

FMHS Women's Top 5 Track Records

100M

Dephanie Adeyemi	11.72
Dayana Felicien	11.95
Jordyn Hayslet	12.05
Olivia Moore	12.26
Jennifer Hart	12.28

1600M

Natalie Cook	4:36.96
Samantha Humphries	4:37:49
Nicole Humpries	4:43:51
Alexandra Fox	4:47:74
Anastaysia Davis	4:54.07

Triple Jump

Stacey Blaylock	37' .5"
Kellie Wanhanan	36' 8.25"
Katie Pottorff	36' 5"
Raeann Silver	35' 9.5"
Crystal Trowers	35' 6.25"

100M Wheelchair

Abigail Counts	18.1
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3200M

Natalie Cook	9:41:55
Samantha Humphries	9:51:41
Nicole Humphries	10:11.87
Alexandra Fox	10:18.43
Safiya Belbina	10:31.18

Shot Put

Lauren Drew	42' 1"
Lauren Cox	38' 4"
Halee Jackson	37' 8"
Casey King	36' 10"
Karisten Bowie	35' 3"

200M

Dephanie Adeyemi	23.82
Dayana Felicien	25.06
Emma Hoang	25.37
Olivia Moore	25.73
London Gray	25.75

100M Hurdles

Tonia Adeyemi	14.16
Eva Vreeland	14.35
Grace Bettencourt	14.37
Angela Hart	14.64
Lauren Johnson	14.88

Discus

Lauren Drew	130' 0"
Lauren Cox	121' 3"
Casey King	110' 10"
Madalyn Blackwell	110' 5"
Brooklyn Emuakhagbon	106' 11"

400M

Elizabeth Osondu	54.93
Jalyn Childers	57.15
Emma Hoang	57.65
Dephanie Adeyemi	57.69
Kelley Pry	57.78

300M Hurdles

Eva Vreeland	42.85
Rachael Grossman	43.80
Blair Haverkamp	43.92
Grace Bettencourt	44:51
Tonia Adeyemi	44.80

Pole Vault

Madison Goodin	12' 0"
Raegan Smith	11' 6"
Amanda Quinn	11' 6"
Grace Bettencourt	11' 6"
Mikaela Honsinger	11' 0"

400M Wheelchair

Abigail Counts	1:05.34
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5000M

Natalie Cook	15:25.93
Samantha Humphries	16:50.21
Safiya Belbina	16:54.90
Natalie Spangher	17:30:35
Allie Lyda	17:44.37

Shot Put Wheelchair

Abigail Counts	19' 10.75"
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800M

Nicole Humphries	2:06:24
Samantha Humphries	2:06.59
Anastaysia Davis	2:09.26
Adeline Bennett	2:10.94
Emma Hoang	2:12.35

Long Jump

Juhi Patel	17' 6.5"
Makayla Watson	17' 4.0"
Melody Criswell	17' 2.5"
Mela Baker	17' 1.5"
Kellie Wanhanan	17' 1.5"

High Jump

Riley Ward	6' 0"
Kristen Rice	5' 8"
Melody Criswell	5' 8"
Grace Bettencourt	5' 7"
Tonia Adeyemi	5' 6"
Maci Pringle	5' 6"