

SACHEM NORTH GIRLS TRACK & FIELD RECORDS

EVENT	NAME	TIME/DISTANCE	YEAR
55 m. (indoor)	Crystal Jones	7.1	1985
	Denise Raab	7.1	1999
60 m. (indoor)	Melissa Michels	8.10	2012
55 m. Hurdles (indoor)	Denise Raab	8.43 (FAT)	1999
60 m. Hurdles (indoor)	Denise Raab	9.47	1999
100 m.	Crystal Jones	12.2	1985
	Melissa Michels	12.2	2012
100 m. Hurdles	Denise Raab	15.1	1999
200 m.	Denise Raab	25.5	1998
300 m. (indoor)	Crystal Jones	40.7	1985
400 m.	Shannon Weeks	56.0	1996
400 m. Hurdles	Shannon Weeks	59.98 (FAT)	1996
500 m.	Keira Wood	1:18.36 (FAT)	2011
600 m.	Shannon Weeks	1:33.9/1:34.01 (FAT)	1995
800 m.	Shannon Weeks	2:10.01 (FAT)	1995
800 m. (indoor)	Jeanna Composti	2:13.27 (FAT)	1999
1000 m.	Shannon Weeks	2:53.65 (FAT)	1996
1500 m.	Jeanna Composti	4:29.5 (on way to mile)	1998
	Linda Detlefsen	4:30.8	1979
Mile	Jeanna Composti	4:51.33 (FAT)	1998
Mile (indoor)	Linda Detlefsen	4:58.2	1980
2000 m. Steeplechase	Natalie Johnston	7:29.45 (FAT)	2002
3000 m.	Karen Labbadia	10:02.15 (FAT)	1994
2 miles	Linda Detlefsen	10:55.3	1979
1500 m. Racewalk	Maria Michta	6:40.85 (FAT)	2004
1500 m. Racewalk (indoor)	Maria Michta	6:39.99 (FAT)	2003
Mile Racewalk	Maria Michta	7:16.02 (FAT)	2004
Mile Racewalk (indoor)	Maria Michta	7:17.93 (FAT)	2003
3000 m. Racewalk	Erin Bresnahan	15:09.7	2009
3000 m. Racewalk (indoor)	Maria Michta	14:17	2002
5000 m. Racewalk	Maria Michta	24:36.80 (FAT)	2002
10,000 m. Racewalk	Maria Michta	51:23	2002
Long Jump	Crystal Jones	18' 5"	1985
Triple Jump	Nichole Vickers	37' 6.75"	1994
High Jump	Dawn Higgins	5' 9"	1988
Shotput	Allison Cardlin	40' 7"	1996
Discus	Allison Cardlin	137' 9"	1996
Javelin	Amanda Brennan	87' 11"	2009
Pole Vault	Kayla Cataldo	10' 0"	2011
Pole Vault (indoor)	Kayla Cataldo	10' 0"	2011
Pentathlon	Rosie DeFino	2921 points	2006
	100 m. Hurdles – 16.00 m. HJ – 1.48 m. SP – 6.69 m. LJ – 5.26 m. 800 m. – 2:32.2		
Pentathlon (indoor)	Denise Raab	2842 points	1998
	60 m. Hurdles – 9.75 HJ – 1.40 m. SP – 8.12 m. LJ – 5.11 m. 800 m. – 2:40.0		

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RELAY RECORDS

4x100 m. Relay	Kristin Eckert-Stephanie Cotsifas-Pam Lettieri- Denise Raab	49.87	1998
4x200 m. Relay (indoor)	Alyssa Leto-Sunja Joseph-Nikki Fogarty- Melissa Michels	1:47.63	2012
4x400 m. Relay	Crystal Jones-Susan Lasiewski-Yadiera Mendez- Toni Thomas	3:56.4	1984
4x800 m. Relay	Jeanna Composti-Jackie Berman-Keri Seher- Shannon Weeks	9:23.37 (FAT)	1996
3x55 m. Shuttle Hurdle Relay (indoor)	Rosie DeFino-Brianna Malone-Megan Vinberg	29.2	2006
4x55 m. Shuttle Hurdle Relay (indoor)	Samantha Swift-Mishaina Joseph-Krystal Cheng- Andrea Hegarty	38.25	2011
SMR (200-100-100-400)	Denise Raab-Stephanie Cotsifas-Pam Lettieri- Maureen Schaub	1:55.1	1997
1600 m. Medley Relay (400-200-200-800)	Meagan Barone-Allison Cardlin-Kristina Olson- Jeanna Composti	4:16.6	1997
1600 m. Medley Relay (200-200-400-800) (indoor)	Alyssa Leto-Melissa Michels-Becca Duffy- Kelly Lavan	4:17.56 (FAT)	2012
DMR (1200-400-800-1600)	Jeanna Composti-Maureen Schaub-Meagan Barone- Jackie Berman	12:01.84 (FAT)	1997
DMR (indoor)	Jeanna Composti-Maureen Schaub-Meagan Barone Jackie Berman	12:06.51 (FAT)	1998
4x1600 m. Relay	Jackie Berman-Katie DeVito-Erin Silvering- Jeanna Composti	21:40.48 (FAT)	1998
4x1600 m. Relay (indoor)	Kelly Lavan-Mary Cipriano-Lauren Waka- Keira Wood	22:34.40 (FAT)	2011
Long Jump Relay	Denise Raab-Stephanie Cotsifas-Kristin Eckert	48' 4"	1998
High Jump Relay	Kristie Michta-Gabriella Czerw-Carly Swinford	14' 10"	2011
Shotput Relay	Briana Eckert-Shirlee Manoogian-Meaghan Doran	89' 4"	2001