

## SPRINT EVENTS

100 Meters (with 100 yard conversions)			200 Meters (with 220 Yard conversions)			400 Meters (with 440 Yard conversions)		
Name	Time	Date	Name	Time	Date	Name	Time	Date
<b>Karen Robinson</b>	<b>12.1</b>	<b>1980</b>	<b>Michelle Barga</b>	<b>24.94 @</b>	<b>1989</b>	<b>Sherrill Miller</b>	<b>54.38</b>	<b>1980</b>
<b>Maelys Fraise</b>	<b>12.35 @</b>	<b>2023</b>	<b>Sherrill Miller</b>	<b>25.1</b>	<b>1982</b>	<b>Michelle Barga</b>	<b>56.5</b>	<b>1989</b>
<b>Annah Jones</b>	<b>12.38 @</b>	<b>2015</b>	<b>Annah Jones</b>	<b>25.76 @</b>	<b>2015</b>	<b>S. Hollman</b>	<b>59.7</b>	<b>1977</b>
<b>Michelle Barga</b>	<b>12.3</b>	<b>1987</b>	<b>Trisha Sharma</b>	<b>25.83 @</b>	<b>2022</b>	<b>Jennifer Brown</b>	<b>59.80 @</b>	<b>1999</b>
<b>M. Pilla</b>	<b>12.3</b>	<b>1993</b>	<b>Maelys Fraise</b>	<b>25.98 @</b>	<b>2023</b>	<b>Hanneke Jamieson</b>	<b>59.95 @</b>	<b>1990</b>
<b>Trisha Sharma</b>	<b>12.55 @</b>	<b>2022</b>	<b>Karen Robinson</b>	<b>25.9</b>	<b>1982</b>	<b>K. Carpenter</b>	<b>60.7</b>	<b>1979</b>
<b>Tara Stanely</b>	<b>12.4</b>	<b>1979</b>	<b>Jennifer Brown</b>	<b>26.06 @</b>	<b>2001</b>	<b>Natalie Waelty</b>	<b>60.94c</b>	<b>2018</b>
<b>Kimberly Culclager</b>	<b>12.76 @</b>	<b>2004</b>	<b>Kimberly Culclager</b>	<b>26.18 @</b>	<b>2004</b>	<b>N. Bien</b>	<b>60.9</b>	<b>1981</b>
<b>Sherrill Miller</b>	<b>12.6</b>	<b>1982</b>	<b>M. Pilla</b>	<b>26.61 @</b>	<b>1993</b>	<b>Margaret Ruben</b>	<b>60.9</b>	<b>1981</b>
<b>Annabelle van Schravendijk</b>	<b>12.88 @</b>	<b>2011</b>	<b>Tara Stanley</b>	<b>26.5h</b>	<b>1979</b>	<b>JJ Escalera</b>	<b>61.06 @</b>	<b>2016</b>
<b>N. Bien</b>	<b>12.7</b>	<b>1981</b>	<b>Natalie Waelty</b>	<b>26.94 @</b>	<b>2018</b>	<b>D. Crank</b>	<b>61.0</b>	<b>1984</b>
<b>L. Filkowski</b>	<b>12.8</b>	<b>1977</b>	<b>Brittany van Schravendijk</b>	<b>26.95 @</b>	<b>2007</b>	<b>Alexa Wallin</b>	<b>61.14 @</b>	<b>2008</b>
<b>Kym Robinson</b>	<b>12.9</b>	<b>1991</b>	<b>Annabelle van Schravendijk</b>	<b>26.99 @</b>	<b>2011</b>	<b>Brittany van Schravendijk</b>	<b>61.24 @</b>	<b>2009</b>
<b>Tiffanie Gray</b>	<b>12.9</b>	<b>1994</b>	<b>N. Bien</b>	<b>26.9</b>	<b>1981</b>	<b>Anusha Chadalavada</b>	<b>61.29 @</b>	<b>2023</b>
<b>Brittany van Schravendijk</b>	<b>12.9</b>	<b>2007</b>	<b>Hanneke. Jamieson</b>	<b>27.0</b>	<b>1991</b>	<b>Brenda Blanco</b>	<b>61.94c</b>	<b>2018</b>

