

RANDOLPH GIRLS SPRING TRACK

2004 Individual Top Marks

Female Open 100m Dash

1	12.50	F	Hashemi, Pari	4/13/2004	Livingston-Roxbury Tri Meet
2	12.90	F	Going, Laura	4/27/2004	Morris Knolls Dual meet
3	13.60	F	Guerrini, Erin	5/4/2004	Iron Hills Championships
4	14.10	F	Hinkel, Kelly	5/7/2004	Morristown-West Morris Tri Meet
5	14.60	F	Hadley, Kara	5/18/2004	Frosh-Soph Championships
6	14.70	F	Bobsein, Kathleen	5/18/2004	Frosh-Soph Championships
7	15.00	F	Jean-Noel, Vanessa	4/13/2004	Livingston-Roxbury Tri Meet
8	15.10	F	Niranjan, Sumedha	5/18/2004	Frosh-Soph Championships
9	15.20	F	Cavaliere, Susie	5/18/2004	Frosh-Soph Championships
10	15.60	F	Baum, Alison	4/20/2004	East Orange Dual Meet
11	15.90	F	Rohman, Alexandra	5/18/2004	Frosh-Soph Championships

Female Open 100m Dash Splits

1	11.80	F	Hashemi, Pari	4/10/2004	Walkkill Valley Relays
2	12.70	F	Capsouras, Alexi	4/30/2004	Morris County Relay Championships
3	12.90	F	Guerrini, Erin	4/30/2004	Morris County Relay Championships
3	12.90	F	Going, Laura	4/30/2004	Morris County Relay Championships
5	13.80	F	Lee, Sharon	4/10/2004	Walkkill Valley Relays
6	14.20	F	Hinkel, Kelly	4/24/2004	Relays
6	14.20	F	Hadley, Kara	5/14/2004	Frosh-Soph Relays
8	14.30	F	Niranjan, Sumedha	5/14/2004	Frosh-Soph Relays
9	14.60	F	Jean-Noel, Vanessa	4/24/2004	Relays
10	14.70	F	Cavaliere, Susie	4/17/2004	Morris Hills Relays
11	15.00	F	Baum, Alison	4/24/2004	Relays
12	15.20	F	Bobsein, Kathleen	4/24/2004	Relays
12	15.20	F	Bassett, Katie	5/14/2004	Frosh-Soph Relays
14	15.40	F	Rohman, Alexandra	5/14/2004	Frosh-Soph Relays

Female Open 200m Dash

1	25.40	F	Hashemi, Pari	5/28/2004	State Group Championships
2	26.60	F	Going, Laura	5/11/2004	Morris County Championships
3	27.60	F	Capsouras, Alexi	4/27/2004	Morris Knolls Dual meet
4	28.50	F	Guerrini, Erin	5/4/2004	Iron Hills Championships
5	29.90	F	Lee, Sharon	5/7/2004	Morristown-West Morris Tri Meet
6	31.10	F	Jean-Noel, Vanessa	4/13/2004	Livingston-Roxbury Tri Meet
7	31.30	F	Hadley, Kara	5/18/2004	Frosh-Soph Championships
8	31.90	F	Cavaliere, Susie	5/18/2004	Frosh-Soph Championships
9	32.90	F	Baum, Alison	4/20/2004	East Orange Dual Meet
9	32.90	F	Niranjan, Sumedha	5/18/2004	Frosh-Soph Championships
11	33.30	F	Rohman, Alexandra	5/18/2004	Frosh-Soph Championships

