

2016 U.S. HIGH SCHOOL GIRLS – INDOOR

13-Mar-2016

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Those in red are performances made this week

- Senior; * Junior; ** Sophomore; *** Freshman

(please send additions/corrections to jispier@aol.com)

55m/60y (+ = 60 yards + .02) (' = en route)

6.78'	-ZARIA FRANCIS, Rio Mesa, Oxnard, CA	NBNI(1)	3.13
6.81'	-CELERA BARNES, St. Bonaventure, Ventura, CA	NBNI(2)	3.13
6.83	**LANAE-TAVA THOMAS, Rush-Henrietta, Henrietta, NY	NY S5(1h3)	2.26
6.83'	-FRANCIS	NBNI(1s3)	3.13
6.84'	*LAUREN RAIN WILLIAMS, Oaks Christian, Westlake Village, CA	NBNI(3)	3.13
6.86'	*WILLIAMS	NBNI(2s3)	3.13
6.86'	***THELMA DAVIES, Girard College, Philadelphia, PA	NBNI(4)	3.13
----- 6 performances -----			

60m [conversion 60 to 55: .925 X 60m time]

7.30	-ZARIA FRANCIS, Rio Mesa, Oxnard, CA	NBNI(1)	3.13
7.32	*CANDACE HILL, Rockdale County, Conyers, GA/ASICS (PRO)	Vulcan(1)	1.16
7.33	-CELERA BARNES, St. Bonaventure, Ventura, CA	NBNI(2)	3.13
7.35	*LAUREN RAIN WILLIAMS, Oaks Christian, Westlake Village, CA	NBNI(3)	3.13
7.35	-FRANCIS	NBNI(1s3)	3.13
7.36	-CASSONDRA HALL, Northside, Warner Robbins, GA	Vandy(1)	2.6
7.36A	-FRANCIS	Simplot(1)	2.20
----- 7 performances: 6 amateur, 1 professional -----			
7.37	***THELMA DAVIES, Girard College, Philadelphia, PA	NBNI(4)	3.13

200m

23.23	*LAUREN RAIN WILLIAMS, Oaks Christian, Westlake Village, CA	NBNI(1)	3.13
23.47	*WILLIAMS	NB Boise(1h22)	2.5
23.47	-ANNA COCKRELL, Providence Day, Charlotte, NC	NBNI(2)	3.13
23.66	**LANAE-TAVA THOMAS, Rush-Henrietta, Henrietta, NY	NBNI(3)	3.13
23.72	-COCKRELL	NBNI(1h7)	3.12
----- 5 performances -----			
23.74	***KOURI PEACE, Penridge, Perkasie, PA	PA(1)	2.28
23.76	-DANYEL WHITE, Cedar Hill, TX	Arkansas(1h17)	1.16

200m - OVERSIZED

23.73	-CASSONDRA HALL, Northside, Warner Robbins, GA	KY Inv(1)	2.20
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300m

38.20	-DASIA PRESLEY, Pennsbury, Fairless Hills, PA	Arm Inv(1)	2.6
38.31	-AMANDA CRAWFORD, Paul Robeson, Brooklyn, NY	PSAL(1)	2.27
38.33	*LAURYN GHEE, Grassfield, Chesapeake, VA	VA 6A S(1)	2.20
38.38	**LANAE-TAVA THOMAS, Rush-Henrietta, Henrietta, NY	Arm Inv(2)	2.6
38.39	-GHEE	VA 6A(1)	2.27
----- 5 performances -----			
38.45	-BRANDEE' JOHNSON, Nansemond River, Suffolk, VA	Arm Inv(3)	2.6

400m

51.84	*SYDNEY MC LAUGHLIN, Union Catholic, Scotch Plains, NJ	NBNI(1)	3.13
52.77	*MC LAUGHLIN	NBNI(1h3)	3.12
53.34	*MC LAUGHLIN	NJ(1)	2.27
53.87	*MC LAUGHLIN	N Sh Inv(1)	2.12
54.11	***STERLING LESTER, Marietta, GA	NBNI(1h8)	3.12
----- 5 performances -----			
54.20	*LAURYN GHEE, Grassfield, Chesapeake, VA	NBNI(4)	3.13
54.35	**LAUREN GALE, Discovery Canyon, Colorado Springs, CO/CAN	NBNI(5)	3.13
54.38	*CANDACE HILL, Rockdale County, Conyers, GA/ASICS (PRO)	Al Striders(1)	1.17
54.46	-AMANDA CRAWFORD, Paul Robeson, Brooklyn, NY/GRN	NBNI(6)	3.12

