

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
Karen Robinson	12.1	1980	Michelle Barga	24.94 @	1989	Sherrill Miller	54.38	1980
Annah Jones	12.38 @	2015	Sherrill Miller	25.1	1982	Michelle Barga	56.5	1989
Michelle Barga	12.3	1987	Annah Jones	25.76 @	2015	S. Hollman	59.7	1977
M. Pilla	12.3	1993	Karen Robinson	25.9	1982	Jennifer Brown	59.80 @	1999
Tara Stanely	12.4	1979	Jennifer Brown	26.06 @	2001	Hanneke Jamieson	59.95 @	1990
Kimberly Culclager	12.76 @	2004	Kimberly Culclager	26.18 @	2004	K. Carpenter	60.7	1979
Sherrill Miller	12.6	1982	M. Pilla	26.61 @	1993	Natalie Waeltly	60.94c	2018
Annabelle van Schravendijk	12.88 @	2011	Tara Stanley	26.5	1979	N. Bien	60.9	1981
N. Bien	12.7	1981	Natalie Waeltly	26.94 @	2018	Margaret Ruben	60.9	1981
L. Filkowski	12.8	1977	Brittany van Schravendijk	26.95 @	2007	JJ Escalera	61.06 @	2016
Kym Robinson	12.9	1991	Annabelle van Schravendijk	26.99 @	2011	D. Crank	61.0	1984
Tiffanie Gray	12.9	1994	N. Bien	26.9	1981	Alexa Wallin	61.14 @	2008
Brittany van Schravendijk	12.9	2007	Hanneke. Jamieson	27.0	1991	Brittany van Schravendijk	61.24 @	2009
Aly Rajah	12.9	2008	Freeman	27.2	1974	Brenda Blanco	61.94c	2018
Kate Gough	13.14 @	2018	Kym Robinson	27.45 @	1991	Rakhi Chadalavada	62.16 @	2019

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
D. Crank	02:21.9	1985	Phoung Sites	05:07.7	1987				J. Huff	11:55.0	1989
MacKenzie Cox	2:22.60 @	2015	Bridget Waely	5:28.89 @	2018				Heather Rohrer	11:56.8	2010
Erica Nelson	02:23.8	1989	D. Ferrante	05:29.1	1990				Bridget Waely	11:57.63 @	2018
Phoung Sites	02:24.1	1987	Shelby Cox	05:29.3	2012				C. Romero	12:04.0	1987
J.Myers	02:24.3	1984	Nikki Kinney	05:30.6	2005				Kate Everhardt	12:07.33 @	2016
Nikki Kinney	02:25.4	2005	Samantha Wu	5:30.71 @	2019				Shelby Cox	12:08.35 @	2014
Alexa Wallin	02:27.1	2008	J. Huff	05:34.1	1989				S. Aflaque	12:21.0	1985
D. Ferrante	02:27.1	1990	Kate Everhardt	5:34.69 @	2016				Lauren Meier	12:27.26 @	2015
Kate Everhardt	2:28.81 @	2016	Sherrill Miller	05:35.0	1979				MacKenzie Cox	12:28.97 @	2016
K. Wolf	02:28.7	1981	R. Lee	05:35.5	1983	Francie * Larrieu	4:16.8 (1500m)	1970	Brook Bartholomew	12:34.5	1986
Brenda Blanco	2:28.97 @	2018	J.Myers	05:39.0	1985	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

			100 Meter (33 inches) <small>(began in 1992), (* Equivalent of 30 inch time)</small>			300 Meter or 330 Yard Hurdles		
			Name	Time	Date	Name	Time	Date
			Margaret Ruben *	15.33*	1981	Kristen Kam	44.60 @	2000
			Hanneke Jamieson *	15.53*	1991	Hanneke Jamieson	44.72 @	1990
			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
			J. Su *	16.84*	1987	J. Su	49.7	1987
			Maria De Jesus	16.95 @	2014	J. Carbajal	50.3	1983
			L. Newman *	17.04*	1978	Melanie Keegan	50.74 @	2013
			J. Guindon	17.02	1994	M. Easterling	51.66	1983
			Tina Liu	17.07	2009	F. Olterman	51.8	1983
			C. Herrador	17.30	1993	Alejandra Flores	52.23 @	2014