Female Open 200m Dash Splits

1	25.50	F	Hashemi, Pari	4/10/2004	Walkkill Valley Relays
2	26.40	F	Capsouras, Alexi	5/17/2004	East Coast Relays
3	26.50	F	Going, Laura	4/30/2004	Morris County Relay Championships
4	27.10	F	Strenk, Amy	4/30/2004	Morris County Relay Championships
5	28.00	F	Guerrini, Erin	4/30/2004	Morris County Relay Championships
6	29.90	F	Lee, Sharon	5/14/2004	Frosh-Soph Relays
7	30.10	F	Chickey, Jennifer	4/17/2004	Morris Hills Relays
8	30.70	F	Cavaliere, Susie	5/14/2004	Frosh-Soph Relays
9	31.20	F	Hadley, Kara	5/14/2004	Frosh-Soph Relays
10	32.30	F	Bieg, Christina	4/24/2004	Relays
11	32.50	F	Bassett, Katie	5/14/2004	Frosh-Soph Relays
12	32.70	F	Rohman, Alexandra	5/14/2004	Frosh-Soph Relays
12	32.70	F	Niranjan, Sumedha	4/24/2004	Relays
14	33.50	F	Baum, Alison	4/24/2004	Relays

Female Open 400m Dash

1	57.80	F	Hashemi, Pari	5/21/2004	State Sectionals
2	1:00.00	F	Going, Laura	5/21/2004	State Sectionals
3	1:12.30	F	Bassett, Katie	5/18/2004	Frosh-Soph Championships

Female Open 400m Dash Splits

1	56.10	F	Hashemi, Pari	6/2/2004	Meet of Champions
2	58.80	F	Capsouras, Alexi	6/2/2004	Meet of Champions
3	58.90	F	Going, Laura	5/4/2004	Iron Hills Championships
4	59.40	F	Standridge, Kimberly	6/2/2004	Meet of Champions
5	1:03.40	F	Going, Krista	5/4/2004	Iron Hills Championships
6	1:05.10	F	Guerrini, Erin	4/27/2004	Morris Knolls Dual meet
7	1:06.10	F	Lee, Sharon	4/30/2004	Morris County Relay Championships
8	1:06.40	F	Strenk, Amy	4/24/2004	Relays
9	1:09.90	F	Jean-Noel, Vanessa	5/14/2004	Frosh-Soph Relays
10	1:10.10	F	Ambrogi, Lexi	4/20/2004	East Orange Dual Meet
11	1:10.60	F	Gorman, Casey	5/7/2004	Morristown-West Morris Tri Meet
12	1:11.10	F	Burns, Katie	5/7/2004	Morristown-West Morris Tri Meet
13	1:12.40	F	Bieg, Christina	5/7/2004	Morristown-West Morris Tri Meet

