

Girls Outdoor Track School Records

Liza Jackson Prep School
 Printed on 5/27/2018 at 11:05pm

Event	Performance	Athlete(s)	Date	Note
100M	12.25	Abby Pantlitz	3/30/2016	
100M Low Hurdles	16.60	Jalena Giles	4/21/2018	
200M	26.08	Valerie Mendez	5/13/2017	
200M Hurdles	33.58	Maia Rivera	5/3/2014	
400M	1:01.52	Valerie Mendez	5/12/2018	
800M	2.32	Emma Rudman	2011	
1500M	5:07.29	Emma Rudman	4/28/2012	
1600M	5:28.50	Emma Rudman	5/2/2012	
3000M	10:28.28	Emma Rudman	5/5/2012	
3200M	12:53.62	Jensen Shonk	5/4/2015	
Discus	85-11.00	Anissia Wong	4/26/2017	
High Jump	4-8	Gloria Clark	5/5/2012	
Long Jump	15-11	Gloria Clark	4/25/2013	
Pole Vault	9-0	Journey Washingtonhigh	4/16/2016	
Shot Put	35-01.75	Mackenzie Marez	5/13/2017	
Triple Jump	33-4	Gloria Clark	5/5/2012	
4X100M	52.25	Adrianna Watson Shawneen Todd Jalena Giles Valerie Mendez	5/12/2018	
4X400M	4:18.58	Valerie Mendez Raeven Byrd Nyzha Anthony Abby Pantlitz	5/14/2016	
4X800M	10:50.48	Emma Rudman Mackenzie Shinnick Lucy Rudman Paige Borcyk	4/28/2012	
SMR 800M	2:01.97	Bree Byrd Payton Nichols Donna Zheng Maia Rivera	4/16/2014	