

# LOS ALAMITOS HIGH SCHOOL

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

### 100 METERS

11.88	Sara Limp	2015
11.91	Cavetra Mitchell	1993
12.05	Ashley Willingham	2016
<b>12.29</b>	<b>Danielle Limp</b>	<b>2018</b>
12.47	Heidi Sendro	1987
12.52	Kenna Limp	2015
<b>12.53</b>	<b>Sydnee Kolster</b>	<b>2018</b>
12.54c	Thelma Viajar (12.3h)	1980
12.54c	Vanessa Blanco (12.3h)	1986
12.54c	Pam Kurtela (12.3h)	1989

### 200 METERS

23.95	Sara Limp	2015
24.19	Ashley Willingham	2016
24.39	Cavetra Mitchell	1993
25.35	Danielle Fessenden	2009
<b>25.56</b>	<b>Danielle Limp</b>	<b>2018</b>
25.61	Anijah Green	2015
<b>25.63</b>	<b>Sydnee Kolster</b>	<b>2017</b>
<b>25.72</b>	<b>Olivia Poland</b>	<b>2018</b>
25.73	Jasmine Jones	2003
<b>25.73</b>	<b>Alyssa Blockburger</b>	<b>2017</b>

### 400 METERS

54.89	Ashley Willingham	2015
<b>56.43</b>	<b>Alyssa Blockburger</b>	<b>2018</b>
57.32	Danielle Fessenden	2009
57.99	Lauren Yamada	2011
58.28	Alicia Keyworth	2011
58.47	Jamie Holcomb	2011
58.66	Pam Kurtela	1989
<b>59.08</b>	<b>Delaney Sanacore</b>	<b>2018</b>
59.34	Brianna Taylor	2015
59.61	Caroline DeSmet	2016

### 800 METERS

<b>2:10.12</b>	<b>Delaney Sanacore</b>	<b>2018</b>
2:10.45	Katie Izzo	2015
2:15.92	Sara Bass	2014
2:18.32	Tracy Fatone	1990
<b>2:18.57</b>	<b>Olivia Velasco</b>	<b>2018</b>
<b>2:19.16</b>	<b>Bronsyn Ledgard</b>	<b>2017</b>
2:20.52	Katherine Velicki	2010
2:21.50	Summer Cashman	1990
2:21.50	Christine Ruby	1997
2:22.24	Natania Fernoll	2013

### 1600 METERS

4:55.27	Katie Izzo	2015
<b>5:02.45</b>	<b>Delaney Sanacore</b>	<b>2018</b>
5:04.46	Jillian De Avila	2010
<b>5:07.68</b>	<b>Bronsyn Ledgard</b>	<b>2017</b>
5:09.19	Jessica McIntyre	2013
5:10.48	Tracy Fatone	1989
5:11.53	Sara Bass	2014
5:13.17	Claire Rainey	2013
<b>5:13.24</b>	<b>Olivia Velasco</b>	<b>2017</b>
5:15.22	Ashlynn Almasy	2015

### 3200 METERS

10:21.67	Katie Izzo	2015
11:00.23	Debbie Chaddock	1979
11:22.59	Kim Bates	1997
<b>11:24.95</b>	<b>Delaney Sanacore</b>	<b>2017</b>
11:29.03	Jillian De Avila	2010
11:31.09	Sara Bass	2014
11:35.10	Monica MacManus	1996
11:37.08	Claire Rainey	2013
11:37.96	Megan Hetherington-Rauth	2005
11:38.02	Ashlynn Almasy	2014

### 100 METER HURDLES - 33"

14.54	Cavetra Mitchell	1993
14.90	Jordan Agnew	2013
15.16	Alison Parsons	2015
<b>15.16</b>	<b>Lauren Willingham</b>	<b>2017</b>
15.33	Ashlan Revollar	2014
15.84c	Brianna Mikalson (15.6h)	2012
16.32	Daj'ah Mullins	2015
16.35	Kristin Reyes	1994
16.55	Rosalyn Jopski	2002
16.67	Julianne Given	2005

### 300 METER LOW HURDLES - 30"

45.16	Jordan Agnew	2013
<b>45.65</b>	<b>Lauren Willingham</b>	<b>2017</b>
46.19	Brianna Mikalson	2012
46.30	Sheri Moore	1992
46.31	Sharifa Cox	1991
46.31	Cheyenne Perez	2011
47.16	Summer Hammond	1995
47.36	Kristin Reyes	1994
47.67	Alison Parsons	2016
47.85	Taylor Bennett	2006

### POLE VAULT

12'-4"	Carissa Culver	2010
12'-2"	Katelyn Beighton	2007
12'-0"	Alexa Ward	2008
11'-10"	Brooke Anger	2017
10'-6"	Mary Garrett	2008
9'-10"	Jessica Ruby	2000
9'-8"	Alicia Raposa	2004
9'-4"	Nicole Bliss	2017
<b>9'-3"</b>	<b>Allison Millar</b>	<b>2017</b>
9'-0"	Heather Brown	2002
9'-0"	Amanda Kenney	2004
9'-0"	Elise Harabedian	2009

