

# RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD

## ALL TIME TOP TEN

### 100 METER DASH

12.42	Emily Barr	2008
12.1 (12.76)	Erica Cigolini	2007
12.3	Jennifer McDermott	1989
12.6	Ginny Figlar	1987
12.6	Lara-Jane Que	2005,06,&07
12.7	Marci Capitani	1984&5
12.7	Cait Fiocchi	2002
12.8	Judy Davis	1980
12.8	Trish Fogarty	1981
12.8	Trish McGowan	2002
12.8	Jess Krejsa	2003
12.94	Mia Martinez	2008

### 200 METER DASH

25.54	Emily Barr	2008
25.3 (25.67)	Erica Cigolini	2007
25.4	Jennifer McDermott	1988
25.7	Ginny Figlar	1988
26.1	Melissa Gilbert	1994
26.1	Lara-Jane Que	2005
26.2	Marci Capitani	1985
26.3	Kate Brunner	1995
26.3	Jess Krejsa	2003
26.51	Mia Martinez	2008
26.6*	Judy Davis	1979

### 400 METER DASH

56.1	Ginny Figlar	1988
57.7	Marci Capitani	1984
58.42i	Jennifer McDermott	1989
58.7	Judy Davis	1979
58.8	Melissa Gilbert	1994
58.9	Alice Wisener	2007
59.16	Emily Barr	2008
59.3	Margaret Scutro	1984
59.4	Kerri Reilly	1988
59.5 *	Kandie Latham	1974
59.9	Liz Ross	1985

### 400 m. RELAY SPLITS

55.7	Ginny Figlar	1988
57.1	Lynne Collazo	1989
57.3	Cristina Law	2007
57.4	Melissa Gilbert	1993
57.7	Emily Barr	2008
58.0	Marci Capitani	1985
58.0	Margaret Scutro	1984
58.1	Kerri Reilly	1988
58.3	Jennifer McDermott	1989
58.5	Alice Wisener	2007
58.8	Katherine Zucaro	2000
58.9	Mary Ellen Mileski	1983
58.9	Victoria Oliva	2009
59.1*	Kandie Latham	1974

### 800 METER RUN

2:10.9	Margaret Scutro	1985
2:12.1	Patti Mileski	1982
2:13.8	Lynn Collazo	1988
2:13.9	Mary Ellen Mileski	1983
2:16.08	Cristina Law	2007
2:17.0	Jean Hughes	1987
2:17.7*	Kandie Latham	1975
2:17.77	Liz Figlar	1990
2:17.8	Stephanie Doyle	1995
2:18.0	Norine D'Arcy	1987
2:18.13	Meg McDermott	1998
2:19.2	Beth Pringle	1982
2:19.2	Jennifer Zucaro	2000

### 1500 METER RUN

4:26.25	Margaret Scutro	1985
4:44.8	Mary Ellen Mileski	1983
4:44.9	Patti Mileski	1981
4:45.1	Norine D'Arcy	1985
4:46.4	Lynne Collazo	1989
4:46.9	Jean Hughes	1987
4:47.2	Carol Dickstein	1981
4:53.9i	Eileen Fitzgerald	1990
4:54.4	Kathy Duffy	1980
4:59.3	Emily Terrin	2004
5:06.4	Colleen Wright	1981

### 1600 METER RUN

4:46.4	Margaret Scutro	1985
4:54.8*	Patti Mileski	1983
5:01.2*	Mary Ellen Mileski	1980
5:02.0	Jenna Rogers	1994
5:03.4	Jean Hughes	1988
5:04.28	Clair Nowakowski	2001
5:05.5	Beth Pringle	1983
5:04.69	Eileen Fitzgerald	1990
5:05.6	Norine D'Arcy	1987
5:06.2	Jennifer Hughes	1988
5:06.63	Stephanie Doyle	1996

### 3000 METER RUN

9:58.15	Jenna Rogers	1994
10:03.12i	Jennifer Hughes	1988
10:04.1i	Patti Mileski	1983
10:04.7	Carol Dickstein	1981
10:11.21	Jean Hughes	1988
10:13.6	Karen Canon	1988
10:13.9	MaryEllen Mileski	1982
10:22.8	Beth Pringle	1982
10:26.6i	Norine D'Arcy	1986
10:28.2	Kathy Duffy	1981

### 3200 METER RUN

10:33.9	Jenna Rogers	1994
10:34.5	Patti Mileski	1983
10:40.2	Margaret Scutro	1985
10:43.8	Jean Hughes	1988
10:46.4	Karen Cannon	1988
10:59.02*	i Celeste Sedo	1998
10:56.4	Jennifer Hughes	1987
10:58.6	Norine D'Arcy	1987
11:10.60	Amy Smith	1996
11:12.8	Meg McDermot	1999

### 100 METER HURDLES

14.4 (14.54)	Lara-Jane Que	2007
14.95	Mia Martinez	2008
15.0	Sheryl van der Schyff	1988
15.1	Cristina Law	2007
15.1(15.60)	Sarah Devita	2009
15.4	Faith Ninivaggi	1994
15.6	Renee Pavelski	1992
15.6	Alice Wisener	2007
15.7	Cassie Wong	2006
16.0	Ana Law	1999
16.09	Kate Michel	2008
16.1	Jeanne McGuire	1985
16.2	Marli Klar	1997
16.2	Brooke Bogart	2007

