

RIDGEWOOD HIGH SCHOOL INDIVIDUAL GIRL'S TRACK AND FIELD RECORDS

EVENT	RECORD	PERFORMER	DATE	PLACE
100 meter dash	12.23	Katherine Muccio	2019	Ridgewood, NJ
200 meter dash	24.54	Katherine Muccio	2019	Ridgewood, NJ
400 meter dash	56.1	Ginny Figlar	1988	Wayne Hills HS, NJ
800 meter run	2:10.9	Margaret Scutro	1985	Tenafly, NJ
1500 meter run	4:26.25	Margaret Scutro	1985	Uniondale, LI, NY
1600 meter run	4:46.4	Margaret Scutro	1985	South Plainfield, NJ
3000 meter run	9:52.73	Carleen Jeffers	2015	Franklin Field, PA
3200 meter run	10:29.97	Carleen Jeffers	2015	South Plainfield, NJ
5000 meter run	16:58.19	Carleen Jeffers	2015	Greensboro, NC
100 meter hurdles	14.54	Lara-Jane Que	2007	Egg HarborTwp, NJ
400 meter hurdles	60.79	Katherine Muccio	2019	Franklin HS, NJ
300 meter hurdles	43.13	Katherine Muccio	2019	Arcadia, CA
Shot Put	41' 6 3/4"	Lexi Uzoara	2018	SMOC?, NJ
Javelin	135' 11"	Jaclyn Wypler	2006& 2007	Egg Harbor, NJ Hackensack, NJ
Discus	125' 9"	Lexi Uzoara	2018	Clifton ,NJ
Triple Jump	39'10 1/2"i	Jennifer McDermott	1989	Annapolis, MD
High Jump	5' 9"	Becky Deetz	1975	Holmdale HS, NJ
Long Jump	19' 4"	Jennifer McDermott	1989	South Plainfield, NJ
Pole Vault	12' 5 3/4"	Kayla Polcari	2011	Franklin Field, PA
Heptathlon	4011	Renee Pavelski	1993	Spokane, WA
1 mile walk	9:49.3	Anja Kannengieser	1983	Hackensack, NJ
Marathon	3hr 32min	Klara Grape	1977	Shore Marathon

**RIDGEWOOD HIGH SCHOOL
GIRL'S TRACK AND FIELD RELAY RECORDS**

EVENT	RECORD	PERFORMERS	DATE & PLACE
<u>TRACK RELAYS</u>			
4 X 100 meter relay	49.67	Que/Barr/Martinez/Cigolini	2007 Penn Relays, PA
2 X 200 meter relay	1:44.67	Martinez/Barr/Michel/Cigolini	2007 Morristown HS, NJ
4 X 400 meter relay	3:54.29	Degelmann/Reilly/Collazo/G.Figlar	1988 South Plainfield, NJ
4 X 800 meter relay	9:00.43	McPadden/Shigenobu/Davidson/Pagano	2012 Greensboro, NC
4 X 1 mile relay	20:34.4	Scutro/Pringle/M.Mileski/P.Mileski	1983 Bergen CC, ParamusNJ
Sprint Medley	4:03.21	Que/Cigolini/Wisener/Law	2007 Greensboro, NC
Distance Medley	11:50.73	Davidson/McPadden/Shigenobu/Pagano	2012 Greensboro, NC
4 X 100 meter hurdles	1:00.77	Martinez/Law/Wisener/Que	2007 Morristown, NJ
3 X 400 meter hurdles	3:13.0	Muccio/Morley/Purritano	2019 River Dell, NJ
<u>3 PERSON FIELD RELAYS</u>			
Shot Put Relay 8#	106' 9 1/2"	Glidewell/Sauerman/Slawek	1979 Rutherford, NJ
Discus Relay	305' 2"	Glidewell/Miles/Sauerman	1980 New Milford HS, NJ
Javelin Relay	290'	Laddin/Spilka/Vasquez	2008 Demarest HS, NJ
High Jump Relay	15' 7 1/2"	DuFlon/B.Granata/Deetz	1975 Monmouth College, NJ
Long Jump Relay	47' 1/2"	Porro/Smith/O'Rourke	1979 New Milford HS, NJ
Triple Jump Relay	102' 9"	Lamothe/Law/Melli	1999 Ridgewood, NJ
Pole Vault Relay	29'	K.Polcari, M.DeVita,	Brown 2011 Ramsey HS, NJ
<u>2 PERSON FIELD RELAYS</u>			
Shot Put Relay 4kg	66' 3"i	Rayevich/Eldridge	1988 Jadwin, Princeton, NJ
Discus Relay	211' 2"	Rayevich/Eldridge	1988 Kearney, NJ
Javelin Relay	217' 8"	Wypler, Vasquez	2007 Delbarton HS, NJ
High Jump Relay	10'	Richter/Roeske	1981 ParamusCatholicHS, NJ
Long Jump Relay	33'	Bogart/Law	2007 Morristown, NJ
Triple Jump Relay	69' 4 2"	Law/Lamothe	1999 Engelwood, NJ
Pole Vault Relay	21' 0"	K.Polcari/M.DeVita	2010 Randolph, NJ

Updated (7/2021)