

# FMHS Women's Top 5 Track Records

## 100M

Dephanie Adeyemi	11.72
Rachel Helmers	11.98
Jordyn Hayslett	12.05
Dayana Felicien	12.09
Jennifer Hart	12.28

## 1600M

Natalie Cook	4:50.09
Nicole Humphries	4:53.22
Samantha Humphries	4:53.65
Anastaysia Davis	4:54.07
Connor Ward	4:54.21

## Triple Jump

Stacey Blaylock	37' .5"
Kellie Wanhanan	36' 8.25"
Katie Pottorff	36' 5"
Raeann Silver	35' 9.5"
Crystal Trowers	35' 6.25"

## 100M Wheelchair

Abigail Counts	18.76
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## 3200M

Natalie Cook	10:24.96
Safiya Belbina	10:31.18
Laura Fairchild	10:37.63
Connor Ward	10:37.88
Samantha Humphries	10:41.66

## Shot Put

Lauren Cox	38' 4"
Casey King	36' 10"
Karisten Bowie	35' 3"
Brooke Nauman	33' 8.25"
Brooklyn Emuakhagbon	33' 2.5"

## 200M

Dephanie Adeyemi	23.82
Dayana Felicien	25.06
Emma Hoang	25.37
Elizabeth Osondu	26.12
Jordyn Hayslett	26.24

## 100M Hurdles

Tonia Adeyemi	14.16
Eva Vreeland	14.24
Angela Hart	14.64
Lauren Johnson	14.88
Katie Pottorff	15.21

## Discus

Lauren Cox	121' 3"
Casey King	110' 10"
Madalyn Blackwell	110' 5"
Nina Cassidy	103' 1"
Brooklyn Emuakhagbon	102' 8"

## 400M

Elizabeth Osondu	54.93
Emma Hoang	54.65
Dephanie Adeyemi	57.69
Kelley Pry	57.78
Nicole Humphries	58.41

## 300M Hurdles

Rachael Grossman	43.8
Tonia Adeyemi	44.8
Eva Vreeland	44.98
Emily Chambliss	45.38
Katie Pottorff	45.93

## Pole Vault

Raegan Smith	11' 6"
Amanda Quinn	10' 6"
Hannah Vloitos	10' 0"
Kathleen Adams	10' 0"
Mikaela Honsinger	10' 0"
Tiffany Harrison	9' 6"
Eli Thornock	9' 6"

## 400M Wheelchair

Abigail Counts	1:07.8
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## 5000M

Natalie Cook	16:39.91
Allie Lyda	17:44.37

## Shot Put Wheelchair

Abigail Counts	17' 10.25"
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## 800M

Nicole Humphries	2:08.30
Anastaysia Davis	2:09.26
Emma Hoang	2:12.35
Laura Fairchild	2:13.14
Amanda Barth	2:14.67

## Long Jump

Juhi Patel	17' 6.5"
Makayla Watson	17' 4.0"
Melody Criswell	17' 2.5"
Mela Baker	17' 1.5"
Kellie Wanhanan	17' 1.5"

## High Jump

Kristen Rice	5' 8"
Melody Criswell	5' 8"
Riley Ward	5' 8"
Tonia Adeyemi	5' 6"
Jenny Hoffman	5' 4"