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| <b>St. Francis</b> | <b>Track &amp; Field Records</b><br>04/22/05 | <b>High School</b> |
|--------------------|--|--------------------|

## Girls Varsity

| EVENT             | MARK                          | RECORD HOLDER  | GRADE     | YEAR        |
|-------------------|-------------------------------|--|-----------|-------------|
| 100m              | 11.7                          | Damesha Craig  | 11        | 1996        |
| 200m              | 24.4                          | Damesha Craig  | 11        | 1996        |
| 400m              | 55.01                         | Roslyn Mack  | 9         | 1986        |
| 800m              | 2:15.58e                      | Maureen Marquess   | 10        | 1998        |
| 1500m             | 4:50.2                        | Susan Brodie   | 10        | 1981        |
| 1600m             | 5:01.7                        | Victoria "Tori" Tyler  | 9         | 2002        |
| 1 Mile            | 5:04.11                       | Victoria "Tori" Tyler  | 9         | 2002        |
| 3000m             | 10:22                         | Susan Brodie   | 11        | 1982        |
| 3200m             | 10:59.4c (2)                  | Domitilla Torrens (subtract 3.9 from 2 mile [.5840% shorter])            | 12        | 1993        |
| 2 Mile            | 11:03.2                       | Domitilla Torrens  | 12        | 1993        |
| 4x100m Relay      | 46.95                         | Joslyn Mack(10), Jennifer Jackson(11), Roslyn Mack(10), Karen Lawson(12) |           | 1987        |
| 4x400m Relay      | 3:48.56<br>(CCS Record)       | Liz Lynch(12), Joslyn Mack(12), Angie Nurisso(11), Roslyn Mack(12)       |           | 1989        |
| 100m HH (30")     | 14.2                          | Mary Crevelt   | 12        | 1980        |
| 100m HH (33")     | 14.88                         | Michelle Steingart   | 11        | 1996        |
| 300m IH           | 43.8                          | Michelle Steingart   | 12        | 1997        |
| Long Jump         | 19' 8 ½"                      | Karen Lawson   | 9         | 1984        |
| Triple Jump       | 37' 6"                        | Jennifer Jackson   | 10        | 1986        |
| High Jump         | 5' 10"                        | Beth Vidakovits  | 12        | 1985        |
| Discus            | 147'9 ½"                      | Anne Petree  | 12        | 1983        |
| Shot Put          | 42' 2 ½"                      | Shannon Parker   |           | ???         |
| <b>Pole Vault</b> | <b>12' 9"</b><br>(CCS Record) | <b>Natasha Barthel</b>   | <b>10</b> | <b>2005</b> |

1. The Mile time was converted from the 1600 time since we could not locate the official Mile record time.
2. The 3200 time was converted from the 2 Mile time since we could not locate the official 3200 record time.

**Yellow** indicates record set this year

**e-** Indicates electronic times. Subtract 0.24 seconds to achieve equivalent hand times.

**c** – indicates time converted from/to metric

**St. Francis****Track & Field Records****High School**

05/15/05

**Girls Varsity**

| EVENT  | MARK                    | RECORD HOLDER   | GRADE | YEAR        |
|--|-------------------------|---|-------|-------------|
| Shuttle Hurdle Relay                           | 1:11.1                  | Michelle Steingart(11), Angie Donovan(10), Sarah Clemm(10), Kristen Owen(11)                            |       | 1996        |
| 4x200m Relay                                   | 1:41.5<br>(CCS Record)  | Angie Nurisso(10), Joslyn Mack(11), Kelly Donnell(9), Roslyn Mack(11)                                   |       | 1988        |
| 4x800m Relay                                   | 9:58.3                  | Anniken Iversen(11), Katherine Monahan(11), Laura Demmellmaier(12), Yvette Ruccolo(11)                  |       | 1993        |
| <b>Distance Medley<br/>(1200,400,800,1600)</b> | <b>13:04.03e</b>        | <b>Allison McGuire (1200-12), Esa Cate (400-10),<br/>Elle Meulman (800-9), Jillian Bowman (1600-12)</b> |       | <b>2004</b> |
| 4x2 Mile Relay                                 | 52:12                   | Julia Gordon(10), Corinne Allen(10), Katherine Brill(10), Laura Brill(10)                               |       | 2000        |
| 5x2 Mile Postal                                | 57:37.8<br>(CCS Record) | Susan Brodie (11:07-11), Kim Himenes (11:24-9),<br>Karen Himenes (11:36-9), ?, ?                        |       | 1982        |
| Sprint Medley<br>(100,100,200,400)             | 1:44.97<br>(CCS Record) | Angie Nurisso(10), Joslyn Mack(11), Kelly Donnell(9), Roslyn Mack(11)                                   |       | 1988        |
| Sprint Medley<br>(400,200,200,800)             | 4:12.9                  | Joslyn Mack(11), Liz Lynch(11), Kelly Donnell(9), Roslyn Mack(11)                                       |       | 1988        |

