

FWHS Girl's Outdoor Track and Field Records

Event	Year	Meet	Record Holder(s)
100 Meter Hurdles	2015	Greenwich	Stephanie Sheehan
300 Meter Hurdles	2014	Class L	Stephanie Sheehan
100 Meters	2016	Ludlowe	Hannah Keating
200 Meters	2022	Ludlowe	Ida Moczerniuk
400 Meters	2012	FCIACs	Lia Joham
800 Meters	2013	FCIACs	Cate Allen
1600 Meters	2014	Open	Cate Allen
1 Mile	2009	Nationals	Meg Ryan
3000 Meters	2014		Cate Allen
3200 Meters	2010	New Englands	Meg Ryan
2 Mile	2014	Nationals	Cate Allen
5000 Meters	2017	Trinity	Gabi Galletta
4 x 100 Relay	2016	Class LL	Mallory Elliot, Maria Flores, Hannah Keating, Kayla Yaverski
4 x 100 Relay	2019	v Ridgefield	Mallory Elliott, Tatyana Lyles, Emilia Vella, Anya Yaverski
4 x 200 Relay	2012	O'Gradys	Sarah Collins, Heather Gans, Lia Joham, Lauren Levine
4 x 400 Relay	2013	Open	Cate Allen, Paige Hanley, Lia Joham, Lauren Levine
4 x 800 Relay	2017	Class LL	Julia Eustace, Shannon Garrett, Carly Pavoni, Sarah Radziewicz
Sprint Medley	2012	O'Grays	Cate Allen, Sarah Collins, Heather Gans, Lia Joham
Distance Medley	2012	O'Gradys	Cate Allen, Lexi Hoadley, Caroline Keough, Lauren Levine
Long Jump	2010	Class L	Allie Taikowski
Triple Jump	2008	FCIACs	Rhonda Kolaric
High Jump	2022	Home	Meg Barnouw
Pole Vault	2022	Open	Jessica Amaral
Shot Put	2007	Hartford Invite	Julia Arduini
Discus	2007	Irv Black	Julia Arduini
Javelin	2008	Class L	Julia Arduini
Hammer	2007	States	Julia Arduini
Heptathlon	2022	States	Meg Barnouw
Steeplechase	2012	States	Lexi Hoadley

Mark
15.2
48.67
12.5
25.7
57.98
2.15.07
4.49.33
4.53.91
9.53.14
10.42.65
10.39.02
18.23.54
51.35
50.8 (H)
1.51.84
4.05.19
9.55.96
4.18.47
13.00.02
17' 0.75"
34' 5.5"
5' 4"
10' 0"
37' 2"
117'
135' 8"
25.49 meters
3727
7.29.86