**Ampersand (@) = FAT = Fully Automatic Timing**

## DISTANCE and MIDDLE DISTANCE

800 Meters (with 880 Yard conversion)			1600 Meters (with 1 Mile conversions)			3000 Meters			3200 Meters (with 2 Mile conversions)		
Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date
*Francie Larrieu	02:05.9	1970	*Francie Larrieu	04:50.8	1970	Beth Bartholomew	10:13.0	1989	Beth Bartholomew	10:53.5	1990
Beth Bartholomew	02:14.3	1989	Beth Bartholomew	04:53.3	1989	Phoung Sites	10:26.0	1987	Phoung Sites	11:08.8	1987
Sherrill Miller	02:15.0	1982	A. Mears	05:04.0	1973	Nikki Kinney	11:23.8	2005	JJ Escalera	11:17.3	2016
JJ Escalera	2:15.84 @	2016	JJ Escalera	05:04.5	2016	Michelle Sherrell	13:43.0	1995	Samantha Wu	11:32.74 @	2019
Rakhi Chadalavada	2:20.64 @	2022	Phoung Sites	05:07.7	1987				J. Huff	11:55.0	1989
D. Crank	02:21.9	1985	Bridget Waelty	5:28.89 @	2018				Heather Rohrer	11:56.8	2010
MacKenzie Cox	2:22.60 @	2015	D. Ferrante	05:29.1	1990				Bridget Waelty	11:57.63 @	2018
Erica Nelson	02:23.8	1989	Rakhi Chadalavada	5:29.31 @	2022				C. Romero	12:04.0	1987
Phoung Sites	02:24.1	1987	Shelby Cox	05:29.3	2012				Kate Everhardt	12:07.33 @	2016
J.Myers	02:24.3	1984	Nikki Kinney	05:30.6	2005				Shelby Cox	12:08.35 @	2014
Nikki Kinney	02:25.4	2005	Samantha Wu	5:30.71 @	2019				S. Aflaque	12:21.0	1985
Alexa Wallin	02:27.1	2008	J. Huff	05:34.1	1989				Lauren Meier	12:27.26 @	2015
D. Ferrante	02:27.1	1990	Kate Everhardt	5:34.69 @	2016				MacKenzie Cox	12:28.97 @	2016
Kate Everhardt	2:28.81 @	2016	Sherrill Miller	05:35.0	1979	Francie * Larrieu	4:16.8 (1500m)	1970	Brook Bartholomew	12:34.5	1986
K. Wolf	02:28.7	1981	R. Lee	05:35.5	1983	This was 3rd fastest time ever, in the world, for girls under 19-yr's old.			T. Freidman	12:37.0	1991

## HURDLE EVENTS & Multi-event

			<b>100 Meter (33 inches)</b> <small>(began in 1992), (* Equivalent of 30 inch time)</small>			<b>300 Meter or 330 Yard Hurdles</b>		
			Name	Time	Date	Name	Time	Date
			Hanneke Jamieson	14.77 @	1991	Kristen Kam	44.60 @	2000
			Trisha Sharma	14.96 @	2022	Hanneke Jamieson	44.72 @	1990
			Margaret Ruben *	15.33*	1981	Trisha Sharma	45.74 @	2022
			N. Page	15.59	1993	Jolene Pendleton	45.6	1986
			Kristen Kam	15.80 @	2000	Brenda Blanco	45.88 @	2018
			Annah Jones	15.86 @	2016	Brittany Van Schravendijk	46.17 @	2009
			*Brook Bartholomew	15.94*	1988	Margaret Ruben	46.6	1981
			Jolene Pendleton *	16.14*	1987	Annah Jones	46.98 @	2016
			T. Fairfield *	16.24*	1985	M. Quong	47.9	1984
			Brenda Blanco	16.57 @	2018	Brook Bartholomew	47.9	1986
			Briana Fedkiw	16.72 @	2021	J. Su	49.7	1987
			J. Su *	16.84*	1987	J. Carbajal	50.3	1983
			Maria De Jesus	16.95 @	2014	Melanie Keegan	50.74 @	2013
			L. Newman *	17.04*	1978	M. Easterling	51.66	1983
			J. Guindon	17.02	1994	F. Olterman	51.8	1983

