



INTERMEDIATE GIRLS - TOP 10 ALL TIME

100 METERS

1	13.25	Delaney Sherwood	04/22/2017
2	13.42	Stephanie Baird	06/02/2007
3	13.52	Kelley Fredrickson	05/09/2015
4	13.67	Gabrielle Robinson	04/27/2013
5	13.74	Morgan Harrison	05/13/2017
6	13.75	Carissa Bixler	04/25/2015
7	13.81	Antonia Stallings	03/25/2017
8	13.88	Sydney Phillips	05/07/2016
9	14.08	Shayla Cruz	05/09/2015
10	14.23	Emily Teems	04/05/2009

1500 METERS

1	5:17.50	Peyton Washington	05/16/2015
2	5:23.09	Veronica Lopez	05/23/2009
3	5:23.79	Mauri Dobbs	05/17/2014
4	5:30.23	Kirsten Lorenz	05/14/2016
5	5:36.05	Morgan Silverman	05/13/2017
6	5:46.07	Alysa Branda	05/07/2016
7	5:47.41	Aleesha Smith	04/14/2012
8	6:00.03	Sierra Pilarski	04/28/2012
9	6:11.60	Brooke Huogo	05/14/2016
10	6:13.67	Angela Meza	05/01/2010

200 METERS

1	27.64	Delaney Sherwood	04/15/2017
2	28.00	Stephanie Baird	06/02/2007
3	28.29	Kelley Fredrickson	04/25/2015
4	28.65	Gabrielle Robinson	04/13/2013
5	29.28	Carissa Bixler	04/25/2015
5	29.28	Antonia Stallings	04/01/2017
7	29.57	Brittany Massie	03/29/2008
8	29.66	Samantha Gilbert	04/22/2006
9	29.77	Azure Baxter	06/02/2007
10	29.83	Casey Casepo	06/02/2007

3000 METERS

1	11:32.35	Mauri Dobbs	05/17/2014
2	11:46.57	Veronica Lopez	03/24/2012
3	12:21.88	Morgan Silverman	04/01/2017
4	12:42.03	Kirsten Lorenz	04/02/2016
5	12:45.44	Sierra Pilarski	05/19/2012
6	13:09.71	Alysa Branda	03/26/2016
7	13:35.94	Stephanie Baird	04/21/2007
8	13:36.91	Jacqueline Brame	04/21/2007
9			
10			

400 METERS

1	1:04.56	Delaney Sherwood	04/15/2017
2	1:06.32	Samantha Gilbert	06/03/2006
3	1:07.04	Shayla Cruz	05/16/2015
4	1:07.21	Stephanie Baird	05/12/2007
5	1:06.91	Brittany Massie	05/24/2008
6	1:09.36	Azure Baxter	06/02/2007
7	1:11.28	Andrea Webster	04/04/2009
8	1:11.31	Danielle Baltau	06/05/2010
9	1:11.95	Jade Howell	05/09/2009
10	01:12.9	Alysa Branda	04/23/2016

100 METER HURDLES - 30" (thru 2011)

1	17.86	Casey Casepo	04/28/2007
2	18.33	Azure Baxter	04/21/2007
3	18.70	Danielle Baltau	05/23/2010
4	18.99	Jacqueline Brame	05/12/2007
5	19.25	Annalie Harwood	06/05/2010
6	20.90	Danielle Drake	04/07/2007
7			
8			
9			
10			

800 METERS

1	2:33.90	Peyton Washington	03/28/2015
2	2:38.53	Veronica Lopez	05/12/2012
3	2:39.70	Kirsten Lorenz	04/23/2016
4	2:41.75	Mauri Dobbs	04/26/2014
5	2:42.97	Samantha Gilbert	05/21/2006
6	2:43.59	Aleesha Smith	05/19/2012
7	2:46.11	Alysa Branda	04/16/2016
8	2:51.64	Sierra Pilarski	05/12/2012
9	2:59.50	Angela Meza	06/05/2010
10	3:00.77	Annalie Harwood	06/05/2010

