

RANDOLPH GIRLS SPRING TRACK TOP TEN RELAYS

2014

4 x 100 m RELAY

1.	Dina Tobin, Wanda Golan, Diane Hayes, Tanya Smolin	1983	48.4
2.	Dina Tobin, Wanda Golan, Diane Hayes, Tanya Smolin	1983	49.0
3.	Samantha Kral,Michelle Kusik,Scheideler,Lynn Petrella	2010	49.1
4.	Wanda Golan,Dina Tobin, Michele Dempsey, Tanya Smolin	1982	49.3
5.	Aimee Mehta,Samantha Kral,Marisa Savino,Lynn Petrella	2012	49.5
6.	Aimee Mehta,Samantha Kral,Marisa Savino,Lynn Petrella	2012	49.8
7.	Dina Tobin, Wanda Golan, Diane Hayes, Tanya Smolin	1983	49.8
8.	Aimee Mehta,Samantha Kral,Marisa Savino,Lynn Petrella	2012	49.9
9.	Dina Tobin, Wanda Golan, Diane Hayes, Tanya Smolin	1983	49.9
10.	Erin Hourihan, Diane Hull, Alexi Capsouras, Pari Hashemi	2003	50.0
11.	Erin Hourihan, Diane Hull, Laura Going, Pari Hashemi	2003	50.0

4 x 200 m RELAY

1.	Samantha Kral,Michelle Kusik,Scheideler,Lynn Petrella	2010	1:44.2
2.	Dina Tobin, Wanda Golan, Tanya Smolin, Diane Hayes	1983	1:44.3
3.	Laura Going,Erin Guerrini, Alexi Capsouras,Pari Hashemi	2005	1:44.5
4.	Erin Hourihan, Diane Hull, Alexi Capsouras, Pari Hashemi	2003	1:45.1
5.	Dina Tobin, Wanda Golan, Diane Hayes, Tanya Smolin	1983	1:45.1
6.	Samantha Kral,Michelle Kral,Kara Scheideler,Lynn Petrella	2010	1:45.4
7.	Laura Going,Amy Strenk, Alexi Capsouras,Pari Hashemi	2005	1:45.9
8.	Wanda Golan, Michele Dempsey, Dina Tobin, Tanya Smolin	1982	1:46.0
9.	Wanda Golan, Laura Szemplenski, Lisa Gnatz, Tanya Smolin	1984	1:46.1
10.	Samaria Quaintance, Caroline Nehls, Laura Friedman, Michelle Zamor	1997	1:46.5
11.	Jessica Shilakes,Leslie Jackson, Sue Carter,Stephanie Neumann	1988	1:46.5

4 x 400m RELAY (Top 40 Performances)

