

## ALL SEAHAWK TEAM TOP TEN

### Sprint Events

#### 100 METER HIGH HURDLES

1.	SANDY MADDOCKS	16.1	1988
2.	LUCY TABBUTT	16.4	1998
3.	MORGAN CROCKER	16.73	2015
4.	TERRI HOUSE	17.1	2000
5.	SARAH BREWER	17.9	1988
6.	ARELITSA KAZAKOS	18.2	1988
7.	SINEAD MILLER	18.55	2015
8.	NIKKI SIROIS	18.9	1987
9.	BETSY BECK	19.0	1994
10.	TAYLOR WALBY	19.13	2015

#### 300 METER LOW HURDLES

1.	SANDY MADDOCKS	48.5	1988
2.	MORGAN CROCKER	50.35	2015
3.	ANGIE PERKINS	50.96	2015
4.	LIZ MCLAUGHLIN	52.5	1994
5.	SINEAD MILLER	53.46	2014
6.	LUCY TABBUTT	53.7	1998
7.	NIKKI SIROIS	53.8	1987
8.	<b>LOREN GENRICH</b>	<b>54.63</b>	<b>2016</b>
9.	ALEXANDRA ANDREWS	55.18	2012
10.	<b>OLIVIA PAOLILLO</b>	<b>55.50</b>	<b>2016</b>

#### 100 METER DASH

1.	BETSY BECK	12.9	1995
1.	JOYCE CHAGAN	12.9	2005
3.	ANDREA DELLARMA	13.2	1984
3.	KATIE SIBLEY	13.2	2003
5.	EDIE DUROST	13.5	1986
6.	TINA ROLLINS	13.6	1994
6.	RHEANIN SCARBOROUGH	13.6	2003
6.	NICOLE WILLIAMS	13.6	2004
9.	HEATHER MCKENNA	13.9	1987
9.	ANGEL MCFARLAND	13.9	1996
9.	KACEY HODGDON	13.9	2001

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### 200 METER DASH

1.	JOYCE CHAGAN	27.3	2004
2.	TAMMY CAMPBELL	27.6	1991
3.	EDIE DUROST	27.7	1986
4.	BETSY BECK	28.0	1994
5.	RHEANIN SCARBOROUGH	28.12	2003
6.	KATIE SIBLEY	28.4	2004
6.	NICHOLE WILLIAMS	28.4	2004
8.	TINA ROLLINS	28.5	1991
<b>9.</b>	<b>ANGIE PERKINS</b>	<b>28.55</b>	<b>2016</b>
10.	ALLISON DODGE	28.9	1999

### 400 METER DASH

1.	JOYCE CHAGAN	59.69	2004
2.	TAMMY CAMPBELL	62.7	1991
<b>4.</b>	<b>ANGIE PERKINS</b>	<b>62.99</b>	<b>2016</b>
3.	SHELLY ERWIN	64.0	1984
5.	RHEANIN SCARBOROUGH	65.00	2003
6.	RACHEL REED	65.2	1997
7.	CHRISTIN BAILEY	65.66	2009
8.	NELL ANTHONY	66.61	2011
9.	SOPHIA THAYER	67.87	2013
10.	ASHLEY TIMM	68.44	2010

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### Distance Events

#### 800 METER RUN

1.	JOYCE CHAGAN	2:23.43	2004
2.	TAMMY CAMPBELL	2:29.8	1991
3.	KRISTIN SIBLEY	2:36.29	2009
4.	<b>HANNAH MORLEY</b>	<b>2:38.98</b>	<b>2015</b>
5.	SHELLY ERWIN	2:39.8	1984
6.	MEREDITH FRISCO	2:40.5	1996
7.	LAUREN ANDREWS	2:41.51	2004
8.	VALARIE WHITE	2:42.65	2003
9.	SOPHIA THAYER	2:42.87	2011
10.	SUE JORDAN	2:45.1	2002

#### 1600 METER RUN

1.	TAMMY CAMPBELL	5:28.0	1988
2.	HANNAH MORLEY	5:42.03	2015
3.	SOPHIA THAYER	5:43.46	2014
4.	KRISTIN SIBLEY	5:50.80	2008
5.	RACHEL ROBERTS	5:53.3	2004
6.	CAROLINE JONES	6:08.4	2003
7.	MORGAN CROCKER	6:08.6	2013
8.	JENNIFER WARREN	6:09.2	1995
9.	ERIN ARNOLD	6:14.8	2000
10.	JAMIE OAKES	6:20.0	1985

