

RANDOLPH GIRLS SPRING TRACK
Top Times/Marks Since 03/29/2000
 Randolph

#1 100 Meter Dash Girls

13.20 F	Berzok, Rachel 12	Morris County Cham	05/17/00
13.30 F	Wideberg, Erica 11	Morris Knolls Dual	04/18/00
13.50 F	Good, Lindsay 9	Iron Hills Confere	05/11/00
13.70 F	Lam, Hoi Yee 11	Morris Knolls Dual	04/18/00
13.90 F	Houriham, Erin 9	Morris County Cham	05/17/00
13.90 F	Reilly, Leigh 9	Freshmen-Sophomore	05/23/00
14.00 F	McCarthy, Lauren 12	Roxbury Dual Meet	04/06/00
14.20 F	Fascia, Lianne 10	Freshmen-Sophomore	05/23/00
14.30 F	Simms, Jennifer 9	Roxbury Dual Meet	04/06/00
14.30 F	Friedman, Lisa 10	Freshmen-Sophomore	05/23/00
14.60 F	Murphy, Kerri 9	Freshmen-Sophomore	05/23/00
14.70 F	Capsouras, Cristina 9	Morris Knolls Dual	04/18/00
14.80 F	Thomsen, Jennifer 10	Roxbury Dual Meet	04/06/00
14.90 F	Christopher, Elizabeth 9	Columbia Dual Meet	04/13/00
15.00 F	Cheng, Katherine 10	Freshmen-Sophomore	05/23/00
15.10 F	Palacio, Jennifer 10	Roxbury Dual Meet	04/06/00
15.40 F	Dixon, Danielle 9	Freshmen-Sophomore	05/23/00
15.70 F	Reynolds, Meg 9	Roxbury Dual Meet	04/06/00
17.40 F	Pachikara, Aruna 11	Roxbury Dual Meet	04/06/00

#2 200 Meter Dash Girls

27.50 F	Wideberg, Erica 11	Iron Hills Confere	05/11/00
27.80 F	Berzak, Laura 12	State Sectional Ch	05/26/00
27.90 F	Berzok, Rachel 12	State Sectional Ch	05/26/00
28.00 F	Good, Lindsay 9	Freshmen-Sophomore	05/23/00
28.10 F	Potts, Jessica 12	Morris Knolls Dual	04/18/00
28.60 F	Vandenberg, Breanne 11	Morris County Cham	05/17/00
28.60 F	Houriham, Erin 9	Freshmen-Sophomore	05/23/00
29.40 F	McCarthy, Lauren 12	Morris County Cham	05/17/00
29.70 F	Fascia, Lianne 10	Morris County Cham	05/17/00
29.90 F	Friedman, Lisa 10	Columbia Dual Meet	04/13/00
30.10 F	Reilly, Leigh 9	Freshmen-Sophomore	05/23/00
30.20 F	Capsouras, Cristina 9	Freshmen-Sophomore	05/23/00
30.30 F	DeJesus, Michelle 10	Columbia Dual Meet	04/13/00
30.40 F	Mastrogiacono, Nina 12	Livingston-East Or	04/04/00
30.50 F	Christopher, Elizabeth 9	Columbia Dual Meet	04/13/00
30.70 F	Thomsen, Jennifer 10	Columbia Dual Meet	04/13/00
31.10 F	Palacio, Jennifer 10	Morristown-West Mo	05/04/00
31.10 F	Murphy, Kerri 9	Freshmen-Sophomore	05/23/00
32.40 F	Dixon, Danielle 9	Morris Knolls Dual	04/18/00
32.70 F	Cheng, Katherine 10	Freshmen-Sophomore	05/23/00
37.70 F	Pachikara, Aruna 11	Roxbury Dual Meet	04/06/00