THROWS and VAULT

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

JUMPS

Long Jump			High Jump			Triple Jump		
Name	Distance	Date	Name	Height	Date	Name	Distance	Date
Samantha Louie	18'03"	2018	Karen Robinson	5'08.25"	1981	Brook Bartholomew	39'00"	1987
Sherrill Miller	17'10.5"	1982	T. Fairfield	5'07"	1984	Samantha Louie	38'08"	2018
Briana Fedkiw	17'08"	2018	J. Walker	5'04"	1979	T. Fairfield	37'08"	1985
Sabina Dayal	17'07.5"	2014	L. Ito	5'02"	1994	L. Ito	35'11"	1993
L. Filkowski	17'02"	1979	T. Cesari	5'02"	1977	Sabina Dayal	35'04"	2014
A. Cossey	17'02"	1980	S. Lowery	5'02"	1986	B. Givens	35'02"	1983
T. Cesari	17'01.25	1977	Samantha Louie	5'02"	2018	N. Page	34'10.5"	1983
K, Sanchagrin	17'00"	1986	K. Wolff	5'00"	1995	Briana Fedkiw	34'09.25"	2018
L. Ito	16'10"	1993	A. Flanders	4'10"	1982	J. Sanchagrin	34'07"	1984
F. Jamieson	16'06"	1988	J. Sanchagrin	4'10"	1983	M. Fairfield	34'04"	1986
M. Fairfield	16'05.5"	1986	F. Jamieson	4'10"	1988	F. Jamieson	34'03"	1988
Margaret Ruben	16'04"	1981	K. Wolff	4'10"	1994	Than Kim	34'00"	2000
J. Carbajal	16'00.25"	1982	MacKenzie Cox	4-10.00	2015	M. Farnsworth	33'11"	1993
C. Harr	15'08"	1977	Hanna Chellali	4-10.00	2018	S. Lowery	33'10"	1984
Than Kim	15'07"	1997	Natalie Waelty	4-10.00	2019	Amy Andrejewski	33'06"	1996

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	48.74	1979	E.Nelson, H Jamieson, M. Barga, Beth Bartholomew	03:59.1	1989	B.Bartholomew, Heineke Jamieson, et al	12:58.6	1990	Rajah, Pinkney, Van Schravendijk, Wallin	04:53.1	2007			
Fremont Girls (no names on record)	49.09	1980	Ka.Robinson, Ruben, ??????, Miller	03:59.6	1980	M.Cox, A. Jones, Everhardt, Escalera	13:17.52 @	2016						
H.Jamieson, Bartholomew, Bunnell, Barga	49.8	1987	Fremont Girls (no names on record)	04:02.0	1981	M.Cox, A. Jones, Salazar, Escalera	13:38.34 @	2015						
Fremont Girls (no names on record)	51.14 @	1989	Sites, Solis, Barga, Bartholomew	04:05.5	1988	Meier, B.Blanco, Bernauer, Everhardt	14:23.97 @	2017						
Fremont Girls (no names on record)	51.0	1981	Pendleton, Bartholomew, Jamieson, Barga	04:08.4	1987	4 X 800m or 4x880yd Relay (3200m or 2 mile relay)			4x200m Relay or 4x220yd Relay					
Dayal, D.Jones, Peoples, A.Jones	51.77 @	2015	M.Cox, A.Jones, Meier, Escalera	4:08.67 @	2015	Team	Time	Date	Team	Time	Date			
Kam, Tellez, Kim, Brown	51.89 @	2000	Fremont Girls (no names on record)	04:09.1	1990	Meier, M. Cox, Everhardt, Escalera	10:19.3	2014	Fremont Girls (no names on record)	01:58.5	2004			
Fremont Girls (no names on record)	51.91 @	1991	Blanco, N.Waelty, Chellali, B.Waelty	4:14.04 @	2018	Everhardt, Patti, Bernauer, B.Blanco	10:31.4	2017	Rajah, Kinney, Culclager, Ha	01:59.7	2006			
Rajah, Luster-Hall, Culcager, Pinkney	51.93 @	2006	M. Cox, A.Jones, De Jesus, Escalera	4:14.13 @	2014	Fremont Girls (no names on record)	10:33.5	1987	Rajah, Luster-Hall, Culcager, Pinkney	02:01.0	2006			
Windham, Blanco, Gough, Fedkiw	51.99 @	2018	M.Cox, A.Jones, Dayal, Escalera	4:14.40 @	2015	4 X 1600m or 4x 1-mile Relay			Speed Medley Relay (100, 100, 200, 400)					
Dayal, Salazar, Peoples, A.Jones	52.06 @	2015	M.Cox, A.Jones, Blanco, Escalera	4:15.05 @	2016	Team	Time	Date	Team	Time	Date			
Dayal, Salazar, Peoples, A.Jones	52.06 @	2015	Fremont Girls (no names on record)	04:15.0	2000	Rohrer, Perelman, Kegan, AVan Schravendijk	24:23.3	2010	Kiele, Peoples, A.Jones, Escalera	1:56.41 @	2016			
Roberts, BVan Schravendijk, Rajah, de Cesare	52.09 @	2009	N.Waelty, Blanco, B. Waelty, Fedkiw	4:15.26 @	2018				Lung, Dayal, Jones, Escalera	01:57.4	2013			
Fremont Girls (no names on record)	52.25 @	1993	Blanco, N.Waelty, Louie, B.Waelty	4:16.75 @	2018							Fedkiw, Chellali, N.Waelty, Chadalavada	1:58.49 @	2019
Kiele, A.Jones, Peoples, Blanco	52.53 @	2016	BVan Shravendijk, Rajah, de Cesare, Wallin	4:18.43 @	2008							Ha, Luster-Hall, Culclager, Kinney	02:00.5	2006