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14	1:13.70	F	Sanders, Lesley	4/27/2004	Morris Knolls Dual meet
15	1:13.80	F	Bobsein, Kathleen	4/20/2004	East Orange Dual Meet
16	1:14.00	F	Durso, Alex	4/27/2004	Morris Knolls Dual meet
17	1:16.20	F	Bassett, Katie	5/14/2004	Frosh-Soph Relays
18	1:19.50	F	Rimarenko, Nina	5/7/2004	Morristown-West Morris Tri Meet
Female Open 800m Run					
1	2:18.80	F	Standridge, Kimberly	5/4/2004	Iron Hills Championships
2	2:29.70	F	Ambrogi, Lexi	5/11/2004	Morris County Championships
3	2:33.80	F	Going, Krista	5/7/2004	Morristown-West Morris Tri Meet
4	2:34.90	F	Burns, Katie	5/21/2004	State Sectionals
5	2:39.20	F	Guglielmo, Katie	5/11/2004	Morris County Championships
6	2:41.50	F	Bieg, Christina	5/11/2004	Morris County Championships
7	2:43.40	F	Gorman, Casey	4/20/2004	East Orange Dual Meet
8	2:47.50	F	Durso, Alex	4/20/2004	East Orange Dual Meet
9	2:48.30	F	Bobsein, Kathleen	4/20/2004	East Orange Dual Meet
10	2:56.40	F	Sanders, Lesley	4/27/2004	Morris Knolls Dual meet
11	3:01.00	F	Rimarenko, Nina	4/15/2004	Columbia Dual Meet
Female Open 800m Run Splits					
1	2:17.00	F	Standridge, Kimberly	4/30/2004	Morris County Relay Championships
2	2:32.00	F	Going, Krista	5/17/2004	East Coast Relays
2	2:32.00	F	Ambrogi, Lexi	4/30/2004	Morris County Relay Championships
4	2:38.00	F	Burns, Katie	5/17/2004	East Coast Relays
5	2:40.00	F	Guglielmo, Katie	5/17/2004	East Coast Relays
6	2:44.00	F	Gorman, Casey	4/17/2004	Morris Hills Relays
7	2:45.00	F	Bieg, Christina	4/30/2004	Morris County Relay Championships
8	2:48.00	F	Durso, Alex	4/24/2004	Relays
9	2:52.00	F	Rimarenko, Nina	4/10/2004	Walkkill Valley Relays
9	2:52.00	F	Sanders, Lesley	4/10/2004	Walkkill Valley Relays
11	2:53.00	F	Bobsein, Kathleen	4/17/2004	Morris Hills Relays
12	2:58.00	F	Bassett, Katie	4/24/2004	Relays
Female Open 1200m Run Splits					
1	4:12.00	F	Gorman, Casey	4/30/2004	Morris County Relay Championships
2	4:14.00	F	Ambrogi, Lexi	4/24/2004	Relays
3	4:26.00	F	Burns, Katie	4/17/2004	Morris Hills Relays
4	4:42.00	F	Bobsein, Kathleen	4/10/2004	Walkkill Valley Relays
Female Open 1600m Run					
1	5:08.60	F	Standridge, Kimberly	5/28/2004	State Group Championships
2	5:41.50	F	Ambrogi, Lexi	5/21/2004	State Sectionals
3	5:50.40	F	Gorman, Casey	5/11/2004	Morris County Championships
4	6:03.70	F	Burns, Katie	4/13/2004	Livingston-Roxbury Tri Meet
5	6:04.80	F	Rimarenko, Nina	5/7/2004	Morristown-West Morris Tri Meet
6	6:05.20	F	Durso, Alex	4/27/2004	Morris Knolls Dual meet
7	6:33.60	F	Bassett, Katie	4/27/2004	Morris Knolls Dual meet
8	6:39.80	F	Bobsein, Kathleen	4/13/2004	Livingston-Roxbury Tri Meet
9	6:47.20	F	Baum, Alison	4/20/2004	East Orange Dual Meet
10	6:55.40	F	Sanders, Lesley	4/15/2004	Columbia Dual Meet
Female Open 1600m Run Splits					
1	5:19.00	F	Standridge, Kimberly	4/30/2004	Morris County Relay Championships
2	5:51.00	F	Gorman, Casey	4/30/2004	Morris County Relay Championships
3	6:00.00	F	Ambrogi, Lexi	4/17/2004	Morris Hills Relays
4	6:09.00	F	Bieg, Christina	4/17/2004	Morris Hills Relays
5	6:12.00	F	Rimarenko, Nina	4/17/2004	Morris Hills Relays
6	6:15.00	F	Burns, Katie	4/24/2004	Relays
7	6:21.00	F	Durso, Alex	4/17/2004	Morris Hills Relays
Female Open 3200m Run					
1	12:32.60	F	Ambrogi, Lexi	5/4/2004	Iron Hills Championships
2	12:45.40	F	Rimarenko, Nina	5/4/2004	Iron Hills Championships
3	12:58.20	F	Bieg, Christina	4/20/2004	East Orange Dual Meet
4	13:08.40	F	Gorman, Casey	4/15/2004	Columbia Dual Meet
5	13:38.00	F	Durso, Alex	4/13/2004	Livingston-Roxbury Tri Meet
Female Open 100m Hurdles					
1	15.10	P	Capsouras, Alexi	5/11/2004	Morris County Championships
2	17.20	F	Chickey, Jennifer	5/4/2004	Iron Hills Championships
3	17.80	F	Strenk, Amy	4/27/2004	Morris Knolls Dual meet
4	18.30	F	Lee, Sharon	4/27/2004	Morris Knolls Dual meet
5	19.70	F	Jean-Noel, Vanessa	5/18/2004	Frosh-Soph Championships
6	21.40	F	Niranjan, Sumedha	5/18/2004	Frosh-Soph Championships
7	21.50	F	Cavaliere, Susie	5/18/2004	Frosh-Soph Championships
Female Open 100m Hurdles Splits					
1	14.80	F	Capsouras, Alexi	5/17/2004	East Coast Relays
2	15.10	F	Hashemi, Pari	4/30/2004	Morris County Relay Championships
3	16.90	F	Chickey, Jennifer	4/30/2004	Morris County Relay Championships

