

**RANDOLPH GIRLS WINTER TRACK
Top Ten Performances
2014**

55 meters

Stephanie Neumann	1989	7.43
Tanya Smolin	1985	7.43
Betsy Braun	1986	7.53
Aimee Mehta	2012	7.54
Lynn Petrella	2011	7.55
Briana Feldhaus	2009	7.57
Jessica Shilakes	1989	7.58
Pari Hashemi	2003	7.62
Katrina Jackson	2011	7.64
Diana Sallo	1993	7.65

55 meter High Hurdles

Briana Feldhaus	2009	8.12
Samantha Kral	2013	8.44
Terri Gnatz	1984	8.54
Lisa Gnatz	1984	8.64
Alexi Capsouras	2004	8.65
Kara Scheideler	2010	8.66
Pari Hashemi	2005	8.75
Lisa Miller	1997	8.78
Justine Ameye	2008	8.90
Michelle Ying	1991	8.90

300 meters

Tanya Smolin	1985	41.67
Pari Hashemi	2004	41.85
Betsy Braun	1987	42.24+
Briana Feldhaus	2008	42.72
Dina Tobin	1983	42.74+
Stephanie Neumann	1990	42.94+
Sara Gabet	2007	43.44
Jessica Shilakes	1988	43.64+
Samaria Quaintance	1997	43.74
Michelle Zamor	1998	44.04

+ Converted 300yd (+5 sec)

400 meters

Pari Hashemi	2003	58.34
Tanya Smolin	1985	58.66
Betsy Braun	1986	58.72
Stephanie Neumann	1990	59.64
Terri Gnatz	1984	60.64
Samaria Quaintance	1996	60.84
Janice Smorra	1996	62.04
Jessica Shilakes	1989	62.14
Kimberly Standridge	2007	62.26
Briana Feldhaus	2008	62.27

600 meters

Kimberly Standridge	2006	1:36.82
Diane Hayes	1983	1:37.84+
Samaria Quaintance	1996	1:38.54
Terri Gnatz	1984	1:40.44+
Pari Hashemi	2005	1:41.00
Jennifer Barnes	1991	1:41.64+
Erin DeGuits	1986	1:41.74+
Catherine Christopher	2002	1:42.14
Joelle Amaral	2009	1:42.40
Betsy Braun	1986	1:42.64

+ Converted 600yd (+10 sec)

800 meters

Joelle Amaral	2011	2:14.47
Kimberly Standridge	2007	2:18.41
Liz Wellman	2013	2:20.35
Stephanie Snyder	1999	2:20.94
Tori Kiss	2008	2:24.50
Samantha Jones	2010	2:25.16
Rachael Lieberman	2011	2:25.24
Esther Wellman	2013	2:25.75
Maureen Hogan	1980	2:25.84
Sue Connaughton	1986	2:27.14

1000 meters

Joelle Amaral	2011	2:52.19
Liz Wellman	2013	3:02.12
Kimberly Standridge	2005	3:02.81
Stephanie Snyder	1999	3:03.64
Natalie Anthony	2010	3:05.50
Tori Kiss	2009	3:06.24
Samantha Jones	2010	3:08.02
Marianne Loeken	2011	3:08.99
Rachael Lieberman	2011	3:09.44
Catherine Christopher	2002	3:09.83

1600 meters

Joelle Amaral	2010	4:47.43+
Kimberly Standridge	2007	4:51.40+
Samantha Jones	2010	5:02.51
Stephanie Snyder	1999	5:03.44
Natalie Anthony	2010	5:08.38
Melissa Adams	1991	5:16.24+
Pam Hovliaras	1984	5:20.14+
Carole Harsch	2012	5:20.57
Suzie Hutchins	1994	5:20.64+
Catherine Christopher	2002	5:23.03

+ Converted Mile Time (-1.8 sec)

3200 meters

Samantha Jones	2011	10:45.28
Joelle Amaral	2010	10:53.50
Natalie Anthony	2009	11:10.14
Kimberly Standridge	2007	11:14.12
Carole Harsch	2013	11:20.72
Stephanie Snyder	1997	11:22.64
Pam Hovliaras	1983	11:37.04+
Becky Snelson	2011	11:41.32
Gina Willoughby	1987	11:52.54+
Danielle Stockdale	1998	12:01.54

+ Converted 2 Mile Time (-3.6 sec)

Shot Put

Rena Antanelis	1981	42-8
Lisbeth Lopez	2012	40-4 ½
Dana Walker	1991	39-11
Jennifer Simms	2003	39-1
Celeste Rucki	1986	37-10 ¼
Jody Arends	1998	37-4
Tricia Steffens	2000	35-5
Solveig Loeken	2012	35-1
Gabrielle Jackson	2001	34-6 ½
Dawn Walker	1994	34-5 ½

High Jump

Tanya Smolin	1985	6-0
Diane Hayes	1983	5-5
Nina Berry	1989	5-2
Rena Antanelis	1981	5-2
Wanda Golan	1983	5-2
Ada Yung	1992	5-2
Lauren Waters	1996	5-0 ½
Kara Scheideler	2011	5-0
Stephanie Neumann	1991	5-0
Jessica Shilakes	1986	4-10 ½

Pole Vault

Jessica Knerim	2010-11	11-6
Samantha Crook	2001	11-0
Kim Logoyda	2009	10-6
Sara Gabet	2007	9-0
Joelle Gabet	2007	8-6