

13- 14 RECORD HOLDERS

EVENTS	FEMALE RECORD HOLDER
100 Meter Dash	Antoinetta Avant
200 Meter Dash	Jaquonna Lott
400 Meter Dash	Jaquonna Lott
800 Meter Run	Autumn Clifton
1500 Meter	Kathryn Moran
1600 Meter Run	Sylelar Montgomery
Mile Run	Kathryn Moran
3000 Meters	Kathryn Moran
1500 Race Walk	Mariam Abdelrahman
Mile Race Walk	Aiyanna Sealey
3000 Race Walk	Briana Leung
100 Meter Hurdles	Antoinetta Avant
200 Meter Hurdles	Keira Beaumont
Long Jump	Antoinetta Avant
High Jump	Adrianna Ross
Triple Jump	Megan Robinson
Discus	Courtney Bennett
Shot Put	Courtney Bennett
Javelin	Lily'Ve Drachenberg
Pentathlon	Jessica Colburn
4X100	Lorel Artis/Alyssa Greene/Jamie Lott/Jaquonna Lott
4X200	Autumn Clifton /Sydney Metcalf/Kiara Bullock/Syvanna Metcalfe
4X400	Simone Allen/Antoinetta West/Jamie Lott/Jaquonna Lott
4X800	Simone Allen/Jamie Lott/Jaquonna Lott/Antoinetta West
Sprint Medley	Loren Artis/Jasmine Benbow/Jamie Lott/Jaquonna Lott
Distance Medley	Syvanna Metcalfe/Sydney Metcalfe/Kiara Bullock/Skyelar Montgomery

TIME/ DISTANCE	Year
12.23	2012
25.4	2004
58.97	2005
2:32.45	2015
5:22.48	2017
6:46.00	2015
6:07.71	2017
11:59..5	2017
10:51.0	2023
12:35	2011
21:25.0	2004
15.19	2013
30.81	2019
16'3 3/4"	2013
5'2	2008
28'5"	2004
103'2"	2009
36'4"	2009
66'5	2018
2577 pts	2006
49.52	2004
1:54.00	2015
4:04.01	2005
10:54.96	2005
1:55.40	2004
12:09.38	2015