

**RIDGEWOOD HIGH SCHOOL INDIVIDUAL
GIRL'S TRACK AND FIELD RECORDS**

EVENT	RECORD	PERFORMER	DATE	PLACE
100 meter dash	12.76 (12.1)	Erica Cigolini	2007	Wayne Hills HS, NJ
200 meter dash	25.67 (25.3)	Erica Cigolini	2007	Hackensack, NJ
400 meter dash	56.1	Ginny Figlar	1988	Wayne Hills HS, NJ
800 meter run	2:10.9	Margaret Scutro	1985	Tenafly, NJ
1500 meter run	4:26.25	Margaret Scutro	1985	Uniondale, LI, NY
1600 meter run	4:46.4	Margaret Scutro	1985	South Plainfield, NJ
3000 meter run	9:58.15	Jenna Rogers	1994	Raleigh, NC
3200 meter run	10:33.9	Jenna Rogers	1994	Tenafly, NJ
100 meter hurdles	14.54	Lara-Jane Que	2007	Egg HarborTwp, NJ
400 meter hurdles	61.97	Cristina Law	2007	Hackensack HS, NJ
Shot Put	38' 6 3/4"	Lisa Glidewell	1980	Tenafly, NJ
Javelin	135' 11"	Jaelyn Wypler	2006 & 2007	Egg Harbor, NJ Hackensack, NJ
Discus	123' 3"	Jess Sokolik	1997	Bernardsville HS, NJ
Triple Jump	39'10 1/2"i	Jennifer McDermott	1989	Annapolis, MD
High Jump	5' 9"	Becky Deetz	1975	Holmdale HS, NJ
Long Jump	19' 4"	Jennifer McDermott	1989	South Plainfield, NJ
Pole Vault	11' 7"	Cassie Wong	2006	Demarest, NJ
Heptathlon	4011	Renee Pavelski	1993	Spokane, WA
1 mile walk	9:49.3	Anja Kannengieser	1983	Hackensack, NJ
Marathon	3hr 32min	Klara Grape	1977	Shore Marathon

**RIDGEWOOD HIGH SCHOOL
GIRL'S TRACK AND FIELD RELAY RECORDS**

EVENT	RECORD	PERFORMERS	DATE & PLACE
<u>TRACK RELAYS</u>			
4 X 100 meter relay	49.67	Que/Barr/Martinez/Cigolini	2007 Penn Relays, PA
2 X 200 meter relay	1:44.67	Martinez/Barr/Michel/Cigolini	2007 Morristown HS, NJ
4 X 400 meter relay	3:54.29	Degelmann/Reilly/Collazo/G.Figlar	1988 South Plainfield, NJ
4 X 800 meter relay	9:10.4	G.Figlar/Hughes/Hughes/Collazo	1988 Kearney HS, NJ
4 X 1 mile relay	20:34.4	Scutro/Pringle/M.Mileski/P.Mileski	1993 Bergen CC, Paramus NJ
Sprint Medley	4:03.21	Que/Cigolini/Wisener/Law	2007 Greensboro, NC
Distance Medley	11:59.1i	Pringle/Scutro/M.Mileski/P.Mileski	1983 Jadwin, Princeton, NJ
4 X 100 meter hurdles	1:00.77	Martinez/Law/Wisener/Que	2007 Morristown, NJ
3 X 400 meter hurdles	3:14.90	Law/Wisener/Llerandi	2007 Morristown, NJ
<u>3 PERSON FIELD RELAYS</u>			
Shot Put Relay 8#	106' 9 1/2"	Glidewell/Sauerman/Slawek	1979 Rutherford, NJ
Discus Relay	305' 2"	Glidewell/Miles/Sauerman	1980 New Milford HS, NJ
Javelin Relay	284' 1"	Blaney/Chang/Holcomb	1992 Tenafly, NJ
High Jump Relay	15' 7 1/2"	DuFlon/B.Granata/Deetz	1975 Monmouth College, NJ
Long Jump Relay	47' 1/2"	Porro/Smith/O'Rourke	1979 New Milford HS, NJ
Triple Jump Relay	102' 9"	Lamothe/Law/Melli	1999 Ridgewood, NJ
Pole Vault Relay	28' 6"	Wong/Llerandi/Polecari	2006 Demarest, NJ
<u>2 PERSON FIELD RELAYS</u>			
Shot Put Relay 4kg	66' 3"i	Rayevich/Eldridge	1988 Jadwin, Princeton, NJ
Discus Relay	211' 2"	Rayevich/Eldridge	1988 Kearney, NJ
Javelin Relay	217' 8"	Wypler, Vasquez	2007 Delbarton HS, NJ
High Jump Relay	10'	Richter/Roeske	1981 Paramus Catholic HS, NJ
Long Jump Relay	33'	Bogart/Law	2007 Morristown, NJ
Triple Jump Relay	69' 4 1/2"	Law/Lamothe	1999 Engelwood, NJ
Pole Vault Relay	18'	Llerandi/R.Lee	2007 Hackensack, NJ (6/07)