<b>THROWS and VAULT</b>								
<b>Discus</b>			<b>Shot Put</b>			<b>Pole Vault</b>		
<b>Name</b>	<b>Distance</b>	<b>Date</b>	<b>Name</b>	<b>Distance</b>	<b>Date</b>	<b>Name</b>	<b>Height</b>	<b>Date</b>
<b>T. Bermudes</b>	<b>137'11.5"</b>	<b>1987</b>	<b>Cassius Fiaui</b>	<b>37'05"</b>	<b>2019</b>			
<b>A. Markel</b>	<b>131'05"</b>	<b>1982</b>	<b>Kelly Bushnell</b>	<b>36'11"</b>	<b>2004</b>			
<b>Kelly Bushnell</b>	<b>131'02"</b>	<b>2004</b>	<b>R. Harford</b>	<b>36'01"</b>	<b>1991</b>			
<b>S. Westerhold</b>	<b>125'08"</b>	<b>1982</b>	<b>L. Filkowski</b>	<b>35'10.5"</b>	<b>1981</b>			
<b>R. Hartford</b>	<b>121'01"</b>	<b>1991</b>	<b>A. Markel</b>	<b>35'02"</b>	<b>1981</b>			
<b>B. Greening</b>	<b>119'10"</b>	<b>1978</b>	<b>M. Burt</b>	<b>34'10.5"</b>	<b>1978</b>			
<b>M. Burt</b>	<b>114'06"</b>	<b>1978</b>	<b>Jillian Weir</b>	<b>34'05"</b>	<b>2008</b>			
<b>J. Aquino</b>	<b>112'01"</b>	<b>1982</b>	<b>T. Bermudes</b>	<b>34'04"</b>	<b>1987</b>			
<b>T. Westerhold</b>	<b>109'04"</b>	<b>1991</b>	<b>E. Rajna</b>	<b>34'00.5"</b>	<b>1986</b>			
<b>M. Nua</b>	<b>106'00.5"</b>	<b>1992</b>	<b>S. Westerhold</b>	<b>33'07"</b>	<b>1982</b>			
<b>E. Rajna</b>	<b>105'09"</b>	<b>1986</b>	<b>C. Blankenbehler</b>	<b>33'03"</b>	<b>1995</b>			
<b>C. Aubry</b>	<b>105'07"</b>	<b>1984</b>	<b>J. Aquino</b>	<b>32'02.5"</b>	<b>1984</b>			
<b>Jillian Weir</b>	<b>105'00"</b>	<b>2008</b>	<b>J. Jae</b>	<b>32'01"</b>	<b>1987</b>			
<b>Dina Scher</b>	<b>102-10</b>	<b>2013</b>	<b>A. Boklund</b>	<b>32'01"</b>	<b>1988</b>			
<b>J. Jacob</b>	<b>100'00"</b>	<b>1977</b>	<b>Michelle Heick</b>	<b>31'10"</b>	<b>2003</b>			

