

Nutmeg State Games Women's Track Records

100 Meter Dash					
Event	Time	First Name	Last Name	Club/Team	Year
Girls 6 & Under	18.69	Tasha	Jaworski		2009
Girls 7-8	15.26	Michala	Marshal	Central CT Jags	2022
Girls 9-10	14.77	Sydnee	Over		2005
Women 11 - 12	13.62	Katie	Bobinski		2006
Women 13 - 14	12.83	Nora	Miller		2003
Womens 15-16	12.48	Juliette	Reed	Unattached	2022
Women 17-18	12.35	Alanna	Smith		2021
Women 19 - 29	12.41	Satima	Chambers		2018
Women 30-34	13.22	Angella	Corlette		2007
Women 35-39	14.18	Latoya	Smith		2007
Womens 40-44	13.6	Santa	Medina	Unattached	2022
Women 45-49	13.71	Beth	Clark		2015
Womens 50-54	14.34	Krista	Benson		2022
Women 55-59	14.37	Roxanne	Brockner		2021
Womens 60-64	22.18	Diane	Knetzger		2017
Women 65-69	18.69	Mary	Roman		2005
Women 70-74	18.24	Beverly	Rohlehr		2017
Women 75-79	26.07	Annette	coulter	Unattached	2023
Women 80-89	24.69	Carla	Convery		2003
200 Meter Dash					
Event	Time	First Name	Last Name	Club/Team	Year
Girls 6 & Under	43.73	Emery	Rakestraw		2017
Girls 7-8	33.37	Sarah	Rochester		2016
Girls 9-10	27.73	Arial	Outlay		2001
Women 11 - 12	28.65	Katie	Bobinski		2006
Women 13 - 14	26.4	Nora	Miller		2003
Women 15-16	25.72	Anissa	Moore		2021
Women 17 - 18	24.95	Alanna	Smith		2021
Women 19-29	24.73	Satima	Chambers		2018
Women 30-35	26.46	Angella	Corlette		2007
Women 35-39	34.24	Christina	Gasparin		2017
Women 40-44	28.11	Beth	Clark		2015
Women 45-49	29.66	Lillian	Awidi		2016
Women 50-54	30.27	Krista	Benson	Unattached	2022
Womens 55-59	29.5	Veronica	LeShore	Unattached	2022
Women 65-69	43.81	Mary	Roman		2007
Women 70-74	40.87	Beverly	Rohlehr		2017
Women 80-84	01:06.5	Carla	Covery		2003
Women 85-89	51.19	Norma	Minkowitz	Unattached	2022
400 Meter Dash					
Event	Time	First Name	Last Name	Club/Team	Year
Girls 6 & Under	1:40.17	Jhalyn	Hyde	Central CT Jaguars	2022
Women 7-8	01:11.4	Sarah	Rochester		2016
Women 9-10	01:07.6	Naiya	Fisher		2016
Women 11 - 12	01:01.6	Alanna	Smith		2015
Women 13 - 14	59.62	Anna	Vidolova		2021
Women 15-16	56.83	Anissa	Moore		2021
Women 17 - 18	57.25	Anissa	Moore		2023
Women 19 - 29	59.13	Georgette	Nixon		2018

2009, Desiree Davis, 15.75,

2015, Cassidy Palmer, 12.56

2017, Michelle Freeman, 15.18

2021, Florence Okuja, 15.38

1st record

2016, Lori Allegra, 33.9

2008 Zulaikha Byerly, 46.65

1st 85-89 record

2018, Attie Bergin, 01:41.8

2006, 59.62, Amber Petrizzo

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400 Meter Dash continued

Event	Time	First Name	Last Name	Team/Club	Year
Women 30-34	01:00.2	Angella	Corlette		2007
Women 34-35	01:09.3	Stacy	Thomas		2017
Women 40-44	01:10.4	Roberta	Little		2018
Women 45-49	01:05.5	Lillian	Awidi		2012
Women 50-54	01:04.1	Roxanne	Brockner		2021
Women 55-59	01:15.8	Ginger	Palmer		2017
Women 60-64	01:26.6	Dani	Kennedy		2019
Women 65-69	2:00.48	Pamela	Hurt		2018
Women 70-74	01:31.4	Sherrel	Harmon	Unattached	2022
Women 85-89	01:54.0	Norma	Minkowitz	Unattached	2022

1st 70-74 record
1st 85-89 record

800 Meter Dash

Event	Time	First Name	Last Name	Club/Team	Year
Women 6 & Under	04:23.2	Luna	Rowett		2018
Women 7-8	03:04.6	Hannah	Cook		2005
Women 9-10	02:40.8	Brooke	Sheppard		2017
Women 11 - 12	02:25.6	Tai	Sheppard		2017
Women 13 - 14	02:25.9	Kaylah	Hill		2017
Women 15-16	02:17.5	Victoria	Vidolova		2021
Women 17 - 18	2.25.61	Katrina	Ainsworth		2005
Women 19-29	02:31.3	Lauren	McCarthy		2005
Womens 30-34	02:54.2	Elizabeth	Teneyck		2017
Women 35-39	03:06.9	Marika	Sickenger		2003
Women 40-44	02:31.9	Alissa	Scott	Unattached	2023
Women 45-49	02:48.2	Tara	Rudinski		2014
Women 50-54	03:00.7	Dani	Kennedy		2011
Women 55-59	02:29.4	Michelle	Rohl		2021
Women 60-64	03:01.1	Susie	Snyder	Unattached	2023
Women 65-69	03:14.7	Ivy	Bell	Unattached	2022
Women 85-89	04:31.4	Norma	Minkowitz	Unattached	2022

