

RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD

ALL TIME TOP TEN

100 METER DASH

12.23	Katherine Muccio	2019
12.42	Emily Barr	2008
12.1 (12.76)	Erica Cigolini	2007
12.3	Jennifer McDermott	1989
12.56	Alysia Spencer	2021
12.6	Ginny Figlar	1987
12.6	Lara-Jane Que	2005,06,&07
12.7	Marci Capitani	1984&5
12.7	Cait Fiocchi	2002
12.7	Micaela McPadden	2013
12.85	Moriah Jennings	2012
12.8	Judy Davis	1980

200 METER DASH

24.67	Katherine Muccio	2019
25.54(25.4)	Emily Barr	2008
25.3 (25.67)	Erica Cigolini	2007
25.4	Jennifer McDermott	1988
25.51	Alysia Spencer	2021
25.7	Ginny Figlar	1988
25.84	Olivia Grace	2021
26.02	Micaela McPadden	2012
26.1	Melissa Gilbert	1994
26.1	Lara-Jane Que	2005
26.2	Marci Capitani	1985
26.3	Kate Brunner	1995

400 METER DASH

56.1	Ginny Figlar	1988
57.31	Katherine Muccio	2018
57.7	Marci Capitani	1984
57.7	Micaela McPadden	2013
58.42i	Jennifer McDermott	1989
58.7	Judy Davis	1979
58.8	Melissa Gilbert	1994
58.9	Alice Wisener	2007
59.16 (59.0)	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
57.1	Micaela McPadden	2012
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
58.6	Victoria Oliva	2010
58.7	Charlotte Criqui	2010
58.8	Katherine Zucaro	2000
58.9	Mary Ellen Mileski	1983
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
2:17.08	Catherine Pagano	2012
2:17.0	Jean Hughes	1987
2:17.44	Hanako Shigenobu	2012
2:17.51	Cam Wennersten	2019
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
2:18.03	Sam Halvorsen	2016

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
4:55.52	Caroline Davidson	2011
4:59.3	Emily Terrin	2004
5:05.45	Emily Fishbein	2011
5:06.4	Colleen Wright	1981

1600 METER RUN

4:46.4	Margaret Scutro	1985
4:54.8*	Patti Mileski	1983
4:54.76	Catherine Pagano	2013
4:58.66	Cassie Keyes	2019
4:58.77	Sarah Policano	2021
5:01.2*	Mary Ellen Mileski	1980
5:02.0	Jenna Rogers	1994
5:02.39	AnnaMarie Tretola	2021
5:03.33	Sam Halvorsen	2016
5:03.4	Jean Hughes	1988
5:04.28	Clair Nowakowski	2001
5:04.91	Sam Halvorsen	2014

3000 METER RUN

9:52.73	Carleen Jeffers	2015
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

5000 METER RUN

16:58.19	Carleen Jeffers	2015
17:55.55	Sam Halvorsen	2014
19:48.03	Victoria Pan	2011

3200 METER RUN

10:29.97	Carleen Jeffers	2015
10:30.75	Sam Halvorsen	2016
10:33.9	Jenna Rogers	1994
10:34.5	Patti Mileski	1983
10:37.97	Cam Wennersten	2019
10:39.88	Catherine Pagano	2013
10:40.2	Margaret Scutro	1985
10:43.8	Jean Hughes	1988
10:46.4	Karen Cannon	1988
10:50.46	AnnaMarie Tretola	2021
10:52.36	Olympia Martin	2016
10:58.6	Norine D'Arcy	1987

100 METER HURDLES

14.4 (14.54) Lara-Jane Que	2007
14.55 Sarah DeVita	2010
14.95 Mia Martinez	2008
14.97 Katherine Muccio	2018
15.0 Sheryl van der Schyff	1988
15.10 Sara VandenAssem	2019
15.1 Cristina Law	2007
15.43 Victoria Purritano	2019
15.4 Faith Ninivaggi	1994
15.52 Hannah Brodsky	2021
15.6 Renee Pavelski	1992
15.6 Alice Wisener	2007
15.77 Katie McKeon	2014
15.7 Cassie Wong	2006

