

## Randolph Girls Spring Track 1996

### #1 100 Meter Dash Girls

|         |                   |                             |
|---------|-------------------|-----------------------------|
| 13.10 F | Zamor, Michelle   | Columbia Dual Meet 05/01/96 |
| 13.40 F | Friedman, Laura   | Columbia Dual Meet 05/01/96 |
| 13.70 F | Miller, Lisa      | Mount St. Dominic 04/18/96  |
| 13.70 F | Nehls, Caroline   | Livingston-Morrist 04/23/96 |
| 14.00 F | Dejesus, Janice   | Columbia Dual Meet 05/01/96 |
| 14.00 F | Vignoli, Cheryl   | Morris Hills-Roxbu 05/10/96 |
| 14.70 F | Robinson, Lisa    | Pope John Dual Mee 03/30/96 |
| 14.70 F | Reilly, Sarah     | Morris Hills-Roxbu 05/10/96 |
| 14.80 F | Hsu, Lorraine     | Pope John Dual Mee 03/30/96 |
| 14.90 F | Rodriguez, Nicole | East Orange-Weequa 04/01/96 |
| 15.50 F | Legge, Tara       | Morris Hills-Roxbu 05/10/96 |
| 16.20 F | Martin, Devon     | Morris Knolls-Roxb 04/02/96 |

### #2 200 Meter Dash Girls

|         |                     |                             |
|---------|---------------------|-----------------------------|
| 26.50 F | Nehls, Caroline     | Morris County Cham 05/17/96 |
| 26.90 F | Zamor, Michelle     | Columbia Dual Meet 05/01/96 |
| 27.20 F | Friedman, Laura     | Iron Hills Confere 05/11/96 |
| 27.60 F | Quaintance, Samaria | East Orange-Weequa 04/01/96 |
| 28.40 F | Smorra, Janice      | Livingston-Morrist 04/23/96 |
| 29.60 F | Smorra, Carleen     | Columbia Dual Meet 05/01/96 |
| 30.00 F | Vignoli, Cheryl     | Morris Knolls-Roxb 04/02/96 |
| 31.50 F | Reilly, Sarah       | Columbia Dual Meet 05/01/96 |
| 32.40 F | Legge, Tara         | Columbia Dual Meet 05/01/96 |
| 35.10 F | Martin, Devon       | Morris Hills-Roxbu 05/10/96 |

### #3 400 Meter Dash Girls

|           |                     |                             |
|-----------|---------------------|-----------------------------|
| 57.50 F   | Nehls, Caroline     | Morris County Cham 05/17/96 |
| 58.60 F   | Quaintance, Samaria | Mount St. Dominic 04/18/96  |
| 1:01.80 F | Snyder, Stephanie   | Mount St. Dominic 04/18/96  |
| 1:04.30 F | Smorra, Janice      | Livingston-Morrist 04/23/96 |
| 1:05.90 F | Friedman, Laura     | West Morris Dual M 05/07/96 |
| 1:08.20 F | Hindenlang, Alison  | Morris Hills-Roxbu 05/10/96 |
| 1:08.30 F | Smorra, Carleen     | Morris Hills-Roxbu 05/10/96 |
| 1:11.40 F | Legge, Tara         | West Morris Dual M 05/07/96 |

### #4 800 Meter Run Girls

|           |                     |                             |
|-----------|---------------------|-----------------------------|
| 2:16.90 F | Snyder, Stephanie   | Morris County Cham 05/17/96 |
| 2:26.00 F | Smorra, Janice      | Iron Hills Confere 05/11/96 |
| 2:28.20 F | Willersdorf, Meggan | Morris County Cham 05/17/96 |
| 2:32.20 F | Hindenlang, Alison  | Iron Hills Confere 05/11/96 |
| 2:43.30 F | Burke, Kelly        | Livingston-Morrist 04/23/96 |
| 2:46.10 F | Huston, Meredith    | Pope John Dual Mee 03/30/96 |
| 2:46.40 F | Quaintance, Samaria | Mount St. Dominic 04/18/96  |
| 2:48.80 F | Goglas, Laura       | East Orange-Weequa 04/01/96 |
| 2:49.50 F | LI, Sophia          | Columbia Dual Meet 05/01/96 |
| 2:55.70 F | Smorra, Carleen     | Mount St. Dominic 04/18/96  |
| 2:57.70 F | O'Rourke, Megan     | Mount St. Dominic 04/18/96  |
| 2:59.70 F | Ratcliffe, Jessica  | Morris County Fros 05/21/96 |

