

Women's South Forsyth Track & Field Records

<u>Event</u>	<u>Time</u>	<u>Women</u>	<u>Year</u>
100m	12.29	Karen Huynh	2019
200m	25.00	Louise Tocays	2018
400m	59.10	Katherine Gibson	2010
800m	2:16.49	Allie Schaich	2007
1600m	4:50.95	Savannah Carnahan	2016
3200m	10:27.35	Savannah Carnahan	2016
100mH	15.39	Jenna Albert	2007
300mH	47.09	Marlyce Stein	2003
High Jump	5' 4"	Heather Collier	2006
Long Jump	17' 8"	Paloma Jaramillo-Henderson	2018
Triple Jump	35' 3"	Marlyce Stein	2004
Pole Vault	12'0"	Riley Jones	2021
Discus	114' 9"	Leanne Brooks	2008
Shot Put	34' 8"	Brooklynn Simmons	2015
4x100m Relay	48.94	Louise Tocays, Reese Hammond, Deedee Cudjoe, Paloma Jaramillo-Henderson	2018
4x400m Relay	4:01.66	Heather Collier, Melissa Royer, Stephanie Storms, Lara Gaspar	2006
<i>400mH</i>	-	-	-
<i>1500m*</i>	5:01.09	Savannah Carnahan	2016
<i>1 mile</i>	5:05.58	Savannah Carnahan	2016
<i>3000m*</i>	10:42.39	Jennifer Barbi	2007
<i>2 mile</i>	11:09.04	Madelynne Cadeau	2019
<i>2k Steeple Chase</i>	7:42.36	Savannah Carnahan	2016
<i>Hammer Throw</i>	-	-	-
<i>Throwers 4x100m Relay</i>	1:03.02	?	
<i>4x200m Relay*</i>	1:53.45	Daixis Carvalho, Riley Jones, Ashley Chu, Karen Huynh	2019
<i>SHR</i>	1:12.16	?	2013
<i>4x800m Relay*</i>	9:26.36	Savannah Carnahan, Kaylee DuPont, Milicent Bergey, Emma Maisel	2015
<i>4x1600m Relay</i>	20:37.54	Milicent Bergey, Kaylee DuPont, Aleesa deCastro, Caroline Patterson	2016
<i>800 SMR</i>	1:51.50	Paloma Jaramillo-Henderson, Louise Tocays, Deedee Cudjoe, Sophia Baker	2018
<i>1600 SMR</i>	4:33.03	Emma Maisel, Darice Cudjoe, Cassidy Dowd, Maya Geter	2015
<i>4000 DMR</i>	12:25.85	Aleesa deCastro, Reese Hammond, Sophia Baker, Madelynne Cadeau	2019

Key

GHSA Sanctioned Event

Non-GHSA Sanctioned Event

* USATF or NF Distance