

RANDOLPH GIRLS TRACK ALL-TIME TOP TEN

2014

100 METERS

1.	Tanya Smolin	1983-85	12.1
2.	Lynn Petrella	2012-13	12.4
3.	Jessica Shilakes	1988	12.4
4.	Betsy Braun	1987	12.4
5.	Wanda Golan	1983	12.5
6.	Pari Hashemi	2004	12.5
7.	Aimee Mehta	2012	12.6
8.	Briana Feldhaus	2009	12.6
9.	Stephanie Neumann	1988-89-90	12.6
10.	Dina Tobin	1983	12.6
11.	Samantha Kral	2012-13	12.7
12.	Sara Huber	1994	12.7
13.	Lauren Waters	1994	12.7
14.	Diane Hayes	1983	12.7
15.	Lisa Golan	1978-79	12.7
16.	Erica Wideberg	1998	12.7

200 METERS

1.	Pari Hashemi	2003	25.0
2.	Tanya Smolin	1984	25.2
3.	Betsy Braun	1987	25.5
4.	Lynn Petrella	2012	25.6
5.	Wanda Golan	1983	25.7
6.	Diane Hayes	1983	25.9
7.	Laura Going	2006	26.0
8.	Samaria Quaintance	1994	26.0
9.	Jessica Shilakes	1989	26.1
10.	Stephanie Neumann	1988-90	26.1
11.	Lisa Golan	1980	26.1
12.	Lauren Waters	1994	26.3
13.	Samantha Kral	2010	26.3
14.	Diane Hull	2003	26.3
15.	Caroline Nehls	1997-98	26.4

400 METERS

1.	Tanya Smolin	1985	56.5
2.	Betsy Braun	1987	57.1
3.	Diane Hayes	1983	57.3
4.	Caroline Nehls	1996	57.5
5.	Pari Hashemi	2003	57.6
6.	Samaria Quaintance	1996	58.6
7.	Dina Tobin	1983	58.8
8.	Stephanie Neumann	1990	58.9
9.	Michelle Kusik	2010	59.4
10.	Jessica Shilakes	1989	59.6
11.	Liz Lansing	2013	59.7
12.	Molly Higgins	2008	59.7
13.	Lynn Petrella	2011	59.9
14.	Dawn Malecki	1979	60.0
15.	Laura Going	2004	60.0

800 METERS

1.	Kimberly Standridge	2007	2:10.4
2.	Joelle Amaral	2011	2:11.3
3.	Molly Higgins	2008	2:11.8
4.	Elizabeth Lansing	2013	2:13.6
5.	Stephanie Snyder	1999	2:14.1
6.	Samantha Jones	2011	2:16.7
7.	Maureen Hogan	1978	2:17.3
8.	Liz Wellman	2013	2:18.0
9.	Tori Kiss	2010	2:18.4
10.	Erin Degutis	1986	2:18.7
11.	Liz Wellman	2012	2:19.5
12.	Marisa Lansing	2013	2:20.7
13.	Meggan Willersdorf	1997	2:21.5
14.	Melissa Adams	1992	2:21.5
15.	Margaret Thomson	2012	2:22.3

1600 METERS

1.	Liz Lansing	2013	4:45.1
2.	Joelle Amaral	2011	4:48.5+
3.	Stephanie Snyder	1999	4:51.4+
4.	Kimberly Standridge	2007	4:55.6
5.	Molly Higgins	2010	4:58.1
6.	Samantha Jones	2011	4:58.5
7.	Liz Wellman	2013	5:03.4
8.	Carole Harsch	2013	5:04.1
9.	Natalie Anthony	2010	5:07.2
10.	Melissa Adams	1992	5:09.7
11.	Tori Kiss	2010	5:10.9
12.	Suzie Hutchins	1994	5:16.2
13.	Rebecca Snelson	2011	5:16.9
14.	Margaret Thomson	2012	5:19.3
15.	Catherine Christopher	2002	5:24.3

+Converted Mile Time

3200 METERS

1.	Joelle Amaral	2010	10:37.5
2.	Sam Jones	2010	10:47.3
3.	Kimberly Standridge	2007	10:51.4
4.	Liz Lansing	2012	10:52.3
5.	Natalie Anthony	2010	11:00.3
6.	Stephanie Snyder	1999	11:07.0
7.	Carole Harsch	2012	11:12.2
8.	Pam Hovliaras	1983	11:25.3
9.	Velisa Rios	2000	11:30.7
10.	Becky Snelson	2011	11:35.4
11.	Melissa Adams	1992	11:38.2
12.	Molly Higgins	2007	11:47.0
13.	Danielle Stockdale	1998	11:47.6
14.	Beth Jones	1996	11:47.9
15.	Maureen Wilkins	1982	11:53.4

100 METER HURDLES

1.	Briana Feldhaus	2008	14.4
2.	Samantha Kral	2012	14.5
3.	Terri Gnatz	1984	14.8
4.	Alexi Capsouras	2005	14.9
5.	Kara Scheideler	2010	15.0
6.	Lisa Miller	1996	15.1
7.	Lisa Gnatz	1984	15.4
8.	Nancy Totaro	1982	15.5
9.	Pari Hashemi	2005	15.6
10.	Elly Scherer	2013	15.7
11.	Michelle Ying	1991	15.7
12.	Ann Sheridan	1978	15.8
13.	Maureen Hogan	1980	15.8
14.	Justine Ameye	2006	16.0
15.	Karyn Wolwowicz	1993	16.0

