

Connecticut Girls S Outdoor Track and Field Records

Last Updated: June 23, 2017

Event	Time/Dist	Performer	School	Year
100M	:11.98	Shayla Wallace	NW Catholic-West Hartford	1995
200M	:24.76	Shayla Wallace	NW Catholic-West Hartford	1997
400M	:56.47	Rayanna Relerford	Bloomfield	2012
800M	2:12.99	Sarah Gillespie	NW Catholic-West Hartford	2011
1600M	4:52.10	Jessica Drop	Coginchaug, Durham	2016
2 Mile	11:24.2	Cindy Wadsworth	Farmington	1976
3200M	10:33.44	Jessica Drop	Coginchaug, Durham	2016
100M Hurdles	:14.40	Zaidra James	Bloomfield	2017
300M Int. Hurdles	:45.01	Zaidra James	Bloomfield	2016
4x100M Relay	:47.07	Zaidra James, Cassidy Palmer, Andrea Mills, Erica Belvit	Bloomfield	2016
4x400M Relay	3:57.80	C Deer, A Estelle, C Hamilton, T Harrison	Bloomfield	2010
4x800M Relay	9:36.59	Alexandra Alsup, Bailey Thayer, Samantha Drop, Jessica Drop	Coginchaug-Durham	2014
Long Jump	18-11.75	Patty Knighton	NW Catholic-West Hartford	1976
Triple Jump	38-08	Adia Cavalier	Bloomfield	2017
High Jump	5-07	Kristen Johnson	Bloomfield	2008
Pole Vault	12-00	Katherine Watts	Valley Regional	2011
Shot Put	45-10.75	Brittany Jones	Bloomfield	2017
Discus Throw	149-00	Karen Wyzykowski	Old Saybrook	2002
Javelin Throw (2002)	136-08	Karen Wyzykowski	Old Saybrook	2002
Javelin Throw	147-06	Debbie Clark	Woodstock	1983

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

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CIAC Class S Outdoor Track Meet - Team/Coach

Year	School	Coach	Year	School	Coach
1976	NW Catholic Farmington	M. Hollway C. Kenyon	1998	Trinity Catholic	R. Lapinski
1977	Bacon Academy	J. Long	1999	Coginchaug	I. Murphy
1978	Bacon Academy	J. Long	2000	Coginchaug	I. Murphy
1979	Litchfield	D. Driscoll	2001	Coginchaug	I. Murphy
1980	Litchfield	D. Driscoll	2002	Coginchaug	I. Murphy
1981	Litchfield	D. Driscoll	2003	Old Saybrook	P. Capezzone
1982	Wilson	D. Rielly	2004	Old Saybrook	P. Capezzone
1983	Litchfield	D. Driscoll	2005	Bloomfield	K. Mckenzie
1984	Bacon Academy	J. Long	2006	NW Catholic	J. Przech
1985	Housatonic	M. Stevenson	2007	Lewis Mills	J. Husbands
1986	Shepaug Valley	W. Domanell	2008	Bloomfield	K. Mckenzie
1987	Lyman Hall	R. Burghardt	2009	Bloomfield	K. Mckenzie
1988	NW Catholic Housatonic	Alexander/O'Neil M. Stevenson	2010	Bloomfield	K. Mckenzie
1989	NW Catholic	Alexander/O'Neil	2011	Bloomfield	K. Mckenzie
1990	Somers	P. Newton	2012	Bloomfield	A. Burrows
1991	Weston	K. Denehy	2013	Bloomfield	A. Burrows
1992	St Thomas	J. Kidd	2014	Bloomfield	A. Burrows
1993	Valley Regional	L. Luciani	2015	Bloomfield	A. Burrows
1994	Weston	K. Denehy	2016	Bloomfield	A. Burrows
1995	NW Catholic	Alexander/O'Neil	2017	Bloomfield	A. Burrows
1996	NW Catholic	Alexander/O'Neil			
1997	Old Saybrook	P. Capezzone			