500m

1:11.78	-LAURYN GHEE, Grassfield, Chesapeake, VA	VA 6A(1)	2.27
1:12.88	-BRANDEE' JOHNSON, Nansemond River, Suffolk, VA	Va Tech(1)	1.30
1:13.02	-MC KINLEY MC NEILL, Parkland, Winston-Salem, NC	Va Tech(2)	1.30
1:13.22	-FAITH ROSS, Western Branch, Chesapeake, VA	VA 6A(2)	2.27
1:13.72	*MASAI RUSSELL, Bullis, Potomac, MD	Montg Inv(1)	1.9
----- 5 performances -----			

600m

1:29.53	*SAMMY WATSON, Rush-Henrietta, Henrietta, NY	NY S5(1)	2.26
1:30.08	*WATSON	Arm Inv(1)	2.6
1:30.59	*WATSON	NY(1)	3.5
1:31.00	*KAMRYN MC INTOSH, Suffern, NY	NY Sec 1(1)	2.20
1:31.20	-DANAE RIVERS, Wilbur Cross, New Haven, CT	Arm Inv(2)	2.6
----- 5 performances -----			
1:32.16	-SARAH WALKER, Germantown Friends, Philadelphia, PA	Arm Inv(3)	2.6
1:32.82	-SARAH EDWARDS, Bellingham, MA	Tri-Vall(1)	2.6

800m

2:05.11	*SAMMY WATSON, Rush-Henrietta, Henrietta, NY	NBNI(1)	3.13
2:05.56	-RUBY STAUBER, Wayzata, Plymouth, MN	NBNI(2)	3.13
2:06.87	**GABRIELLE WILKINSON, Friends Central, Wynnewood, PA	NBNI(3)	3.13
2:07.54	-DANAE RIVERS, Wilbur Cross, New Haven, CT	NBNI(4)	3.13
2:07.82	-SARAH EDWARDS, Bellingham, MA	NBNI(5)	3.13
----- 5 performances -----			

1000m

2:45.32	*SAMMY WATSON, Rush-Henrietta, Henrietta, NY	Arm Inv(1)	2.5
2:45.36	*KATE MURPHY, Lake Braddock, Burke, VA	OB Freedom(1)	1.9
2:46.77	*WATSON	NY S5(1)	2.26
2:46.98	-ARIEL KEKLAK, Lincoln-Sudbury, Sudbury, MA	MA(1)	2.20
2:47.61	-SARAH EDWARDS, Bellingham, MA	MA(2)	2.20
2:47.61	*CLAIRE MARTIN, Newton South, Newton Centre, MA	MA(3)	2.20
----- 6 performances -----			

1500m (' = en route)

4:17.68'	-KATIE RAINSBERGER, Air Academy, Colorado Springs, CO	NBNI(1)	3.13
4:22.73'	*KATE MURPHY, Lake Braddock, Burke, VA	NBNI(2)	3.13
4:24.22'	*MURPHY	Millrose(1)	2.20
4:25.15'	-STEPHANIE JENKS, Linn-Mar, Marion, IA	NBNI(3)	3.13
4:27.29'	-JESSICA DROP, Coginchaug, Durham, CT	NBNI(4)	3.13
----- 5 performances -----			
4:29.65'	-SAGE HURTA, Hamilton, NY	NBNI(5)	3.13

Mile (+ = 1600m converted (+1.2))

4:36.61	-KATIE RAINSBERGER, Air Academy, Colorado Springs, CO	NBNI(1)	3.13
4:39.47	*KATE MURPHY, Lake Braddock, Burke, VA	NBNI(2)	3.13
4:41.84	*MURPHY	Millrose(1)	2.20
4:43.49	*NEVADA MARENO, Leesville Road, Raleigh, NC	JDL A-C(1)	11.21
4:43.87	*MURPHY	Camel C(8)	1.30
----- 5 performances -----			
4:44.94	-STEPHANIE JENKS, Linn-Mar, Marion, IA	NBNI(3)	3.13
4:46.47	-JESSICA DROP, Coginchaug, Durham, CT	NBNI(5)	3.13

3000m (' = en-route)