100 METER HURDLES - 33" (2012 and on)

1	19.53	Cedrinae Thompson	03/24/2012
2	20.91	Olivia Bates	04/22/2017
3	21.13	Keely Ventress	03/21/2015
4	25.19	Noelle Min	03/30/2013
5			
6			
7			
8			
9			
10			

SHOT PUT - 4 kg

1	24-10.00	Kelly Cooksey	04/10/2010
2	23-01.25	Jacqueline Brame	05/20/2007
3	23-05.50	Olivia Bates	05/13/2017
4	23-00.50	Alexya Chenault	03/26/2011
5	22-01.00	Miya Nakazawa	05/07/2016
6	21-10.00	Nicole Hughes	04/17/2010
7	21-04.75	Casey Caspo	04/15/2006
8	21-01.00	Samantha Gilbert	04/22/2006
9	19-10.00	Hiroki Morimitsu	05/20/2006
10	16-10.00	Marie Ortiz	04/20/2013

HIGH JUMP

1	4-06.00	Stephanie Baird	05/20/2007
2	4-05.00	Danielle Drake	03/31/2007
2	4-05.00	Emiy Teems	05/10/2008
4	4-00.00	Jacqueline Baird	04/07/2007
4	4-00.00	Casey Caspo	05/06/2006
4	4-00.00	Kirsten Lorenz	03/19/2016
7	3-08.00	Lauren Petta	03/29/2008
8	3-04.00	Jacie Wright	04/27/2013
9			
10			

LONG JUMP

1	15-04.50	Carissa Bixler	05/09/2015
2	15-02.00	Kelly Fredrickson	05/16/2015
3	14-10.00	Delaney Sherwood	05/20/2017
4	14-00.50	Emily Teems	05/31/2008
5	13-10.25	Uriah Burton-Higgs	04/25/2009
5	13-09.00	Morgan Harrison	05/20/2017
7	13-04.00	Hailey Harrison	05/20/2017
8	13-04.75	Hiroki Morimitsu	05/13/2006
9	13-04.75	Casey Caspo	06/02/2007
10	13-04.00	Jacqueline Brame	03/21/2007

4 x 100 Meter Relay

1	53.45	Carissa Bixler, Shayla Cruz, Kelley Fredrickson, Akemi Lucas	05/16/2015
2	53.97	Antonia Stallings, Hailey Harrison, Morgan Harrison, Delaney Sherwood	05/20/2017
3	55.40	Stephanie Baird, Azure Baxter, Jacqueline Brame, Casey Caspo	06/02/2007
4	55.72	Carissa Bixler, Keely Ventress, Kelley Fredrickson, Akemi Lucas	03/21/2015
5	57.24	Antonia Stallings, Hailey Harrison, Morgan Harrison, Kendra Phillips	03/25/2017
5	57.48	Carmen Adante, Andrea Webster, Nina Sassano, Uriah Burton-Higgs	05/17/2009
7	57.89	Brittney Massie, Lauren Petta, Emily Teems, Brittany Beeler	05/24/2008
8	58.31	Jade Howell, Andrea Webster, Nina Sassano, Carmen Adante	05/09/2009
9	59.54	Danielle baltau, Annalie Harwood, Karly Anderson, Nicole Hughes	05/15/2010
10	1:02.90	Mehrsa Malekzadeh, Olivia Bates, Aysa Malekzadek, Lydia Cuomo	04/29/2017

4 X 400 Meter Relay

1	5:05.67	Kirsten Lorenz, Alysa Branda, Sydney Phillips, Brooke Huogo	05/07/2016
2	5:12.53	Brooke Huogo, Alysa Branda, Kayla Prieto, Kirsten Lorenz	04/23/2016
3			
4			
5			
6			
7			
8			
9			
10			