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
114' 11" Ciara Emmanuel	2019
114' 3" Sophia Sheehy	2017
110' Kim Slawek	1979
109' Fiona Cullen	2021
108' 6" Amy Titus	1990
108' 6" Claire Blaney	1991
108' 6" Katie McKeon	2015

HIGH JUMP

5' 9" Becky Deetz	1975&76
5' 5" Renee Pavelski	1992
5' 4" Kathy Granata	1982
5' 4" Meg Anderson	2002
5' 4" Elle Veenhof	2019
5' 3 1/2" Beth Granata	1975
12 at 5' 2":	
Mary Sayers, Renee DuFlon, Sharon Roeske, Monica Richter, Wendy Hawthorne, Sheryl vander Schyff, Jen Wrubel, Jennifer McDermott, Corinne Hyslop, Sarah DeVita, Sophie Montgomery, Liz Veenhof.	

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.

400 METER HURDLES

60.79 Katherine Muccio	2019
61.36 Micaela McPadden	2014
61.97 Cristina Law	2007
63.5 Lynne Collazo	1989
63.7 Lynn Degelmann	1987
63.82 Liz Ross	1985
63.95 Victoria Purritano	2019
64.36 Virginia Morley	2018
64.93 Renee Pavelski	1993
65.11 Kate Michel	2008
65.27 Alice Wisener	2007
65.92 Katherine Zucaro	2001
66.0 Hanako Shigenobu	2012

DISCUS

125' 9" Lexi Uzoara	2018
123' 3" Jess Sokolik	1997
118' 11" Tammy Rayevich	1988
117' 7" Lisa Glidewell	1980
115' 6" Janet Sauerma	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

LONG JUMP

19' 4" Jennifer McDermott	1989
17' 9" Brooke Bogart	2005
17' 5" Becky Deetz	1976
17' 5" Cristina Law	2007
17' 4.25" Sarah VandenAssem	2019
17' 0" Cait Fiocchi	2002
16' 11.5" Victoria Purritano	2018
16' 9 1/2" Tonia Clarke	1995
16' 9" Shannon McGarrigle	1992
16' 9" Alisa Vetter	2001
16' 8" Kerri Callaghan	2016
16' 7 1/2" Isabelle Park	2015
16' 7" Helena Lamothe	1999
16' 6 1/2" Racquel Mair	1989
16' 6 1/2" Katie McKeon	2014

POLE VAULT

12' 5 3/4" Kayla Polcari	2011
12' 0" Nicloe Lester	2018
11' 8" Ann Polcari	2008
11' 7" Cassie Wong	2006
11' 4" Mimi DeVita	2011
11' 0" Kerri Norton	2004
11' 0" Maxine Earl	2016
10' 6" Elyse Norton	2004
10' 6" Ashlyn Llerandi	2006
10' 6" Talia Hutchinson	2021
10' 0" Nicoletta Venizelos	2019
10' 0" Ellie Veenhof	2019

SHOT PUT

41' 6 3/4" Lexi Uzoara	2018
38' 6 3/4" Lisa Glidewell	1980
36' 8" i Tammy Rayevich	1988
36' 7" Megan Gonzalez	2009
36' 2" Shayna Brown	1997
35' 8 3/4" 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
32' 7" Janet Sauerma	1980
32' 7" Yoon Jang	2010

TRIPLE JUMP

39' 10 1/2" i Jennifer McDermott	1989
37' 8 1/2" Trish McGowan	2003
36' 3 1/2" Kathy Granata	1983
36' 0" Brooke Bogart	2007
35' 11.5" Sarah VandenAssem	2019
35' 6 1/2" Ana Law	1999
35' 4" Helena Lamothe	1999
35' 3" Cristina Law	2007
35' 2 1/4" Becky Deetz	1976
35' 1 1/2" Libby DeVita	2015
35' 1/4" Vanessa McDermott	1995
34' 11 1/2" Deecy Porro	1978
34' 11 1/2" Alisa Vetter	2001
34' 7 1/4" Tonia Clarke	1995
34' 6 1/2" Emily Flynn	2014
34' 5" Shannon McGarrigle	1994
34' 4 1/2" Jen Wrubel	1988

updated 7/2021