#3 400 Meter Dash Girls

1:01.40 F	Berzak, Laura 12	State Sectional Ch	05/26/00
1:03.90 F	Mastrogiacono, Nina 12	Morris County Cham	05/17/00
1:04.10 F	Vandenberg, Breanne 11	State Sectional Ch	05/26/00
1:06.60 F	Kral, Chrystal 9	Roxbury Dual Meet	04/06/00
1:08.10 F	Christopher, Elizabeth 9	Freshmen-Sophomore	05/23/00
1:08.30 F	Good, Lindsay 9	Roxbury Dual Meet	04/06/00
1:17.40 F	Berzok, Rachel 12	Voorhees-Bridgewat	03/29/00
1:18.90 F	Houriham, Erin 9	Voorhees-Bridgewat	03/29/00

1:28.90 F	Cheng, Katherine 10	Voorhees-Bridgewater 03/29/00
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#4 800 Meter Run Girls

2:30.30 F	Kerins, Janna 12	Morris County Cham 05/17/00
2:31.40 F	Halesworth, Kaitlyn 10	Morris County Cham 05/17/00
2:35.80 F	Huston, Marissa 11	State Sectional Ch 05/26/00
2:36.30 F	Standridge, Kristin 9	Morris County Cham 05/17/00
2:39.40 F	Rios, Velisa 11	Roxbury Dual Meet 04/06/00
2:45.40 F	O'Rourke, Clare 11	Morristown-West Mo 05/04/00
2:50.90 F	Chiaverini, Christine 12	Roxbury Dual Meet 04/06/00
2:53.20 F	Caine, Monica 10	Columbia Dual Meet 04/13/00
3:06.10 F	Nichol, Cailyn 10	Freshmen-Sophomore 05/23/00
3:07.00 F	Tyska, Alex 9	Voorhees-Bridgewater 03/29/00

#5 1,600 Meter Run Girls

5:27.80 F	Rios, Velisa 11	Iron Hills Confere 05/11/00
5:42.20 F	Kerins, Janna 12	Roxbury Dual Meet 04/06/00
5:49.00 F	Halesworth, Kaitlyn 10	Morristown-West Mo 05/04/00
5:50.80 F	Maloney, Kayla 12	Livingston-East Or 04/04/00
5:59.90 F	O'Rourke, Clare 11	State Sectional Ch 05/26/00
6:09.90 F	Huston, Marissa 11	Morris Knolls Dual 04/18/00
6:12.30 F	Standridge, Kristin 9	Morris Knolls Dual 04/18/00
6:18.40 F	Tyska, Alex 9	Livingston-East Or 04/04/00
6:23.40 F	Caine, Monica 10	Livingston-East Or 04/04/00
6:27.00 F	Chiaverini, Christine 12	Morris Knolls Dual 04/18/00
6:37.60 F	Nichol, Cailyn 10	Freshmen-Sophomore 05/23/00

#6 3,200 Meter Run Girls

11:30.70 F	Rios, Velisa 11	State Sectional Ch 05/26/00
12:22.50 F	Maloney, Kayla 12	Columbia Dual Meet 04/13/00
13:13.70 F	Tyska, Alex 9	Columbia Dual Meet 04/13/00
13:25.50 F	Standridge, Kristin 9	Freshmen-Sophomore 05/23/00

#7 100 Meter High Hurdles Girls

16.40 F	Potts, Jessica 12	Morris County Cham 05/17/00
17.30 F	Lam, Hoi Yee 11	State Sectional Ch 05/26/00
17.80 F	Mastrogiacomo, Nadine 11	Morris County Cham 05/17/00
18.00 F	Kral, Chrystal 9	State Sectional Ch 05/26/00
18.40 F	DeJesus, Michelle 10	Morris County Cham 05/17/00
18.50 F	Thomsen, Jennifer 10	Roxbury Dual Meet 04/06/00
18.50 F	Palacio, Jennifer 10	Freshmen-Sophomore 05/23/00

#8 400 Meter Int Hurdles Girls

1:07.10 F	Potts, Jessica 12	Iron Hills Confere 05/11/00
1:11.40 F	Kral, Chrystal 9	State Sectional Ch 05/26/00
1:14.60 F	Mastrogiacomo, Nadine 11	Iron Hills Confere 05/11/00
1:16.50 F	DeJesus, Michelle 10	Morris County Cham 05/17/00
1:20.50 F	Berzak, Laura 12	Voorhees-Bridgewater 03/29/00
1:21.90 F	Palacio, Jennifer 10	Freshmen-Sophomore 05/23/00
1:28.60 F	Thomsen, Jennifer 10	Livingston-East Or 04/04/00