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2004 Individual Top Marks

4	17.40	F	Strenk, Amy	5/17/2004	East Coast Relays
5	19.10	F	Lee, Sharon	4/24/2004	Relays
6	19.30	F	Jean-Noel, Vanessa	4/24/2004	Relays
7	22.10	F	Niranjan, Sumedha	4/24/2004	Relays
8	25.90	F	Cavaliere, Susie	4/24/2004	Relays
Female Open 400m Hurdles					
1	1:02.90	F	Hashemi, Pari	5/21/2004	State Sectionals
2	1:05.20	F	Capsouras, Alexi	5/28/2004	State Group Championships
3	1:11.10	F	Standridge, Kimberly	4/20/2004	East Orange Dual Meet
4	1:11.20	F	Strenk, Amy	4/27/2004	Morris Knolls Dual meet
5	1:13.70	F	Chickey, Jennifer	5/11/2004	Morris County Championships
6	1:14.30	F	Lee, Sharon	4/30/2004	Morris County Relay Championships
7	1:18.40	F	Jean-Noel, Vanessa	4/30/2004	Morris County Relay Championships
Female Open 1200m Hurdles					
1	1:16.53	F	Strenk, Amy	4/24/2004	Relays
2	1:18.75	F	Lee, Sharon	4/24/2004	Relays
3	1:22.27	F	Jean-Noel, Vanessa	4/24/2004	Relays
Female Open High Jump					
1	4-08.00	F	Chickey, Jennifer	4/27/2004	Morris Knolls Dual meet
1	4-08.00	F	Hinkel, Kelly	4/27/2004	Morris Knolls Dual meet
3	4-04.00	F	Guerrini, Erin	4/15/2004	Columbia Dual Meet
Female Open Pole Vault					
1	8-06.00	F	Going, Krista	4/30/2004	Morris County Relay Championships
2	7-00.00	F	Hashemi, Taranae	5/11/2004	Morris County Championships
2	7-00.00	F	Hinkel, Kelly	4/20/2004	East Orange Dual Meet
2	7-00.00	F	Chickey, Jennifer	4/24/2004	Relays
Female Open Long Jump					
1	15-10.00	F	Hashemi, Pari	4/13/2004	Livingston-Roxbury Tri Meet
2	15-01.00	F	Hadley, Kara	5/21/2004	State Sectionals
3	13-11.25	F	Going, Laura	4/17/2004	Morris Hills Relays
4	13-02.75	F	Chickey, Jennifer	4/24/2004	Relays
5	11-06.00	F	Rohman, Alexandra	5/18/2004	Frosh-Soph Championships
Female Open Triple Jump					
1	31-07.50	F	Hadley, Kara	5/4/2004	Iron Hills Championships
2	29-03.00	F	Hinkel, Kelly	5/7/2004	Morristown-West Morris Tri Meet
3	27-08.50	F	Chickey, Jennifer	5/7/2004	Morristown-West Morris Tri Meet
4	27-06.50	F	Going, Laura	4/20/2004	East Orange Dual Meet
5	26-11.50	F	Guerrini, Erin	4/15/2004	Columbia Dual Meet
6	26-00.00	F	Rohman, Alexandra	5/14/2004	Frosh-Soph Relays
Female Open Shot Put					
1	32-09.00	F	Klingler, Loren	5/21/2004	State Sectionals
2	28-05.00	F	Ribakusky, Kristin	5/21/2004	State Sectionals
3	23-04.00	F	Hashemi, Taranae	5/7/2004	Morristown-West Morris Tri Meet
Female Open Discus					
1	90-09.00	F	Klingler, Loren	4/15/2004	Columbia Dual Meet
2	80-10.00	F	Ribakusky, Kristin	4/30/2004	Morris County Relay Championships
3	69-07.00	F	Hashemi, Taranae	4/15/2004	Columbia Dual Meet
Female Open Javelin					
1	90-08.00	F	Klingler, Loren	5/4/2004	Iron Hills Championships
2	76-10.00	F	Ribakusky, Kristin	5/21/2004	State Sectionals
3	74-08.00	F	Hashemi, Taranae	4/20/2004	East Orange Dual Meet
4	64-10.00	F	Capsouras, Alexi	4/10/2004	Walkill Valley Relays
5	49-06.00	F	Baum, Alison	4/27/2004	Morris Knolls Dual meet
Female Open 4x100m Relay					
1	50.40	F	A Relay	4/30/2004	Morris County Relay Championships
			Erin Guerrini		Alexi Capsouras
			Laura Going		Pari Hashemi
2	51.30	F	A Relay	4/22/2004	Penn Relays
			Erin Guerrini		Alexi Capsouras
			Laura Going		Pari Hashemi
3	51.60	F	A Relay	4/24/2004	Relays
			Vanessa Jean-Noel		Kara Hadley
			Sharon Lee		Kelly Hinkel
4	52.00	F	A Relay	4/17/2004	Morris Hills Relays
			Alexi Capsouras		Erin Guerrini
			Laura Going		Pari Hashemi
5	52.70	F	A Relay	4/10/2004	Walkill Valley Relays
			Erin Guerrini		Alexi Capsouras
			Laura Going		Pari Hashemi
6	57.80	F	A Relay	5/14/2004	Frosh-Soph Relays
			Vanessa Jean-Noel		Sharon Lee
			Kara Hadley		Sumedha Niranjan
Female Open 4x100m Relay NOV					
1	58.20	F	A Relay	4/24/2004	Relays
			Vanessa Jean-Noel		Kara Hadley
			Sharon Lee		Kelly Hinkel
Female Open 4x100m Relay					