1.	Laura Going, Kimberly Standridge, Alexi Capsouras,Pari Hashemi	2004	3:54.1
2.	Laura Going, Kimberly Standridge, Alexi Capsouras,Pari Hashemi	2005	3:55.5
3.	Dina Tobin, Terri Gnatz, Diane Hayes, Tanya Smolin	1983	3:55.7
4.	Laura Going, Erin Hourihan, Alexi Capsouras, Pari Hashemi	2003	3:56.6
5.	Laura Going, Kimberly Standridge, Alexi Capsouras,Pari Hashemi	2004	3:56.7
6.	Laura Going, Kimberly Standridge, Alexi Capsouras,Pari Hashemi	2004	3:56.7
7.	Laura Going, Kimberly Standridge, Alexi Capsouras,Pari Hashemi	2005	3:57.5
8.	Dina Tobin, Terri Gnatz, Diane Hayes, Tanya Smolin	1983	3:57.7
9.	Lynn Petrella,Michelle Kusik,Scheideler,Molly Higgins	2010	3:58.1
10.	Laura Going, Erin Hourihan, Alexi Capsouras, Pari Hashemi	2003	3:59.3
11.	Michele Dempsey, Dina Tobin, Diane Hayes, Tanya Smolin	1982	3:59.8
12.	Lynn Petrella,Michelle Kusik,Scheideler,Molly Higgins	2010	4:00.0
13.	Laura Going, Kimberly Standridge, Alexi Capsouras,Pari Hashemi	2004	4:00.2
14.	Dina Tobin, Terri Gnatz, Diane Hayes, Tanya Smolin	1983	4:00.4
15.	Lynn Petrella,Michelle Kusik,Scheideler,Molly Higgins	2010	4:00.6
16.	Laura Going, Kimberly Standridge, Alexi Capsouras,Pari Hashemi	2004	4:00.6
17.	Dina Tobin, Michele Dempsey, Diane Hayes, Tanya Smolin	1982	4:00.8
18.	Dina Tobin, Sue Connaughton, Lisa Gnatz, Terri Gnatz	1983	4:00.8
19.	Laura Going, Erin Hourihan, Alexi Capsouras, Pari Hashemi	2003	4:01.0
20.	Diane Hayes, Michele Dempsey, Dina Tobin, Tanya Smolin	1982	4:01.0
21.	Laura Going, Kimberly Standridge, Alexi Capsouras,Pari Hashemi	2004	4:01.2
22.	Laura Going, Amy Strenk,Kimberly Standridge, Alexi Capsouras	2005	4:01.3
23.	Amy Strenk,Laura Going,Kimberly Standridge, Alexi Capsouras	2005	4:01.3
24.	Michelle Kusik,Tori Kiss,Kara Scheideler,Molly Higgins	2010	4:01.6
25.	Sara Gabet,Molly Higgins,Brianna Feldhaus,Kimberly Standridge	2007	4:01.6
26.	Laura Going, Kimberly Standridge, Alexi Capsouras,Pari Hashemi	2004	4:01.6
27.	Laura Going, Erin Hourihan, Alexi Capsouras, Pari Hashemi	2003	4:01.8
28.	Laura Going, Kimberly Standridge, Alexi Capsouras,Pari Hashemi	2005	4:02.0
29.	Janice Smorra,Sara Huber,Sara Doran,Samaria Quaintance	1994	4:02.1
30.	Amy Strenk,Laura Going,Kimberly Standridge, Alexi Capsouras	2005	4:02.4

31. Dina Tobin, Terry Gnatz, Diane Hayes, Tanya Smolin	1983	4:02.4
32. Molly Higgins,Sara Gabet,Briana Feldhaus, Kimberly Standridge	2007	4:02.6
33. Laura Going, Alexi Capsouras Amy Strenk, Pari Hashemi	2005	4:02.7
34. Molly Higgins,Sara Gabet,Briana Feldhaus, Kimberly Standridge	2007	4:03.1
35. Stephanie Snyder, Laura Friedman, Samaria Quaintance, Caroline Nehls	1997	4:03.1
36. Laura Going, Erin Hourihan, Lindsay Good, Pari Hashemi	2003	4:03.2
37. Janice Smorra,Sara Huber,Sara Doran,Samaria Quaintance	1994	4:03.2
38. Laura Going, Kimberly Standridge, Alexi Capsouras,Pari Hashemi	2004	4:03.3
39. Stephanie Snyder, Janice Smorra, Samaria Quaintance, Caroline Nehls	1996	4:03.4
40. Dina Tobin, Lisa Gnatz, Diane Hayes, Tanya Smolin	1983	4:03.5

