

SuffolkXCTF.com					
Last Update: 2/15/2025					
Suffolk County Girls' Winter County Records					
55 m	Alexa Jacobs	Port Jefferson	7.02	2/2/2025	SCCC
55 m Hurdles	Allison Williams	Brentwood	7.83	3/7/1989	MSG
200 m	Mary Chimeze	HHH East	25.04	3/8/2013	Armory
300 m	Gianna Paul	Walt Whitman	39.15	3/7/2020	Ocean Breeze
400 m	Jessica Gelibert	Bay Shore	55.68	1/21/2012	Yale
600 m	Sophia McInnes	Bayport-Blue Point	1:31.70	1/12/2025	Armory
800 m	Sophia McInnes	Bayport-Blue Point	2:08.58	3/15/2025	The Track
1000 m	Sophia McInnes	Bayport-Blue Point	2:44.18	3/8/2025	Ocean Breeze
1500 m	Zariel Macchia	William Floyd	4:23.68#	3/16/2025	Ocean Breeze
1 Mile	Zariel Macchia	William Floyd	4:40.75	3/16/2025	Armory
1500 m Racewalk	Lauren Harris	Sachem East	6:17.59 *	1/28/2017	Ocean Breeze
1 Mile Racewalk	Lauren Harris	Sachem East	6:53.44	3/11/2017	Armory
3000 m	Zariel Macchia	William Floyd	9:21.73	3/8/2025	Ocean Breeze
2 Mile	Zariel Macchia	William Floyd	10:07.17	3/8/2024	Armory
5000m	Zariel Macchia	William Floyd	16:29.02	3/13/2025	Armory
Shot Put	Jillian Scully	Miller Place	48' 4.25"	2/11/2025	SCCC
Weight Throw	Imani White	Longwood	54' 6"	2/26/2011	LI Elite
High Jump	Lauren Biscardi	SWR	5' 10.5"	1/15/2005	Armory
Long Jump	Lynette Wigington	Mattituck	20' 5"	3/9/1996	Nationals-Boston
Triple Jump	Alissa Braxton	Commack	41' 10"	2/11/2020	Ocean Breeze
Pole Vault	Amy Linnen	Mount Sinai	12' 10"	2/29/2000	Armory
Pentathlon	Kathleen Cibuls	Bayport-Blue Point	3367 Points	3/12/2016	Armory
4 x 200 m	Huntington		1:40.27	3/7/2020	Ocean Breeze
	Alicia Brooks, Analisse Batista (50.34), Hope Bikley (25.88), Olivia Conte (25.12)				
4 x 400 m	West Babylon		3:49.86	3/11/2017	Armory
	Brittany Korsah (56.49) - Nadja Ashley (58.49) - Dana Beggins (59.55) - Paige Keefer (55.33)				
4 x 800 m	Bay Shore		9:04.51	2/5/2005	Armory
	Sarah McCurdy (2:15.3), Jessica Wiegand (2:22.0), Beth Sabiston (2:16.8), Mary Liz McCurdy (2:10.1)				
4 x Mile	Shoreham-Wading River		20:33.12	3/11/2017	Armory
	Capes-Davis (5:15.01), Dwyer (5:06.74), Smith (5:10.96), Hays (5:00.41)				
SMR	Bellport		3:57.78	3/12/2004	Armory
	Katie Weider, Erica Young, Natasha Williams, Brittany Sheffey				
DMR	Bay Shore		11:43.51	3/12/2004	Armory
	Mary Liz McCurdy (3:32.6), Precious Moore (63.0), Sarah McCurdy (2:14.0), Laura Cummings (4:53.8)				
3 x Shuttle Hurdle Relay	Bayport-Blue Point		26.93	1/14/2016	Suffolk CC
	Kathleen Cibuls, Taylor Gensler, Dariya Dolan				
4 x Shuttle Hurdle Relay	Ward Melville		35.09	3/12/2017	Armory
	Hughes (8.69), Vostrova (8.70), O'Sullivan (8.72), Mantz (8.98)				
Intersectional Relay	Jillian MConville (KP 3:05.92), Shavanna Richards (NB- 25.92)		10:02.06	3/8/2025	Ocean Breeze
	Haley Naslonski (Bay Shore- 1:40.22), Zariel Macchia (William Floyd - 4:50.01)				
A special thanks to Steve Borbet, Kurt Pasler, Paul Koretzki, Alex Young & Jim Crowley for compiling and updating the records.					*National Record # Official En route
Suffolk County Girls' Winter Retired County Records					
55 m	Racquelle Gilmore	Central Islip	7.0	2/23/1986	Farmingdale
(hand held)	Nicole Palmer	Bellport	7.0	1/15/1991	St. Mary's
	Tracie George	Longwood	7.0	2/17/1996	Farmingdale
	Shaunah St. Cyr	Walt Whitman	7.0	2/17/1996	Stony Brook
	Meredith DeGennaro	Connetqout	7.0	2/15/1998	Stony Brook
	Jen Arundale	Westhampton	7.0	1/30/2000	Stony Brook
300 Yard dash	Claudette Rodgers	Half Hollow Hills	35.97	3/3/1984	Allston, MA
600 Yard run	Michelle Billings	Bay Shore	1:23.90	3/3/1984	Allston, MA
1,000 Yard run	Kim Certain	Half Hollow Hills	2:36.7	3/4/1986	Allston, MA
880 Yard Relay	Brentwood	1:46.1	2/89	Allston, MA	
	Sintera Grahma	Nadine Johnson			
	Bernadette Ingram	Allison Williams			
1 Mile Relay	Bay Shore	4:01.45	3/17/85	Princeton, NJ	

	Gisette Day Sherry Little	Debbie Nikas Saundra Hardy			
2 Mile Relay	Evangelista Mallon	Harborfields Meehan Flanagan	9:28.27	3/6/83	Allston, MA
DMR (Yards)	Sherry Little Debbie Nikas	Bay Shore Christine Baratta Kathy Pitcher	12:08.16	3/13/85	Allston, MA

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