

## Women's Track & Field Records

EVENT	MARK	NAME	YEAR	HIGH SCHOOL
100 Meters	11.84	Toni McDaniel	1996	Rialto Eisenhower
200 Meters	23.85	Sara Morton	1986	Irvine
400 Meters	56.51	Kelly Phillips	1997	Mission Viejo
800 Meters	2:14.2	Kathy Grayson	1990	Mission Viejo
1,500 Meters	4:48.4	Summer Gingrich	1994	Dana Hills
3,000 Meters	10:19.9	Deidre Vaughn	1987	
3,000 M SteepleChase	11:21.98	Kelley Breen	2010	San Clemente
<b>5,000 Meters</b>	<b>18:23.19</b>	<b>Evonna Ramirez</b>	<b>2011</b>	<b>Capistrano Valley</b>
10,000 Meters	38:54.00	Lisa DeFazio	1997	Foothill
100 Hurdles	14.06	Sara Morton	1986	Irvine
400 Hurdles	1:03.4h	Jennifer Owens	1990	San Clemente
Shot Put	50' 0 3/4"	Diana Clements	1983	San Clemente
Discus	157' 11"	Diana Clements	1983	San Clemente
<b>Hammer</b>	<b>169' 9"</b>	<b>Elizabeth Tepe</b>	<b>2011</b>	
Javelin	136' 0"	Dawn Leiran	1986	San Pedro
Long Jump	19' 6 1/4"	Sara Morton	1986	Irvine
High Jump	5' 6"	Larissa Rootstee	1989	
Triple Jump	40' 0"	Kristin Kulow	1989	
Pole Vault	11' 8"	Alissa Miller	2005	Laguna Hills
Heptathlon	4135	Heather Fenner	1990	
400 M Relay	48.06	Michelle Ponsetto, M. McGaughan, Dawn Leiran, Sara Morton	1986	
800 M Relay	1:51.6h	Nikki Kotey, Whitney Harrison, Chavon Salter, Jacqueline Tulisiak	2004	
1,600 M Relay	3:53.5h	Michelle Ponsetto, M. McGaughan, Dawn Leiran, Sara Morton	1986	
Distance Medley	13:21.9h	Katie Connoly, Shara Rojas, Tawny Anderson, Margaret Pridgen	2002	
Sprint Medley				
Updated through 5/21/11				