

# RHODE ISLAND STATE HIGH SCHOOL "ALL-TIME" TRACK and FIELD RECORDS - GIRLS' INDOOR

|                               |                  |   |                |
|-------------------------------|------------------|---|----------------|
| 45m [=49.21y]                 | 6.23             | LANIECE LEACH, East Providence; State Champs, Mackal Fieldhouse, University of Rhode Island, Kingston, RI   | 18Feb96        |
| 50y [=45.72m]                 | 6.2              | TEESHA LAMBERT, Hope, Providence; State Champs, Howe-Waughtel Fieldhouse, Moses Brown, Providence, RI   | 14Feb91        |
|                               |                  | LIZ HUGHES, St. Mary's-Bay View, East Providence; Sullivan Div.Champs, Howe-Waughtel Fieldhouse, Moses Brown, RI  | 6Feb92         |
|                               |                  | LAMBERT; State Champs, Howe-Waughtel Fieldhouse, Moses Brown, Providence, RI  | 13Feb92        |
| 55m                           | 7.09             | QUASHIRA McINTOSH, Hope, Providence; (2) Yale Interscholastic Classic, Coxé Cage, Yale Univ., New Haven, CT   | 17Jan15        |
| 60m                           | 7.65             | McINTOSH; (1h2) "EE" @ New Balance Nationals, Armory Track & Field Center, Manhattan, NY  | 14Mar14        |
| 200m                          | 24.07            | McINTOSH; (1h3) New Balance Nationals, Armory Track & Field Center, Manhattan, NY   | 14Mar15        |
| 300y                          | 37.1             | KRYSTEN ADDISON, St. Raphael, Pawtucket; State Champs, Howe-Waughtel Fieldhouse, Moses Brown, Providence., RI   | 14Feb91        |
| <b>300m</b>                   | <b>38.86</b>     | <b>MAY STERN, Classical, Providence; (3S2) Armory Track Invitational, Armory Track &amp; Field Center, Manhattan, NY</b>  | <b>6Feb16</b>  |
| <b>400m</b>                   | <b>55.41</b>     | <b>STERN; Ocean Breeze Invitational, Ocean Breeze Track/Field Facility, Staten Island, NY</b>   | <b>31Jan16</b> |
| 500m                          | 1:15.87          | KONIQUE BALLAH; Wheeler School; Brown Invitational, Olney-Margolies Athletic Center, Brown Univ, Providence, RI   | 30Dec97        |
| 600y                          | 1:27.3           | ADDISON; (3) Girls' Eastern States Champs, Gordon Track, Harvard University, Allston, MA  | 2Mar91         |
| 600m                          | 1:30.87          | SAMANTHA GAWRYCH, Westerly, New England HS Champs, Reggie Lewis Center, Roxbury Crossing, MA  | 3Mer06         |
| 800m                          | 2:06.67          | MADDY BERKSON, Classical, Providence; (3) New Balance Indoor Nationals, Armory Track/ Field Center, Manhattan, NY   | 10Mar13        |
| 1,000y                        | 2:41.35          | MICHAELLA ROONEY, East Greenwich; (2) Girls Eastern States Champs, Gordon Track, Harvard University, Allston, MA  | 5Mar94         |
| 1,000m                        | 2:47.66          | GAWRYCH; State Champs, Mackal Fieldhouse, University of Rhode Island, Kingston, RI  | 19Feb06        |
| 1,500m                        | 4:34.30          | ELIZA REGO, LaSalle, Providence; Headley "Last Chance" Qualifier Meet, PCTA Athletic Facility, Providence, RI   | 10Feb15        |
| Mile                          | 4:50.11          | BERKSON; Eastern States Champs, Armory Track & Field Center, Manhattan, NY  | 24Feb14        |
| One Mile Steeplechase         | 5:48.93          | JULIANNA PORTELLI, Barrington; (7) New Balance Games, Armory Track & Field Center, Manhattan, NY  | 25Jan14        |
| 3,000m                        | 9:47.35          | BERKSON; (3) Yale Interscholastic Classic, Coxé Cage, Yale University, New Haven, CT  | 18Jan14        |
| <b>Two Miles [3,200m]</b>     | <b>10:33.01y</b> | <b>REGO (12) New Balance Nationals, Armory Track &amp; Field Center, Manhattan, NY</b>  | <b>13Mar16</b> |
| 45mH                          | 7.01             | MARY SERDAKOWSKI, Chariho, Wood River Junction; State Champs, Mackal Fieldhouse, U -Rhode Island, Kingston, RI  | 17Feb02        |
| 55mH                          | 8.21             | SERDAKOWSKI; New England HS Champs, Reggie Lewis Center, Roxbury Crossing, MA   | 1Mar02         |
| 60mH                          | 8.90             | SERDAKOWSKI; (1h3) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY   | 9Mar02         |
| 4x200m Relay                  | <b>1:40.71</b>   | HOPE, Providence;; (1h1) New Balance Nationals, Armory Track & Field Center, Manhattan, NY<br>(Royal Cheatham 24.7 - Shyneice Sanders 25.5 - Jarnae Royster 25.4 - Quashira McIntosh 25.1)                                    | 10Mar12        |
| 4x220y                        | 1:46.47          | HOPE, Providence; New England HS Champs, Gordon Track, Harvard University, Allston, MA [= 1 :45.86 @ 4x200m]  | 7Mar98         |
| 4x400m                        | 3:56.36          | LaSALLE ACADEMY, Providence; (2h4) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY<br>(Emily Barrett 58.5 - Lily Kessinger 59.3 - Alyssa Limperis 61.1 - Lauren Cardarelli 57.4)                       | 14Mar08        |
| 4x800m                        | 9:02.84          | LaSALLE ACADEMY, Providence; (2) New Balance Nationals, Armory Track & Field Center, Manhattan, NY<br>(Madison Meehan 2:17.2 - Caitlin Marino 2:19.2 - McKenzie Meehan 2:15.3 - Molly Keating 2:11.2).                        | 10Mar12        |
| <b>4xOne Mile</b>             | <b>20:11.70</b>  | <b>LaSALLE ACADEMY, Providence; New Balance Nationals, Armory Track/Field Center, Manhattan, NY (#5 US HS)</b><br><b>(Karina Tavares 5:02.9 - Grace Connolly 5:12.9 - Emily Kane 5:03.3 - Eliza Rego 4:52.6)</b>              | <b>12Mar16</b> |
| 1,600m Medley                 | 4:00.84          | WESTERLY; (4) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY<br>(Amy Lapere 200/26.3 - Alyssa Ebright 200/27.0 - Katie Lima 400/61.0 - Samantha Gawrych 800/2:06.5)                                   | 11Mar05        |
| Distance Medley<br>(@ 4,000m) | 11:52.95         | LaSALLE ACADEMY, Providence; (3) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY<br>(Jean Christensen 1200/3:38.7 - Lauren Cardarelli 400/58.9 - Nicola Coccozza 800/2:20.7 - Jeanne Mack 1600/4:54.6) | 9Mar07         |
| High Jump                     | 1.78             | 5-10 DAKOTA DAILEY-HARRIS, LaSalle Academy, Providence; State Champs, PCTA Athletic Facility, Providence, RI  | 18Feb12        |
| Pole Vault                    | 3.66             | 12-0 JENNA POGGI, Moses Brown, Providence; (11) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY  | 13Mar09        |
| Long Jump                     | 5.875            | 19-3.25 PAM HUGHES, Hope, Providence; National Scholastic Champs, Jadwin Gym, Princeton University, Princeton, NJ   | 17Mar85        |
| Triple Jump                   | 11.90            | 39-0.5 KAYLNN PITTS, Woonsocket; East Coast Invitational, PCTA Athletic Facility, Providence, RI  | 14Jan12        |
| Shot Put                      | 14.11            | 46-3.75 VICTORIA FLOWERS, Classical, Providence; State Champs, Mackal Field House, University of Rhode Island, Kingston, RI   | 17Feb08        |
| 20-lb Wt                      | 18.945           | 62-2 VICTORIA FLOWERS, Classical, Providence; New England Weight Throw Meet, Central HS Gym, Providence, RI   | 3Mar08         |
| Pentathlon                    | 2997 points      | SHAYNA DAUGHERTY, Lincoln; (10) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY<br>(60mH/9.69=771 pts; HJ/5-1.75=701; SP/25-3.25=380; LJ/14-8.75=426; 800m/2:27.95=719)                                | 11Mar06        |

