

FWHS Girl's Outdoor Track and Field Records

Event	Year	Meet	Record Holder(s)	Mark
100 Meter Hurdles	2015	Greenwich	Stephanie Sheehan	15.2
300 Meter Hurdles	2014	Class L	Stephanie Sheehan	48.67
100 Meters	2016	Ludlowe	Hannah Keating	12.5
200 Meters	2021	v Ludlowe	Ida Moczerniuk	26.25
400 Meters	2012	FCIACs	Lia Joham	57.98
800 Meters	2013	FCIACs	Cate Allen	2.15.07
1600 Meters	2014	Open	Cate Allen	4.49.33
1 Mile	2009	Nationals	Meg Ryan	4.53.91
3000 Meters	2014		Cate Allen	9.53.14
3200 Meters	2010	New Englands	Meg Ryan	10.42.65
2 Mile	2014	Nationals	Cate Allen	10.39.02
5000 Meters	2017	Trinity	Gabi Galletta	18.23.54
4 x 100 Relay	2016	Class LL	Mallory Elliot, Maria Flores, Hannah Keating, Kayla Yaverski	51.35
4 x 100 Relay	2019	v Ridgefield	Mallory Elliott, Tatyana Lyles, Emilia Vella, Anya Yaverski	50.8 (H)
4 x 200 Relay	2012	O'Gradys	Sarah Collins, Heather Gans, Lia Joham, Lauren Levine	1.51.84
4 x 400 Relay	2013	Open	Cate Allen, Paige Hanley, Lia Joham, Lauren Levine	4.05.19
4 x 800 Relay	2017	Class LL	Julia Eustace, Shannon Garrett, Carly Pavoni, Sarah Radziewicz	9.55.96
Sprint Medley	2012	O'Grays	Cate Allen, Sarah Collins, Heather Gans, Lia Joham	4.18.47
Distance Medley	2012	O'Gradys	Cate Allen, Lexi Hoadley, Caroline Keough, Lauren Levine	13.00.02
Long Jump	2010	Class L	Allie Taikowski	17' 0.75"
Triple Jump	2008	FCIACs	Rhonda Kolaric	34' 5.5"
High Jump	2011	FCIACs	Allison Van de Berghe	5' 2"
Pole Vault	2013 / 2014	Last Chance	Erika Leppla / Philly Ancel / Kristyn Lazor	8' 6"
Shot Put	2007	Hartford Invite	Julia Arduini	37' 2"
Discus	2007	Irv Black	Julia Arduini	117'
Javelin	2008	Class L	Julia Arduini	135' 8"
Hammer	2007	States	Julia Arduini	25.49 meters
Heptathlon	2019	States	Mallory Elliott	3226
Steeplechase	2012	States	Lexi Hoadley	7.29.86