

## SuffolkXCTF.com

Last Update: 1/20/26

### Suffolk County Girls Winter Track & Field

#### League 1 Records

55 m Hurdles	Crystal Henderson	Longwood	8.17	2015
55 m Dash	Adaliz Hunt	Middle Country	7.14	2020
300 m	Bella Galeas	Sachem East	40.67	2026
600 m	Michelle Siebert	Ward Melville	1:35.2	2003
1000 m	Laura Greene	Sachem East	2:57.00	2006
1500 m	Mary Kate Anselmini	Ward Melville	4:39.63	2011
3000 m	Rachel Paul	Sachem East	10:21.91	2012
1500 m Racewalk	Maria Michta	Sachem	6:44.4	2003
Shot Put	Betty Williams	Longwood	43'10.75"	2007
High Jump	Lauryn Piccirelli	Bay Shore	5'6"	2023
Long Jump	Alissa Braxton	Commack	18'10"	2020
Triple Jump	Alissa Braxton	Commack	40'2"	2019
4 x 200 m	William Floyd		1:45.48	2018
	Kianna Hawkins	Jade Foster		
	Tatianna Kistner	Antoinette Miller		
4 x 400 m	Sachem East		4:11.29	2018
	Brooke Papele	Shayna Arrigo		
	Lauren Trejo	Bridget Abraldes		
4 x 800 m	Smithtown		9:51.10	2006
	Courtney McNamara	Megan Shea		
	Jessica Hampson	Erin Pardini		

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

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### Suffolk County Girls Winter Track & Field

#### League 1 Team Champions

	1st Place	2nd Place	3rd Place
2026	Longwood - 142	Sachem East - 129	Walt Whitman - 74
2025	Sachem East - 131	Longwood - 72	Ward Melville - 67
2024	Sachem East - 130	Longwood - 90	Ward Melville - 64
2023	Bay Shore - 115	Sachem East - 104	Longwood - 76
2022	Sachem East - 129	Longwood - 100	William Floyd - 68
2021	COVID - 19 (Outdoor Season - No League Champion)		
2020	Ward Melville - 115	Sachem East - 99	Commack - 66
2019	Sachem East - 104	Longwood - 72	Ward Melville - 71
2018	Sachem East - 136	Longwood - 79	Brentwood - 58
2017	Sachem East - 113.5	Ward Melville - 98.5	Longwood - 78
2016	Sachem East - 152	Ward Melville - 73	Sachem North - 61.5
2015	Sachem North - 129	Sachem East - 126	Longwood - 69
2014	Sachem North - 163	Sachem East - 114	Commack/Longwood - 46
2013	Sachem North - 145	Sachem East - 142	Longwood - 47.5
2012	Sachem East - 127	Sachem North - 110	Ward Melville - 50
2011	Sachem East - 139.5	Longwood - 102	Ward Melville - 101
2010	Longwood - 119	Sachem East - 113	Ward Melville - 70
2009	Sachem East - 109	Ward Melville - 96	Commack - 71
2008	Sachem East - 134	Ward Melville - 80	Longwood - 68
2007	Smithtown - 101	Longwood - 92	Sachem East - 78
2006	Smithtown - 99	Longwood - 94	Ward Melville - 81
2005	Smithtown - 97	Ward Melville - 90	Sachem East - 81
2004	Ward Melville - 99	Half Hollow Hills - 77	Brentwood - 69
2003	Ward Melville - 161	Sachem - 85	Smithtown - 75.5
2002	Sachem - 93	Brentwood - 83	HHH - 78
2001	Half Hollow Hills - 97	Sachem - 92	Ward Melville - 75
2000	Half Hollow Hills - 114	Smithtown - 94	Sachem - 86
1999	Sachem - 142.5	Smithtown - 87	Longwood - 85
1998	Sachem - 144	Half Hollow Hills - 111	Smithtown - 61.5
1997	Sachem - 121	Half Hollow Hills - 101	Connetquot - 85
1996	Sachem - 155	Half Hollow Hills - 76	Ward Melville - 61
1995	Sachem - 97	Half Hollow Hills - 76	Brentwood - 73
1994	Sachem - 118	Brentwood - 87	HHH/Longwood - 70
1993	Longwood - 111	Sachem - 87	HHH - 51
1992	Longwood - 120	Sachem - 58	Connetquot - 50
1991	Longwood - 116	Connetquot - 69	Brentwood - 57.5
1990	Connetquot - 115	Longwood - 110	Middle Country - 48.5
1989	Connetquot - 139	Brentwood - 107	Sachem - 64
1988	Connetquot - 109	Brentwood - 105	Sachem - 101
1987	Sachem - 99	Longwood - 76	Connetquot - 72
1986	Sachem - 130	Brentwood - 129	Connetquot - 55