

Sac City College Panthers
Women's Track Field Top 10 List

100 Meters			800 Meters		
11.45	Monica Taylor	1985	2:17.74	Zaira Estrada	2004
11.67	LaSadies McClain	2005	2:19.54	Stephanie Richardson	1986
11.74	Faith Burleson	1982	2:19.75	Melissa Garcia	2005
11.79	Sonia Smith	1985	2:20.81	Johntay Cokley	2007
11.80	Camile Gray	2006	2:21.05	Shelley Dunlap	1984
11.88	Samantha Tansil	2009	2:21.66	Julie Platero	2008
12.01	Davina Collins	2009	2:21.75	Clariza Aguillon	1993
12.02	Shiri Milton	1982	2:22.34	Jackie Dalton	1999
12.03	Beyonka McDowell	2003	2:22.47	Monica Garcia	2002
12.05	Jaquillia Lewis	1999	2:23.17	Angela Klingler	2005
200 Meters			1500 Meters		
23.80	LaSadies McClain	2004	4:39.89	Shelley Dunlap	1984
24.12	Monica Taylor	1985	4:49.36	Melissa Garcia	2006
24.13	Sonya Smith	1985	4:51.49	Clariza Aguillon	1993
24.18	Faith Burleson	1981	4:54.37	Julie Platero	2007
24.22	Jamara Stallworth	1997	4:56.68	Monica Garcia	2002
24.28	Camile Gray	2006	4:58.17	Alana Nelson	2005
24.59	Rachel Parrish	1995	4:59.53	Julie Van Horn	1984
24.74	Openell McDowell	2003	5:00.54	Helen Fong	1980
24.74	Marisa Williams	1984	5:00.57	Emily Sava	1995
24.74	Michelle Wright	1985	5:00.74	Sandra Fitzwater	1980
400 Meters			3000 Meters		
55.12	Jamara Stallworth	1997	10:14.55	Shelley Dunlap	1984
56.06	LaSadies McClain	2004	10:52.14	Karen Nachbar	1982
56.24	Rachel Parrish	1995	10:54.44	Sonja Visscher	1991
56.80	Tonya Miles	1987	10:59.74	Cassandra Quinonez	2006
57.14	Rhonda Green	1988	11:01.00	Julie Van Horn	1984
57.34	Melanie King	2000	11:02.14	Sandra Fitzwater	1980
57.44	Sharita Reed	2000	11:08.94	Lori Cook	1988
57.63	Danielle Williams	2002	11:15.50	Emily Sava	1995
57.72	Nicole Matthias	2005	11:19.62	Julie Platero	2008
57.77	Jean McDaniel	1980	11:34.97	Cathy Ewerth	1988

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5000 Meters

18:20.14	Shelley Dunlap	1984
18:46.84	Sonja Visscher	1991
18:59.84	Monica Garcia	2003
19:24.88	Cassandra Quinonez	2006
19:28.66	Julie Platero	2008
19:29.95	Alana Nelson	2005
19:32.10	Roberta McGraw	2006
19:33.95	Melissa Garcia	2006
19:37.30	Allissa Horejsi	2004
19:43.14	Karen Nachbar	1982

Heptathlon

4854	Shiri Milton	1982
4461	Jaquillia Lewis	1999
4441	Jackie Dalton	1999
4341	Alisa Jenkins	2009
4133	Angela Klingler	2005
3883	Caroline Hendrix	1986
3753	Madelin Lawrence	1982
3695	Sheri Morford	1984
3681	Christina Bray	1988
3268	Melinda Martins	2003

10,000 Meters

40:55.16	Roberta McGraw	2006
41:12.23	Melissa Garcia	2006
42:15.42	Nancy Velazquez	2008
42:49.11	Cassandra Quinonez	2006
43:17.87	Dina Gizatullin	2005
43:32.88	Stacey Fong	2006
45:33.65	Clara Crossman	2002
47:58.43	Irene Hernandez	2005

3000 Meters Steeple

12:09.56	Cassandra Quinonez	2007
13:34.67	Jessica Barkley	2009
14:51.62	Cindy Vargas	2008

100 Hurdles

13.70	Beyonka McDowell	2003
13.97	Shiri Milton	1982
14.03	Sonya Smith	1985
14.10	Jaquillia Lewis	1999
14.11	Openell McDowell	2003
14.16	Faunn Davis	2004
14.33	Chidera Madu	1996
14.34	Aresha Mackey	2007
14.39	Michelle Silva	1990
14.47	Ebony Willis	2008

