

IG

	100 Meters	Time	Date
1	Charis Chan	12.76	06/28/03
2	Karra Gardin	13.35	06/12/10
3	Kandice Douglas	13.61	06/24/06
4	Camille Watson	13.86	06/12/10
5	Lemi Mochinaga	13.96	06/11/11

	200 Meters	Time	Date
1	Kennedy Jones	27.39	06/24/12
2	Stephanie Coates	27.63	06/24/12
3	Kandice Douglas	27.76	06/24/06
4	Karra Gardin	28.01	06/12/10
5	Lemi Mochinaga	29.63	06/11/11

	400 Meters	Time	Date
1	Maria Salter	1:05.33	06/21/13
2	Stephanie Coates	1:08.25	06/24/12
3			
4			
5			

	800 Meter	Time	Date
1	Maria Salter	2:38.53	06/21/13
2			
3			
4			
5			

	1500 Meters	Time	Date
1	Emma Armstrong	5:21.98	06/21/13
2	Sarah Fung	5:36.08	07/07/13
3			
4			
5			

	3000 Meters	Time	Date
1	Emma Armstrong	11:37.13	06/21/13
2	Sarah Fung	11:56.92	07/05/13
3			
4			
5			

	2000M Steeplechse	Time	Date
1	Emma Armstrong	8:45.76	07/01/13
2			
3			
4			
5			

	100 Meter Hurdles	Time	Date
1	Kennedy Jones	14.14	07/08/12
2			
3			
4			
5			

	Long Jump	Dist.	Date
1	Kennedy Jones	16' 2.25"	07/08/12
2	Camille Watson	15' 0"	06/12/10
3	Lemi Mochinaga	14' 7.75"	07/11/11
4	Lemi Mochinaga	14' 5.25"	06/09/12
5			

	Triple Jump	Dist.	Date
1	Kennedy Jones	37' 10"	07/26/12
2	Lemi Mochinaga	31' 3.75"	05/28/12
3			
4			
5			

	Shot Put	Dist.	Date
1	Katrina Dutchover	24' 8.5"	06/12/05
2	Lydia Williams	22' 3.5"	06/09/07
3	Jennifer Kaehms	20' 11.75"	06/24/06
4			
5			

	Javelin Throw	Dist.	Date
1	Katrina Dutchover	72' 3.25"	06/25/05
2	Stephanie Coates	70' 8"	06/24/12
3	Jennifer Kaehms	58' 11"	06/24/06
4			
5			

	Discus	Dist.	Date
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1	Noelle Donnelly	104' 10"	06/12/10
2			
3			
4			
5			