

## Gaicho Records

### 100 Meters

<b>1</b>	11.84	Toni McDaniel	1996
<b>2</b>	11.97	Sara Morton	1986
<b>3</b>	12.05	Toni McDaniel	1997
<b>4</b>	12.20	Jessica Gibbs	2006
<b>5</b>	12.20	Jessica Gibbs	2005
<b>6</b>	12.37	Whitney Harrison	2004
<b>7</b>	12.3h	Baylea Norman	2000
<b>8</b>	12.56	Baylea Norman	1999
<b>9</b>	12.58	Mirna Delgadillo	1994
<b>10</b>	12.60	Mirna Delgadillo	1995

### 200 Meters

<b>1</b>	23.85	Sara Morton	1986
<b>2</b>	24.80	Jessica Gibbs	2006
<b>3</b>	25.01	Sara Morton	1985
<b>4</b>	25.34	Baylea Norman	1999
<b>5</b>	25.44	Kelly Phillips	1997
<b>6</b>	25.50	Jessica Gibbs	2005
<b>7</b>	25.53	Whitney Harrison	2004
<b>8</b>	25.7h	Kelly Phillips	1996
<b>9</b>	25.8h	Toni McDaniel	1996
<b>10</b>	26.16	Toni McDaniel	1997

**400 Meters**

<b>1</b>	56.51	Kelly Phillips	1997
<b>2</b>	58.41	Ebony Kirby	2008
<b>3</b>	58.95	Kelly Phillips	1996
<b>4</b>	59.11	Shara Rojas	2002
<b>5</b>	59.21	Summar Gorak	1997
<b>6</b>	1:00.39	Mallory Whalen	2008
<b>7</b>	1:00.83	Courtney Leonard	1994
<b>8</b>	1:01.64	Summar Gorak	1996
<b>9</b>	1:02.15	Jessica Gibbs	2006
<b>10</b>	1:01.6h	Baylea Norman	2000

**800 Meters**

<b>1</b>	2:14.2h	Kathy Grayson	1990
<b>2</b>	2:17.70	Margaret Pridgen	2002
<b>3</b>	2:19.40	Summer Gingrich	1994
<b>4</b>	2:23.42	Aymee Robles	1994
<b>5</b>	2:25.29	Margaret Pridgen	2001
<b>6</b>	2:26.62	Tiana Fenske	1995
<b>7</b>	2:26.6h	Stephanie Ashman	1993
<b>8</b>	2:26.6h	Tiana Fenske	1996
<b>9</b>	2:27.01	Sheaya Rojas	2001
<b>10</b>	2:28.97	Jami Bickley	1994

**1,500 Meters**

<b>1</b>	4:48.44	Summer Gingrich	1994
<b>2</b>	4:48.7h	Deidre Vaughn	1987
<b>3</b>	4:49.00	Ayme Robles	1994
<b>4</b>	4:50.53	Margaret Pridgen	2002
<b>5</b>	4:57.51	Margaret Pridgen	2001
<b>6</b>	4:59.18	Ines Flores	2008
<b>7</b>	5:08.1h	Kindra Glavin	1999
<b>8</b>	5:09.08	Ligaya Lange	2004
<b>9</b>	5:09.32	Sheaya Rojas	2001
<b>10</b>	5:09.4h	Jami Bickley	1994

**3,000 Meters**

<b>1</b>	10:19.9h	Deidre Vaughn	1987
<b>2</b>	10:40.0h	Patience Unger	1983
<b>3</b>	10:58.51	Ines Flores	2008
<b>4</b>	11:08.0h	Gina DeFazio	1997
<b>5</b>	11:09.0h	Lisa DeFazio	1997
<b>6</b>	11:09.7h	Margaret Pridgen	2002
<b>7</b>	11:20.0h	Tiana Fenske	1995

<b>8</b>	11:21.0h	Ligaya Lange	2004
<b>9</b>	11:24.28	Donna Proia	1994
<b>10</b>	11:24.88	Aymee Robles	1994

**3,000 Steeplechase**

<b>1</b>	11:45.46	Ligaya Lange	2003
<b>2</b>	11:54.85	Ligaya Lange	2004
<b>3</b>	13:27.17	Nicole Scott-Grijalva	2006
<b>4</b>	14:55.1h	Alexis Copp	2006
<b>5</b>			

**5,000 Meters**

<b>1</b>	18:35.0h	Kathy Honeywell	1991
<b>2</b>	18:41.37	Ines Flores	2008
<b>3</b>	19:06.21	Gina DeFazio	1997
<b>4</b>	19:08.86	Sonja Hildebrand	1992
<b>5</b>	19:18.8h	Jordi Manley	1996
<b>6</b>	19:26.01	Lisa DeFazio	1997
<b>7</b>	19:41.91	Ligaya Lange	2003
<b>8</b>	19:48.65	Ligaya Lange	2004
<b>9</b>	20:27.87	Alison Williams	2006
<b>10</b>	20:36.00	Kristen Koenig	1996

