

South High School - Track Field
Girl's Top 10 Performers (1989 - 2026)

100m

Henry, Alexis	2014	11	11.9
Yang, Peggy	2006	11	12.2
Harris, Holly	1996	12	12.2
Reynolds, Jenelle	2011	11	12.48
Bowden, Lauren	2015	12	12.5
Jackson, Andrece	2024	12	12.57
Adams, Naomi	2025	10	12.63
Charlie, Jasmine	2002	9	12.68
Canister, Jordyn	2023	12	12.68
Mayo, Tamekia	2009	11	12.6

All-Time School Record:

Henry, Alexis	2014	11	11.9
Henry, Alexis	2014	11	12.03

200m

Henry, Alexis	2014	11	25.0
Reynolds, Jenelle	2011	11	25.58
Yang, Peggy	2006	11	25.67
Harris, Holly	1996	12	25.7
<u>Adams, Naomi</u>	<u>2026</u>	<u>11</u>	<u>25.89</u>
Glinsky, Maren	2024	11	25.91
Mayo, Tamekia	2009	11	26.05
Jackson, Andrece	2024	12	26.19
Langston, Rylance	2025	10	26.22
Deierling, Kaylee	2025	12	26.24

All-Time School Record:

Henry, Alexis	2014	11	25.0
Henry, Alexis	2014	11	25.10

400m

Glinsky, Maren	2024	11	57.9*
Henry, Alexis	2014	11	58.3*
Mummery, Maddi	2022	9	58.46
Deierling, Kaylee	2025	12	58.51
<u>Adams, Naomi</u>	<u>2026</u>	<u>11</u>	<u>58.88</u>
Harris, Holly	1995	11	58.8*
Shelton, Deja	2006	11	59.2*
Wharton, Kayc	2008	12	59.2*
Langston, Rylance	2025	10	59.8*
Lent, Gretchen	1992	11	1:00.1*

All-Time School Record:

Glinsky, Maren	2024	11	57.9*
Glinsky, Maren	2024	11	58.47

800m

Gomaa, Rania	2018	9	2:11.79
Esponda, Chloe	2023	11	2:12.68
Flack, McCaul	1999	10	2:16.67
Salinas, Alex	2006	12	2:18.14
Ferrara, Simone	1993	10	2:18.67
Beaudoin, Taylor	2013	9	2:19.6*
Coscia, Kimberly	2013	10	2:20.5*
Atkinson, Jenny	1996	10	2:21.69
Horton, Grace	2013	9	2:22.02
Peterson, Jenelle	2007	12	2:23.46

All-Time School Record:

Gomaa, Rania	2018	9	2:11.79
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1600m

Coscia, Kimberly	2013	10	4:55.80
Esponda, Chloe	2024	12	4:57.70
Beaudoin, Taylor	2013	9	5:05.03
Beaudoin, Nicole	2013	9	5:05.80
Salinas, Alexand	2006	12	5:09.86
Ferrara, Simone	1995	12	5:10.63
Gomaa, Rania	2018	9	5:14.42
Kira, Karissa	2022	9	5:16.06
DeBiasio, Erica	2010	10	5:16.24
Atkinson, Jenny	1996	10	5:16.49

All-Time School Record:

Coscia, Kimberly	2013	10	4:55.80
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3200m

Coscia, Kimberly	2014	11	10:18.57
Beaudoin, Nicole	2013	9	11:08.22
Esponda, Chloe	2024	12	11:13.49
Beaudoin, Taylor	2013	9	11:20.74
DeBiasio, Erica	2010	10	11:22.07
Kira, Karissa	2023	10	11:31.82
Nesbit, Christie	2015	11	11:37.65
Jones, Elizabeth	2007	12	11:38.27
Farish, Katie	2002	11	11:45.06
Calite, Ilma	2005	10	11:48.75

All-Time School Record:

Coscia, Kimberly	2014	11	10:18.57
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100m Hurdles

Edwards, Sasha	2004	12	15.22
Dear, Mari	2015	12	15.59
Long, Brittany	2017	12	16.40
Couderc, Juliette	2015	10	16.5
Schotts, Sierra	2010	11	16.63
Stevanus, Hailey	2025	11	16.67
Garcia, Daniela	2007	11	16.9
Adams, Tyler	2013	12	16.9
De Monte, Sabrir	2001	11	17.0
Glick, Lauren	2002	12	17.12

All-Time School Record:

Edwards, Sasha	2004	12	15.22
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300m Hurdles

Wharton, Kayc	2008	12	46.14
<u>Stevanus, Hailey</u>	<u>2026</u>	<u>12</u>	<u>48.68</u>
Ikemoto, Britanni	2006	12	48.74
Murrin, Diana	1992	12	48.8
Maync, Vanessa	1999	12	49.2
Schotts, Sierra	2010	11	49.3
Boyce, Mary	2003	10	49.49
Long, Brittany	2017	12	49.51
Chan, Clara	2018	11	49.58
Reynolds, Jenele	2010	10	50.0

