

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	Sarafina Scavo	Sachem East	1:15.53	1/11/2025	Officials Hall of Fame Invitational - 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	Sophia McInnes	Bayport-Blue Point	2:44.18	3/8/2025	New York State Indoor Championships - Ocean Breeze
1500 m Run	Zariel Macchia	William Floyd	4:23.68#	3/16/2025	Nike Indoor Nationals- Armory
1 Mile Run	Zariel Macchia	William Floyd	4:40.75	3/16/2025	Nike Indoor Nationals- Armory
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	Zariel Macchia	William Floyd	9:21.73	3/8/2025	New York State Championships- Ocean Breeze
2 Mile Run	Zariel Macchia	William Floyd	10:07.17	3/8/2024	Nike Indoor Nationals- Armory
5000m Run	Zariel Macchia	William Floyd	16:29.02	3/13/2025	Nike Indoor Nationals- Armory
Shot Put	Jillian Scully	Miller Place	48' 4.25"	2/11/2025	State Qualifier - Suffolk Community College
Weight Throw	Imani White	Longwood	54' 6"	2/26/2011	Long Island Elite Meet - Saint Anthony's
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 Nerud, Lea Farrell, Elizabeth Caldwell, Samantha Nadel			
4 x 55m Shuttle	Uniondale	32.88	3/9/2012	New Balance Indoor Nationals- Armory
Hurdle Relay	Crystal Green, Brittney Webley, Adrianna Powell, Tawanda Francis			
				# Official en route