

## Girls

California High School  
All Time Top 10

## 100 meters

#	Name	Year	Time
1	<b>Christi Barefield</b>	<b>93</b>	<b>12.24</b>
2	Chelsey Kamson	08	12.30
3	Jessica Okorie	24	12.32
4	Marisa Rodrigues	10	12.43
5	Kat Hupke	12	12.45
5	Leila Champion	20	12.45
7	Carla Kendrix	79	12.56
8	Claire Hollcraft	78	12.67
9	Mara Lampsas	22	12.68
9	Irene Guzman	00	12.69

y=converted from yards

h=converted from hand time

## 200 meters

#	Name	Year	Time
1	<b>Chelsey Kamson</b>	<b>07</b>	<b>24.80</b>
2	Jessica Okorie	24	25.04
3	Christi Barefield	93	25.42
4	Alyssa Brewer	17	25.50
5	Kat Hupke	12	25.63
6	Carla Kendrix	80	25.74
7	Mara Lampsas	22	25.94
8	Tyler Carr	14	26.00
9	Rachal Buckner	88	26.03
10	Marisa Rodrigues	10	26.07

h=converted from hand time

## 400 meters

#	Name	Year	Time
1	<b>Alyssa Brewer</b>	<b>16</b>	<b>55.05</b>
2	Brienne Doan	04	57.72
3	Tyler Carr	14	57.88
4	Madison Ricks	12	58.21
5	Jessica Okorie	24	58.44
6	Marisa Rodrigues	10	59.24
7	Michelle Fabian	77	59.44
8	Julianna Levy	07	59.81
9	Mia Zibblatt	22	60.15
10	Kat Hupke	10	60.72

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## 800 meters

#	Name	Year	Time
1	<b>Alyssa Brewer</b>	<b>16</b>	<b>2:06.86</b>
2	Madison Ricks	12	2:09.52
3	Heather Donner	10	2:16.58
4	Colleen Lillig	10	2:16.80
5	Cristina Owre	09	2:17.88
6	Julianna Levy	08	2:17.96
7	Jenna Gailey	04	2:18.52
8	Mia Ziblatt	23	2:18.81
9	Emily Bellinger	24	2:18.88
10	Melissa Freeburg	91	2:19.9

## 1600 meters

#	Name	Year	Time
1	<b>Melissa Freeburg</b>	<b>91</b>	<b>4:51.8</b>
2	Alyssa Brewer	18	4:56.9
3	Suzie Ames	80	4:59.3
3	Madison Ricks	12	4:59.3
5	Colleen Lillig	09	4:59.5
6	Madison Chavez	22	5:05.8
7	Elaine McVay	11	5:10.0
8	Cristina Owre	09	5:13.3
9	Kayla Neumann	18	5:13.9
10	Becky Pierce	82	5:14.5

y=converted from yards

## 3200 meters

#	Name	Year	Time
1	<b>Colleen Lillig</b>	<b>10</b>	<b>10:41.9</b>
2	Elaine McVay	11	10:48.5
3	Madison Chavez	22	11:01.0
4	Suzie Ames	82	11:03.2
5	Madison Ricks	14	11:04.2
6	Kayla Neumann	18	11:18.7
7	Mia Marsh	20	11:33.5
8	Holly Babcock	07	11:38.1
9	Missi Hurlow	89	11:44.2
10	Sarah Richmond	04	11:51.2

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## 100 meter IH

#	Name	Year	Time
1	<b>Chelsey Kamson</b>	<b>08</b>	<b>14.85</b>
2	Elise Ruark	05	15.54
3	Mara Lampsas	22	15.66
4	Tara Didyk	89	15.76
5	Tori Edwards	12	15.84
6	Kelly Calaway	96	16.00
7	Bella Villafuerte	15	16.20
8	Brienne Doan	06	16.28
9	Joyce Ho	15	16.49
10	Disa Rifkin	90	16.54

h=converted from hand time

## 300 meter LH

#	Name	Year	Time
1	<b>Tori Edwards</b>	<b>12</b>	<b>44.68</b>
2	Brienne Doan	06	45.32
3	Chelsey Kamson	08	46.41
4	Mara Lampsas	22	46.50
5	Courtney Glickman	13	47.03
6	Kelly Calaway	96	47.23
7	Samantha Simmons	24	47.65
8	Bella Villafuerte	15	48.07
9	Megan Hoang	18	48.73
10	Alyssa Holsworth	10	48.95

