

Connecticut Girls M Outdoor Track and Field Records

Last Updated: June 23, 2017

Event	Time/Dist	Performer	School	Year
100M	:12.16	Tina Baldwin	Bloomfield	1995
200M	:24.82	Precious Holmes	Hillhouse-New Haven	2011
400M	:54.75	Precious Holmes	Hillhouse-New Haven	2011
800M	2:11.06	Sarah Gillespie	NW Catholic-W Hartford	2012
1600M	4:56.85	Sarah Gillespie	NW Catholic-W Hartford	2012
3200M	10:48.96	Caitlin Swanson	Tolland	2015
100M Hurdles	:14.60	Natasha Harvey	Career-New Haven	2004
300M Int. Hurdles	:44.12	Katy Sprout	Tolland	2013
4x100M Relay	:48.41		Bloomfield	1995
4x400M Relay	3:58.74	Jenna Olander, Carly Dedominicis, Kelsey Swanson, Katy Sprout	Tolland	2013
4x800M Relay	9:29.33	Taylor Bonadies, Katherine Deloreto, Kelsey Swanson, Julia Sprout	Tolland	2015
Long Jump	18-11	Amy Davis	Bacon Academy-Colchester	1975
Triple Jump	37-7.25	Katherine Harty	Ellington	2005
High Jump	5-09.75	Margo Maytham Ann Temple	New Milford East Catholic-Manchester	1981 1981
Pole Vault	13-00	Emily Savage	Weston	2013
Shot Put	42-09.25	Barbara Jackson	Hillhouse-New Haven	1983
Discus Throw	140-06	Megan Rose Chapman	Stonington	2011
Javelin Throw (2002)	140-03	Meghan Lester	Tolland	2013
Javelin Throw	147-05	Karolyn Welsh	St Bernard-Uncasville	1981

(Based upon official results from CIAC. Complete Procedures and policies available at MySportsResults.com RecordsBooks)

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CIAC Class M Outdoor Track Meet - Team/Coach

Year	School	Coach	Year	School	Coach
1975	Ledyard	B. Douglass	1998	Nonnewaug	A. Duff Jr.
1976	Ledyard	B. Douglass	1999	NW Catholic	M. Alexander
1977	St Bernard	N. Higgins	2000	Suffield	C. Thompson
1978	New London	L. Palumbo	2001	Bloomfield	
1979	New London	L. Palumbo	2002	Suffield	J. Sinicrope
1980	Ledyard	B. Douglass	2003	Nonnewaug	A.Duff
1981	Weaver	W. Jones	2004	Ellington	P. Corbett, A. Flamino
1982	Montville	A. Wojick	2005	Career-New Haven	D. Robinson
	Guilford	N. Tarantino	2006	Bloomfield	K. McKenzie
1983	Hillhouse	D. Bucciero	2007	Tolland	C. Bernier
1984	Hillhouse	D. Bucciero	2008	Weston	M. Medve
1985	Darien	S. Norris	2009	Tolland	C. Bernier
1986	Ledyard	B. Douglass	2010	Career-New Haven	D. Robinson
1987	Ledyard	B. Douglass	2011	Hillhouse	G. Moore
1988	Bloomfield	K. Over	2012	Tolland	C. Bernier
1989	Bloomfield	K. Over	2013	Tolland	C. Bernier
1990	Waterford	J. Morin	2014	Tolland	C. Bernier
1991	Bloomfield	K. Over	2015	Tolland	C. Bernier
1992	Bloomfield	K. Over	2016	Tolland	C. Bernier
1993	Bloomfield	K. Over	2017	NW Catholic	P. Williamson
1994	Bloomfield	K. Over			
1995	Bloomfield	K. Over			
1996	Plainville	J. Laskarzewski			
1997	Nonnewaug	A. Duff Jr.			