### 400 METER HURDLES

61.97	Cristina Law	2007
63.5	Lynne Collazo	1989
63.7	Lynn Degelmann	1987
63.82	Liz Ross	1985
64.93	Renee Pavelski	1993
65.27	Alice Wisener	2007
65.32	Kate Michel	2008
65.92	Katherine Zucaro	2001
66.51	Catherine Buckley	2009
66.56	Ashlyn Llerandi	2007
66.6	Jeanne McGuire	1985
67.0	Claire Blaney	1993
67.1	Marli Klar	1995
67.1	Meg McDermott	1998

### POLE VAULT

11' 8"	Ann Polcari	2008
11' 7"	Cassie Wong	2006
11'0"	Kerri Norton	2004
10' 6"	Elyse Norton	2004
10' 6"	Ashlyn Llerandi	2006
10' 6"	Kayla Polcari	2009
9' 9"	Evann Borgman	2003
9' 6"	Robin Lee	2008
9' 6"	Ramelle Brown	2008&09
9' 0"	Cait Fiocchi	2002
8' 6"	Meredith Harris	2000
8' 0"	Courtney O'Neill	2002
8' 0"	Evann Borgman	2002

### JAVELIN

135' 11"	Jaclyn Wypler	2006&07
128' 4"	Tammy Rayevich	1988
122' 10"	Emilie Chang	1993
118' 4"	Deanie Barth	1987
116;	Marci Capitani	1985
110'	Kim Slawek	1979
108' 6"	Amy Titus	1990
108' 6"	Claire Blaney	1991
105' 6"	Claudia O=Rourke	1981
103' 3"	Donna Schlicher	1988
103' 3"	Dana Lipson	1993

### DISCUS

123' 3"	Jess Sokolik	1997
118'11"	Tammy Rayevich	1988
117' 7"	Lisa Glidewell	1980
115' 6"	Janet Sauerman	1980
111' 3"	Megan Gonzalez	2009
107'11"	Alfreda Eldridge	1989
107' 1"	Jaclyn Wypler	2006
107'	Ellen Barkensush	1986
106' 9"	Alison Barbeau	1990
105' 6"	Courtney Moody	1984
103' 6"	Christina Grab	1996
103' 1"	Cathie Deyoe	1975

### SHOT PUT

38' 6 ¾ "	Lisa Glidewell	1980
36' 8"i	Tammy Rayevich	1988
36' 7"	Megan Gonzalez	2009
36' 2"	Shayna Brown	1997
35' 8 ¾ "	Alfreda Eldridge	1989
34'10"	Jess Sokolik	1996
34' 9"	Kristina Schwehm	2000
34' 0"	Jaclyn Wypler	2007
33' 9"	Kathleen Willett	2004
33' 4"	Jessica Berg	1980
33' 2"	Megan Gonzales	2008
32' 7"	Janet Sauerman	1980
32' 6 ½ "i	Ellen Barkenbush	1986

### HIGH JUMP

5' 9"	Becky Deetz	1975&76
5' 5"	Renee Pavelski	1992
5' 4"	Kathy Granata	1982
5'4"	Meg Anderson	2002
5' 3 ½ "	Beth Granata	1975
5' 2"	Mary Sayers	1974
5' 2"	Renee DuFlon	1975
5' 2"	Sharon Roeske	1981
5' 2"	Monica Richter	1982
5' 2"	Wendy Hawthorne	1984
5' 2"	Sheryl vander Schyff	1987
5' 2"	Jen Wrubel	1987
5' 2"	Jennifer McDermott	1988
5'2"	Corinne Hyslop	2001

### LONG JUMP

19' 4"	Jennifer McDermott	1989
17' 9"	Brooke Bogart	2005
17' 5"	Becky Deetz	1976
17' 5"	Cristina Law	2007
17' 0"	Cait Fiocchi	2002
16'9 ½ "	Tonia Clarke	1995
16' 9"	Shannon McGarrigle	1992
16' 9"	Alisa Vetter	2001
16' 7"	Helena Lamothe	1999
16'6 ½ "	Racquel Mair	1989
16' 6"	Kayla Polcari(?-LowPit)	2009
16' 5"	Kathy Granata	1983
16' 5"	Trish McGowan	2003
16'3 ½ "	Emilie Chang	1992
16' 3"	Jen Wrubel	1988
16' 3"	Marli Klar	1995

### TRIPLE JUMP

39'10 ½" i	JenniferMcDermott	1989
37' 8 ½"	Trish McGowan	2003
36' 3 ½ "	Kathy Granata	1983
36' 0"	Brooke Bogart	2007
35' 6 ½ "	Ana Law	1999
35' 4"	Helena Lamothe	1999
35' 3"	Cristina Law	2007
35' 2 ¼ "	Becky Deetz	1976
35' ¼ "	VanessaMcDermott	1995
34' 11 ½ "	Deecy Porro	1978
34'11 ½"	Alisa Vetter	2009&2001
34' 7 ¼ "	Tonia Clarke	1995
34' 5"	ShannonMcGarrigle	1994
34' 4 ½ "	Jen Wrubel	1988

All Marks reported in 1/10s are hand times.

All Marks reported in 1/100s are FAT.

\* - Mark made at English distance.

No conversions are made on this list.

When FAT and Hand times are listed, athlete ran both marks at different meets.

updated 6/09