## 400 meter LH

#	Name	Year	Time
1	<b>Samantha Simmons</b>	<b>24</b>	<b>1:07.58</b>
2	Courtney Glickman	13	1:08.17
3	Brienne Doan	06	1:08.18
4	Julianna Levy	08	1:10.40
5	Tori Edwards	11	1:11.82
6	Kria Dutta	24	1:16.26
7	Kaylee Rogers	24	1:22.86
8			
9			
10			

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## 4x100 meter relay

#	Names	Year	Time
1	<b>Rachel Gai</b>	<b>08</b>	<b>48.95</b>
	<b>Julianna Levy</b>		
	<b>Stephanie Burg</b>		
	<b>Chelsey Kamson</b>		
2	Mara Lampsas	22	49.20
	Mia Ziblatt		
	Jasmine Lanza		
	Patricia Bivol		
3	Brandy Bondoc	13	49.24
	Tyler Carr		
	Amanda Alfaro		
	Kat Hupke		
4	Angel Ruark	09	49.35
	Julianna Levy		
	Tori Edwards		
	Chelsey Kamson		
4	Elise Lee	24	49.35
	Lillie Love		
	Kaelah Sehring		
	Jessica Okorie		
6	Brandy Bondoc	11	49.49
	Marisa Rodrigues		
	Tracy Hong		
	Kat Hupke		
6	Courtney Glickman	12	49.49
	Marisa Rodrigues		
	Amanda Alfaro		
	Kat Hupke		
8	Arisha Kabanova	21	49.57
	Patricia Bivol		
	Jasmine Lanza		
	Leila Champion		
9	Olivia Young	23	49.60
	Mia Ziblatt		
	Jasmine Lanza		
	Jessica Okorie		
10	Angel Ruark	10	49.67
	Marisa Rodrigues		
	Amanda Alfaro		
	Kat Hupke		

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## 4x400 meter relay

#	Names	Year	Time
1	<b>Tyler Carr (58.03)</b>	<b>15</b>	<b>3:53.90</b>
	<b>Kaitlin Groleau (60.21)</b>		
	<b>Bella Villafuerte (60.59)</b>		
	<b>Alyssa Brewer (55.07)</b>		
2	Elise Lee (59.99)	24	4:00.73
	Lillie Love (61.72)		
	Lola Cervantes (61.86)		
	Jessica Okorie (57.16)		
3	Marisa Rodrigues (58.57)	10	4:01.39
	Heather Donner (61.53)		
	Amanda Alfaro (63.05)		
	Kat Hupke (58.24)		
4	Heather Donner (61.15)	13	4:01.69
	Madison Ricks (59.74)		
	Stephanie Karbo (62.27)		
	Tyler Carr (58.53)		
5	Chelsey Kamson (60.46)	07	4:02.26
	Vanessa Shaw (61.72)		
	Julianna Levy (60.24)		
	Brienne Doan (59.84)		
6	LaJolie Beugre (61.43)	18	4:03.63
	Sarah Van Loon (64.26)		
	Megan Hoang (63.51)		
	Alyssa Brewer (54.43)		
7	Jessica Merchant (62.20)	16	4:03.74
	Sarah Stallings (63.84)		
	Leila Rendich (61.69)		
	Alyssa Brewer (56.01)		
8	Kat Hupke (62.65)	11	4:04.24
	Marisa Rodrigues (60.61)		
	Amanda Alfaro (62.40)		
	Madison Ricks (58.58)		
9	Chelsey Kamson (60.26)	06	4:04.64
	Jenna Gailey (63.32)		
	Julianna Levy (62.89)		
	Brienne Doan (58.17)		
10	Sarah Stallings (62.07)	17	4:05.15
	Lauren Sebastiani (63.87)		
	Marina Fernandez (63.90)		
	Alyssa Brewer (55.31)		