### #5 1,600 Meter Run Girls

|           |                     |                             |
|-----------|---------------------|-----------------------------|
| 5:00.20 F | Snyder, Stephanie   | Morris County Cham 05/17/96 |
| 5:39.40 F | Goglas, Laura       | Livingston-Morrist 04/23/96 |
| 5:41.20 F | Burke, Kelly        | Morris County Cham 05/17/96 |
| 5:45.70 F | Willersdorf, Meggan | Livingston-Morrist 04/23/96 |

|           |                    |                             |
|-----------|--------------------|-----------------------------|
| 5:51.40 F | Huston, Meredith   | Mount St. Dominic 04/18/96  |
| 5:57.70 F | O'Rourke, Megan    | West Morris Dual M 05/07/96 |
| 5:59.00 F | Sisco, Jesse       | West Morris Dual M 05/07/96 |
| 6:06.00 F | Finocchi, Michelle | West Morris Dual M 05/07/96 |
| 6:50.40 F | LI, Sophia         | Pope John Dual Mee 03/30/96 |
| 6:58.20 F | Ratcliffe, Jessica | East Orange-Weequa 04/01/96 |

**#6 3,200 Meter Run Girls**

|            |                    |                             |
|------------|--------------------|-----------------------------|
| 11:12.20 F | Snyder, Stephanie  | State Sectional Ch 05/25/96 |
| 11:47.90 F | Jones, Beth        | Pope John Dual Mee 03/30/96 |
| 12:00.90 F | Goglas, Laura      | Morris County Cham 05/17/96 |
| 13:30.30 F | Hindenlang, Alison | Mount St. Dominic 04/18/96  |
| 13:45.90 F | Finocchi, Michelle | Pope John Dual Mee 03/30/96 |

**#8 400 Meter Low Hurdles Girls**

|           |                    |                             |
|-----------|--------------------|-----------------------------|
| 1:09.30 F | Miller, Lisa       | Iron Hills Confere 05/11/96 |
| 1:13.00 F | Goldman, Leah      | Iron Hills Confere 05/11/96 |
| 1:15.20 F | Hindenlang, Alison | West Morris Dual M 05/07/96 |
| 1:15.70 F | Vignoli, Cheryl    | Livingston-Morrist 04/23/96 |
| 1:16.00 F | Smorra, Carleen    | Morris County Rela 05/04/96 |
| 1:24.30 F | O'Rourke, Megan    | Mount St. Dominic 04/18/96  |

**#7 100 Meter High Hurdles Girls**

|         |                   |                             |
|---------|-------------------|-----------------------------|
| 15.10 F | Miller, Lisa      | Iron Hills Confere 05/11/96 |
| 16.60 F | Rodriguez, Nicole | Iron Hills Confere 05/11/96 |
| 16.90 F | Dejesus, Janice   | Morris County Cham 05/17/96 |
| 18.30 F | Hsu, Lorraine     | Pope John Dual Mee 03/30/96 |
| 18.30 F | Robinson, Lisa    | Mount St. Dominic 04/18/96  |

**#9 High Jump Girls**

|            |                |                             |
|------------|----------------|-----------------------------|
| 4'10.00" F | Robinson, Lisa | Columbia Dual Meet 05/01/96 |
| 4'00.00" F | Legge, Tara    | Mount St. Dominic 04/18/96  |
| 4'00.00" F | Martin, Devon  | Mount St. Dominic 04/18/96  |

**#10 Long Jump Girls**

|             |                     |                             |
|-------------|---------------------|-----------------------------|
| 16'11.50" F | Zamor, Michelle     | East Coast Relays 05/20/96  |
| 16'07.00" F | Friedman, Laura     | Morris County Cham 05/17/96 |
| 14'11.50" F | Quaintance, Samaria | Livingston-Morrist 04/23/96 |
| 13'04.50" F | Finocchi, Michelle  | West Morris Dual M 05/07/96 |

**#11 Shot Put Girls**

|             |                  |                             |
|-------------|------------------|-----------------------------|
| 37'07.00" F | Arends, Jody     | Livingston-Morrist 04/23/96 |
| 31'03.50" F | Quinnan, Laura   | Morris County Cham 05/17/96 |
| 29'05.00" F | Palermo, Laura   | Morris Hills-Roxbu 05/10/96 |
| 27'00.75" F | Leonard, Heather | Morris County Fros 05/21/96 |
| 19'10.50" F | McArdle, Cameron | Morris Hills-Roxbu 05/10/96 |

**#12 Discus Throw Girls**

|              |                  |                             |
|--------------|------------------|-----------------------------|
| 123'09.00" F | Arends, Jody     | State Sectional Ch 05/25/96 |
| 115'05.00" F | Quinnan, Laura   | Randolph Relays 04/27/96    |
| 88'00.00" F  | Palermo, Laura   | Morris Hills-Roxbu 05/10/96 |
| 67'02.00" F  | Labriola, Laura  | Morris County Fros 05/21/96 |
| 56'06.00" F  | McArdle, Cameron | Randolph Relays 04/27/96    |
| 53'00.00" F  | Battles, Moira   | Columbia Dual Meet 05/01/96 |