9:19.99	**WEINI KELATI, Heritage, Lynchburg, VA/ERI	Camel C(7)	1.30
9:21.78'	**KELATI	NBNI(1)	3.13
9:28.59	-KAITLYN NEAL, Fayetteville-Manlius, Manlius, NY	NY Sec 3(1)	2.24
9:29.85	-NEAL	NY(1)	3.5
9:35.50	*JESSICA LAWSON, Corning, NY	NY(2)	3.5
----- 5 performances -----			
9:35.96'	*LIBBY DAVIDSON, EC Glass, Lynchburg, VA	NBNI(3)	3.13
9:36.33'	-DIANA VIZZA, North Shore, Glen Head, NY	NBNI(4)	3.13

Two Miles (+ = 3200m + 4.0)

10:02.71	**WEINI KELATI, Heritage, Lynchburg, VA/ERI	NBNI(1)	3.13
10:14.97	*LIBBY DAVIDSON, EC Glass, Lynchburg, VA	NBNI(2)	3.13
10:15.56+	-JUDY PENDERGAST, North, Naperville, IL	Conf(1)	3.17
10:18.30	*JESSICA LAWSON, Corning, NY	NBNI(3)	3.13
10:19.91	-DIANA VIZZA, North Shore, Glen Head, NY	NBNI(4)	3.13
----- 5 performances -----			

5000 Meters (17:20)

16:08.83	*WEINI KELATI, Heritage, Lynchburg, VA/ERI	NBNI(1)	3.11
16:28.74	-MARYJEANNE GILBERT, Notre Dame, Peoria, IL	NBNI(2)	3.11
16:32.26	-HANNAH DE BALSU, Staples, Westport, CT	NBNI(4)	3.11
16:40.38	-STEPHANIE JENKS, Linn-Mar, Marion, IA	NBNI(5)	3.11
16:40.97	*LIBBY DAVIDSON, EC Glass, Lynchburg, VA	NBNI(6)	3.11
----- 5 performances -----			

55m HH ' = en route time

7.46'	-TONEA MARSHALL, Seguin, Arlington, TX	NBNI(1)	3.13
7.51'	-MARSHALL	NBNI(1s2)	3.13
7.57'	-ALEXIS DUNCAN, Desoto, TX	NBNI(2)	3.12
7.59'	-MARSHALL	NBNI(1h3)	3.12
7.60'	-DUNCAN	NBNI(1s3)	3.13
----- 5 performances -----			
7.61'	-ANNA COCKRELL, Providence Day, Charlotte, NC	NBNI(2s3)	3.13
7.65'	*CHANEL BRISSETT, Cheltenham, Wyncote, PA	NBNI(4)	3.13
7.66'	-BRITTLEY HUMPHREY, Hoover, AL	NBNI(5)	3.13

60mHH [conversion 60 to 55: .925 X 60m time]

8.02	-TONEA MARSHALL, Seguin, Arlington, TX	NBNI(1)	3.13
8.08	-MARSHALL	NBNI(1s2)	3.13
8:14	-ALEXIS DUNCAN, Desoto, TX	NBNI(2)	3.13
8.16	-MARSHALL	NBNI(1h3)	3.12
8.18	-ANNA COCKRELL, Providence Day, Charlotte, NC	NBNI(1s3)	3.13
8.18	-DUNCAN	NBNI(2s2)	3.13
----- 6 performances -----			
8.23	-BRITTLEY HUMPHREY, Hoover, AL	NBNI(4)	3.13
8.23	*CHANEL BRISSETT, Cheltenham, Wyncote, PA	NBNI(5)	3.13

4x200m

1:37.43	NANSEMOND RIVER, Suffolk, VA	NBNI(1)	3.13
1:37.73	NANSEMOND RIVER	NBNI(1h6)	3.12
1:37.80	PAUL ROBESON, Brooklyn, NY	Hispanic(1)	1.9
1:38.04	PAUL ROBESON	Arm Inv(1)	2.6
1:38.05	CLINTON, MS	NBNI(2)	3.13
----- 5 performances -----			
1:38.35	OAK PARK, MI	NBNI(3)	3.13
1:38.69	GRASSFIELD, Chesapeake, VA	NBNI(2h6)	3.12

4x400m

3:40.28	UNION CATHOLIC, Scotch Plains, NJ	NBNI(1)	3.13
3:40.69	OAK PARK, MI	NBNI(2)	3.13
3:40.95	PAUL ROBESON, Brooklyn, NY	NBNI(3)	3.13
3:43.92	BULLIS, Potomac, MD	NBNI(4)	3.13
3:45.99	WESTERN BRANCH, Chesapeake, VA	NBNI(5)	3.13
----- 5 performances -----			

