

# SuffolkXCTF.com

Last Update: 4/4/2023

## Suffolk County Girls' Winter County Records

55 m	Adaliz Hunt	Middle Country	7.08	2/29/2020	LI Elite
55 m Hurdles	Allison Williams	Brentwood	7.83	3/7/1989	MSG
200 m	Mary Chimeze	HHH East	25.04	3/8/2013	Armory
300 m	Gianna Paul	Walt Whitman	39.15	3/7/2020	Ocean Breeze
400 m	Jessica Gelibert	Bay Shore	55.68	1/21/2012	Yale
600 m	Analisse Batista	Huntington	1:32.05	3/7/2020	Ocean Breeze
800 m	Sarah McCurdy	Bay Shore	2:09.41	3/16/2008	Armory
1000 m	Katherine Lee	Shoreham-WR	2:46.91	3/3/2018	Ocean Breeze
1500 m	Zariel Macchia	William Floyd	4:26.16	3/4/2023	Ocean Breeze
1 Mile	Katherine Lee	Shoreham-WR	4:46.61	3/11/2018	Armory
1500 m Racewalk	Lauren Harris	Sachem East	6:17.59 *	1/28/2017	Ocean Breeze
1 Mile Racewalk	Lauren Harris	Sachem East	6:53.44	3/11/2017	Armory
3000 m	Zariel Macchia	William Floyd	9:32.32 #	3/10/2023	Armory
2 Mile	Zariel Macchia	William Floyd	10:17.09	3/11/2022	Ocean Breeze
5000m	Heather Zimmerman	Miller Place	17:26.54	3/11/1983	Yale
Shot Put	Vanessa Stewart	North Babylon	48' 2"	1/9/2010	SCCC
Weight Throw	Imani White	Longwood	54' 6"	2/26/2011	LI Elite
High Jump	Lauren Biscardi	SWR	5' 10.5"	1/15/2005	Armory
Long Jump	Lynette Wigington	Mattituck	20' 5"	3/9/1996	Nationals-Boston
Triple Jump	Alissa Braxton	Commack	41' 10"	2/11/2020	Ocean Breeze
Pole Vault	Amy Linnen	Mount Sinai	12' 10"	2/29/2000	Easterns
Pentathlon	Kathleen Cibuls	Bayport-Blue Point	3367 Points	3/12/2016	Armory

4 x 200 m	Huntington	1:40.27	3/7/2020	Ocean Breeze	
	Analisse Batista, Alicia Brooks, Hope Bikley, Olivia Conte				
4 x 400 m	West Babylon	3:49.86	3/11/2017	Armory	
	Nadja Ashley - Dana Beggins - Paige Keefer - Brittany Korsah				
4 x 800 m	Bay Shore	9:04.51	2/5/2005	Armory	
	Sarah McCurdy, Beth Sabiston, Jessica Wiegand, Mary Liz McCurdy				
4 x Mile	Shoreham-Wading River	20:33.12	3/11/2017	Armory	
	Capes-Davis (5:15.01), Dwyer (5:06.74), Smith (5:10.96), Hays (5:00.41)				
SMR	Bellport	3:57.78	3/12/2004	Armory	
	Katie Weider, Erica Young, Natasha Williams, Brittany Sheffey				
DMR	Bay Shore	11:43.51	3/12/2004	Armory	
	Mary Liz McCurdy, Sarah McCurdy, Precious Moore, Laura Cummings				
3 x Shuttle Hurdle Relay	Bayport-Blue Point	26.93	1/14/2016	Suffolk CC	
	Kathleen Cibuls, Taylor Gensler, Dariya Dolan				
4 x Shuttle Hurdle Relay	Ward Melville	35.09	3/12/2017	Armory	
	Hughes (8.69), Vostrova (8.70), O'Sullivan (8.72), Mantz (8.98)				
Intersectional Relay		10:15.05	3/4/2017	Ocean Breeze	
	Kristen Aguilera (WB-2:56.63) - Olivia Jaworski (Npt-26.45) Laina Friedmann (Smith West-1:38.82) - Anna Gansrow (ESM-5:13.18)				

A special thanks to Steve Borbet, Kurt Pasler, Paul Koretzki, Alex Young & Jim Crowley for compiling and updating the records.

\*National Record  
# Official En route

## Suffolk County Girls' Winter Retired County Records

55 m (hand held)	Racquelle Gilmore	Central Islip	7.0	2/23/1986	Farmingdale
	Nicole Palmer	Bellport	7.0	1/15/1991	St. Mary's
	Tracie George	Longwood	7.0	2/17/1996	Farmingdale
	Shaunah St. Cyr	Walt Whitman	7.0	2/17/1996	Stony Brook
	Meredith DeGennaro	Connetquot	7.0	2/15/1998	Stony Brook
	Jen Arundale	Westhampton	7.0	1/30/2000	Stony Brook
	300 Yard dash	Claudette Rodgers	Half Hollow Hills	35.97	3/3/1984
600 Yard run	Michelle Billings	Bay Shore	1:23.90	3/3/1984	Allston, MA
1,000 Yard run	Kim Certain	Half Hollow Hills	2:36.7	3/4/1986	Allston, MA

880 Yard Relay		Brentwood	1:46.1	2/89	Allston, MA
	Sintera Grahma	Nadine Johnson			
	Bernadette Ingram	Allison Williams			

1 Mile Relay		Bay Shore	4:01.45	3/17/85	Princeton, NJ
	Gisette Day	Debbie Nikas			
	Sherry Little	Sandra Hardy			

2 Mile Relay		Harborfields	9:28.27	3/6/83	Allston, MA
	Evangelista	Meehan			
	Mallon	Flanagan			

DMR (Yards)		Bay Shore	12:08.16	3/13/85	Allston, MA
	Sherry Little	Christine Baratta			
	Debbie Nikas	Kathy Pitcher			

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