4 x 100 Relay

45.51	Perriliat, Gray, Findley, McClain	2005
46.25	M. Moreno, D. Collins, S. Tansil, A. Jenkins	2009
46.61	Brooks, B. McDowell O. McDowell, McKenzie	2003
46.85	Moore, Smith, Wright, Taylor	1985
46.96	Milton, Taylor, Redmond, Dailey	1982

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400 Hurdles			4 x 400 Relay		
62.12	Ebony Willis	2008	3:46.42	Milton, Redmond,	1982
63.24	Magdalena Hayes	1987		Gilmore, Burlleson	
63.63	Mia Moreno	2009	3:50.44	Lewis, Sims,	1999
63.86	Chidera Madu	1996		King, Dalton	
64.29	Ashley Nunes	2004	3:50.76	Adakama, Robinson,	1997
64.51	Angela Klingler	2005		Verdun, Stallworth	
64.91	Tenicia Jones	2007	3:51.36	Reese, Roots,	1986
65.03	Vivian Voochen	1998		Richardson, Miles	
65.30	Amy Loftin	1995	3:52.47	Reese, Broadway,	1987
65.34	Michelle Silva	1990		Hayes, Miles	
Hammer			Pole Vault		
183'00	Sara Clinkenbeard	2004	9'9	Dyana Pedro	2003
162'02	Aspen Marshall	2004	9'0	Elaine Mittleman	2002
148'08	Paris Kidd	2003	8'6	Alex Wagoner	2009
148'02	Danielle Wilson	2009	8'6	Claire Manneh	2001
143'05	Ellie Fanaika	2009	7'6	Jaime Masse	1998
143'03	Maria Plasencia	2008	7'6	Carmen Knighton	2009
136'9.5	Kat Luna	2009	6'6	Maria Goncalves	2001
136'05	Melanie Glennen	1999			
128'11	Jessica Eaddy	2007			
126'01	Verrottica Young	2006			
Discus			Shot Put		
161'03	Sara Clinkenbeard	2004	47'11.25	Sara Clinkenbeard	2004
154'02	China Blockton	1986	46'08.75	Jahylica Bland	2007
148'01	Samira Taylor	1991	44'07.5	Elizabeth Parsley	2004
146'05	Tyrenda Stamps	1994	44'02.50	Aspen Marshall	2004
141'01	Aspen Marshall	2004	43'05.75	Paris Kidd	2003
133'09	Melanie Glennen	1998	41'11	Samira Taylor	1989
132'06	Kristina Kjar	2003	41'04.5	Debra Thorton	1981
129'04	Elizabeth Parsley	2005	41'0.5	China Blockton	1986
127'03	Charlynn Edwards	1989	39'03	Dona King	1990
125'11	Lindsay Stephens	1988	39'01	Latesia Taylor	1992

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Javelin			High Jump		
152'05	Elizabeth Parsley	2005	5'9	Susan Jackson	2009
134'09	Keagan Caldwell	2006	5'8	Bathsheba Gilmore	1982
132'05.5	Phyliss Harvey	1988	5'8	Sheri Morford	1984
129'06	Brandie Dressle	2001	5'7	Marlies Van Haaren	2009
126'11	Paris Kidd	2002	5'6	Tonya Miles	1986
126'02	Lindsay Stephens	1987	5'6	LaKischa Fontenot	2004
123'02	Lisa Ngo	1994	5'2	Chelsea Panzarello	2009
121'10	Holly Heggli	1986	5'2	Alisa Jenkins	2009
119'10	Melani Glennen	1999	5'2	Angela Klingler	2005
119'07.75	Nicole Matthias	2005	5'2	Brandy Irby	1995
			5'2	Melanie Black	1985
			5'2	Noami Henderson	1979
Long Jump			Triple Jump		
21'00.00	Beyonka McDowell	2003	38'11.50	Tonya Miles	1986
19'11.75	Shiri Milton	1981	38'07.75	Kellee Callahan	1987
19'08.25	Davina Collins	2009	37'03.50	Caroline Hendrix	1986
19'07.50	Kellee Callahan	1987	37'01.00	Tangela Colson	1997
19'05.75	Jaquillia Lewis	1999	37'01.00	Amy Loftin	1995
19'00.25	Jimia White	2004	36'11.50	Davina Collins	2008
18'09.75	Amy Loftin	1995	36'10.25	Susan Jackson	2009
18'08.25	Bonnie McKenzie	2003	36'09.50	Sheri Morford	1984
18'06.75	Jackie Dalton	1999	36'07.50	Blossom Adakama	1997
18'04.50	Darlice Gill	2008	36'07.50	Synora Dunn	1999