4x400m – OVERSIZED

3:45.00	OAK PARK, MI	KY Inv(1)	2.20
3:45.66	BULLIS	KY Inv(2)	2.20

4x800m

8:58.86	MAMARONECK, NY	NBNI(1)	3.12
8:59.63	NORTH ROCKLAND, Thiells, NY	NBNI(2)	3.12
9:01.81	MAMARONECK	Arm Inv(1)	2.6
9:02.96	EC GLASS, Lynchburg, VA	NBNI(3)	3.12
9:03.85	MAMARONECK	NY S1(1)	2.21
----- 5 performances -----			
9:04.26	SARATOGA SPRINGS, NY	Arm Inv(2)	2.6
9:05.95	LINCOLN-SUDBURY, Sudbury, MA	NBNI(4)	3.12

4xMile (21:15.0)

20:11.70	LA SALLE, Providence,RI	NBNI(1)	3.12
20:22.78	SARATOGA, NY	NBNI(2)	3.12
20:47.87	URSULINE, New Rochelle, NY	NBNI(3)	3.12
20:51.63	SACHEM EAST, Ronkonkoma, NY	NBNI(4)	3.12
20:52.80	ELMIRA, NY	NBNI(5)	3.12
----- 5 performances -----			

Sprint Medley Relay

3:55.28	RUSH-HENRIETTA, Henrietta, NY	NBNI(1)	3.12
4:00.84	RUSH-HENRIETTA	Dartmouth(1)	1.8
4:01.54	PENN WOOD, Lansdowne, PA	NBNI(2)	3.12
4:01.73	PIONEER, Ann Arbor, MI	NBNI(3)	3.12
4:02.71	OYSTER RIVER, Durham,NH	NBNI(4)	3.12
----- 5 performances -----			
4:04.83	NANSEMOND RIVER, Suffolk,VA	NBNI(5)	3.12

Distance Medley Relay

11:34.85	NORTH ROCKLAND, Thiells, NY	NBNI(1)	3.11
11:39.10	LAKE BRADDOCK, Burke, VA	NBNI(2)	3.11
11:42.03	LINCOLN-SUDBURY, Sudbury, MA	NBNI(3)	3.11
11:42.04	SARATOGA, NY	NBNI(4)	3.11
11:43.96	NEWTON SOUTH, Newton Centre, MA	NBNI(5)	3.11
----- 5 performances -----			

4x55m Hurdles [5 flights] (35.00)

31.87	HOOVER, AL	NBNI(1)	3.12
31.91	WESTERN BRANCH, Chesapeake,VA	NBNI(2)	3.12
32.82	OSCAR SMITH, Chesapeake, VA	NBNI(3)	3.12
33.07	NANSEMOND RIVER, Suffolk,VA	NBNI(4)	3.12
33.28	NORTH ROCKLAND, Thiells, NY	NBNI(5)	3.12
----- 5 performances -----			

High Jump (5-08.25)

6-06.25	-VASHTI CUNNINGHAM, Bishop Gorman, Reno, NV	USATF(1)	3.12
6-05 !	-CUNNINGHAM	USATF	3.12
6-05	-CUNNINGHAM	WC(1)	3.20
6-04.75A	-CUNNINGHAM	NM Inv(1)	2.5
6-04 !	-CUNNINGHAM	USATF	3.12
6-04 !	-CUNNINGHAM	WC	3.20
----- 6 performances -----			
5-10	-LILY LOWE, Calloway County, Murray, KY	Al Striders(1)	2.14
5-09.25	-ERIKA VOYZEY, Tyrone Area, Tyrone, PA	NBNI(3)	3.11
5-09	*JELENA ROWE, Bloom Township, IL	NCC Inv(1)	3.3

Pole Vault

13-07.25A	-ANDREA WILLIS, Classical Academy, Colorado Springs, CO	AFA Inv(1)	2.6
13-07.25	-ABBY WEILER, Long, Longview, WA	UW Open(1)	2.14
13-06.25A	-WILLIS	AF Open(1)	1.8
13-05.25A	-WILLIS	AF Hol(1)	12.11
13-04.5	*CARSON DINGLER, First Presbyterian Day, Macon, GA	KY Inv(1)	2.20
13-04.5	*DINGLER	NBNI(1)	3.13
13-04.5	*COLLEEN CLANCY, Smithson Valley, TX	NBNI(2)	3.13
----- 7 performances -----			
13-04	*RACHEL BAXTER, Canyon, Anaheim Hills, CA	PV Summ(2)	1.16
13-04	-LAURA MARTY, Bishop Blanchet, Seattle, WA	PV Summ(3)	1.16

