

Connecticut High School Girls State Outdoor Track and Field Records

Last Updated: May 3, 2025

Event	Time/Dist	Performer	School	Year/Meet
100m	:11.50*	Shayla Wallace	NW Catholic, W.Hartford	1995 New Englands
200m	:23.54*	Shayla Wallace	NW Catholic, W.Hartford	1995/7/30 USATF Jr Nationals
400m	:52.67	Precious Holmes	Hillhouse, New Haven	2012 Loucks Games
800m	2:05.54	Liz Mueller	Waterford	1992/7/5, TAC Junior Nationals
1500m	4:26.39	Cecci Hopp	Greenwich	1981 USATF Jr Nationals
1600m	4:46.43 4:41.19%	Katherine Bohlke Katherine Bohlke	Newington Newington	2024/6/8, New Englands 2024/6/12, Brooks PR Invitational
1-Mile	4:39.88	Brooke Strauss	Glastonbury	2025/5/2 BSR Elite Scholastic Meet
2000m Steeplechase	6:25.93	Katherine Bohlke	Newington	2024/6/15 New Balance Nationals
3000m	9:21.0	Cecci Hopp	Greenwich	1981 USATF Jr Nationals
3200m	10:10.26	Hannah DeBalsi	Staples, Westport	2013/6/8 New Englands
2 Mile	9:55.05	Hannah DeBalsi	Staples, Westport	2014/6/21 Brooks PR Invite
5000m	16:28.71	Claire Howlett	Westhill	2014/5/9 Spartan Midnight Sunrise Invite
100m Hurdles	:13.70 1.2/m/s	Leonaya Knox	Hillhouse, New Haven	2024/6/3 CIAC State Open
300m Int Hurdles	:42.20	Kareema McKenzie	Windsor	2024/6/3 CIAC State Open
400m Int Hurdles	:59.62	Leslie Nixon	Staples, Westport	1984/6/24 US Jr Nationals CA
4x100m Relay	:46.62	Shelby Walton, Teyanna Green, Deborah Dorcemus, Charisma Green	Danbury	2008 CIAC Open
4x200m Relay	1:39.95	Saphyr Brown, Jahniya Barclay, Nacquelia Fletcher, Sianna Lloyd	Bloomfield	2024/6/14 New Balance Nationals
4x400m Relay	3:47.16	Brianna Allen, Ashley Graves, Sydnee Over, Shayna Presley	Windsor	2010 New Balance Nationals
4x800m Relay	9:00.62	Ava Gattinella, Brooke Strauss, Jacqueline Dudus, Annika Paluska	Glastonbury	2024/6/14 New Balance Nationals
800m SM Relay (100,100,200,400)	1:42.96	Kenya Warner, Erika Hightower, Jiana Baker, Sashana Hinds	Windsor	2016/6/19 New Balance Nationals
1000m Sprint Medley Swedish Relay (100, 200, 300 400)	2:14.94	Tia Marie Brown, Briana Wilson, Jiana Baker, Sashana Hinds	Windsor	2015 New Balance Nationals
1600m SM Relay	3:59.87	Kellie Davis, Precious Holmes, Angeline Foreman, Jayvonna Mcdaniel	Hillhouse, New Haven	2011 New Balance Nationals
4000m Dist Med Relay (1200, 400, 800, 1600)	11:46.20	Erica Hefnawy, Olivia Wiener, Tyler Scanlan, Hannah DeBalsi	Staples, Westport	2014 New Balance Nationals
4x1 mile Relay	20:17.87	Caitlin Swanson, Katherine DeLoreto, Courtney Akerley, Kelsey Swanson	Tolland	2015/6/21 New Balance Nationals
Long Jump	19-10*	Keira Stewart	East Hartford	2024/4/20 Hillhouse Outdoor Invite
Triple Jump	41-4.25*	Nicole Toney	Conard, W.Hartford	2000/6/23 US Jr Nationals, TX
High Jump	5-10	Leslie Nixon Patricia Mroczkowski	Staples, Westport Berlin	7/21/84 TAC JO, LA 2019 Greater Hartford Inv 5/11
Pole Vault	13-2.50	Emily Savage	Weston	2013/6/8 New Englands
Shot Put (4.0kg)	49-4	Tynisha McMillan	Stamford	2006/06/06 CIAC Open
Discus Throw (1.0kg)	149-0	Karen Wyzykowski	Old Saybrook	2002 CIAC S
Javelin Throw (>=2002)(600kg)	161-06	Shea Greene	Weston	2021/7/16 American JavFest
Javelin Throw (<2002)	150-5	Dottie Richardson	Fitch, Groton	1973/6/2 CIAC Open, N. Haven
Hammer Throw (4.0kg)	166-10	Olivia O'Connor	Hillhouse, New Haven	2022/5/20 Danbury Dream Elite Invite
Heptathlon	5034 pts	Nicholette Chambers	Hillhouse, New Haven	1999/6/19 US JrNationals, TX

(Complete Procedures and policies available at MyTrackandFieldRecords.com [RecordsBooks](#)
 (%=official time made on route to a longer distance #=Hand Time *= No Wind Indicator in official results)