**#13 Javelin Throw Girls**

|              |                    |                             |
|--------------|--------------------|-----------------------------|
| 112'07.00" F | Robinson, Lisa     | State Group IV Cha 05/31/96 |
| 101'10.00" F | Miller, Lisa       | State Sectional Ch 05/25/96 |
| 100'04.00" F | Arends, Jody       | Livingston-Morrist 04/23/96 |
| 76'09.00" F  | Palermo, Laura     | Morris County Fr-S 05/13/96 |
| 67'03.00" F  | Leonard, Heather   | Livingston Relays 04/20/96  |
| 55'08.00" F  | McArdle, Cameron   | Morris Hills-Roxbu 05/10/96 |
| 44'06.00" F  | Ratcliffe, Jessica | Mount St. Dominic 04/18/96  |
| 41'00.00" F  | Labriola, Laura    | East Orange-Weequa 04/01/96 |

**#14 100 Meter Dash SPLITS Girls**

|         |                    |                    |          |
|---------|--------------------|--------------------|----------|
| 12.00 F | Zamor, Michelle    | Penn Relays        | 04/25/96 |
| 12.10 F | Nehls, Caroline    | Penn Relays        | 04/25/96 |
| 12.50 F | Miller, Lisa       | Morris County Fr-S | 05/13/96 |
| 13.10 F | Friedman, Laura    | Morris County Rela | 05/04/96 |
| 13.40 F | Smorra, Carleen    | Randolph Relays    | 04/27/96 |
| 13.80 F | Rodriguez, Nicole  | Livingston Relays  | 04/20/96 |
| 14.10 F | Dejesus, Janice    | Livingston Relays  | 04/20/96 |
| 14.20 F | Hsu, Lorraine      | Livingston Relays  | 04/20/96 |
| 14.20 F | Vignoli, Cheryl    | Morris County Fr-S | 05/13/96 |
| 14.30 F | Legge, Tara        | Randolph Relays    | 04/27/96 |
| 14.30 F | Reilly, Sarah      | Randolph Relays    | 04/27/96 |
| 14.70 F | LI, Sophia         | Livingston Relays  | 04/20/96 |
| 14.90 F | Finocchi, Michelle | Randolph Relays    | 04/27/96 |
| 15.70 F | Martin, Devon      | Livingston Relays  | 04/20/96 |

**#15 200 Meter Dash SPLITS Girls**

|         |                     |                    |          |
|---------|---------------------|--------------------|----------|
| 26.30 F | Zamor, Michelle     | Randolph Relays    | 04/27/96 |
| 26.50 F | Nehls, Caroline     | Morris County Rela | 05/04/96 |
| 26.60 F | Smorra, Janice      | Morris County Rela | 05/04/96 |
| 27.50 F | Friedman, Laura     | Morris County Rela | 05/04/96 |
| 28.80 F | Dejesus, Janice     | Livingston Relays  | 04/20/96 |
| 28.80 F | Quaintance, Samaria | Randolph Relays    | 04/27/96 |
| 29.10 F | Smorra, Carleen     | Morris County Rela | 05/04/96 |
| 29.70 F | Vignoli, Cheryl     | Livingston Relays  | 04/20/96 |
| 30.00 F | Rodriguez, Nicole   | Livingston Relays  | 04/20/96 |
| 30.00 F | Hsu, Lorraine       | Livingston Relays  | 04/20/96 |
| 30.80 F | Reilly, Sarah       | Livingston Relays  | 04/20/96 |
| 31.90 F | Legge, Tara         | Livingston Relays  | 04/20/96 |
| 32.10 F | LI, Sophia          | Livingston Relays  | 04/20/96 |
| 36.10 F | Martin, Devon       | Livingston Relays  | 04/20/96 |