**10,000 Meters**

<b>1</b>	38:54.00	Lisa DeFazio	1997
<b>2</b>	39:13.0h	Ines Flores	2008
<b>3</b>	39:36.0h	Kristen Koenig	1996
<b>4</b>	42:47.8h	Marta Vallier	2003
<b>5</b>	43:51.22	Fabiola Policarpo	2008

**100 Hurdles**

<b>1</b>	14.06	Sara Morton	1986
<b>2</b>	14.38	Sara Morton	1985
<b>3</b>	15.43	Michelle Stevens	1988
<b>4</b>	15.98	Michelle Beauford	2006
<b>5</b>	16.66	Toni McDaniel	1996
<b>6</b>	16.80	Toni McDaniel	1997
<b>7</b>	16.80	Sue Rodrigues	2008
<b>8</b>	16.7h	Ashley Vogt	2002
<b>9</b>	16.9h	Katie Rauschl	2007
<b>10</b>	17.21	Andrea Iliescu	1997

**400 Hurdles**

<b>1</b>	1:03.4h	Jennifer Owens	1990
<b>2</b>	1:05.90	Courtney Leonard	1994
<b>3</b>	1:07.33	Michelle Stevens	1988
<b>4</b>	1:07.56	Courtney Leonard	1995
<b>5</b>	1:07.98	Tina Loney	2003
<b>6</b>	1:08.11	Sue Rodrigues	2008
<b>7</b>	1:10.53	Michelle Beauford	2006
<b>8</b>	1:11.01	Hannah Jorgensen	2003
<b>9</b>	1:12.42	Kerri Leary	1994
<b>10</b>	1:12.71	Alexis Copp	2007

**Shot Put**

<b>1</b>	50-0.75	Diana Clements	1983
<b>2</b>	40-02	Kristy Dominguez	2004
<b>3</b>	38-3.5	Kellyann Wilson	1988
<b>4</b>	37-4.5	Kristy Dominguez	2002
<b>5</b>	37-2.25	Kelly Lynn	2000
<b>6</b>	36-11	Andrea Iliescu	1997
<b>7</b>	36-10	Samantha Grant	2004
<b>8</b>	36-6.75	Dayna MacKenzie	1994
<b>9</b>	36-05	Kim Reese	2000
<b>10</b>	35-06	Litia Makakaufaki	2002

**Discus**

<b>1</b>	157-11	Diana Clements	1983
<b>2</b>	134-05	Samantha Grant	2004
<b>3</b>	133-04	Kellyann Wilson	1988
<b>4</b>	129-01	Marlena Godbolt	1997
<b>5</b>	128-07	Janine Tribolet	1983
<b>6</b>	122-06	Debra Weise	1990
<b>7</b>	122-04	Kim Reese	2000
<b>8</b>	119-06	Kristy Dominguez	2002
<b>9</b>	119-01	Dayna MacKenzie	1994
<b>10</b>	117-03	Kim Reese	2001

**Hammer**

<b>1</b>	122-7	Natalie Heer	1996
<b>2</b>	96-2	Britt Gorrall	2008
<b>3</b>	84-5	Samantha Grant	2004

**Javelin**

<b>1</b>	136-00	Dawn Leiran	1986
<b>2</b>	129-06	Diana Clements	1983
<b>3</b>	128-05	Stacy Meso	1994
<b>4</b>	127-00	Lily Varner	1988
<b>5</b>	120-10	Dejuanna Anderson	1991
<b>6</b>	103-06	Katie Rauschl	2007
<b>7</b>	100-08	Julie Newman	2001

**Long Jump**

<b>1</b>	19-6.25	Sara Morton	1986
<b>2</b>	19-3.75	Yolanda Hughes	1983
<b>3</b>	18-2	Nikki Kotey	2004
<b>4</b>	17-11	Denina Speights	2006
<b>5</b>	17-5.25	Denina Speights	2005
<b>6</b>	17-2	Nikki Kotey	2003
<b>7</b>	17-0	Toni McDaniel	1996
<b>8</b>	16-8	Jessica Gibbs	2005
<b>9</b>	16-7.5	Kristen Kulow	1988
<b>10</b>	16-6	Chavon Salter	2004

**High Jump**

<b>1</b>	5-6	Larissa Rootstee	1989
<b>2</b>	5-4	Susan Paine	1986
<b>3</b>	5-3	Aubrey Michi	2008
<b>4</b>	5-2	Amy Willard	1995
<b>5</b>	5-2	Denina Speights	2005
<b>6</b>	5-2	Denina Speights	2006
<b>7</b>	5-0	Amy Willard	1996
<b>8</b>	5-0	Katie Willard	1999
<b>9</b>	5-0	Ivan Gruban	1999
<b>10</b>	5-0	Jacqueline Tulisiak	2004
<b>11</b>	5-0	Hasti Zand	2005
<b>12</b>	5-0	Hasti Zand	2006