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2004 Individual Top Marks

1	59.80	F	B Relay	4/17/2004	Morris Hills Relays	
	Vanessa Jean-Noel		Susie Cavaliere		Sumedha Niranjana	Sharon Lee
Female Open 4x100m Relay NOV						
1	1:00.90	F	B Relay	4/24/2004	Relays	
	Alison Baum		Sumedha Niranjana		Susie Cavaliere	Kathleen Bobsein
Female Open 4x100m Relay						
1	1:01.30	F	B Relay	4/10/2004	Walkkill Valley Relays	
	Susie Cavaliere		Alison Baum		Sumedha Niranjana	Sharon Lee
2	1:01.40	F	B Relay	5/14/2004	Frosh-Soph Relays	
	Susie Cavaliere		Alison Baum		Alexandra Rohman	Katie Bassett
Female Open 4x200m Relay						
1	1:48.00	F	A Relay	4/24/2004	Relays	
	Laura Going		Alexi Capsouras		Erin Guerrini	Pari Hashemi
2	1:48.70	F	A Relay	4/30/2004	Morris County Relay Championships	
	Laura Going		Erin Guerrini		Amy Strenk	Alexi Capsouras
3	1:48.80	F	A Relay	4/10/2004	Walkkill Valley Relays	
	Laura Going		Erin Guerrini		Alexi Capsouras	Pari Hashemi
4	1:57.90	F	A Relay	4/17/2004	Morris Hills Relays	
	Amy Strenk		Jennifer Chickey		Sharon Lee	Erin Guerrini
5	2:09.60	F	A Relay	5/14/2004	Frosh-Soph Relays	
	Susie Cavaliere		Alison Baum		Alexandra Rohman	Katie Bassett
6	2:10.60	F	B Relay	4/24/2004	Relays	
	Alison Baum		Susie Cavaliere		Sumedha Niranjana	Christina Bieg
7	2:12.00	F	B Relay	4/10/2004	Walkkill Valley Relays	
	Susie Cavaliere		Alison Baum		Sumedha Niranjana	Sharon Lee
Female Open 4x400m Relay						
1	3:54.10	F	A Relay	6/2/2004	Meet of Champions	
	Laura Going		Kimberly Standridge		Alexi Capsouras	Pari Hashemi
2	3:56.70	F	A Relay	5/21/2004	State Sectionals	
	Laura Going		Kimberly Standridge		Alexi Capsouras	Pari Hashemi
2	3:56.70	F	A Relay	5/28/2004	State Group Championships	
	Laura Going		Kimberly Standridge		Pari Hashemi	Alexi Capsouras
4	4:00.45	F	A Relay	5/11/2004	Morris County Championships	
	Laura Going		Kimberly Standridge		Alexi Capsouras	Pari Hashemi
5	4:00.80	F	A Relay	4/30/2004	Morris County Relay Championships	
	Laura Going		Kimberly Standridge		Alexi Capsouras	Pari Hashemi
6	4:01.40	F	A Relay	4/22/2004	Penn Relays	
	Laura Going		Kimberly Standridge		Alexi Capsouras	Pari Hashemi
7	4:01.80	F	A Relay	5/17/2004	East Coast Relays	
	Laura Going		Kimberly Standridge		Alexi Capsouras	Pari Hashemi
8	4:03.40	F	A Relay	4/17/2004	Morris Hills Relays	