#9 High Jump Girls

4'08.00" F	1.42m Potts, Jessica 12	Randolph Relays 04/29/00
4'06.00" F	1.37m Lam, Hoi Yee 11	Iron Hills Confere 05/11/00
4'04.00" F	1.32m Reilly, Leigh 9	Morristown-West Mo 05/04/00
4'04.00" F	1.32m Fascia, Lianne 10	Roxbury Dual Meet 04/06/00
4'02.00" F	1.27m Murphy, Kerri 9	Roxbury Dual Meet 04/06/00

4'00.00" F	1.22m Reynolds, Meg 9	Roxbury Dual Meet	04/06/00
#10 Long Jump Girls			
15'02.00" F	4.62m Lam, Hoi Yee 11	State Sectional Ch	05/26/00
15'01.00" F	4.60m Fascia, Lianne 10	State Sectional Ch	05/26/00
14'08.50" F	4.48m Friedman, Lisa 10	Iron Hills Confere	05/11/00
14'03.00" F	4.34m Wideberg, Erica 11	Morris Hills Relay	04/15/00
12'10.00" F	3.91m Reilly, Leigh 9	Freshmen-Sophomore	05/23/00
12'06.00" F	3.81m Murphy, Kerri 9	Freshmen-Sophomore	05/23/00
#11 Shot Put Girls			
37'02.25" F	11.33m Steffens, Patricia 12	State Sectional Ch	05/26/00
31'11.00" F	9.73m Simms, Jennifer 9	State Sectional Ch	05/26/00
31'05.75" F	9.59m Sheehan, Dawn 12	Roxbury Dual Meet	04/06/00
29'08.25" F	9.05m Hager, Marghet 11	Voorhees-Bridgewat	03/29/00
28'02.00" F	8.59m Weiss, Julie 10	Roxbury Dual Meet	04/06/00
27'07.00" F	8.41m Willersdorf, Kristen 10	Roxbury Dual Meet	04/06/00
26'04.00" F	8.03m Pawchak, Katie 9	Freshmen-Sophomore	05/23/00
24'06.25" F	7.47m Smith, Jennifer 9	Freshmen-Sophomore	05/23/00
23'10.75" F	7.28m Pica, Lauren 11	Roxbury Dual Meet	04/06/00
23'02.00" F	7.06m Hagar, Bettina 9	Freshmen-Sophomore	05/23/00
23'00.00" F	7.01m Reynolds, Meg 9	Roxbury Dual Meet	04/06/00
22'08.75" F	6.93m DeHaven, Lauren 10	Livingston-East Or	04/04/00
#12 Discus Throw Girls			
104'00.00" F	31.70m Steffens, Patricia 12	Iron Hills Confere	05/11/00
99'06.00" F	30.33m Weiss, Julie 10	State Sectional Ch	05/26/00
98'00.00" F	29.87m Hager, Marghet 11	Morris County Rela	05/06/00
92'02.00" F	28.09m Sheehan, Dawn 12	Morris County Rela	05/06/00
75'08.00" F	23.06m Reynolds, Meg 9	Morris Hills Relay	04/15/00
74'07.00" F	22.73m Willersdorf, Kristen 10	Morristown-West Mo	05/04/00
64'00.00" F	19.51m Pawchak, Katie 9	Roxbury Dual Meet	04/06/00
63'09.00" F	19.43m Simms, Jennifer 9	Freshmen-Sophomore	05/23/00
60'08.00" F	18.49m Smith, Jennifer 9	Freshmen-Sophomore	05/23/00
59'09.00" F	18.21m Pica, Lauren 11	Randolph Relays	04/29/00
58'04.00" F	17.78m Hagar, Bettina 9	Roxbury Dual Meet	04/06/00
53'00.00" F	16.15m DeHaven, Lauren 10	Roxbury Dual Meet	04/06/00
#13 Javelin Throw Girls			
99'04.00" F	30.28m Steffens, Patricia 12	Voorhees-Bridgewat	03/29/00
94'05.00" F	28.78m Sheehan, Dawn 12	Iron Hills Confere	05/11/00
87'11.00" F	26.80m Hager, Marghet 11	Voorhees-Bridgewat	03/29/00
77'09.00" F	23.70m Weiss, Julie 10	Iron Hills Confere	05/11/00
71'02.00" F	21.69m Pawchak, Katie 9	Voorhees-Bridgewat	03/29/00
66'07.00" F	20.29m Willersdorf, Kristen 10	Livingston-East Or	04/04/00
64'03.00" F	19.58m Simms, Jennifer 9	Voorhees-Bridgewat	03/29/00
59'08.00" F	18.19m Reynolds, Meg 9	Voorhees-Bridgewat	03/29/00
54'05.00" F	16.59m Pica, Lauren 11	Voorhees-Bridgewat	03/29/00
53'05.00" F	16.28m DeHaven, Lauren 10	Columbia Dual Meet	04/13/00
#14 100 Meter Dash SPLIT Girls			
12.80 F	Wideberg, Erica 11	Morris County Rela	05/06/00
12.80 F	McCarthy, Lauren 12	Morris County Rela	05/06/00
12.90 F	Berzak, Laura 12	Morris Hills Relay	04/15/00
13.30 F	Lam, Hoi Yee 11	Randolph Relays	04/29/00
13.70 F	Houriham, Erin 9	Morris Hills Relay	04/15/00
13.80 F	Berzok, Rachel 12	Morris Hills Relay	04/15/00