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## Long Jump

#	Name	Year	Distance
1	<b>Debbie Dimino</b>	<b>83</b>	<b>18-04.50</b>
2	Courtney Glickman	13	17-11.25
3	Tara Didyk	89	17-10.50
4	Lillianna Hebert	15	17-04.50
5	Sarah Van Loon	19	16-11.00
6	Kaitlin Groleau	15	16-10.50
7	Vanessa Shaw	09	16-10.00
8	Chelsey Kamson	07	16-09.25
9	Lucy Allison	18	16-07.50
10	Kelly Calaway	96	16-07.00

## Triple Jump

#	Name	Year	Distance
1	<b>Lillianna Hebert</b>	<b>15</b>	<b>39-02.25</b>
2	Tara Didyk	89	36-08.75
3	Sarah Van Loon	19	35-11.50
4	Elise Ruark	05	35-08.00
5	Nora Allata	18	35-06.75
6	Vanessa Shaw	10	35-03.75
7	Rachel Ehsan	07	35-03.50
8	Kaylee Lawson	24	35-00.50
9	Jillian Weber	17	34-01.25
10	Debbie Dimino	83	34-00.50

## High Jump

#	Name	Year	Height
1	<b>Lillianna Hebert</b>	<b>14</b>	<b>5-07</b>
1	<b>Jennifer Kurtz</b>	<b>16</b>	<b>5-07</b>
3	Mara Lampsas	21	5-06
4	Debbie Dimino	83	5-04
5	Rachael Osicka	23	5-03
5	Sarah Soroken	98	5-03
7	Lauren Flom	17	5-02
7	Becky D'Aoust	79	5-02
7	Olivia Young	24	5-02
7	Kaylee Lawson	24	5-02

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**Shot Put**

#	Name	Year	Distance
1	<b>Vosa Hingano</b>	<b>11</b>	<b>39-11.25</b>
2	Helen Kimber	15	39-02.50
3	Jennifer Greenspan	05	38-08.25
4	Sisileti Hingano	15	38-02.00
5	Elizabeth Ross	96	38-00.00
6	Megan Valdes	02	37-03.75
7	Hannah Richardson	21	36-09.00
8	Mata Hingano	15	36-01.25
9	Jennifer Ladouceur	01	36-01.00
10	Lila Perez	23	35-03.25

**Discus**

#	Name	Year	Distance
1	<b>Jennifer Ladouceur</b>	<b>01</b>	<b>141-00</b>
2	Sisileti Hingano	15	133-08
3	Megan Valdes	02	129-01
4	Kate Valdes	00	126-04
5	Hannah Richardson	22	122-10
6	Ella Hofer	22	119-05
7	Elizabeth Ross	96	117-08
8	Katie Lodato	03	116-07
9	Mata Hingano	14	115-05
10	Kelly Fullwood	87	114-06

**Pole Vault**

#	Name	Year	Height
1	<b>Sabrina Contreras</b>	<b>21</b>	<b>11-03</b>
2	Jenna Langseth	07	10-04
3	Melissa Nylander	04	10-03
4	Makenzie Stang	12	10-02
5	Grace Nudo	24	10-01
6	Courtney Rascano	07	10-00
6	Kaley Burg	17	10-00
8	Kate Emerson	16	09-11
9	Kaitlin Piening	09	09-10
9	Samantha Contreras	23	09-10

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## 4x800 meter relay

#	Names	Year	Time
1	<b>Kayla Neumann</b>	<b>2018</b>	<b>9:40.5</b>
	<b>Lauren Sebastiani</b>		
	<b>Madeleine Liem</b>		
	<b>Alyssa Brewer</b>		
2		2011	9:47.9
3	Heather Donner	2012	9:54.6
	Charlene Chew		
	Katherine Camenzind		
	Molly Walker		
4	Joey Daley	2003	10:10.8
	Stacey Kopp		
	Lindsay Briner		
	Sarah Richmond		
5	Katherine Camenzind	2013	10:17.1
	Charlene Chew		
	Kaelin Delaney		
	Alexandra Tran		
6		2004	10:19.4
7		2005	10:21.4
8	Audrey Ackermann	2024	10:36.2
	Kayla Fong		
	Isabella Nubla		
	Emily Bellinger		
9	Kyeling Ong	2019	10:48.6
	Miriam Gonzalez		
	Madison Chavez		
	Madeleine Liem		
10		2014	10:57.7