All-Time School Record:

Wharton, Kayc	2008	12	46.14
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Long Jump

Schofield, Liz	2010	12	17-4
Manuel, Diana	1991	9	16-7.5
<u>Cavallari, Isabell</u>	<u>2026</u>	<u>12</u>	<u>16-6.5</u>
Chan, Tien Tien	1999	12	16-5.5
Langston, Rylance	2025	10	16-2
Adams, Tyler	2013	12	16-0
Laster, Maci	2023	9	15-11.1
Edwards, Sasha	2003	11	15-9.25
<u>Adams, Naomi</u>	<u>2026</u>	<u>11</u>	<u>15-8.75</u>
Obed, Somi	2017	12	15-7.25

All-Time School Record:

Vick, Christine	1969	12	17-4.5
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Triple Jump

<u>Cavallari, Isabell</u>	<u>2026</u>	<u>12</u>	<u>39-7.5</u>
Edwards, Sasha	2004	12	34-7.5
Stevanus, Hailey	2025	11	33-10
Hanson, Olivia	2018	12	33-6
Adams, Tyler	2013	12	33-3.5
Obed, Somi	2017	12	33-3
Bullock, Natalie	2008	10	33-0
Chan, Tien Tien	1998	11	32-9
Manuel, Diana	1992	10	32-8
De Monte, Sabrir	2000	10	32-4.5

All-Time School Record:

<u>Cavallari, Isabell</u>	<u>2026</u>	<u>12</u>	<u>39-7.5</u>
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High Jump

Maync, Tanya	1993	11	5-6
Edwards, Sasha	2004	12	5-2
Schofield, Liz	2009	11	5-0
Allen, Monique	1989	12	5-0
Moore, Kelly	2000	10	4-10
Dunfee, Lauren	2000	11	4-10
Grassl, Erica	2011	11	4-10
Bernardo, Emily	2015	11	4-10
Scheumann, Isat	2017	10	4-9
Reddall, Jenny	1990	9	4-8

All-Time School Record:

Clark, Lori	1978	10	5-8
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Pole Vault

Tassara, Kayla	2022	12	12-7
Hayward, Layne	2019	12	12-6
Kalmar, Kara	2008	11	10-6
Sasaki, Karin	2017	12	10-6
<u>Deierling, Macke</u>	<u>2026</u>	<u>11</u>	<u>10-0</u>
Choi, Sarah	2008	10	9-6
Hamilton, Erin	2008	11	9-6
Campbell, Rache	2006	12	9-6
Deierling, Macke	2025	10	9-4
Coleman, Riley	2024	10	9-3

All-Time School Record:

Tassara, Kayla	2022	12	12-7
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Shot Put

Monson, Macken	2023	11	41-5
Chi, Nancy	1989	12	37-8
Aupiu, Sheena	2001	12	37-8
Robbins, Stepha	2002	11	34-5
Dwyer, Erin	2006	12	34-5
Grassl, Erica	2012	12	34-10.25
Reiger, Samantha	1994	11	34-3.5
Sunaoka, Reina	1996	11	34-0
Aupiu, Nicole	2004	12	33-6
Van Waarenburg	2000	12	33-0

All-Time School Record:

Monson, Macken	2023	11	41-5
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Discus

Monson, Macken	2023	11	140-1
Robbins, Stepha	2003	12	112-9
Siebold, Wendi	1994	12	105-5
Dywer, Erin	2005	11	103-9
Aupiu, Nicole	2004	12	103-3.75
Mabey, Alyssa	2008	11	101-9
Law, Rona	2006	12	100-5
Sunaoka, Reina	1996	11	100-2.75
Van Waarenburg	2000	12	97-5
Sato, Joyce	2000	9	96-1

All-Time School Record:

Monson, Macken	2023	11	140-1
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4x100m Relay

Canister, Dear, Henry, Jones	2014	48.62
Bowden, Dear, Henry, Hudson	2015	49.02
Adams, Canister, Dear, Henry	2013	49.17
Adams, Henry, Ofsanko, Yang	2012	50.06
Ito, Mayo, Paramore, Wharton	2008	50.08

All-Time School Record:

Canister, Dear, Henry, Jones	2014	48.62
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4x400m Relay

Adams, Deierling, Kuykendall, Langstor	2025	4:00.51
Bowden, Ghazizadeh, Henry, Pereira	2014	4:03.9
Mayo, Wharton, Williams, Yang	2007	4:05.24
Ito, Mayo, Ncube, Wharton	2008	4:05.65
Deierling, Eiland, Esponda, Glinsky	2024	4:06.20

All-Time School Record:

Adams, Deierling, Kuykendall, Langstor	2025	4:00.51
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Times to the tenth place are hand-timed

Times to the hundredth place are accu-track

* = relay time

** = adjusted from yards to meters:

Time₂ = Time₁(Distance₂/Distance₁)^{1.06}