13.90 F	Fascia, Lianne 10	Morris Hills Relay	04/15/00
14.00 F	Friedman, Lisa 10	Morris Hills Relay	04/15/00
14.00 F	Capsouras, Cristina 9	Randolph Relays	04/29/00
14.00 F	Vandenberg, Breanne 11	Randolph Relays	04/29/00
14.20 F	Reilly, Leigh 9	Morris Hills Relay	04/15/00
14.20 F	Good, Lindsay 9	Randolph Relays	04/29/00
14.30 F	Murphy, Kerri 9	Morris Hills Relay	04/15/00
14.60 F	Mastrogiacono, Nadine 11	Morris Hills Relay	04/15/00
14.70 F	Thomsen, Jennifer 10	Morris Hills Relay	04/15/00
14.80 F	Palacio, Jennifer 10	Morris Hills Relay	04/15/00
14.90 F	Christopher, Elizabeth 9	Morris Hills Relay	04/15/00
15.00 F	Nichol, Cailyn 10	Randolph Relays	04/29/00
15.40 F	DeJesus, Michelle 10	Randolph Relays	04/29/00
15.60 F	Caine, Monica 10	Randolph Relays	04/29/00

#15 200 Meter Dash SPLIT Girls

26.90 F	Wideberg, Erica 11	Randolph Relays	04/29/00
26.90 F	Berzak, Laura 12	Morris County Rela	05/06/00
28.10 F	McCarthy, Lauren 12	Randolph Relays	04/29/00
28.10 F	Vandenberg, Breanne 11	Randolph Relays	04/29/00
28.60 F	Berzok, Rachel 12	Morris Hills Relay	04/15/00
28.60 F	Good, Lindsay 9	Morris Hills Relay	04/15/00
29.00 F	Mastrogiacono, Nina 12	Morris Hills Relay	04/15/00
29.20 F	Potts, Jessica 12	Randolph Relays	04/29/00
29.40 F	Houriham, Erin 9	Randolph Relays	04/29/00
29.50 F	Fascia, Lianne 10	Morris Hills Relay	04/15/00
29.50 F	Friedman, Lisa 10	Morris Hills Relay	04/15/00
29.60 F	DeJesus, Michelle 10	Morris Hills Relay	04/15/00
29.60 F	Reilly, Leigh 9	Morris Hills Relay	04/15/00
29.60 F	Thomsen, Jennifer 10	Morris Hills Relay	04/15/00
29.80 F	Capsouras, Cristina 9	Randolph Relays	04/29/00
29.90 F	Christopher, Elizabeth 9	Morris Hills Relay	04/15/00
30.70 F	Mastrogiacono, Nadine 11	Morris Hills Relay	04/15/00
31.00 F	Murphy, Kerri 9	Randolph Relays	04/29/00
34.10 F	Nichol, Cailyn 10	Randolph Relays	04/29/00
34.10 F	Reynolds, Meg 9	Randolph Relays	04/29/00
37.40 F	Caine, Monica 10	Randolph Relays	04/29/00

