

SuffolkXCTF.com

Last Update: 8/6/2023

Suffolk, Nassau, & NSCHSAA Combined Girls Outdoor Records

100 m	Keyon Soley	Uniondale	11.40 #	6/13/1997	National Scholastic T&F Championships- Raleigh NC
200 m	Shana Cox	Holy Trinity	23.24	6/14/2003	Adidas Outdoor Nationals- Raleigh NC
400 m	Shana Cox	Holy Trinity	52.94	6/14/2003	Adidas Outdoor Nationals- Raleigh NC
800 m	Charlene Lipsey	Hempstead	2:05.83	5/2/2009	St. Anthony's Invitational- Huntington NY
1500 m	Zariel Macchia	William Floyd	4:16.23	6/13/2024	USATF U20 Championships- Eugene OR
1 Mile	Zariel Macchia	William Floyd	4:41.37	5/3/2024	Trials of Miles- Randalls Island NY
3000 m	Christine Curtin	Mephram	9:25.72	7/1/1982	US Junior National Championships- Westwood CA
2 Mile	Zariel Macchia	William Floyd	10:08.50	6/17/2022	New Balance Outdoor Nationals- Philadelphia PA
5000m	Zariel Macchia	William Floyd	16:13.04	6/12/2024	USATF U20 Championships- Eugene OR
10000m	Tara Flynn	Massapequa	36:59.89	7/30/1987	Empire State Games- Syracuse NY
100m Hurdles	Chibugo Obichere	Valley Stream North	13.80	5/11/2019	Glenn D Loucks Games- White Plains NY
300m Hurdles	Allison Williams	Brentwood	42.68	6/17/1989	18th Keebler Invitational- Elmhurst Illinois
400 m Hurdles	Shevonne Stoddart	Uniondale	58.86	6/24/2000	US Junior National Championships- TX
1500 m Racewalk	Lauren Harris	Sachem East	6:17.20	6/3/2017	Section XI State Qual Meet- Port Jefferson NY
1 Mile Racewalk	Lauren Harris	Sachem East	6:52.23	6/17/2016	New Balance Outdoor Nationals- Greensboro NC
3K Racewalk	Lynn Weik	Sayville	14:35.38	6/21/1985	TAC Junior National Championships, IA
5K Walk	Lisa Kutzing	Port Jefferson	23:38.48	8/9/1998	World Jr Championships- France
2K Steeplechase	Brianna Nerud	North Shore	6:29.56	7/10/2012	IAAF World Junior Championships- Barcelona Spain
3K Steeplechase	Brianna Nerud	North Shore	10:00.72	7/11/2013	8th IAAF World Youth Championships- Donetsk Ukraine
Shot Put	Cheryl Klein	Bellport	49' 8.5"	5/19/1984	Suffolk County Class Championships- Patchogue NY
Discus	Jillian Sculy	Miller Place	184'2	6/5/2025	Suffolk County State Qualifier- Comsewogue HS NY
Hammer	Olivia Seifert	St. Anthony's	177' 3"	3/28/2016	39th Annual Iona Prep/Ursuline Invitational- New Rochelle NY
High Jump	Joy Gaines	Bay Shore	5' 10.75"	5/12/1996	Hartford Invitational- Hartford CT
Long Jump	Lynette Wigington	Mattituck	20' 11.25"	6/22/1997	USATF Jr National Championships- Edwardsville IL
Triple Jump	Alexandra Kelly	Rocky Point	42' 5"	6/11/2022	New York State Championships- Cicero North Syracuse NY
Pole Vault	Amy Linnen	Mount Sinai	13' 0.25"	6/17/2000	Foot Locker National Championships- Raleigh NC
Pentathlon	Zaria Fuller	Uniondale	3544 Points	6/8/2019	New York State Championships- Middletown NY
Heptathlon	Zaria Fuller	Uniondale	4808 Points	6/16/2019	New Balance Outdoor Nationals- Greensboro NC
4 x 100 m	Baldwin		45.84	6/13/2025	New York State Championships- Middletown HS
	Breanne Barnett, Jahzara Emeli, Kelys Walker, Sariah Doresca				
4 x 200 m	Uniondale		1:40.82	6/17/2000	Foot Locker Outdoor Nationals- Raleigh NC
	Shelly Antoine, Nicole Machen, Shavonne Stoddart, Lotoya Moore				
4 x 400 m	Hempstead		3:42.13	6/12/2004	Golden West Invitational-Sacramento CA
	Nikeshia Brown, Terry Ann Green, Javan Benjamin, Kailor Roper				
4 x 800 m	Garden City		8:47.90	6/18/2010	New Balance Outdoor Nationals- Greensboro NC
	Emily Menges, Michelle Rotondo, Katie O'Neill, Emma Gallagher				
4 x Mile	Shoreham-Wading River		20:00.59	6/16/2017	New Balance Outdoor Nationals- Greensboro NC
	Alexandra Hays, Payton Capes-Davis, Amanda Dwyer, Katherine Lee				
800m SMR	Bay Shore		1:44.39	6/16/2012	New Balance Outdoor Nationals- Greensboro NC
	Anisa Toppin, Briannah Allen, Imani McGhee, Jessica Gelibert				
1000m SMR	Huntington		2:14.08	6/14/2019	New Balance Outdoor Nationals- Greensboro NC
	Brianna Halbeisen, Olivia Conte, Alicia Brooks, Analisse Batista				
1600m SMR	West Babylon		3:52.33	6/17/2017	New Balance Outdoor Nationals- Greensboro NC
	Nadja Ashley, Paige Keefer, Dana Beggins, Brittany Korsah				
DMR	North Shore		11:30.45	6/18/2011	New Balance Outdoor Nationals- Greensboro NC
	Brianna Nerud, Emily Osman, Elizabeth Sheerin, Samantha Nadel				
4 x 100m Shuttle	Kellenberg Memorial		59.28	6/17/2011	New Balance Outdoor Nationals- Greensboro NC
Hurdle Relay	Crystal Green, Brittney Webley, Adrianna Powell, Tawanda Francis				

Time was run in trials with a +0.5 legal wind

^ Hand time + 0.24