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**St. Francis****Track & Field Records****High School**

01/14/04

**Girls Junior Varsity**

| EVENT           | MARK            | RECORD HOLDER  | GRADE     | YEAR        |
|-----------------|-----------------|--|-----------|-------------|
| 100m            | 12.6            | Angie Nurisso  | 9         | 1987        |
| 200m            | 26.2            | Angie Nurisso  | 9         | 1987        |
| <b>400m</b>     | <b>1:01.83</b>  | <b>Chelsea Hendow</b>  | <b>10</b> | <b>2005</b> |
| 800m            | 2:29.9          | Cristin Kenyon   | 10        | 2001        |
| 1600m           | 5:35.3c         | Debbie Capowski (subtract 1.9 from mile [.58375% shorter])         | 11        | 1983        |
| 1 Mile          | 5:37.2          | Debbie Capowski  | 11        | 1983        |
| 3200m           | 12:06.1c        | Julia Gordon (subtract 4.2 from 2 mile [.5840% shorter])           | 9         | 1999        |
| 2 Mile          | 12:10.3         | Julia Gordon   | 9         | 1999        |
| 4x100m Relay    | 51.50           | Amy Lightbody(9), Angela Foster(9), ?, ?                           |           | 1989        |
| 4x400m Relay    | 4:23.23         | Romi Jordan(9), Rachel Moshier(10), Liz Shea(10), Gaby Grenier(11) |           | 2003        |
| 100m HH (30")   | 16.4            | Kara Stainislawczyk  | 11        | 1992        |
| 100m HH (33")   | 17.40           | Kendra Van Buren   | 10        | 2002        |
| 300m IH         | 49.7            | Mylene Mangalindan   | 10        | 1986        |
| Long Jump       | 16' 6"          | MacKenzie Griffith   | 9         | 2001        |
| Triple Jump     | 34' 9"          | Diana Eurich   | 10        | 1994        |
| High Jump       | 5' 0"           | Christine Szelong  | 9         | 2003        |
| <b>Discus</b>   | <b>99' 1 ½"</b> | <b>Katie Lainer</b>  | <b>10</b> | <b>2005</b> |
| Shot Put (10lb) | 30' 5 ½"        | Jessica Nunes  | 10        | 1999        |
| Pole Vault      |                 |  |           |             |

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A few notes about the records listed here:

- The list was reconstituted in 2004 from a 2000 official records list and subsequent information. While every effort has been made to ensure accuracy, there are a few marks still under investigation. Any disputed marks should be addressed with Steve Fuller via EMail at [steve@juststeveinc.com](mailto:steve@juststeveinc.com).
- In 1985 most events were converted from English to Metric measurements. While reconstructing the school records, we decided to leave the English event records (e.g., Mile) separate from the Metric equivalent (e.g., 1600). While the distances are nearly identical, we decided that it would not be fair to the convert marks achieved at the shorter distance to the longer distance. However, if the longer distance time was significantly faster than the metric time, the longer time was converted to the metric record. For example, Domitilla Torrens 2 Mile (11:03.2) time converted to a 10:59.4 3200 Meter time which is much faster than the otherwise "official" 3200 time.

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