

# Tioga Central Girls Track and Field Records



<b>Event</b>	<b>Time</b>	<b>Athlete(s)</b>	<b>Year</b>	<b>Location</b>
100m Dash	12.4	Barb Washburn	1980	Elmira Heights
200m Dash	26.2	Barb Washburn	1980	Dryden
400m Dash	61.5	Samantha Wojcuich	2010	Tioga
800m Run	2:25.4	Julie Thomas	1983	Vestal
1500m Run	5:05.9	Alicia Cerretani	1999	Whitney Point
3000m Run	11:21.4	Anya Simons	1980	Ithaca College
1500m Walk*	8:33.2	Gayle Gowan	1980	Ithaca College
100 M Hurdles	16.2	Barb Washburn	1980	Ithaca College
400m Hurdles	66.4	Julie Thomas	1983	Ithaca College
400m Relay	53.07	Charlise Bowen Malley Bowen Kelby Cole Maddison Tinney	2012	State Qualifier
1600m Relay	4:14.6	Laurie Goodwin Jenni Morris Julie Thomas Barb Washburn	1980	Union Endicott
3200m Relay	10:42.8	Rhonda Dougherty Terry Evans Laura Richter Karen Snyder	1979	Dryden
Sprint Medley Relay	5:05.1	Paige Corneby Kate Lamb Hilary Worthing Sam Birsen	2006	Ithaca Relays
Distance Medley Relay	15:39.3	Chelsea Klinger Bethann Parmelee Caitiyn Parmelee Liz Rhodes	2006	Ithaca Relays
Shot put	34'6"	Lisa Moon	1983	Vestal
Discus	107'6"	Lisa Moon	1983	Vestal
Long Jump	16'5"	Julie Thomas	1983	State Meet
Triple Jump**	32' 11"	Madison Tinney	2013	Class C Meet
High Jump	5'3"	Julie Thomas	1982	Whitney Point
Pole Vault***	11'6"	Charlsie Bowen	2013	Odessa
Steeplechase****	8:19.1	Melissa Haahr	2005	State Qualifiers
Pentathlon	3,172 pts.	Julie Thomas	1983	State Meet

\* As of 1986, no longer an event

\*\*\* NYS high school girls pole vault officially established in 1999

\*\*No records available prior to 1997

\*\*\*\* NYS high school girls steeplechase officially established in 2000