400 METER HURDLES

1.	Terri Gnatz	1983	62.7
2.	Pari Hashemi	2004	62.8
3.	Kara Scheideler	2010	64.4
4.	Lisa Gnatz	1984	64.4
5.	Alexi Capsouras	2004	65.2
6.	Amy Strenk	2005	65.7
7.	Jennifer Colello	1987	65.9
8.	Joanne Crane	1991	66.0
9.	Nancy Totaro	1982	66.8
10.	Nicole LaRusso	1992	67.1
11.	Carolynn Mazzella	1986	67.1
12.	Michelle Ying	1990	67.1
13.	Jessica Potts	2000	67.1
14.	Marianne Loeken	2013	67.5
15.	Hanna Stepan	2013	68.7

SHOT PUT

1.	Rena Antanelis	1981	43-9 ¼
2.	Dana Walker	1990	40-10 ½
3.	Jennifer Simms	2003	39-1 ½
4.	Lisbeth Lopez	2011	38-8 ¼
5.	Jody Arends	1999	37-11 ¾
6.	Patricia Steffens	2000	37-2 ¼
7.	Madison Cannon	2009	36-6 ¼
8.	Celeste Rucki	1986	36-5 ½
9.	Kathy Wernicki	1977	35-10
10.	Solveig Loeken	2012	35-8 ¾
11.	Stephanie Belcastro	2005	35-5
12.	Dawn Walker	1995	35-4
13.	Aliya Huland El	2012	34-5 ½
14.	April Coss	1995	33-10
15.	Mary O'Mara	1983	33-6 ¾

DISCUS

1.	Rena Antanelis	1981	146-6
2.	Jody Arends	1998	124-8
3.	Dana Walker	1992	124-2
4.	Lisbeth Lopez	2011	119-7
5.	Laura Quinnan	1996	115-5
6.	Andrea Maeder	1988	115-1
7.	April Coss	1995	113-6
8.	Mary O'Mara	1983	112-11
9.	Celeste Rucki	1985	112-10
10.	Jennifer Frister	2011	111-6
11.	Kathy Wernicki	1977	110-7
12.	Jennifer Simms	2003	110-0
13.	Julie Weiss	2002	109-4
14.	Patricia Steffens	2000	104-0
15.	Marghet Hagar	2001	103-2

JAVELIN

1.	Rena Antanelis	1981	162-2
2.	Solveig Loeken	2012	137-3 ('02)
3.	Lisa Robinson	1995	123-1
4.	Donna Crupi	1983	121-7
5.	Jody Arends	1999	120-0
6.	April Coss	1995	115-7
7.	Cindy Dul	1985	113-1
8.	Hanna Schenkman	2009	110-2 ('02)
9.	Tracy Lube	1991	106-9
10.	Val Hasenecz	1983	105-7

POLE VAULT (mimumum 8')

1.	Jessica Knierim	2011	12-0
2.	Samantha Crook	2000-01	11-0
3.	Kim Logoyda	2008	10-6
4.	Sara Gabet	2007	10-0
5.	Joelle Gabet	2007	9-6
6.	Kelly Hinkel	2005	9-0
7.	Hanna Schenkman	2008	8-6
8.	Krista Going	2004	8-6
9.	Kimberly Adler	2006	8-6

TRIPLE JUMP (minimum 28')

1.	Aliyah Huland El	2013	38-1 ½
2.	Sara Gabet	2007	34-5
3.	Justine Ameye	2008	34-3
4.	Jessica Knierim	2011	34-1 ¾
5.	Kara Hadley	2005	33-0
6.	Michelle Kusik	2010	32-0 ½
7.	Katja Brackelmanns-Puig	2012	32-0
8.	Hanna Stepan	2013	31-8
9.	Laura Going	2005	30-10
10.	Justine Ameye	2007	30-8
11.	Joelle Gabet	2007	30-7 ¾
12.	Erin Guerrini	2005	29-5 ¾
13.	Kelly Hinkel	2004	29-3

HIGH JUMP (minimum 5')

1.	Tanya Smolin	1983	5-11
2.	Aliya Huland El	2012	5-4
3.	Joanne Crane	1990	5-4
4.	Diane Hayes	1983	5-4
5.	Ada Yung	1993	5-4
6.	Kara Scheideler	2010	5-3
7.	Lauren Waters	1995	5-2
8.	Stephanie Neumann	1991	5-2
9.	Wanda Golan	1982	5-2
10.	Lisa Gola	1981	5-2
11.	Rena Antanelis	1981	5-2
12.	Nina Berry	1988-89	5-0
13.	Leigh Reilly	2003	5-0
14.	Pari Hashemi	2003	5-0
15.			

LONG JUMP

1.	Tanya Smolin	1984	18-8 $\frac{1}{4}$
2.	Pari Hashemi	2005	18-1
3.	Michelle Zamor	1997	17-10 $\frac{1}{2}$
4.	Lisa Golan	1980	17-6
5.	Jessica Shilakes	1988	17-1 $\frac{1}{2}$
6.	Aliya Huland El	2013	16-11 $\frac{1}{2}$
7.	Sara Gabet	2007	16-10 $\frac{1}{2}$
8.	Wanda Golan	1983	16-10 $\frac{1}{4}$
9.	Lynn Petrella	2012	16-9 $\frac{1}{2}$
10.	Aliya Purdy	1991	16-9 $\frac{1}{2}$
11.	Lisa Gnatz	1983	16-9
12.	Lauren Waters	1995	16-8
13.	Laura Friedman	1996	16-7
14.	Aimee Mehta	2012	16-5 $\frac{1}{2}$
15.	Samaria Quaintance	1993	16-1