

# Connecticut Girls MM Outdoor Track and Field Records

Last Updated: July 19, 2017

Event	Time/Dist	Performer	School	Year
100M	:12.00	Michaela Pernell	Nonnewaug	2013
200M	:24.04	Precious Holmes	Hillhouse-New Haven	2012
400M	:54.42	Precious Holmes	Hillhouse-New Haven	2012
800M	2:10.98	Danae Rivers	Wilbur Cross-New Haven	2014
1600M	4:54.49	Danae Rivers	Wilbur Cross-New Haven	2013
3200M	10:54.33	Caroline McDonough	Darien	2009
100M Hurdles	:14.53	Keshia Haughton	Hillhouse-New Haven	1999
300M Int. Hurdles	:43.85	Jalayah White	Hillhouse-New Haven	2014
4x100M Relay	:47.88	Sahnique Castella, Marshalee Raynor, Catherine Milledge, Crystal Davis	Weaver-Hartford	2008
4x400M Relay	3:55.44	Torrie Epps, Sharay Robinson, Annicka McDonald, Sashana Hinds	Windsor	2014
4x800M Relay	9:34.66	Whitney Curtis, Kellie davis, Sydney Curtis, Jayvona McDaniel	Hillhouse-New Haven	2013
Long Jump	18-10.25	Amy Stuyniski	Killingly	1994
Triple Jump	37-11.75	Kenya Warner	Windsor	2015
High Jump	5-6	Janel Kozlowski	Woodstock	2000
Pole Vault	11-00	Valerie Milici AmyErin Zadroga	Branford Tolland	2009 2017
Shot Put	42-08	Margo Angelopoulos	North Haven	2002
Discus Throw	129-02	Kylie Fustini	Ledyard	2012
Javelin Throw (2002)	134-09	Bonnie Killis	RHAM-Hebron	2006
Javelin Throw	140-07	Amy Parulis	East Lyme	1999

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

## CIAC Class MM Outdoor Track Meet - Team/Coach

Year	School	Coach	Year	School	Coach
1990	Bloomfield	K. Over	2004	North Haven	C. Jackson
1991	Lyman Hall	R. Burghardt	2005	North Haven	C. Jackson
1992	Hillhouse	P. Raccaro	2006	Weaver	L. Hunt
1993	Wilton	J. Gee	2007	Weaver	L. Hunt
1994	Killingly	R. Jerr	2008	Darien	S. Norris
1995	Wilton	J. Gee	2009	Darien	S. Norris
1996	East Lyme	C. Reichard	2010	Daniel Hand	M. Simeone
1997	North Haven	N. Gouthro	2011	East Lyme	C. Reichard
1998	E O Smith	J. Guerra	2012	Hillhouse	G. Moore
1999	Hillhouse	G. Moore	2013	Hillhouse	G. Moore
2000	Hillhouse	G. Moore	2014	Windsor	R. Wilson
2001	New Canaan	J. Egan	2015	Windsor	R. Wilson
2002	New Canaan	J. Egan	2016	Avon	A. Dadario
2003	New Canaan	J. Egan	2017	Tolland	C. Bernier