

# Connecticut Girls CIAC S Indoor Track and Field Records

Last Updated: February 23, 2017

Event	Time/Dist	Performer	School	Year
55M Dash	:07.03	Cassidy Palmer	Bloomfield	2017
55M Hurdles	:08.22	Natasha Harvey	Career-New Haven	2005
300M Dash	:39.81	Stacey Ann Smith	Bloomfield	2006
500M Run	1:15.82	Stephanie Littlejohn	Bloomfield	1995
600M Run	1:37.65	Rayanna Relerford	Bloomfield	2012
800M Run	2:20.50	Ann Pare	Pomperaug	1992
1000M Run	2:55.95	Sarah Gillespie	Northwest Catholic	2011
1600M Run	4:58.32	Sarah Gillespie	Northwest Catholic	2012
3200M Run	10:53.85	Katie Matthews	Rocky Hill	2008
4x200m Relay	1:44.25	Zaidra James, Cheyenne Brown, Andrea Mills, Cassidy Palmer	Bloomfield	2017
4x400m Relay	4:05.20	Kadiejah Stewart, Adrian Jones, Vanessa Whittingham, Alleah Red	Bloomfield	2012
4x800m Relay	9:43.90	Alexandra Kaeslin, Jessica Wojnicki, Maeve Reilly, Maggie Christie	Immaculate	2012
1600m Sprint Medley Relay	4:15.65	Quashania Douglas, Daijah Tindle, Shameil Samuels, Britteni Simpson	Capital Prep	2011
Shot Put	43' 0.50"	Brittany Jones	Bloomfield	2017
High Jump	5' 8"	Andrea Clark	Northwest Catholic	1996
Long Jump	19' 3.25"	Ashley Carbray	Bloomfield	2006
Pole Vault	12' 7"	Emily Savage	Weston	2013

*(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](http://MySportsResults.com) RecordsBooks)*

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