**Dina Tobin, Diane Hayes, Lisa Gnatz, Terry Gnatz 1983 4:08.7

****DUAL MEET RELAY RECORD**

4 x 800m RELAY

1. Molly Higgins,Natalie Anthony,Tori Kiss, Joelle Amaral	2010	9:06.7
2. Molly Higgins,Natalie Anthony,Tori Kiss, Joelle Amaral	2010	9:11.2
3. Molly Higgins,Natalie Anthony,Tori Kiss, Kimberly Standridge	2007	9:14.1
4. Molly Higgins,Natalie Anthony,Tori Kiss, Kimberly Standridge	2007	9:17.4
5. Molly Higgins,Natalie Anthony,Tori Kiss, Joelle Amaral	2008	9:17.8
6. Molly Higgins,Natalie Anthony,Tori Kiss, Joelle Amaral	2008	9:29.5
7. Elizabeth Lansing,Carole Harsch,Margaret Thomson,Liz Wellman	2013	9:29.7
8. Liz Wellman,Marisa Lansing,Carole Harsch,Liz Lansing	2013	9:31.5
9. Elizabeth Lansing,Carole Harsch,Margaret Thomson,Liz Wellman	2012	9:34.0
10. Molly Higgins,Joelle Amaral,Becky Snelson,Tori Kiss	2009	9:34.1

4 x 1600m RELAY

1. Samantha Jones,Molly Higgins,Natalie Anthony,Joelle Amaral	2010	20:15.2
2. Samantha Jones,Molly Higgins,Natalie Anthony,Joelle Amaral	2010	20:40.1
3. Liz Wellman,Carole Harsch,Margaret Thomson,Liz Lansing	2013	20:42.3
4. Molly Higgins,Natalie Anthony,Lauren Kusik, Kimberly Standridge	2007	20:44.8
5. Molly Higgins,Natalie Anthony,Tori Kiss, Joelle Amaral	2010	20:47.2
6. Molly Higgins,Natalie Anthony,Samantha Jones, Joelle Amaral	2010	21:00.5
7. Elizabeth Lansing,Margaret Thomson,Carole Harsch,Liz Wellman	2012	21:07.2
8. Samantha Jones,Marianne Loeken,Rebecca Snelson,Joelle Amaral	2011	21:07.5
9. Liz Wellman,Carole Harsch,Margaret Thomson,Liz Lansing	2013	21:11.7
10. Elizabeth Lansing,Margaret Thomson,Carole Harsch,Liz Wellman	2012	21:12.2

SPRINT MEDLEY

1. Sara Gabet,Joelle Gabet,Molly Higgins, Kimberly Standridge	2007	4:06.9
2. Michelle Kusik,Millie Potter,Lynn Perella,Joelle Amaral	2011	4:07.6
3. Samantha Kral, Lynn Petrella, Joelle Amaral, Molly Higgins	2010	4:09.0
4. Nashira Cottman,Shannon Fiscus,Molly Higgins,Kimberly Standridge	2007	4:09.7
5. Laura Going, Alexi Capsouras,Pari Hashemi,Kimberly Standridge	2004	4:09.9
6. Rachel Palacio,Katie Sappio,Tori Kiss, Molly Higgins	2008	4:10.7
7. Laura Going, Amy Strenk,Pari Hashemi,Kimberly Standridge	2004	4:11.5
8. Joelle Gabet,Justine Ameye,Laura Going, Kimberly Standridge	2006	4:11.6
9. Allie Savino Jessica Knierim,Joelle Amaral, Molly Higgins	2010	4:12.3
10. Sara Gabet,Brianna Feldhaus,Laura Going, Kimberly Standridge	2006	4:12.8

DISTANCE MEDLEY

1.	Molly Higgins,Michelle Kusik,Tori Kiss,Joelle Amaral	2010	11:54.9
2.	Molly Higgins, Sara Gabet,Natalie Anthony, Kimberly Standridge	2007	11:58.2
3.	Molly Higgins,Kara Scheideler,Tori Kiss,Joelle Amaral	2010	12:00.1
4.	Liz Wellman,Nora May McSorley,Carole Harsch, Liz Lansing	2013	12:01.8
5.	Liz Wellman,Nora May McSorley,Carole Harsch, Liz Lansing	2013	12:02.5
6.	Molly Higgins,Michelle Kusik,Tori Kiss,Joelle Amaral	2009	12:08.0
7.	Liz Wellman,Nora May McSorley,Carole Harsch, Liz Lansing	2013	12:09.2
8.	Samantha Jones, Lynn Petrella,Rebecca Snelson,Joelle Amaral	2011	12:11.7
9.	Liz Wellman,Marisa Lansing,Carole Harsch, Liz Lansing	2013	12:14.5
10.	Danielle Stockdale, Laura Berzak, Meggan Willersdorf, Stephanie Snyder	1999	12:25.8

