	2017
5:33.22	Melissa Rios	2014
5:36.70	Ashley Gardea-Molina	2014
5:43.83	Janelle Goonetilleke	2000
5:43.91	Aspynn Carr	2017
5:45.80	Amber DeMarco	2018
5:46.12	Lauren Kussler	2017
5:46.35	Megan Hetherington-Rauth	2004
5:47.03	Delaney Falsken	2017
5:47.55	Juliet Adams	2013

3200 METERS

11:56.99	Ashley Gardea-Molina	2014
12:11.58	Melissa Rios	2014
12:12.48	Milani Rivers	2016
12:19.20	Sophia Craig	2017
12:23.35	Delaney Falsken	2017
12:25.51	Juliet Adams	2013
12:34.00	Katie Williamson	1996
12:34.27	Jennifer Sliwa	2000
12:40.34	Amber DeMarco	2016
12:46.00	Katie Nimitarnun	1999

100 METER HURDLES - 33"

15.82	Lauren Willingham	2016
17.22	Erin White	1995
17.33	Katelyn Saulog	2018
17.52	Brooke Anger	2016
17.52	Jazmin Humphreys	2018
17.57	Savannah Terrell	2017
17.58	Jessica Ruby	1997
17.63	Kassandra Shagena	2007
17.71	Daj'ah Mullins	2014
17.89	Hanna Othman	2011

300 METER LOW HURDLES - 30"

49.36	Brooke Anger	2016
50.08	Lauren Willingham	2016
50.14	Erin White	1995
50.32	Lucia Arambula	2017
50.96	Jessica Ruby	1997
50.99	Carol Hernandez	2007
51.42	Athena Sandoval	2018
51.57	Allison Jacquier	2006
51.57	Preslie Hardwick	2010
51.72	Lauren Fitzgerald	2016

POLE VAULT

9'-3"	Brooke Anger	2016
9'-3"	Nicole Bliss	2016
9'-0"	Brooke Hearn	2016
8'-6"	Katie Lusk	2012
8'-0"	Jacqueline Diulio	2008
8'-0"	Ashley Hernandez	2011
8'-0"	Paige O'Brien	2011
7'-9"	Allison Millar	2016
7'-6"	Jessica Ruby	1997
7'-6"	Lauren Barrett	2005
7'-6"	Madeline Woyjeck	2014
7'-6"	Illeen Raposa	2005

DISCUS 1 kg

100'-8.5"	Alexis Villagran	2018
85'-7"	Michelle Ramirez	2018
85'-4"	Cera Connors	2010
84'-10"	Sarah Hermann	2015
83'-2"	Samantha Klune	2014
83'-1"	Danel'a Garrett	2018
80'-7"	Brianna Debucquois	2018
80'-6"	Lauren Martinez	2008
80'-0"	Krisina Iglehart	2003
79'-7"	Kelsey Mahoney	2008

SHOT PUT - 4 kg

32'-11"	Miranda Ta'amu	2015
30'-9"	Brianna Debucquois	2018
29'-10.5"	Michelle Ramirez	2018
29'-6.5"	Samantha Klune	2014
29'-6.5"	Alexis Villagran	2017
29'-6"	Danel'a Garrett	2018
28'-5.5"	Ambernicole Hollinger	2013
27'-7"	Jacquelynn Bonom	2014
27'-3"	Erin Larios	2017
27'-0"	Sarah Hermann	2015

400 METER RELAY (4 x 100M)

51.64 Lauren Fitzgerald 2016
Julia Jue
Brooke Anger
Lia Arambula

52.05 Julia Jue 2017
Grace Ahn
Lucia Arambula
Kellie Ventress

52.21 Julia Jue 2016
Grace Ahn
Janelle Smith
Lia Arambula

52.42 Mallory Archer 2010
Alexandra Mosler
Breanna Moore
Aris Sparks

52.53 Julia Jue 2017
Grace Ahn
Emily Colmenares
Kellie Ventress

53.26 **Emily Colmenares** 2018
Kaliyah Denis
Megan Wall
Kaniya Swift

53.32 **Nicole Barham** 2018
Kaliyah Denis
Megan Wall
Kaniya Swift

53.40 **Katelyn Saulog** 2017
Grace Ahn
Sofia Dale
Kellie Ventress

53.44 Ciara Stewart 2014
Daj'ah Mullins
Vanessa Lopez
Krystal deRamos

53.55 Julia Jue 2016
Grace Ahn
Savannah Terrell
Janelle Smith

1600 METER RELAY (4 x 400M)

4:17.24 Lauren Fitzgerald 2016
Julia Jue
Nicole Soto
Lia Arambula

4:21.18 Julia Jue 2017
Kellie Ventress
Lucia Arambula
Annie Bliss

4:28.15 Sofia Dale 2015
Breana Goodman
Ashley Haeg
April Bailey

4:29.79 Keely Powers 2012
Kimi Yanagisawa
Melissa Rios
Cara Warner

4:29.84 Corina Washington 2010
Danielle Lizotte
Rachael Ayers
Taylor Reimer

4:32.60 Lydia Yasay 2007
Allison Jacquier
Carol Hernandez
Kristina McCowin

4:33.04 **Heather Dollins** 2016
Lauren Fitzgerald
Victoria Hyde
Lauren Willingham

4:33.85 Cara Warner 2013
Taylor Smith
Megan Bowers
Cassandra Mikalson

HIGH JUMP

5'-0" **Reilly McMahan** 2016
4'-10" Haley Porter 2015
4'-8" Kira Whelan 1995
4'-8" Melissa Mulcahy 2000
4'-8" Lynette Ngor 2010
4'-8" Amber Jung 2015
4'-8" Madison Wilson 2016
4'-8" **Sadie Parkin** 2018
4'-8" **Karlie Gonzalez** 2018
4'-6" Shelby Honeycutt 2005
4'-6" Brianne Rios 2010
4'-6" Isabella Alvarez 2014

LONG JUMP

16'-11" **Rachel Hermann** 2018
15'-9.25" **Reilly McMahan** 2016
15'-9.25" **Katelyn Saulog** 2018
15'-5" **Cameron Shatsky** 2016
15'-4.5" Michelle Fukuda 2014
15'-4.5" Lia Arambula 2016
15'-2" Carrie Wholten 1995
15'-1.75" **Brianna Debucquois** 2017
15'-1.25" **Alyssa Lea-Wilson** 2018
15'-1" Jocelyn Buska 2017

TRIPLE JUMP

34'-1" **Reilly McMahan** 2016
32'-3.25" Jocelyn Buska 2017
32'-2.5" **Abigale Sheridan** 2017
32'-1.5" Michelle Fukuda 2014
32'-0" **Alyssa Lea-Wilson** 2018
31'-8" Jina Lee 2016
31'-6.5" Kira Whelan 1995
31'-5" Jana Baker 2000
31'-2.75" Carrie Hawkins 1996
31'-1.25" Jennifer Loudon 2003

LEGEND

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