	Kimberly Standridge		Alexi Capsouras		Laura Going	Pari Hashemi
9	4:05.20	F	A Relay	5/4/2004	Iron Hills Championships	
	Krista Going		Kimberly Standridge		Alexi Capsouras	Laura Going
10	4:12.50	F	A Relay	4/24/2004	Relays	
	Kimberly Standridge		Erin Guerrini		Alexi Capsouras	Pari Hashemi
10	4:12.50	F	A Relay	4/27/2004	Morris Knolls Dual meet	
	Kimberly Standridge		Krista Going		Erin Guerrini	Laura Going
12	4:13.70	F	A Relay	4/15/2004	Columbia Dual Meet	
	Laura Going		Krista Going		Alexi Capsouras	Kimberly Standridge
13	4:39.60	F	A Relay	4/20/2004	East Orange Dual Meet	
	Krista Going		Katie Burns		Lexi Ambrogi	Casey Gorman
14	4:42.50	F	A Relay	4/13/2004	Livingston-Roxbury Tri Meet	
	Krista Going		Casey Gorman		Kathleen Bobsein	Lexi Ambrogi
15	4:51.10	F	A Relay	5/14/2004	Frosh-Soph Relays	
	Vanessa Jean-Noel		Sharon Lee		Katie Bassett	Lesley Sanders
16	4:53.50	F	A Relay	5/7/2004	Morristown-West Morris Tri Meet	
	Katie Burns		Casey Gorman		Christina Bieg	Nina Rimarenko
Female Open 4x400m Relay NOV						
1	5:00.40	F	A Relay	4/24/2004	Relays	
	Kimberly Standridge		Erin Guerrini		Alexi Capsouras	Pari Hashemi
Female Open 4x400m Relay						
1	5:01.00	F	B Relay	4/15/2004	Columbia Dual Meet	
	Katie Burns		Kathleen Bobsein		Alex Durso	Lesley Sanders
2	5:01.50	F	B Relay	4/27/2004	Morris Knolls Dual meet	
	Lesley Sanders		Alex Durso		Katie Bassett	Kathleen Bobsein
3	5:04.30	F	B Relay	4/20/2004	East Orange Dual Meet	
	Alex Durso		Lesley Sanders		Kathleen Bobsein	Katie Bassett

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2004 Individual Top Marks

Female Open 4x800m Relay

1	10:06.00	F	A Relay	4/30/2004	Morris County Relay Championships	
	Lexi Ambrogi		Katie Burns		Krista Going	Kimberly Standridge
2	10:23.00	F	A Relay	5/17/2004	East Coast Relays	
	Krista Going		Katie Burns		Katie Guglielmo	Lexi Ambrogi
3	10:34.80	F	A Relay	4/17/2004	Morris Hills Relays	
	Lexi Ambrogi		Katie Burns		Casey Gorman	Krista Going
4	10:35.60	F	A Relay	4/24/2004	Relays	
	Krista Going		Lexi Ambrogi		Casey Gorman	Kimberly Standridge
5	11:07.20	F	A Relay	4/10/2004	Walkkill Valley Relays	
	Katie Burns		Christina Bieg		Nina Rimarenko	Krista Going
6	11:37.00	F	B Relay	4/17/2004	Morris Hills Relays	
	Christina Bieg		Katie Bassett		Kathleen Bobsein	Lesley Sanders

