

# Connecticut Girls State Indoor Track and Field Records

Last Updated: March 26, 2025

Event	Time/Dist	Performer	School	Year	Meet
55M Dash	:06.96	Alanna Smith	Danbury	2022	Eastern States Indoor Championships 3/1
55M Hurdles	:07.88	Tess Stapleton	Fairfield Ludlowe	2020	New Englands 2/29
60M Dash	:07.53	Alanna Smith	Danbury	2022	New Balance Nationals Indoor, 3/12
60m Hurdles	:08.67	Tess Stapleton	Fairfield Ludlowe	2019	New Balance Nationals Indoor, 3/08
200M Dash	:24.31	Alanna Smith	Danbury	2022	Eastern States Indoor Championships 3/1
300M Dash	:38.22	Precious Holmes Alanna Smith	Hillhouse-New Haven Danbury	2012 2022	New Englands 3/2 New Englands 3/5
400M Dash	:53.43	Precious Holmes	Hillhouse-New Haven	2012	New Balance Nationals Indoor, 3/10
500M Run	1:15.82	Stephanie Littlejohn	Bloomfield	1995	CIAC Class S
600M Run	1:30.79	Precious Holmes	Hillhouse-New Haven	2012	New Englands 3/2
800M Run	2:07.54	Danae Rivers	Wilbur Cross, New Haven	2016	New Balance Nationals Indoor, 3/12
1000M Run	2:46.05	Brooke Strauss	Glastonbury	2025	New Englands 3/01
1600M Run	4:44.68	Chase Gilbert	Lyme-Old Lyme	2025	CIAC State Open 2/22
1-Mile Run	4:39.53	Brooke Strauss	Glastonbury	2025	New Balance Nationals Indoor, 3/16
3000M Run	9:30.58	Brooke Strauss	Glastonbury	2025	Yale Track Classic 1/11
3200M Run	10:19.26	Hannah DeBalsi	Staples-Westport	2014	CIAC Class LL 2/8
2-Mile Run	10:12.95	Hannah DeBalsi	Staples-Westport	2014	New Englands 3/1
5000M Run	16:32.26	Hannah DeBalsi	Staples-Westport	2016	New Balance Nationals Indoor, 3/12
4x55m Shuttle Hurdle	:34.77	Tomari Gillespie, Jordyn Williams, Layla Harris, Trinity Laing	Windsor	2025	New Balance Nationals Indoor, 3/16
4x200m Relay	1:40.66	Zaidra James, Cheyenne Brown, Andrea Mills, Cassidy Palmer	Bloomfield	2017	North Shore HS Pre-National Invitational, 2/25
4x400m Relay	3:51.36	Tiffany Harrison, Dezarell May, Chantelle Deer, Rayanna Relerford	Bloomfield	2011	New Balance Nationals Indoor 3/13
4x800m Relay	9:00.29	Annika Paluska, Ava Gattinella, Lila Garbett, Brooke Strauss	Glastonbury	2024	New Englands 3/2
1600m Sprint Medley Relay	4:00.58	Alethia Moore, Jaliyah White, Precious Holmes, Kellie Davis	Hillhouse-New Haven	2012	New Balance Nationals Indoor 3/10
Distance Medley Relay (4k)	11:45.79	Erica Hefnawy, Olivia Wiener, Tyler Scanlin, Hannah DeBalsi	Staples, Westport	2014	New Balance Nationals Indoor 3/14
4x1-Mile Relay	20:53.65	Kate Friedman, Lauren Resnick, Eliana Daplyn, Esme Daplyn	Greenwich	2024	Nike Indoor Nationals, 3/10
Shot Put	46' 11.75"	Tynisha McMillan	Stamford	2006	CIAC State Open
High Jump	5' 10.00"	Leslie Nixon	Staples, Westport	1984	
Long Jump	19' 09.00"	Tahari James	Branford	2004	CIAC State Open
Triple Jump	40'-04"	Nicole Toney	Conard West Hartford	2000	NSIC 3/12/2000
Pole Vault	12' 09.00"	Emily Savage	Weston	2013	Vault-Mania PV Meet 3/4
20# Weight Throw	57'05.75"	Leah Moore	Hillhouse-New Haven	2020	Armory Trials #5 12/12
Pentathlon	3558 pts	Nicolette Chambers	Hillhouse-New Haven	1999	NSIC 3/13-1st

(Complete Procedures and policies available at [www.MyTrackandFieldRecords.com](http://www.MyTrackandFieldRecords.com))