Long Jump

21-03.25	-SAMIYAH SAMUELS, Cypress Springs, Houston, TX	NBNI(1)	3.12
20-10.75A	*TARA DAVIS, Agoura, CA	Simplet(1)	2.10
20-10	*DAVIS	NBNI(2)	3.12
20-07!	-SAMUELS	NBNI	3.12
20-06.25!	-SAMUELS	NBNI	3.12
----- 5 performances -----			
20-03.5	-COURTNEY CORRIN, Harvard-Westlake, North Hollywood, CA	NBNI(3)	3.12
20-03	**LANAE-TAVA THOMAS, Rush-Henrietta, Henrietta, NY	NY S5(1)	2.26
20-00.5	**TITIANA MARSH, Thomas Dale, Chester, VA	Suff Stars(1)	1.9

Triple Jump

42-11.75	-CHINNE OKORONKWO, Mountlake Terrace, WA	NBNI(1)	3.13
42-08 !	-OKORONKWO	NBNI	3.13
42-04	**TITIANA MARSH, Thomas Dale, Chester, VA	VA 6A(1)	2.26
41-11.25!	**MARSH	VA 6A	2.26
41-09 !	**MARSH	VA 6A	2.26
----- 5 performances -----			
41-03.75A	*TARA DAVIS, Agoura, CA	Simplet(2)	2.10
40-11.75	-BRIA STITH, Maury, Norfolk, VA	VA 5A(1)	2.26
40-07.5	-LAJARVIA BROWN, Alton, IL	Troy Triad(1)	2.20

Shot Put

54-11	*ALYSSA WILSON, Monsignor Donovan, Toms River, NJ	East(1)	3.1
54-07.5	-NICKOLETTE DUNBAR, Whippany Park, NJ	NBNI(1)	3.12
54-06.75	-DUNBAR	NBNI(2)	3.12
54-05	*WILSON	Loughlin(1)	12.19
54-02	*WILSON	STCA L Ch(1)	2.10
----- 5 performances -----			
52-00	-SOPHIA RIVERA, Brentwood, MO	Thr + Gr(1)	12.29
50-08	*KATHLEEN YOUNG, Warrensburg-Latham, Warrensburg, IL	ONU Inv(1)	1.9
50-08	-ELENA BRUCKNER, Valley Christian, San Jose, CA	NBNI(2)	3.12

Weight Throw (20#) [indoor throws only]

62-08.5	-KAMRYN BRINSON, Marist, Atlanta, GA	NBNI(1)	3.13
62-03 !	-BRINSON	NBNI	3.13
60-4.75	*JILLIAN SHIPPEE, Shenendehowa, Clifton Park, NY	S2 Lg(1)	1.30
60-03 !	-BRINSON	NBNI	3.13
58-00.25	-BRINSON	KY Inv(1)	2.20
----- 5 performances -----			
57-01	-LYSAH RUSSELL, Classical, Providence, RI	New Eng(1)	3.1
57-00	*CARROL PAULEY, Riverdale, Mount Blanchard, OH	Oberlin #2(1)	1.30
56-11	-SHOSHANA TROTMAN, Centerville, OH	OH(1)	3.5

Pentathlon (3100)

3674	-TIA LIVINGSTON, Union Catholic, Scotch Plains, NJ	NBNI(2)	3.12
3562	-TIANA LUTON, Sweet Home, Buffalo, NY	NBNI(3)	3.12
3531	-SHAYLA BROUGHTON, Medgar Evers, Brooklyn, NY	NBNI(4)	3.12
3402	-ERIN HINES, Pelham, AL	NBNI(5)	3.12
3401	-NATASHA FESHBACH, Santa Barbara, CA	NBNI(6)	3.12
----- 5 performances -----			

Mile Walk ((+ = 1600m converted (+2.0))

6:57.36	*LAUREN HARRIS, Sachem East, Ronkonkoma, NY	NBNI(1)	3.12
7:11.14	-ANALI CISNEROS, Elgin, IL	NBNI(2)	3.12
7:15.38	-MARIA GARCIA, North Rockland, Thiells, NY	NBNI(3)	3.12
7:17.39	*AMELIA CUOMO, Brewster, NY	NBNI(4)	3.12
7:23.72	-MAEGAN ALLEN, Arlington, MA	NBNI(5)	3.12
----- 5 performances -----			