<b>JUMPS</b>								
<b>Long Jump</b>			<b>High Jump</b>			<b>Triple Jump</b>		
<b>Name</b>	<b>Distance</b>	<b>Date</b>	<b>Name</b>	<b>Height</b>	<b>Date</b>	<b>Name</b>	<b>Distance</b>	<b>Date</b>
<b>Samantha Louie</b>	<b>18'03"</b>	<b>2018</b>	<b>Karen Robinson</b>	<b>5'08.25"</b>	<b>1981</b>	<b>Brook Bartholomew</b>	<b>39'00"</b>	<b>1987</b>
<b>Sherrill Miller</b>	<b>17'10.5"</b>	<b>1982</b>	<b>T. Fairfield</b>	<b>5'07"</b>	<b>1984</b>	<b>Samantha Louie</b>	<b>38'08"</b>	<b>2018</b>
<b>Briana Fedkiw</b>	<b>17'08"</b>	<b>2018</b>	<b>J. Walker</b>	<b>5'04"</b>	<b>1979</b>	<b>T. Fairfield</b>	<b>37'08"</b>	<b>1985</b>
<b>Sabina Dayal</b>	<b>17'07.5"</b>	<b>2014</b>	<b>Hayley Johnson</b>	<b>5'04"</b>	<b>2023</b>	<b>L. Ito</b>	<b>35'11"</b>	<b>1993</b>
<b>L. Filkowski</b>	<b>17'02"</b>	<b>1979</b>	<b>L. Ito</b>	<b>5'02"</b>	<b>1994</b>	<b>Sabina Dayal</b>	<b>35'04"</b>	<b>2014</b>
<b>A. Cossey</b>	<b>17'02"</b>	<b>1980</b>	<b>T. Cesari</b>	<b>5'02"</b>	<b>1977</b>	<b>B. Givens</b>	<b>35'02"</b>	<b>1983</b>
<b>T. Cesari</b>	<b>17'01.25</b>	<b>1977</b>	<b>S. Lowery</b>	<b>5'02"</b>	<b>1986</b>	<b>Briana Fedkiw</b>	<b>35'01"</b>	<b>2021</b>
<b>K, Sanchagrín</b>	<b>17'00"</b>	<b>1986</b>	<b>Samantha Louie</b>	<b>5'02"</b>	<b>2018</b>	<b>N. Page</b>	<b>34'10.5"</b>	<b>1983</b>
<b>L. Ito</b>	<b>16'10"</b>	<b>1993</b>	<b>K. Wolff</b>	<b>5'00"</b>	<b>1995</b>	<b>J. Sanchagrín</b>	<b>34'07"</b>	<b>1984</b>
<b>F. Jamieson</b>	<b>16'06"</b>	<b>1988</b>	<b>A. Flanders</b>	<b>4'10"</b>	<b>1982</b>	<b>M. Fairfield</b>	<b>34'04"</b>	<b>1986</b>
<b>M. Fairfield</b>	<b>16'05.5"</b>	<b>1986</b>	<b>J. Sanchagrín</b>	<b>4'10"</b>	<b>1983</b>	<b>F. Jamieson</b>	<b>34'03"</b>	<b>1988</b>
<b>Margaret Ruben</b>	<b>16'04"</b>	<b>1981</b>	<b>F. Jamieson</b>	<b>4'10"</b>	<b>1988</b>	<b>Than Kim</b>	<b>34'00"</b>	<b>2000</b>
<b>J. Carbajal</b>	<b>16'00.25"</b>	<b>1982</b>	<b>K. Wolff</b>	<b>4'10"</b>	<b>1994</b>	<b>M. Farnsworth</b>	<b>33'11"</b>	<b>1993</b>
<b>C. Harr</b>	<b>15'08"</b>	<b>1977</b>	<b>MacKenzie Cox</b>	<b>4-10.00</b>	<b>2015</b>	<b>S. Lowery</b>	<b>33'10"</b>	<b>1984</b>
<b>Than Kim</b>	<b>15'07"</b>	<b>1997</b>	<b>Hanna Chellali</b>	<b>4-10.00</b>	<b>2018</b>	<b>Amy Andrejewski</b>	<b>33'06"</b>	<b>1996</b>

