

## Individual School Records - Girls

<b>EVENT</b>	<b>NAME</b>	<b>TIME/HEIGHT/ DISTANCE</b>	<b>YEAR</b>
<b>55m</b>	Cindy Kapp Valerie Reichart	7.2	1974 1975
<b>200m</b>	Cree Brooks	27.9	2007
<b>300m</b>	Tori Rost	48.1	2011
<b>400m</b>	Cindy Kapp	62.8	1975
<b>500m</b>	Katie Steffney	1:34.8	2011
<b>600m</b>			
<b>800m</b>	Samantha Budd	2:22.8	2010
<b>1000m</b>	Gwen Massey	3:15	
<b>1500m</b>	Beth Ryan	5:08.3	1980
<b>1600m</b>	Meghan McGlinchey	5:08.9	2009
<b>3000m</b>	Millie Kipp	11:43.1	2011
<b>3200m</b>	Ashley White	11:52.5	2009
<b>55 Hurdles</b>	Cindy Kapp	8.2	1976
<b>Long Jump</b>	Jessica Mills	17'6"	2005
<b>Triple Jump</b>	Jessica Mills	36' 1/2"	2005
<b>High Jump</b>	Magan Kustera	5'4"	2008
<b>Pole Vault</b>	Paige Vicari	8'6"	2010
<b>Shot Put</b>	Margaret DeMore	33'11"	2004

## Relay School Records - Girls

EVENT	NAME	TIME/HEIGHT/ DISTANCE	YEAR
<b>4 x 200m</b>	Valerie Reichart, Penny Kapp Deborah Schuman, Cindy Kapp	1:50.0	1975
<b>4 x 400m</b>	Katie Helder, Kate Gazzara Kristy Huepfel, Jen Pitchford	4:12.4	1996
<b>SMR (200-200-400-800)</b>	Samantha Budd, Katie Steffney, Alyson Krause, Meghan McGlinchey	4:29.02	2009
<b>Shuttle Hurdle Relay</b>			
<b>4 x 800m</b>	Katie Schultes, Sandra Kuserk Soco Vernetti, Emily Dalton	10:01.47	2002
<b>DMR (1200-400-800-1600)</b>	Ashley White, Samantha Budd, Alyson Krause, Meghan McGlinchey	13:03	2009
<b>Long Jump Relay</b>	Michelle Taylor, Lisa Caraballo	29'7 1/2"	1995
<b>High Jump Relay</b>	Becky Creedon (5'0"), Kim Coughlin (4'10")	9'10"	1993
<b>Pole Vault Relay</b>	Colleen Murphy (8'0"), Chelsea Mehaffey (7'6")	15'6"	2006
<b>Shot Put Relay</b>	Tanisha Young (33' 1/2"), Margaret DeMore (33' 11")	67' 1/2"	2004