#### 3200 METER RUN

1.	HANNAH MORLEY	12:31.57	2013
2.	SOPHIA THAYER	12:32.29	2013
3.	CAROLINE JONES	12:47.8	2004
4.	RACHEL ROBERTS	12:56.2	2002
5.	LAUREN FORGUES	13:05.00	2004
6.	KRISTIN SIBLEY	13:16.0	2009
7.	JENNIFER WARREN	13:18.3	1996
8.	JAMIE OAKES	13:22.2	1985
9.	ERIN ARNOLD	13:40.8	2001
10.	SUSAN SMITH	14:34.8	2003

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1600 METER RACEWALK

1.	LAUREN FORGUES	7:27.96	2006
<b>2.</b>	<b>SAMANTHA CARTER</b>	<b>9:36.34</b>	<b>2016</b>
3.	CAROLINE JONES	9:48.8	2001
4.	AVERY LADERER	9:51.5	2009
5.	JENNIFER FARRIN	11:14.0	1998
6.	HALEY WHITE	11:22.76	2005
7.	CAROLINE KNAPP	11:23.12	2011
8.	JAMIE WHEELER	11:34.52	2015
9.	SARA DURGAN	11:55.10	2014
10.	MORGAN HOWE	12:00.2	2010

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### Relay Events

#### 4X100 METER RELAY

1.	SARAH MONKTON, ANGEL MCFARLAND, LINDY GRAHAM, BETSY BECK	53.1	1994
2.	REBEKAH GLUNT, NICHOLE WILLIAMS, RHEANIN SCARBOROUGH, JOYCE CHAGAN	54.24	2004
3.	DEDE HITT, ARELITSA KAZAKOS, SCHUYLER GREENLEAF, EDIE DUROST	54.3	1986
4.	RACHEL REED, GRETCHEN KINSEY, ANGEL MCFARLAND, BETSY BECK	54.5	1996
5.	ERIN KELLY, ALEXA MORRISON, MICHELLE BARTER, KATIE SIBLEY	54.84	2002
6.	JAIME HILDRETH, GRETCHEN KINSEY, ANGEL MCFARLAND, BETSY BECK	54.7	1995
7.	LAUREN ANDREWS, ERIN KELLY, RHEANIN SCARBOROUGH, KATIE SIBLEY	54.95	2003
8.	ARELITSA KAZAKOS, SANDY MADDOCKS, SARAH BREWER, HEATHER MCKENNA	54.9	1988
9.	AUTUMN LAUGHTON, GRETCHEN KINSEY, ANGEL MCFARLAND, BETSY BECK	55.0	1995
10.	TERRI HOUSE, AMANDA STOCKWELL, MICHELLE BARTER, KATIE SIBLEY	55.47	2001

#### 4X400 METER RELAY

1.	NICHOLE WILLIAMS, LAUREN ANDREWS, RHEANIN SCARBOROUGH, JOYCE CHAGAN	4:29.54	2004
2.	NICHOLE WILLIAMS, LAUREN ANDREWS, ERIN KELLY, JOYCE CHAGAN	4:36.7	2004
3.	LARA TUPPER, SARAH WHALSTROM, HEATHER MCKENNA, TAMMY CAMPBELL	4:37.4	1990
4.	ANGELA GILES, AMY ISABELLE, TINA ROLLINS, TAMMY CAMPBELL	4:38.0	1991
5.	JESSICA KARG, SARAH WHALSTROM, HEATHER MCKENNA, TAMMY CAMPBELL	4:38.6	1989
6.	ERIN KELLY, LAUREN ANDREWS, RHEANIN SCARBOROUGH, JOYCE CHAGAN	4:41.66	2004
7.	LARA TUPPER, SARAH WHALSTROM, ANGELA GILES, TAMMY CAMPBELL	4:44.0	1990
8.	RACHEL ROBERTS, LAUREN ANDREWS, ERIN KELLY, JOYCE CHAGAN	4:45.1	2004
9.	LARA TUPPER, SARAH WHALSTROM, HEATHER LONG, TAMMY CAMPBELL	4:46.1	1991
10.	TAYLOR WALBY, SARAH DURGAN, SINEAD MILLER, SOPHIA THAYER	4:46.48	2014