2017, 2:45.2, Kristen Rigney

2022, 3:01.6 Susie Snyder
2021, Ivy's own: 3:23.8
1st 85-89 record

1 Mile Run

Event	Time	First Name	Last Name	Club/Team	Year
Women 7-8	06:44.5	Liv	Killam		2021
Women 9-10	05:53.9	Leilani	Gibson		2016
Women 11 - 12	05:39.4	Maya	Gomes		2017
Women 13 - 14	05:35.0	Frances	Brillante		2005
Women 15-16	05:39.31	Kate	Littler	Unattached	2023
Women 17 - 18	05:23.2	Elizabeth	Fengler		2014
Women 19-29	05:24.9	Lauren	McCarthy		2005
Women 30-34	07:22.8	Laura	Thomas		2018
Women 35-39	6:10.51	Alissa	Scott		2018
Women 40-44	05:59.31	Erin	Lopez		2023
Women 45-49	05:59.5	Tara	Rudinski		2014
Womens 50-54	06:08.0	Dani	Kennedy		2012
Womens 55-59	06:20.5	Dani	Kennedy		2014
Women 60-64	06:12.33	Charlotte	Rizzo	Unattached	2023

2022, 5:41.4, Mirembe Mubanda

2019, 6:42.1, Jennifer Wight

2021, 6:21.0, Lauren Leslie

2 Mile Run

Event	Time	First Name	Last Name	Club/Team	Year
Women 11-12	14.20.33	Claire	Smith		2003
Women 13 - 14	11:20.3	Haley	Hasty		2014
Women 15-16	14:13.3	Chase	Ireland		2021
Women 17 - 18	12:03.4	Ally	Costa		2008
Women 19-29	11:49.8	Elizabeth	Fengler		2015
Womens 30-34	19:17.1	Victoria	Lindsey		2011
Women 35-39	18:39.2	Jessica	Willis		2017
Women 40-44	13:26.6	Tara	Rudinski		2014
Women 50-54	13:27.0	Dani	Kennedy		2012
Women 60-64	15:15.8	Dani	Kennedy		2021

1 Mile Race-Walk

Event	Time	First Name	Last Name	Club/Team	Year
Women 9-10	15:36.5	Bridget	Steele		2008
Women 13 - 14	10:22.4	Kara	Steele		2004
Women 17 - 18	09:31.8	Kara	Steele		2005
Women 19 - 29	9:24.37	Jean	Tenan		2004
Women 30-34	9:17.97	Anine	Stanley		2018

1 Mile Race-Walk continued

Event	Time	First Name	Last Name	Club/Team	Year
Women 35-39	13:13.2	Migdalia	Congdon		2009
Women 40-44	12:26.7	Nancy	Hucey		2019
Women 45-49	07:12.5	Mary Anne	Torrellas		2000
Womens 50-54	15:14.6	Silvia	Dake		2011
Women 55-59	07:56.7	Maryanne	Daniel		2011
Women 60-60	09:17.2	Maryanne	Daniel	Unattached	2022

2021, Stephanie Lyness, 09:35.8

4X100 Exhibition Relays

Event	Time	Team/Club		Year
Middle School	58.52	DAYO Lightning		2023
MS Team:	Hayley B	Brook Guinyard	Neema O'Donald Samoi Redway	Payton Walters
Elem School	01:01.5	Central CT Jags		2023
Elem Team	Sarai Etienne-Modester	Laila Sewell	Kiera Golding	Taryn Hartley

4X400 Exhibition Relays

Event	Time	Team/Club		Year
Middle School	5:18.21	Danbury Flyers		2023
MS Team:		Kallie Carroll	Anna Justo Julia Mitchell	Quinn Schoefer

100 M High Hurdles

Event	Time	First Name	Last Name	Club/Team	Year
Women 13 - 14	16.9	Nia Michelle	Chris		2005
Women 15-16	16.21	Nia	Christie		2018
Women 17 - 18	15.39	Lauren	Tanz		2007
Women 19 - 29	15.94	Catherine	Milledge		2013
Women 30-34	18.98	Laura	Thomas		2018

2000 Steeplechase

Event	Time	First Name	Last Name	Club/Team	Year
Women 13-14	09:37.3	Kimberly	Husbands		2021
Women 15-16	07:32.7	Brianna	Carter		2021
Women 17-18	07:58.9	Acadia	Helfand	Chelsea Grey	2022
Women 19-29	08:32.6	Elizabeth	Chekas		2015
Women 40-44	08:22.0	Kirsten	Rigney		2017
Womens 50-54	12:03.9	Janet	Simons		2009
Women 55-59	12:03.9	Janet	Simons		2009
Women 60-64	14:08.4	Janet	Simons		2016
Women 65-69	14:32.3	Mary	Trotto		2013

2021, Kaila Lujambio, 8:12.0