

Connecticut Girls LL Outdoor Track and Field Records

Last Updated: June 11, 2018

Event	Time/Dist	Performer	School	Year
100M	:12.05	Juanita Griffin	New Britain	1987
200M	:24.87	Talisha Graves	Bulkeley-Hartford	1995
400M	:55.42	Carly Swierbut	Newtown	2018
800M	2:12.71	Emily Philippides	Greenwich	2018
1600M	4:53.29	Hannah DeBalsi	Staples-Westport	2014
3200M	10:27.59	Hannah DeBalsi	Staples-Westport	2014
100M Hurdles	:14.4	Lana Howard	East Hartford	1987
300M Int. Hurdles	:44.82	Nicole Toney	Conard-West Hartford	2000
4x100m Relay	:47.48	Shelby Walton, Teyanna Green, Deborah Dorcemus, Charisma Green	Danbury	2008
4x400m Relay	3:55.27	Anna Landler, Emma Langis, Katherine Jasminski, Alexandra Damron	Ridgefield	2017
4x800m Relay	9:13.74	Kaylen Hughes, Angela Braga, Grace Sparrow, Erin McGill	Glastonbury	2017
Long Jump	19-0.75	Stacey Egbert	Danbury	2002
Triple Jump	38-08	Dana Bramble	East Hartford	2013
High Jump	5-08	Allyson Lewis	Norwich Free Academy	2018
Pole Vault	12-01.50	Megan Biscoglio	Southington	2018
Shot Put	48-03	Tynisha McMillan	Stamford	2006
Discus Throw	138-09	Tynisha McMillan	Stamford	2006
Javelin Throw (2002)	149-11	Kristianna Ibsen	Shelton	2008
Javelin Throw	136-07	Krystal Pabey	Naugatuck	2001

(Based upon official results from CIAC. Complete Procedures and policies available at [MySportsResults.com RecordsBooks](http://MySportsResults.com/RecordsBooks).)

CIAC Class LL Outdoor Track and Field Meet – Team Records

Year	School	Coach	Year	School	Coach
1987	Weaver	W. Jones	2004	Norwich Free Acad	K. Kochanski
1988	Weaver	W. Jones	2005	Danbury	K. Wilcox
1989	Weaver	W. Jones	2006	Danbury	K. Wilcox
1990	Norwich	G. Makowicki	2007	Glastonbury	B. Collins
1991	Weaver	W. Jones	2008	Norwich Free Acad	K. Kochanski
1992	Weaver	W. Jones	2008	Norwich Free Acad	K. Kochanski
1993	Weaver	W. Jones	2009	Norwich Free Acad	K. Kochanski
1994	Norwich Free Acad	G. Makowick	2010	Glastonbury	B. Collins
1995	Norwich Free Acad	G. Makowicki	2011	Danbury	M. Goodwin
1996	Norwich Free Acad	G. Makowicki	2012	Norwich Free Acad	K. Kochanski
1997	Norwich Free Acad	G. Makowicki	2013	Norwich Free Acad	K. Kochanski
1998	Norwich Free Acad	G. Makowicki	2014	Staples	J. McCray
1999	Norwich Free Acad	G. Makowicki	2015	Staples	J. McCray
2000	Norwich Free Acad	G. Makowicki	2016	Ridgefield	J. Goetz
2001	Norwich Free Acad	G. Makowicki	2017	Danbury	N. Fraticelli
2002	Danbury	K. Wilcox	2018	Danbury	N. Fraticelli
2003	Danbury	K. Wilcox			