**Triple Jump**

<b>1</b>	40-0	Kristin Kulow	1989
<b>2</b>	36-5	Nikki Kotey	2004
<b>3</b>	36-4.75	Kristin Kulow	1988
<b>4</b>	35-9.75	Nikki Kotey	2003
<b>5</b>	35-6.25	Denina Speights	2005
<b>6</b>	35-4	Chavon Salter	2004
<b>7</b>	34-7.25	Sue Rodrigues	2008
<b>8</b>	34-4	Denina Speights	2006
<b>9</b>	33-11	Ashley Vogt	2002
<b>10</b>	32-5	Elaine Iba	2002

**Pole Vault**

<b>1</b>	11-8	Alissa Miller	2005
<b>2</b>	11-0	Alissa Miller	2003
<b>3</b>	11-0	Rachel Tears	2008
<b>4</b>	10-10	Jessica Torres	2007
<b>5</b>	9-6	Ashley Copp	2004
<b>6</b>	9-6	Monica Trujillo	2004
<b>7</b>	9-0	Jennie Nolan	2001
<b>8</b>	9-0	Monica Trujillo	2003

**Heptathlon**

<b>1</b>	4135	Heather Fenner	1990
<b>2</b>	3692	Courtney Leonard	1995
<b>3</b>	3606	Katie Rauschl	2007
<b>4</b>	3426	Dawn Leiran	1985

**400 M Relay**

<b>1</b>	48.06	Michelle Ponsetto, M. McGaughan, Dawn Leiran, Sara Morton	1986
<b>2</b>	48.31	Toni McDaniel, Summar Gorak, Carrie Sather, Kelly Phillips	1997
<b>3</b>	48.72	Toni McDaniel, Summar Gorak, Jaime Greiner, Kelly Phillips	1996
<b>4</b>	49.59	Michelle Beauford, Jessica Gibbs, Denina Speights, Kathryn Wilcox	2006
<b>5</b>	51.0h	Mirna Delgadillo, Courtney Leonard, Stacy Meso, Debora Horon	1994
<b>6</b>	51.75	Nikki Kotey, Whitney Harrison, Chavon Salter, Krystle Monroe	2004
<b>7</b>	51.82	Ebony Kirby, Mallory Whalen, Sue Rodrigues, Rachel Tears	2008
<b>8</b>	51.83	n/a	1999
<b>9</b>	51.87	Jessica Gibbs, Denina Speights, Ursula Ramos-Gonzalez, Carly Hall	2005
<b>10</b>	52.60	Shara Rojas, Elaine Iba, Ashley Evins, Katie Connoly	2002

**1,600 M Relay**

<b>1</b>	3:53.5h	Michelle Ponsetto, M. McGaughan, Dawn Leiran, Sara Morton	1986
<b>2</b>	4:02.17	Kelly Phillips, Toni McDaniel, Jaime Greiner, Summar Gorak	1996
<b>3</b>	4:08.50	Mirna Delgadillo, Courtney Leonard, Stacy Meso, Debora Horon	1994
<b>4</b>	4:10.34	Michelle Beauford, Jessica Gibbs, Denina Speights, Kathryn Wilcox	2006
<b>5</b>	4:12.97	Mallory Whalen, Sue Rodrigues, Aubrey Michi, Ebony Kirby	2008
<b>6</b>	4:13.74	Shara Rojas, Katie Connoly, Ashley Evins, Margaret Pridgen	2002
<b>7</b>	4:14.11	Marcia Noble, Kelly Philips, Carrie Sather, Summar Gorak	1997
<b>8</b>	4:14.19	Mallory Whalen, Sue Rodrigues, Ines Flores, Ebony Kirby	2008
<b>9</b>	4:14.45	Taryn D'Agostino, Margaret Pridgen, Sheaya Rojas, Jennie Nolan	2001
<b>10</b>	4:17.79	Ebony Kirby, Mallory Whalen, Ines Flores, Sue Rodrigues	2008

**800 M Relay**

		Nikki Kotey, Whitney Harrison, Chavon Salter,	
<b>1</b>	1:51.6h	Jacqueline Tulisiak	2004
<b>2</b>			

**Distance Medley**

		Katie Connoly, Shara Rojas, Tawny Anderson,	
<b>1</b>	13:21.9h	Margaret Pridgen	2002
		Fabiola Policarpo, Mallory Whalen, Ebony	
<b>2</b>	13:45.8h	Kirby, Ines Flores	2008
		Meg Allen, Jacqueline Tulisiak, Holly McKay,	
<b>3</b>	14:07.0h	Ligaya Lange	2004

**Sprint Medley**

- 1**
- 2**