

# SuffolkXCTF.com

Last Update: 4/27/2020

## Girls Long Island Indoor Records

<b>55 m Dash</b>	Keyon Soley	Uniondale	6.82	3/9/1997	National Scholastic Indoor Championships - Boston
<b>55 m Hurdles</b>	Allison Williams	Brentwood	7.83	3/7/1989	Colgate Games - Madison Square Garden
<b>60m Dash</b>	Keyon Soley	Uniondale	7.34	3/9/1997	National Scholastic Indoor Championships - Boston
<b>200 m Dash</b>	Shana Cox	Holy Trinity	23.51	3/16/2003	National Scholastic Indoor Championships- Armory
<b>300 m Dash</b>	Shana Cox	Holy Trinity	37.59	12/2/2002	49th Bishop Loughlin Games - Armory
<b>400 m Dash</b>	Ashlea McLaughlin	Hempstead	54.67	2/17/2007	Pepsi National HS Hall of Fame Classic- Armory
<b>500 m Run</b>	Charlene Lipsey	Hempstead	1:16.09	1/19/2008	New Balance Games- Armory
<b>600 m Run</b>	Charlene Lipsey	Hempstead	1:29.85	2/7/2009	New Balance Collegiate Invitational - Armory
<b>800 m Run</b>	Charlene Lipsey	Hempstead	2:07.77	3/13/2009	National Scholastic Indoor Championships- Armory
<b>1000 m Run</b>	Katherine Lee	Shoreham Wading Rive	2:46.91	3/3/2018	New York State Championships- Ocean Breeze
<b>1500 m Run</b>	Emily Lipari	Roslyn	4:26.22 #	3/14/2010	Nike Indoor Nationals- Boston
<b>1 Mile Run</b>	Emily Lipari	Roslyn	4:42.64	3/14/2010	Nike Indoor Nationals- Boston
<b>1500 m Racewalk</b>	Lauren Harris	Sachem East	6:17.59	1/28/2017	Ocean Breeze High School Invitational
<b>1 Mile Racewalk</b>	Lauren Harris	Sachem East	6:53.44	3/11/2017	New Balance Indoor Nationals- Armory
<b>3000 m Run</b>	Samantha Nadel	North Shore	9:31.65	1/20/2012	Yale Track Classic
<b>2 Mile Run</b>	Diana Vizza	North Shore	10:19.91	3/13/2016	New Balance Indoor Nationals- Armory
<b>5000m Run</b>	Diana Vizza	North Shore	16:42.84	3/11/2016	New Balance Indoor Nationals- Armory
<b>Shot Put</b>	Vanessa Stewart	North Babylon	48' 2"	1/9/2010	Jim Zeitler Relays- Suffolk County Community College
<b>Weight Throw</b>	Imani White	Longwood	54' 6"	2/26/2011	Long Island Elite Meet
<b>High Jump</b>	Lauren Biscardi	Shoreham Wading Rive	5' 10.5"	1/15/2005	Molloy Stanner Games- Armory
<b>Long Jump</b>	Keyon Soley	Uniondale	21' 1.25"	3/1/1997	New York State Championships- Ithaca
<b>Triple Jump</b>	Alissa Braxton	Commack	41' 10"	2/11/2020	Section XI State Qual Meet
<b>Pole Vault</b>	Amy Linnen	Mount Sinai	12' 10"	2/29/2000	Eastern States - Armory
<b>Pentathlon</b>	Kathleen Cibuls	Bayport-Blue Point	3367 Points	3/12/2016	New Balance Indoor Nationals- Armory
<b>4 x 200 m</b>	Uniondale	1:39.17	2/3/2007	New Balance Collegiate Games- Armory	
	Vanessa Thomson, Ashlea McLaughlin, C. Walker, A. Ratley				
<b>4 x 400 m</b>	Garden City	3:47.49	3/11/2012	New Balance Indoor Nationals- Armory	
	Taylor Hennig, Laura Jaegar, Katie O'Neill, Emma Gallagher				
<b>4 x 800 m</b>	St. Anthony's	8:59.16	3/13/2011	New Balance Indoor Nationals- Armory	
	Lauren Fontana, Danielle Cornell, Sloane Russ, Olicia Williams				
<b>4 x Mile</b>	Shoreham-Wading River	20:33.12	3/11/2017	New Balance Indoor Nationals- Armory	
	Payton Capes-Davis, Amanda Dwyer, Maria Smith , Alexandra Hays				
<b>1600m SMR</b>	Bellport	3:57.78	3/12/2004	National Scholastic Indoor Championships- Armory	
	Katie Weider, Erica Young, Natasha Williams, Brittany Sheffey				
<b>DMR</b>	North Shore	11:43.23	12/27/2011	Marine Corp Holiday Classic- Armory	
	Brianna Nareud, Lea Farrell, Elizabeth Caldwell, Samantha Nadel				
<b>4 x 55m Shuttle Hurdle Relay</b>	Uniondale	32.88	3/9/2012	New Balance Indoor Nationals- Armory	
	Crystal Green, Brittney Webley, Adrianna Powell, Tawanda Francis				

# Official en route