

Connecticut Girls CIAC M Indoor Track and Field Records

Last Updated: February 23, 2017

Event	Time/Dist	Performer	School	Year
55M Dash	:07.14	Alethia Moore	Hillhouse, New Haven	2015
55M Hurdles	:08.06	Keisha Haughton	Hillhouse, New Haven	1999
300M Dash	:38.85	Precious Holmes	Hillhouse, New Haven	2012
500M Run	1:16.80	Rachel D'Amora	Wilbur Cross, New Haven	1999
600M Run	1:34.14	Precious Holmes	Hillhouse, New Haven	2012
800M Run	2:18.10	LeAndrea Banks	Bloomfield	1990
1000M Run	2:55.83	Chrissy Bendzinski	RHAM, Hebron	2014
1600M Run	4:59.95	Meghan Owen	Killingly	2003
3200M Run	11:04.97	Jessica Schenk	Fitch, Groton	1999
4x200m Relay	1:45.84	Amanda Glass, Catherine Milledge, Christine Jones, Crystal Davis	Weaver, Hartford	2007
4x400m Relay	4:01.13	Sydney Curtis, Jayvona McDaniel, Gabrielle Curtis, Precious Holmes	Hillhouse, New Haven	2013
4x800m Relay	9:37.82	Whitney Curtis, Sydney Curtis, Kellie Davis, Jayvona McDaniel	Hillhouse, New Haven	2013
1600m Sprint Medley Relay	4:16.24	Marissa Airoidi, Julia Sprout, Karissa Laramie, Kelsey Swanson	Tolland	2015
Shot Put	40' 4.50"	Lacey-Ann Parker	Ledyard	2003
High Jump	5' 6"	Janel Kozolowski	Woodstock	2000
Long Jump	18' 6.25"	Amy Stuyanski	Killingly	1993
Pole Vault	12' 0"	AmyErin Zadroga	Tolland	2017

(Performances in a meet with 5 or more schools, run in accordance with CIAC and National Federation Rules or in post-season competition. Complete Procedures and policies available at [MySportsResults.com RecordsBooks](http://MySportsResults.com/RecordsBooks))

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