4 x 100m HURDLES

1.	Elly Scherer,Hanna Stepan, Aliyah Huland El,Samantha Kral	2013	1:03.0
2.	Kara Scheideler,Anna Conway,Rachael Verrone,Briana Feldhaus	2009	1:03.3
3.	Justine Ameye,Julianne Kovary,Kara Scheideler,Briana Feldhaus	2008	1:03.5
4.	Kara Scheideler,Anna Conway,Rachael Verrone,Briana Feldhaus	2009	1:03.7
5.	Elly Scherer,Hanna Stepan, Aliyah Huland El,Samantha Kral	2013	1:03.8
6.	Pari Hashemi,Amy Strenk,Sharon Lee,Alexi Capsouras	2005	1:04.0
7.	Kara Scheideler,Anna Conway,Rachael Verrone,Briana Feldhaus	2009	1:04.3
8.	Colleen Whitehead,Joanne Crane,Karyn Wolwicz,Michelle Ying	1991	1:04.6
9.	Justine Ameye,Julianne Kovary,Kara Scheideler,Briana Feldhaus	2008	1:04.8
10.	Pari Hashemi,Amy Strenk,Jennifer Chickey,Alexi Capsouras	2004	1:04.8

3 x 400m HURDLES

1.	Amy Strenk,Alexi Capsouras,Pari Hashemi	2005	3:19.2
2.	Terry Gnatz, Lisa Gnatz, Sue Connaughton	1983	3:23.8
3.	Amy Strenk,Alexi Capsouras,Pari Hashemi	2005	3:25.3
4.	Terry Gnatz, Lisa Gnatz, Sue Connaughton	1983	3:26.5
5.	Terry Gnatz, Lisa Gnatz, Sue Connaughton	1983	3:26.8
6.	Terry Gnatz, Lisa Gnatz, Carolyn Mazzella	1984	3:27.2
7.	Amy Strenk,Alexi Capsouras,Pari Hashemi	2005	3:28.4
8.	Joanne Crane,Michelle Ying,Nicole LaRusso	1990	3:28.4
9.	Joanne Crane,Michelle Ying,Nicole LaRusso	1991	3:29.4
10.	Carolynn Mazzella, Jennifer Colello, Sue Connaughton	1986	3:30.5

LONG JUMP RELAY

1.	Lynn Petrella,Michelle Kusik,Samantha Kral	2010	48-0 ½
2.	Tanya Smolin, Wanda Golan, Michele Dempsey	1982	47-8 ¾
3.	Tanya Smolin, Wanda Golan, Michele Dempsey	1982	47-1 ¾
4.	Lynn Petrella, Aliyah HulandEl,Aimee Mehta	2012	46-9 ¾
5.	Lisa Gnatz, Wanda Golan, Terry Gnatz	1983	46-9 ½
6.	Lynn Petrella, Aliyah Huland El, Aimee Mehta	2013	46-8 ¾
7.	Lisa Golan, Wanda Golan, Karen Wolfson	1981	46-4
8.	Tanya Smolin, Wanda Golan, Lisa Golan	1984	46-2 ½
9.	Michelle Zamor, Laura Friedman, Lauren Waters	1997	45-11 ½
10.	Michelle Zamor, Laura Friedman, Jennifer Wideberg	1998	45-11

