

# Connecticut Girls State Indoor Track and Field Records

Last Updated: March 17, 2017

Event	Time/Dist	Performer	School	Year	Meet
55M Dash	:06.99	Cassidy Palmer	Bloomfield	2017	State Open 2/20
55M Hurdles	:08.06	Keisha Haughton	Hillhouse-New Haven	1999	
60M Dash	:07.61	Cassidy Palmer	Bloomfield	2017	NBNI 3/11
60m Hurdles	:08.78	Jada Harris	St Joseph-Trumbull	2016	NBNI 3/11
200M Dash	:24.56	Stacey-Ann Smith	Bloomfield	2006	Hispanic Games 1/7
300M Dash	:38.22	Precious Holmes	Hillhouse-New Haven	2012	New Englands 3/2
400M Dash	:53.43	Precious Holmes	Hillhouse-New Haven	2012	New Balance Indoor Nationals, 3/10
500M Run	1:15.82	Stephanie Littlejohn	Bloomfield	1995	CIAC Class S
600M Run	1:30.79	Precious Holmes	Hillhouse-New Haven	2012	New Englands 3/2
800M Run	2:07.54	Danae Rivers	Wilbur Cross, New Haven	2016	New Balance Indoor Nationals, 3/12
1000M Run	2:49.68	Danae Rivers	Wilbur Cross, New Haven	2015	New Englands 2/27
1600M Run	4:52.29	Danae Rivers	Wilbur Cross, New Haven	2014	CIAC State Open 2/17
1-Mile Run	4:45.09	Ceci Hopp	Greenwich	1981	Eastern States 3/7
3000M Run	9:33.18	Ceci Hopp	Greenwich	1981	
3200M Run	10:19.26	Hannah DeBalsi	Staples-Westport	2014	CIAC LL Meet 2/8
2-Mile Run	10:12.95	Hannah DeBalsi	Staples-Westport	2014	New Englands 3/1
5000M Run	16:32.26	Hannah DeBalsi	Staples-Westport	2016	New Balance Indoor Nationals, 3/12
4x55m Shuttle Hurdle	:34.99	Tamika Johnson, Sasha Taylor, Sashauna Stewart, Clarvine Sanon	Weaver-Hartford	2006	NSIC
4x200m Relay	1:40.66	Zaidra James, Cheyenne Brown, Andrea Mills, Cassidy Palmer	Bloomfield	2017	North Shore HS Pre-National Invitational, 2/25
4x400m Relay	3:51.36	Tiffany Harrison, Dezarell May, Chantelle Deer, Rayanna Relerford	Bloomfield	2011	New Balance Indoor Nationals 3/13
4x800m Relay	9:10.08	Zoe Harris (2:20.42), Genevieve DeWinter (2:18.36), Hetty McMillan (2:18.24), Emily Philippides (2:13.06)	Greenwich	2017	New Balance Indoor Nationals 3/11
1600m Sprint Medley Relay	4:00.58	Alethia Moore, Jaliyah White, Precious Holmes, Kellie Davis	Hillhouse-New Haven	2012	New Balance Indoor Nationals 3/10
Distance Medley Relay (4k)	11:45.79	Erica Hefnawy (1200m-3:41.00), Olivia Wiener (400m-1:02.55), Tyler Scanlin (800m-2:16.08) and Hannah DeBalsi (1600m – 4:46.16)	Staples, Westport	2014	New Balance Indoor Nationals 3/14
4x1-Mile Relay	21:04.66	Lindsay Crevoiserat, Emily Harris, Kristin Mitchell, Christine Vogel	Glastonbury	2008	NSIC 3/15
Shot Put	46' 11.75"	Tynisha McMillan	Stamford	2006	CIAC State Open
High Jump	5' 10"	Leslie Nixon	Staples, Westport	1984	
Long Jump	19' 9"	Tahari James	Branford	2004	CIAC State Open
Triple Jump	40'-04"	Nicole Toney	Conard West Hartford	2000	NSIC 3/12/2000
Pole Vault	12' 9"	Emily Savage	Weston	2013	Vault-Mania PV Meet 3/4
20# Weight Throw	53' 8.75"	Karina Foster	Bloomfield	2011	New Englands 2/27
Pentathlon	3558 pts	Nicolette Chambers	Hillhouse-New Haven	1999	NSIC 3/13-1st

*(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) )*

