

SuffolkXCTF.com

Last Update: 4/3/2023

Girls Long Island Indoor Records

55 m Dash	Keyon Soley	Uniondale	6.82	3/9/1997	National Scholastic Indoor Championships - Boston
55 m Hurdles	Chibugo Obichere	Valley Stream South	7.82	3/2/2019	New York State Indoor Championships - Ocean Breeze
60m Dash	Keyon Soley	Uniondale	7.34	3/9/1997	National Scholastic Indoor Championships - Boston
200 m Dash	Shana Cox	Holy Trinity	23.51	3/16/2003	National Scholastic Indoor Championships- Armory
300 m Dash	Shana Cox	Holy Trinity	37.59	12/2/2002	49th Bishop Loughlin Games - Armory
400 m Dash	Ashlea McLaughlin	Hempstead	54.67	2/17/2007	Pepsi National HS Hall of Fame Classic- Armory
500 m Run	Charlene Lipsey	Hempstead	1:16.09	1/19/2008	New Balance Games- Armory
600 m Run	Charlene Lipsey	Hempstead	1:29.85	2/7/2009	New Balance Collegiate Invitational - Armory
800 m Run	Charlene Lipsey	Hempstead	2:07.77	3/13/2009	National Scholastic Indoor Championships- Armory
1000 m Run	Katherine Lee	Shoreham Wading River	2:46.91	3/3/2018	New York State Championships- Ocean Breeze
1500 m Run	Zariel Macchia	William Floyd	4:26.16	3/4/2023	New York State Indoor Championships - Ocean Breeze
1 Mile Run	Emily Lipari	Roslyn	4:42.64	3/14/2010	Nike Indoor Nationals- Boston
1500 m Racewalk	Lauren Harris	Sachem East	6:17.59	1/28/2017	Ocean Breeze High School Invitational
1 Mile Racewalk	Lauren Harris	Sachem East	6:53.44	3/11/2017	New Balance Indoor Nationals- Armory
3000 m Run	Samantha Nadel	North Shore	9:31.65	1/20/2012	Yale Track Classic
2 Mile Run	Zariel Macchia	William Floyd	10:17.09	3/12/2022	Nike Indoor Nationals- Ocean Breeze
5000m Run	Diana Vizza	North Shore	16:42.84	3/11/2016	New Balance Indoor Nationals- Armory
Shot Put	Vanessa Stewart	North Babylon	48' 2"	1/9/2010	Jim Zeitler Relays- Suffolk County Community College
Weight Throw	Imani White	Longwood	54' 6"	2/26/2011	Long Island Elite Meet
High Jump	Lauren Biscardi	Shoreham Wading River	5' 10.5"	1/15/2005	Molloy Stanner Games- Armory
Long Jump	Keyon Soley	Uniondale	21' 1.25"	3/1/1997	New York State Championships- Ithaca
Triple Jump	Alissa Braxton	Commack	41' 10"	2/11/2020	Section XI State Qual Meet
Pole Vault	Amy Linnen	Mount Sinai	12' 10"	2/29/2000	Eastern States - Armory
Pentathlon	Kathleen Cibuls	Bayport-Blue Point	3367 Points	3/12/2016	New Balance Indoor Nationals- Armory
4 x 200 m	Uniondale	1:39.17	2/3/2007	New Balance Collegiate Games- Armory	
	Vanessa Thomson, Ashlea McLaughlin, C. Walker, A. Ratley				
4 x 400 m	Garden City	3:47.49	3/11/2012	New Balance Indoor Nationals- Armory	
	Taylor Hennig, Laura Jaegar, Katie O'Neill, Emma Gallagher				
4 x 800 m	St. Anthony's	8:59.16	3/13/2011	New Balance Indoor Nationals- Armory	
	Lauren Fontana, Danielle Cornell, Sloane Russ, Olicia Williams				
4 x Mile	Shoreham-Wading River	20:33.12	3/11/2017	New Balance Indoor Nationals- Armory	
	Payton Capes-Davis, Amanda Dwyer, Maria Smith , Alexandra Hays				
1600m SMR	Bellport	3:57.78	3/12/2004	National Scholastic Indoor Championships- Armory	
	Katie Weider, Erica Young, Natasha Williams, Brittany Sheffey				
DMR	North Shore	11:43.23	12/27/2011	Marine Corp Holiday Classic- Armory	
	Brianna Nareud, Lea Farrell, Elizabeth Caldwell, Samantha Nadel				
4 x 55m Shuttle Hurdle Relay	Uniondale	32.88	3/9/2012	New Balance Indoor Nationals- Armory	
	Crystal Green, Brittney Webley, Adrianna Powell, Tawanda Francis				

Official en route