# RELAYS

4x100m Relay or 4 x 110y Relay			4x400m Relay or Mile Relay			Distance Medley Relay (1200, 400, 800, 1600)			Sprint Medley Relay (200, 200, 400, 800)		
Team	Time	Date	Team	Time	Date	Team	Time	Date	Team	Time	Date
K Carpenter, K Robinson, T Stanely, S Miller	<b>48.74</b>	<b>1979</b>	E.Nelson, H Jamieson, M. Barga, Beth Bartholomew	<b>03:59.1</b>	<b>1989</b>	B.Bartholomew, Heineke Jamieson, et al	<b>12:58.6</b>	<b>1990</b>	Rajah, Pinkney, Van Schravendijk, Wallin	<b>04:53.1</b>	<b>2007</b>
Fremont Girls (no names on record)	<b>49.09</b>	<b>1980</b>	Bien, Wolf, Walker, S. Miller	<b>3:59.59 @</b>	<b>1980</b>	M.Cox, A. Jones, Everhardt, Escalera	<b>13:17.52 @</b>	<b>2016</b>			
H.Jamieson, Bartholomew, Bunnel, Barga	<b>49.8</b>	<b>1987</b>	Fremont Girls (no names on record)	<b>04:02.0</b>	<b>1981</b>	M.Cox, A. Jones, Salazar, Escalera	<b>13:38.34 @</b>	<b>2015</b>			
Fraisse, A.Chadalavada,, Ni.Behrens, Chandukar	<b>50.59 @</b>	<b>2023</b>	Sites, Solis, Barga, Bartholomew	<b>04:05.5</b>	<b>1988</b>	Meier, B.Blanco, Bernauer, Everhardt	<b>14:23.97 @</b>	<b>2017</b>			
Fraisse, Sharma, Mitchell, Chandukar	<b>50.66 @</b>	<b>2022</b>	Pendleton, Bartholomew, Jamieson, Barga	<b>04:08.4</b>	<b>1987</b>	<b>4 X 800m or 4x880yd Relay</b> (3200m or 2 mile relay)			<b>4x200m Relay or 4x220yd Relay</b>		
Fremont Girls (no names on record)	<b>51.14 @</b>	<b>1989</b>	M.Cox, A.Jones, Meier, Escalera	<b>4:08.67 @</b>	<b>2015</b>	<b>Team</b>	<b>Time</b>	<b>Date</b>	<b>Team</b>	<b>Time</b>	<b>Date</b>
Fremont Girls (no names on record)	<b>51.0</b>	<b>1981</b>	Fremont Girls (no names on record)	<b>04:09.1</b>	<b>1990</b>	Meier, M. Cox, Everhardt, Escalera	<b>10:19.3</b>	<b>2014</b>	Fremont Girls (no names on record)	<b>01:58.5</b>	<b>2004</b>
Fraisse, A.Chadalavada,, De La Cruz, Chandukar	<b>51.44 @</b>	<b>2023</b>	Blanco, N.Waelty, Chellali, B.Waelty	<b>4:14.04 @</b>	<b>2018</b>	Everhardt, Patti, Bernauer, B.Blanco	<b>10:31.4</b>	<b>2017</b>	Rajah, Kinney, Culclager, Ha	<b>01:59.7</b>	<b>2006</b>
Dayal, D.Jones, Peoples, A.Jones	<b>51.77 @</b>	<b>2015</b>	M. Cox, A.Jones, De Jesus, Escalera	<b>4:14.13 @</b>	<b>2014</b>	Fremont Girls (no names on record)	<b>10:33.5</b>	<b>1987</b>	Rajah, Luster-Hall, Culcager, Pinkney	<b>02:01.0</b>	<b>2006</b>
Kam, Tellez, Kim, Brown	<b>51.89 @</b>	<b>2000</b>	M.Cox, A.Jones, Dayal, Escalera	<b>4:14.40 @</b>	<b>2015</b>	<b>4 X 1600m or 4x 1-mile Relay</b>			<b>Speed Medley Relay</b> (100, 100, 200, 400)		
Fremont Girls (no names on record)	<b>51.91 @</b>	<b>1991</b>	M.Cox, A.Jones, Blanco, Escalera	<b>4:15.05 @</b>	<b>2016</b>	<b>Team</b>	<b>Time</b>	<b>Date</b>	<b>Team</b>	<b>Time</b>	<b>Date</b>
Rajah, Luster-Hall, Culcager, Pinkney	<b>51.93 @</b>	<b>2006</b>	Fremont Girls (no names on record)	<b>04:15.0</b>	<b>2000</b>	Rohrer, Perelman, Kegan, AVan Schravendijk	<b>24:23.3</b>	<b>2010</b>	De La Cruz, Chandurkar, Fraisse, A.Chadalavada	<b>1:55.76 @</b>	<b>2023</b>
Windham, Blanco, Gough, Fedkiw	<b>51.99 @</b>	<b>2018</b>	N.Waelty, Blanco, B. Waelty, Fedkiw	<b>4:15.26 @</b>	<b>2018</b>				Kiele, Peoples, A.Jones, Escalera	<b>1:56.41 @</b>	<b>2016</b>
Dayal, Salazar, Peoples, A.Jones	<b>52.06 @</b>	<b>2015</b>	Blanco, N.Waelty, Louie, B.Waelty	<b>4:16.75 @</b>	<b>2018</b>				Lung, Dayal, Jones, Escalera	<b>01:57.4</b>	<b>2013</b>
Roberts, BVan Schravendijk, Rajah, de Cesare	<b>52.09 @</b>	<b>2009</b>	BVan Shravendijk, Rajah, de Cesare, Wallin	<b>4:18.43 @</b>	<b>2008</b>				Fraisse, Mitchell, Sharma, R.Chadalavada	<b>1:58.35 @</b>	<b>2022</b>