

Girls Outdoor

Event	Mark	Athlete	Team	Meet	Location	Date
100m	12.12	Alexa Monti	East Greenwich	(1/-04) State Champs	Brown University Stadium, Providence RI	6/7/2008
200m	24.83	Konique Ballah	Wheeler School, Providence	Providence; (4s4/+1.3) USATF Junior Champs	Mumford Stadium, Baton Rouge, LA	6/24/1997
400m	56.20	Leah Grant	Hope, Providence	State Champs	Brown University Stadium, Providence RI	6/5/1999
800m	2:09.72	Samantha Gawrych	Westerly	(6) Nike Outdoor Nationals	Beck Track, North Carolina A&T Univ., Greensboro, NC	6/18/2005
1500m	4:28.54	Samantha Gawrych	Westerly	State Champs	Brown University Stadium, Providence RI	6/5/2004
Mile	4:55.06	Laura Turner	Portsmouth	(5) National Scholastic Outdoor Champs	Paul Derr Track @ NCSU, Raleigh, NC	6/20/1998
3000m	9:57.18	Laura Turner	Portsmouth	State Champs	Brown University Stadium, Providence RI	6/6/1998
2 mile	10:30.42	Laura Turner	Portsmouth	(5) National Scholastic Outdoor Champs	Paul Derr Track @ NCSU, Raleigh, NC	6/19/1998
5000m	18:01.07	Erin Lagasse	West, Cranston	(5) Nike Outdoor Nationals	Beck Track, North Carolina A&T Univ., Greensboro, NC	3/16/2006
100mH (33")	14.68	Mary Serdakowski	Chariho	Wood River Junction; (-1.5) New England Champs	Martin Track, South Portland, ME	6/10/2000
300mH (33")	44.66	Emily Barrett	LaSalle Acadamy, Providence	(3) New England Champs	Hill Stadium, Thornton Adadamy, Saco, ME	6/14/2008
400mH (33")	1:03.16	Emily Barrett	LaSalle Acadamy, Providence	(1S1) Nike Outdoor Nationals	Beck Track, North Carolina A&T Univ., Greensboro, NC	6/21/2008

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4x100m Relay	47.60	Lakisha DaCruz, Jazmine Marrow, Royal Cheatham, Angie Quiah	Hope, Providence	State Champs	Brown University Stadium, Providence RI	6/6/2009
4x200m Relay	1:42.95	Angie Quiah, Royal Cheatham, Lakisha DaCruz, Mariah Sherrill	Hope, Providence	(3S2) Nike Outdoor Nationals	Beck Track, North Carolina A&T Univ., Greensboro, NC	6/19/2009
4x400m Relay	3:53.73	Tiffany Harris 60.7, Katie Lima 58.6, Samantha Gawrych 57.6, Amber Price 56.8	Westerly	New England Champs	Veterans' Stadium, Willowbrook Park, New Britain, CT	6/14/2003
4x800m Relay	9:12.66	Emily Doucette 2:19.6, MacKenzie Ferreria 2:21.8, Tori Lima 2:24.2, Samantha Gawrych 2:07.0	Westerly	Hardford Invitational Meet	Veterans' Stadium, Willowbrook Park, New Britain, CT	5/13/2006
Sprint Medley (@ 800m)	1:48.60	100m/Rachel Mason, 100m/Alyssa Ebright, 200m/Amy LaPere, 400m/Samantha Gawrych 56.5	Westerly	(7) Nike Outdoor Nationals	Beck Track, North Carolina A&T Univ., Greensboro, NC	6/18/2005
Sprint Medley (@ 1600m)	4:00.40	200m/Lilly Kessinger 26.8, 200m/Alyssa Limperis 26.3, 400m/Lauren Cardarelli 56.9, 800m/Jeanne Mack 2:10.40	LaSalle Academy, Providence	(4) Nike Outdoor Nationals	Beck Track, North Carolina A&T Univ., Greensboro, NC	6/15/2007
Distance Medley (@ 4000M)	12:02.15	1200m/Jean Christensen 3:45.1, 400m/Lauren Cardarelli 59.7, 800m/Nicole Cocozza 2:18.9, 1600m/Jeanne Mack 4:58.5	LaSalle Academy, Providence	(5) Penn Relays	Franklin Field, Philadelphia, PA	4/26/2007
High Jump	1.755m (5'9")	Christine Engert	Cumberland	Unknown	Unknown	6/5/1905
Pole Vault	3.58m (11'9")	Jenna Poggi	Moses Brown, Providence	Eric Loeschner Memorial Meet	Fitchburg State College, Fitchburg, MA	4/18/2009
Long Jump	5.85m (19'2.5")	Pam Hughes	Hope, Providence	New England Champs	Boston College Stadium, Chesnut Hill, MA	6/8/1985
Triple Jump	12.09m (39'8.25")	Micky Jusme	Classical, Providence	(1/-0.2) State Champs	Brown University Stadium, Providence RI	6/7/2008
Shot (4kg)	13.665m (44'10")	Emily Carlsten	Veterans Memorial, Warwick	Performance II Meet	Veterans Memorial HS, Warwick, RI	5/25/1996

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Discus	41.08m (134'9")	Wadudah Nural-Islam	Hope, Providence	State Champs	Brown University Stadium, Providence RI	6/6/1998
Hammer	57.89m (189'3")	Kate Johnston	Veterans Memorial, Warwick	Boemker Performance Meet	Veterans Memorial HS, Warwick, RI	5/26/2001
Javelin (O)	51.30m (168'4")	Emily Carlsten	Veterans Memorial, Warwick	National Scholastic Champs	Paul Derr Track @ NCSU, Raleigh, NC	6/14/1996
Javelin (N)	44.22m (145'1")	Leigh Petranoff	West, Cranston	Glenn D. Lockus Gzames	HS Stadium, White Plains, NY	5/12/2007
Heptathlon	3920 pts.	Tammy Curtis	South Kingstown, Wakefield	(7) National Junior Olympics Champs	U-Florida, Gainesville, FL	7/27/1994