Female Open 4x800m Relay NOV

1	11:37.70	F	A Relay	4/24/2004	Relays	
	Krista Going		Lexi Ambrogi		Casey Gorman	Kimberly Standridge

Female Open 4x1600m Relay

1	23:35.90	F	A Relay	4/30/2004	Morris County Relay Championships	
	Casey Gorman		Lexi Ambrogi		Katie Burns	Kimberly Standridge
2	24:44.00	F	A Relay	4/17/2004	Morris Hills Relays	
	Casey Gorman		Nina Rimarenko		Christina Bieg	Alex Durso
3	24:53.60	F	A Relay	4/24/2004	Relays	
	Katie Burns		Casey Gorman		Christina Bieg	Nina Rimarenko

Female Open 1600m Sprint Medley Relay

1	4:09.90	F	A Relay	5/17/2004	East Coast Relays	
	Laura Going		Alexi Capsouras		Pari Hashemi	Kimberly Standridge
2	4:11.50	F	A Relay	4/30/2004	Morris County Relay Championships	
	Laura Going		Amy Strenk		Pari Hashemi	Kimberly Standridge
3	4:12.80	F	A Relay	4/17/2004	Morris Hills Relays	
	Pari Hashemi		Alexi Capsouras		Laura Going	Kimberly Standridge
4	5:09.60	F	A Relay	5/14/2004	Frosh-Soph Relays	
	Kara Hadley		Sharon Lee		Lesley Sanders	Kathleen Bobsein

Female Open 4000m Distance Medley Relay

1	13:30.90	F	A Relay	4/24/2004	Relays	
	Lexi Ambrogi		Amy Strenk		Krista Going	Kimberly Standridge
2	13:33.40	F	A Relay	4/10/2004	Walkkill Valley Relays	
	Lexi Ambrogi		Amy Strenk		Casey Gorman	Kimberly Standridge
3	14:14.00	F	A Relay	4/17/2004	Morris Hills Relays	
	Katie Burns		Krista Going		Erin Guerrini	Lexi Ambrogi
4	14:17.70	F	A Relay	4/30/2004	Morris County Relay Championships	
	Casey Gorman		Sharon Lee		Christina Bieg	Nina Rimarenko
5	15:12.70	F	B Relay	4/10/2004	Walkkill Valley Relays	
	Kathleen Bobsein		Sharon Lee		Lesley Sanders	Alex Durso

Female Open 4x100m Shuttle Hurdle Relay

1	1:04.80	F	A Relay	5/17/2004	East Coast Relays	
	Pari Hashemi		Amy Strenk		Jennifer Chickey	Alexi Capsouras
2	1:04.90	F	A Relay	4/30/2004	Morris County Relay Championships	
	Pari Hashemi		Amy Strenk		Jennifer Chickey	Alexi Capsouras
3	1:05.80	F	A Relay	4/17/2004	Morris Hills Relays	
	Jennifer Chickey		Pari Hashemi		Amy Strenk	Alexi Capsouras
4	1:06.50	F	A Relay	4/10/2004	Walkkill Valley Relays	
	Amy Strenk		Jennifer Chickey		Pari Hashemi	Alexi Capsouras
5	1:06.80	F	A Relay	4/24/2004	Relays	
	Pari Hashemi		Jennifer Chickey		Amy Strenk	Alexi Capsouras
6	1:20.90	F	A Relay	5/14/2004	Frosh-Soph Relays	
	Vanessa Jean-Noel		Sumedha Niranjana		Sharon Lee	Susie Cavaliere
7	1:26.50	F	B Relay	4/24/2004	Relays	
	Sharon Lee		Vanessa Jean-Noel		Sumedha Niranjana	Susie Cavaliere