

Connecticut Girls State Outdoor Track and Field Records

Last Updated: July 14, 2010

Event	Time/Dist	Performer	School	Year/Meet
100m	:11.50	Shayla Wallace	NW Catholic	1995 New Englands
200m	:23.75	Shayla Wallace	NW Catholic	1996 New Englands
400m	:54.41	Sydnee Over	Windsor	2010 New Balance Nationals
800m	2:07.19	Liz Muller	Waterford	1992
1500m	4:26.39	Cecci Hopp	Greenwich	1981 USATF Jr Nationals
1600m	4:42.60	Cecci Hopp	Greenwich	1981
1-Mile	4:48.52	Anna Shields	Lewis Mills	2008 Penn Relays
2000m Steeplechase	6:54.57	Jackie Nicholas	Nonnewaug	2010 New Balance Nationals
3000m	9:52.45	Cecci Hopp	Greenwich	1981
3200m	10:29.88	Lindsay Crevoiserat	Glastonbury	2010 New Englands
2 Mile	10:41.74	Amy Pleckaitis	Amity	1999 AOC National
5000m	17:47.34	Erica Hines	Enrico Fermi	2007 NOC National
100m Hurdles	:14.16	Keshia Haughton	Hillhouse	1999
300m Int Hurdles	:43.4	Leslie Nixon	Staples	1984
400m Int Hurdles	1:01.52	Ann Marie Clarke	Hillhouse	2008 NOC National
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 NOC National
4x400m Relay	3:47.16	Brianna Allen, Ashley Graves, Sydnee Over, Shayna Presley	Windsor	2010 New Balance Nationals
4x800m Relay	9:06.83	Leah Rosenfeld, Elly Teitsworth, Katie Murdoch, Emily Heaslip	Ridgefield	2005 NOC National
4x1 mile Relay	21:01.31	Caitlin Cunningham, Megan Cunningham, Maggie Glass, Stacey Marion	Simsbury	2005 NOC National
1600m SM Relay	4:06.66	Amy Dwire, Aicha Diaby, Sam Willis, Karen Gurnon	Tolland	2007 NOC National
4000m Dist Med Relay (1200, 400, 800, 1600)	11:53.82	Heather Stephens, Emily Heaslip, Katie Murdoch and Leah Rosenfeld	Ridgefield	2006 NOC National
Long Jump	19-8	Tahari James	Branford	2004 CIAC Open
Triple Jump	41-4.25	Nicole Toney	Conard	2000
High Jump	5-9.75	Margo Maytham/Ann Temple	New Milford/E.Catholic	1981 CIAC M
Pole Vault	12-6.25	Robin Bone	Darien	2010 FCIAC
Shot Put	49-4	Tynisha McMillian	Stamford	2006 CIAC Open
Discus Throw	149-0	Karen Wzykowski	Old Saybrook	2002 CIAC S
Javelin Throw (2002)	149-11	Kristianna Ibsen	Shelton	2008 CIAC LL
Javelin Throw	150-5	Dottie Richardson	Fitch	1973
Hammer Throw	152-8	Allison Griggs	East Lyme	2002 AOC Nationals
Heptathlon	5034 pts	Nichollette Chambers	Hillhouse	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))