### DISCUS - 1 kg

<b>153'-10"</b>	<b>Faimalie Sale</b>	<b>2017</b>
149'-9"	Mackenna Howard	2014
130'-3"	Laura Cadranel	2002
125'-2"	Katie Ensley	1995
123"-0"	Ambernicole Hollinger	2014
121'-4"	Regina Dos Santos	2009
120'-2"	Sara Allsup	1999
117'-5"	Miranda Ta'amu	2017
<b>111'-1"</b>	<b>Alexis Villagran</b>	<b>2018</b>
110'-9"	Lakiedra Beckton	1993

### SHOT PUT - 4 kg

50'-2.5"	Mackenna Howard	2014
<b>46'-11.75"</b>	<b>Faimalie Sale</b>	<b>2017</b>
38'-9.5"	Jennifer Ensley	1988
38'-4.0"	Laura Cadranel	2001
37'-9.0"	Miranda Ta'amu	2017
34'-7.0"	Sydney Beyma	2015
33'-7.0"	Kathleen Fonte	2003
33'-1.5"	Katie Ensley	1995
33'-0.5"	Sarah Tuioti-Mariner	2015
32'-7.0"	Regina Dos Santos	2010

**400 METER RELAY (4 x 100M)**

46.91	Ashley Willingham Anijah Green Kenna Limp Sara Limp	2015
<b>48.02</b>	<b>Danielle Limp</b> <b>Sydnee Kolster</b> <b>Olivia Poland</b> <b>Alyssa Blockburger</b>	<b>2018</b>
48.40	Ashley Willingham Brianna Taylor Kristen Sells Sara Limp	2014
48.52	Ashley Willingham Anijah Green Brianna Taylor Kenna Limp	2015
<b>48.55</b>	<b>Danielle Limp</b> <b>Sydnee Kolster</b> <b>Olivia Poland</b> <b>Shelby Wright</b>	<b>2018</b>
48.62	Ashley Willingham Kristen Sells Brianna Taylor Kenna Limp	2015
48.64	Briana Hernandez Kelly Jue Claire Navarro Megan Strawther	2005
48.64	Ashley Willingham Anijah Green Pi'ilani Mata Ashlan Revollar	2016
48.67	Leah Iris Alicia Keyworth Nikki Pokipala Danielle Fessenden	2010
<b>48.74</b>	<b>Rachel Hermann</b> <b>Sydnee Kolster</b> <b>Jade Galloway</b> <b>Danielle Limp</b>	<b>2017</b>

**1600 METER RELAY (4 x 400M)**

3:48.97	Sarah Pisani Brianna Taylor Sara Limp Ashley Willingham	2015
3:53.35	Alicia Keyworth Jamie Holcomb Cheyenne Perez Lauren Yamada	2011
3:54.08	Alicia Keyworth Lauren Yamada Cheyenne Perez Danielle Fessenden	2010
3:54.85	Lia Arambula Caroline DeSmet Pi'ilani Mata Ashley Willingham	2016
3:55.69	Claire Stevens Caroline DeSmet Alison Parsons Ashley Willingham	2016
3:57.71	Emma Nuiry Cheyenne Perez Lauren Yamada Alicia Keyworth	2011
3:58.98	Claire Stevens Caroline DeSmet Pi'ilani Mata Ashley Willingham	2016
4:00.90	Kaneisha Martin Maddy Caddell Cheyenne Perez Danielle Fessenden	2009
4:02.22	Sarah Pisani Katie Izzo Brianna Taylor Ashley Willingham	2015
4:03.40	Kaneisha Martin Lauren Yamada Cheyenne Perez Danielle Fessenden	2009

**HIGH JUMP**

5'-7"	Stacy Lee	1986
5'-6"	Karen Christie	1977
5'-6"	Kallie Given	2016
5'-4"	Karen Self	1989
5'-4"	Kelsey Thorn	2007
5'-4"	Elyse Harabedian	2011
5'-4"	Alison Parsons	2014
<b>5'-3"</b>	<b>Reilly McMahan</b>	<b>2017</b>
5'-2"	Altan Tinsley	1990
5'-2"	Stephanie Reese	1999
5'-2"	Brianna Dixon	2008
5'-2"	Caroline Parsons	2011
<b>5'-2"</b>	<b>Amelia Wiggs</b>	<b>2018</b>
<b>5'-2"</b>	<b>Shelby Wright</b>	<b>2018</b>

**LONG JUMP**

19'-6.75"	Alison Parsons	2016
18'-10.5"	Jordan Agnew	2012
<b>18'-7.75"</b>	<b>Jade Galloway</b>	<b>2018</b>
18'-4"	Thelma Viajar	1980
17'-7"	Ariana Ford	2016
17'-5.75"	Michelle Fukuda	2015
17'-5.5"	Jessica Petroske	2002
17'-5"	Jennifer Bandlely	2013
17'-3.5"	Maureen Kennedy	2015
<b>17'-3.25"</b>	<b>Rachel Hermann</b>	<b>2018</b>

**TRIPLE JUMP**

37'-4.5"	Alison Parsons	2016
36'-7.25"	Jennifer Bandlely	2014
36'-2"	Brianna Dixon	2009
36'-1.5"	Jordan Agnew	2013
35'-7"	Elyse Harabedian	2012
35'-6.75"	Jessica Petroske	2003
35'-0.5"	Stephanie Reese	1999
35'-0"	Jessica Stanford	2000
34'-9"	Barrie Daffron	1985
34'-8"	Maureen Kennedy	2015

**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