These "ALL-TIME" Rhode Island High School Records [not RIIJ] are believed to be the best performances ever by Rhode Island secondary school students. It details in order: event, record, record-holder's name, their school and location; placing in the event (a numerical indication appears only when significant or if not a winning performance), meet, site/location and date. In relays, the running order by name, and splits (if available).

Criteria and guidelines established by TRACK & FIELD NEWS for their "National High School Records" are utilized. **Meaning that any Rhode Island secondary school students...public, private, parochial-- up through 12th grade!...competing in a recognized event in any scheduled meet can, under authorized conditions, establish an "ALL-TIME" Rhode Island Record. Membership on, or participation with, the school team is not a prerequisite for the acceptance of an athlete's performance...they need only be a bona fide secondary school student.** Also, June graduates [along with all undergrads] remain eligible until August 31!

**AUTOMATIC-TIMING...AUTO-TIMES..."AT"...** Achieved only by an electronic photo-time device or system (FinishLynx, Omega, Accu-Track, etc.) that was started automatically by firing of the starter's gun, and the finish and time(s) were simultaneously recorded photographically, either by TV, movie, or "strip" cameras, and that they "pick" each participant's place and time ultra-accurately in hundredths of a second. Times recorded in hundredths of a second MUST be Automatic Times, and a manual time may NOT be recorded if an Auto-Time exists for the same race. The "Auto-Time" records listed above are the best our research has located. If any "Auto-Time" record is "superior" to the best "handtime" in a particular event;...then ONLY the "Auto-Time" record will be listed. (e.g., # = 6.23 is "superior" to 6.0 hand-time)

To address the significant variance in response time between the "speed-of-light" reaction of the electronic-timing systems and "human" reaction to the start (gun flash) and finish, a "standard differential" has been adopted [for conversion purposes] between hand (manual) and AUTO-TIMING, as follows:

0.24 - is "added" to hand-times for sprints/hurdles/300 Indoors (where starter is NOT proximate to finish-line and "hand" timers)

0.14 - is "added" to hand-times for the 200/400 Indoors (where starter is adjacent to finish-line and "hand" timers)

**In all events over 400m, either Outdoors or Indoors, the "AT" standard differential is no longer a factor.**

All Field Events will carry both the metric mark...converted, when necessary...as well as the feet/inches measurement.

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