**#16 400 Meter Dash SPLITS Girls**

|           |                     |                    |          |
|-----------|---------------------|--------------------|----------|
| 57.80 F   | Quaintance, Samaria | Livingston Relays  | 04/20/96 |
| 58.10 F   | Nehls, Caroline     | State Group IV Cha | 05/31/96 |
| 59.80 F   | Snyder, Stephanie   | Morris County Rela | 05/04/96 |
| 1:01.00 F | Smorra, Janice      | State Group IV Cha | 05/31/96 |
| 1:03.10 F | Miller, Lisa        | Morris County Fros | 05/21/96 |
| 1:03.40 F | Zamor, Michelle     | Morris County Fros | 05/21/96 |
| 1:03.60 F | Goldman, Leah       | Iron Hills Confere | 05/11/96 |
| 1:04.40 F | Friedman, Laura     | Randolph Relays    | 04/27/96 |
| 1:06.50 F | Hindenlang, Alison  | Randolph Relays    | 04/27/96 |
| 1:06.90 F | Willersdorf, Meggan | Morris County Fr-S | 05/13/96 |
| 1:07.20 F | Burke, Kelly        | Livingston-Morrist | 04/23/96 |
| 1:07.20 F | Smorra, Carleen     | Morris County Fr-S | 05/13/96 |
| 1:08.40 F | Dejesus, Janice     | Morris County Fr-S | 05/13/96 |
| 1:09.00 F | Finocchi, Michelle  | Randolph Relays    | 04/27/96 |
| 1:10.10 F | Vignoli, Cheryl     | Livingston-Morrist | 04/23/96 |
| 1:10.20 F | Huston, Meredith    | Pope John Dual Mee | 03/30/96 |
| 1:10.60 F | LI, Sophia          | Morris Hills-Roxbu | 05/10/96 |
| 1:11.10 F | Legge, Tara         | Morris Hills-Roxbu | 05/10/96 |
| 1:11.70 F | O'Rourke, Megan     | Pope John Dual Mee | 03/30/96 |
| 1:12.80 F | Rodriguez, Nicole   | Morris County Fr-S | 05/13/96 |
| 1:14.20 F | Sisco, Jesse        | Pope John Dual Mee | 03/30/96 |

**#17 800 Meter Dash SPLITS Girls**

|           |                     |                    |          |
|-----------|---------------------|--------------------|----------|
| 2:17.00 F | Snyder, Stephanie   | Penn Relays        | 04/25/96 |
| 2:23.00 F | Quaintance, Samaria | Colonial Last Chan | 02/04/96 |
| 2:26.00 F | Jones, Beth         | Colonial Last Chan | 02/04/96 |
| 2:27.00 F | Smorra, Janice      | Penn Relays        | 04/25/96 |
| 2:30.00 F | Willersdorf, Meggan | Morris County Rela | 05/04/96 |
| 2:34.00 F | Hindenlang, Alison  | Morris County Rela | 05/04/96 |
| 2:37.00 F | Goglas, Laura       | Morris County Rela | 05/04/96 |
| 2:40.00 F | Huston, Meredith    | Wallkill Valley Re | 04/13/96 |
| 2:44.00 F | Finocchi, Michelle  | Randolph Relays    | 04/27/96 |
| 2:46.00 F | O'Rourke, Megan     | Morris County Fr-S | 05/13/96 |
| 2:48.00 F | Smorra, Carleen     | Livingston Relays  | 04/20/96 |
| 2:53.00 F | Sisco, Jesse        | Livingston Relays  | 04/20/96 |
| 2:55.00 F | LI, Sophia          | Livingston Relays  | 04/20/96 |
| 3:04.00 F | Ratcliffe, Jessica  | Randolph Relays    | 04/27/96 |

**#18 1,200 Meter Dash SPLITS Girls**

|           |                    |                    |          |
|-----------|--------------------|--------------------|----------|
| 3:53.00 F | Jones, Beth        | Morris County Rela | 05/04/96 |
| 4:06.00 F | Goglas, Laura      | Morris County Fr-S | 05/13/96 |
| 4:27.00 F | Finocchi, Michelle | Wallkill Valley Re | 04/13/96 |

**#19 1,600 Meter Dash SPLITS Girls**

|           |                     |                    |          |
|-----------|---------------------|--------------------|----------|
| 5:06.00 F | Snyder, Stephanie   | Morris County Rela | 05/04/96 |
| 5:30.00 F | Jones, Beth         | Livingston Relays  | 04/20/96 |
| 5:39.00 F | Goglas, Laura       | Randolph Relays    | 04/27/96 |
| 5:44.00 F | Willersdorf, Meggan | Livingston Relays  | 04/20/96 |
| 5:54.00 F | Burke, Kelly        | Randolph Relays    | 04/27/96 |
| 5:59.00 F | O'Rourke, Megan     | Randolph Relays    | 04/27/96 |
| 6:00.00 F | Sisco, Jesse        | Morris County Rela | 05/04/96 |
| 6:02.00 F | Finocchi, Michelle  | Livingston Relays  | 04/20/96 |
| 6:15.00 F | Hindenlang, Alison  | Livingston Relays  | 04/20/96 |

**#20 100 Meter High Hurdles SPLITS Girls**

|         |                   |                    |          |
|---------|-------------------|--------------------|----------|
| 15.30 F | Miller, Lisa      | Morris County Rela | 05/04/96 |
| 16.90 F | Rodriguez, Nicole | Morris County Rela | 05/04/96 |
| 17.10 F | Dejesus, Janice   | Livingston Relays  | 04/20/96 |
| 17.10 F | Robinson, Lisa    | Livingston Relays  | 04/20/96 |