

Connecticut Girls State Outdoor Track and Field Records

Last Updated: June 24, 2017

Event	Time/Dist	Performer	School	Year/Meet
100m	:11.50	Shayla Wallace	NW Catholic, W.Hartford	1995 New Englands
200m	:23.75	Shayla Wallace	NW Catholic, W.Hartford	1996 New Englands
400m	:52.67	Precious Holmes	Hillhouse-New Haven	2012 Loucks Games
800m	2:05.86	Danae Rivers	Wilbur Cross-New Haven	6/13/15 New Englands
1500m	4:26.39	Ceccei Hopp	Greenwich	1981 USATF Jr Nationals
1600m	4:42.60	Ceccei Hopp	Greenwich	1981
1-Mile	4:46.33	Lindsay Crevoiserat	Glastonbury	2011/6/11 Samsung Diamond League - adidas HS Girls' Dream Mile
2000m Steeplechase	6:52.64	Jackie Nicholas	Nonnewaug	2011 New Balance Nationals
3000m	9:21.0	Ceccei Hopp	Greenwich	1981 USATF Jr Nationals
3200m	10:10.26	Hannah DeBalsi	Staples, Westport	2013/6/8 New Englands
2 Mile	9:55.05	Hannah DeBalsi	Staples, Westport	2014/6/21 Brooks PR Invite
5000m	16:28.71	Claire Howlett	Westhill	2014/5/9 Spartan Midnight Sunrise Invite
100m Hurdles	:14.16	Keshia Haughton Bridget Chiaravalle	Hillhouse, New Haven Danbury	1999 2016 State Open
300m Int Hurdles	:43.18	Jalayah White	Hillhouse-New Haven	2015 State Open
400m Int Hurdles	1:01.42	Jalayah White	Hillhouse, New Haven	2014 New Balance Nationals
4x100m Relay	:46.62	Shelby Walton, Teyanna Green, Deborah Dorcemus, Charisma Green	Danbury	2008 CIAC Open
4x200m Relay	1:40.02	Bianca Brown, Michelle Johnson, Lauren Williams, Natasha Harvey	Career - New Haven	2005 Nike Outdoor Nationals
4x400m Relay	3:47.16	Brianna Allen, Ashley Graves, Sydnee Over, Shayna Presley	Windsor	2010 New Balance Nationals
4x800m Relay	9:06.75	Julia Sprout, Katherine Deloreto, Caitlin Swanson, Kelsey Swanson	Tolland	6/13/15 New Englands
800m SM Relay (100,100,200,400)	1:42.96	Kenya Warner, Erika Hightower, Jiana Baker, Sashana Hinds	Windsor	2016/6/19 New Balance Nationals
1000m Sprint Medley Swedish Relay (100, 200, 300 400)	2:14.94	Tia Marie Brown, Briana Wilson, Jiana Baker, Sashana Hinds	Windsor	2015 New Balance Nationals
1600m SM Relay	3:59.87	Kellie Davis, Precious Holmes, Angeline Foreman, Jayvonna Mcdaniel	Hillhouse	2011 New Balance Nationals
4000m Dist Med Relay (1200, 400, 800, 1600)	11:46.20	Erica Hefnawy, Olivia Wiener, Tyler Scanlan, Hannah DeBalsi	Staples, Westport	2014 New Balance Nationals
4x1 mile Relay	20:17.87	Caitlin Swanson, Katherine DeLoreto, Courtney Akerley, Kelsey Swanson	Tolland	2015/6/21 New Balance Nationals
Long Jump	19-8	Tahari James	Branford	2004 CIAC Open
Triple Jump	41-4.25	Nicole Toney	Conard, W.Hartford	2000
High Jump	5-9.75	Margo Maytham/Ann Temple	New Milford/E.Catholic	1981 CIAC M
Pole Vault	13-2.50	Emily Savage	Weston	2013/6/8 New Englands
Shot Put	49-4	Tynisha McMillian	Stamford	2006 CIAC Open
Discus Throw	149-0	Karen Wyzykowski	Old Saybrook	2002 CIAC S
Javelin Throw (2002)	152-07	Ellie Gravitte	Ridgefield	2013 FCIAC Champs
Javelin Throw	150-5	Dottie Richardson	Fitch	1973
Hammer Throw	163-0	Brittany Jones	Bloomfield	2017/04/28 O'Grady Relays
Heptathlon	5034 pts	Nicholette Chambers	Hillhouse, New Haven	1999

(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))