HIGH JUMP RELAY

1.	Tanya Smolin, Diane Hayes, Wanda Golan	1983	15-4
2.	Stephanie Neumann,Ada Yung,Joanne Crane	1991	15-2
3.	Stephanie Neumann,Ada Yung,Joanne Crane	1991	15-0
4.	Ada Yung,Diana Sallo,Cara Tobin	1993	14-10
5.	Wanda Golan, Nancy Totaro, Tanya Smolin	1982	14-10 ¼
6.	Joanne Crane,Diana Sallo,Ada Yung	1990	14-8
7.	Nina Berry, Joanne Crane, Stephanie Neumann	1989	14-6
8.	Tanya Smolin, Wanda Golan, Darcy Anderson	1984	14-6

SHOT PUT RELAY

1.	Lisbeth Lopez,Solveig Loeken,Aliyah Huland El	2012	104-8 $\frac{3}{4}$
2.	Lisbeth Lopez, Madison Cannon, Stephanie Belcastro	2010	103-3 $\frac{1}{4}$
3.	Jody Arends, Patricia Steffens, Dawn Sheehan	1999	101-10 $\frac{1}{4}$
4.	Lisbeth Lopez, Madison Cannon, Stephanie Belcastro	2010	101-2 $\frac{1}{2}$
5.	Jody Arends, Patricia Steffens, Laura Palermo	1998	100-9 $\frac{3}{4}$
6.	Lisbeth Lopez,Solveig Loeken,Rebecca Mattes	2011	100-1 $\frac{1}{2}$
7.	Stephanie Belcastro, Madison Cannon, Lisbeth Lopez	2009	100-4
8.	Dana Walker, Dawn Walker, Robyn Vogt	1992	99-10 $\frac{3}{4}$
9.	Lisbeth Lopez, Stephanie Belcastro, Madison cannon	2009	99-0 $\frac{3}{4}$
10.	Lisbeth Lopez, Madison Cannon, Stephanie Belcastro	2010	99-0 $\frac{1}{2}$

DISCUS RELAY

1.	Jody Arends, Patricia Steffens, Laura Palermo	1998	309-8
2.	Laura Quinnan, Jody Arends, Laura Palermo	1996	306-5
3.	Dawn Walker, April Coss, Laura Quinnan	1995	303-3
4.	Dana Walker, Wendy McCord, Amy Juedes	1992	296-6
5.	Dawn Walker, April Coss, Laura Quinnan	1995	295-10
6.	Jody Arends, Patricia Steffens, Megan Reynolds	1999	292-7
7.	Dana Walker, Wendy McCord, Amy Juedes	1991	290-8
8.	Celeste Rucki, Lynn Zanconato, Andrea Maeder	1986	289-2
9.	Jody Arends, Patricia Steffens, Dawn Sheehan	1999	288-9
10.	Marghet Hagar, Patricia Steffens, Dawn Sheehan	2000	288-0

JAVELIN RELAY

1.	Rena Antanelis, Gayle Roden, Tracey Zuccolo	1980	317-8
2.	Lisa Robinson, April Coss, Laura Quinnan	1995	300-6
3.	Lisa Robinson, Jody Arends, Lisa Miller	1996	294-3
4.	Donna Crupi, Ilze Gobins, Val Hasenecz	1983	293-2
5.	Donna Crupi, Val Hasenecz, Ilze Gobins	1984	292-5
6.	Lisa Robinson, April Coss, Laura Quinnan	1995	290-3
7.	Lisa Robinson, Jody Arends, Lisa Miller	1996	287-2
8.	Cindy Dul, Celeste Rucki, Cindy Flynn	1985	288-3
9.	Solveig Loeken, Samantha Kral, Samantha Jones	2011	288-0 ('02)
10.	Donna Crupi, Val Hasenecz, Celeste Rucki	1984	284-4

POLE VAULT RELAY**TRIPLE JUMP RELAY**