#16 400 Meter Run SPLIT Girls

1:00.70 F	Berzak, Laura 12	Morris County Rela	05/06/00
1:01.50 F	Wideberg, Erica 11	Morris County Cham	05/17/00
1:03.40 F	Mastrogiacono, Nina 12	Morris County Rela	05/06/00
1:04.30 F	Kral, Chrystal 9	Iron Hills Confere	05/11/00
1:04.60 F	Vandenberg, Breanne 11	State Sectional Ch	05/26/00
1:06.30 F	Good, Lindsay 9	Morristown-West Mo	05/04/00
1:07.40 F	Houriham, Erin 9	Freshmen-Sophomore	05/23/00
1:08.30 F	Christopher, Elizabeth 9	Freshmen-Sophomore	05/23/00
1:09.30 F	DeJesus, Michelle 10	Freshmen-Sophomore	05/23/00
1:09.90 F	Halesworth, Kaitlyn 10	Freshmen-Sophomore	05/23/00
1:10.90 F	Fascia, Lianne 10	Freshmen-Sophomore	05/23/00
1:11.70 F	Friedman, Lisa 10	Freshmen-Sophomore	05/23/00
1:14.60 F	Kerins, Janna 12	Voorhees-Bridgewat	03/29/00

#17 800 Meter Run SPLIT Girls

2:35.00 F	Kerins, Janna 12	Morris Hills Relay	04/15/00
2:36.00 F	Halesworth, Kaitlyn 10	Morris Hills Relay	04/15/00
2:39.00 F	Standridge, Kristin 9	Morris Hills Relay	04/15/00

2:42.00 F	Maloney, Kayla 12	Morris Hills Relay	04/15/00
2:42.00 F	Huston, Marissa 11	Morris County Rela	05/06/00
2:43.00 F	O'Rourke, Clare 11	Randolph Relays	04/29/00
2:52.00 F	Tyska, Alex 9	Randolph Relays	04/29/00
2:55.00 F	Chiaverini, Christine 12	Morris Hills Relay	04/15/00
2:56.00 F	Caine, Monica 10	Morris Hills Relay	04/15/00
3:07.00 F	Nichol, Cailyn 10	Morris Hills Relay	04/15/00

#18 1,200 Meter Run SPLIT Girls

4:05.00 F	Kerins, Janna 12	East Coast Relays	05/22/00
4:22.00 F	Maloney, Kayla 12	Morris Hills Relay	04/15/00
4:22.00 F	Standridge, Kristin 9	Morris Hills Relay	04/15/00

#19 1,600 Meter Run SPLIT Girls

5:31.00 F	Rios, Velisa 11	Morris County Rela	05/06/00
5:44.00 F	Kerins, Janna 12	Morris Hills Relay	04/15/00
5:46.00 F	Maloney, Kayla 12	Morris County Rela	05/06/00
5:49.00 F	Halesworth, Kaitlyn 10	Morris County Rela	05/06/00
6:16.00 F	Tyska, Alex 9	Morris Hills Relay	04/15/00

#20 100 Meter High Hurdles SPLIT Girls

17.00 F	Potts, Jessica 12	Morris County Rela	05/06/00
17.40 F	Lam, Hoi Yee 11	Randolph Relays	04/29/00
18.10 F	DeJesus, Michelle 10	Randolph Relays	04/29/00
18.20 F	Mastrogiacono, Nadine 11	Morris Hills Relay	04/15/00
18.40 F	Kral, Chrystal 9	Morris Hills Relay	04/15/00
19.10 F	Thomsen, Jennifer 10	Morris Hills Relay	04/15/00
19.60 F	Palacio, Jennifer 10	Morris Hills Relay	04/15/00