#### 4X800 METER RELAY

1.	ERIN KELLY, LAUREN ANDREWS, RACHEL ROBERTS, JOYCE CHAGAN	11:01.5	2004
2.	LAUREN ANDREWS, RACHEL ROBERTS, CAROLINE LONES, VALARIE WHITE	11:12.2	2003
3.	SUSAN SMITH, RACHEL ROBERTS, CAROLINE JONES, VALARIE WHITE	11:12.6	2003
4.	SUSAN SMITH, RACHEL ROBERTS, LAUREN ANDREWS, VALARIE WHITE	11:16.95	2003
5.	ERIN KELLY, LAUREN ANDREWS, RACHEL ROBERTS, CAROLINE JONES	11:19.9	2004
6.	SUE JORDAN, SUSAN SMITH, RACHEL ROBERTS, CAROLINE JONES	11:28.40	2002
7.	SUSAN SMITH, LAUREN ANDREWS, CAROLINE JONES, VALARIE WHITE	11:28.83	2003
8.	<b>MEGHAN OAKES, LOREN GENRICH, OLIVIA PAOLILLO, HANNAH MORLEY</b>	<b>11:29.43</b>	<b>2016</b>
9.	ARDEN MCSWAIN, MAYA SCHWEHM, HANNAH MORLEY, SOPHIA THAYER	11:35.57	2013
10.	LAUREN FORGUES, CAROLINE JONES, RACHEL ROBERTS, VALERIE WHITE	11:37.8	2003

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### Throwing Events

#### DISCUS

1.	ANGEL TIBBETTS	129' 1"	1989
2.	HANNAH HOLMES	115' 1"	
3.	ANDREA LOWERY	113' 7"	1994
4.	JESSIE VANDER	109' 10"	2013
5.	ERICA MCFARLAND	104' 11"	2005
6.	HEATHER LONG	98' 11"	1992
7.	LUANNE BRADLEY	95' 10"	1988
8.	PAMELA FROST	94' 3"	1998
9.	CAREY WILLIAMS	93' 10"	1991
10.	JESSICA SHERMAN	87' 9"	1995

#### JAVELIN

1.	SANDY MADDOCKS	132' 0"	1990
2.	HANNAH HOLMES	109' 9"	
2.	ANGEL TIBBETTS	109' 9"	1987
4.	KATIE SIBLEY	109' 7"	2002
5.	SARAH CARON	109' 3"	2012
6.	EDIE DUROST	105' 0"	1986
6.	ANDREA LOWERY	105' 0"	1995
8.	NELL ANTHONY	104' 4"	2013
9.	KRISTI POOLE	102' 5"	1989
10.	JESSICA SHERMAN	101' 6"	1995

#### SHOT PUT

1.	ANGEL TIBBETTS	35' 8.5"	1989
2.	JESSIE VANDER	35' 2"	2013
3.	ERICA MCFARLAND	34' 3"	2005
4.	SANDY MADDOCKS	34' 2"	1990
5.	ANDREA LOWERY	33' 6"	1995
6.	ELLEN HOLMES	32' 6"	
7.	EMILY MCFARLAND	29' 5"	2006
7.	KRISTIN SIBLEY	29' 5"	2010
9.	LEAH NEWTON	29' 4.5"	1994
10.	NELL ANTHONY	28' 2.5"	2014

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### Jumping Events

#### HIGH JUMP

1.	SARAH BREWER	5' 2"	1990
1.	RACHEL REED	5' 2"	1997
3.	LIZ MCLAUGHLIN	4' 10"	1994
3.	ANDREA LOWERY	4' 10"	1995
3.	KATIE SIBLEY	4' 10"	2002
3.	ANGIE PERKINS	4' 10"	2015
3.	JOYCE CHAGAN	4' 10"	2004
8.	SANDY MADDOCKS	4' 9"	1989
9.	KATIE STEVENS	4' 8"	
9.	LUANNE BRADLEY	4' 8"	1987
9.	SARAH MANFREDO	4' 8"	2003
9.	CAITLIN CRONK	4' 8"	2005
9.	HANNAH BREWER	4' 8"	2011
9.	LISA PAWLOWSKI	4' 8"	2015

#### LONG JUMP

1.	BETSY BECK	16' 9.75"	1995
2.	MORGAN CROCKER	16' 8"	2015
3.	LINDY GRAHAM	15' 11.5"	1994
4.	ANDREA DELLAMAR	15' 10.5"	1984
5.	CAITLIN CRONK	15' 10.5"	2005
6.	LIZ MCLAUGHLIN	15' 9"	1994
7.	LUCY TABBUTT	15' 6.75"	1999
8.	SARAH BREWER	15' 6"	1990
9.	RHEANIN SCARBOROUGH	15' 5"	2003
10.	RACHEL REED	15' 3.5"	1997

#### TRIPLE JUMP

1.	SARAH BREWER	35' 1.5"	1990
2.	LIZ MCLAUGHLIN	35' 1"	1994
3.	BETSY BECK	34' 6"	1994
4.	MORGAN CROCKER	34' 5.5"	2014
5.	LUCY TABBUTT	34' 2"	1998
6.	LINDY GRAHAM	34' 1"	1994
7.	NICHOLE WILLIAMS	32' 8"	2004
8.	ANGELA GILES	31' 8.5"	1993
9.	TERRI HOUSE	31' 7.25"	1999
10.	LEAH NEWTON	31' 5.5"	1992