

## West Suburban Conference Gold Division Varsity Indoor Track & Field Records

Event	Record	Individual(s)	School	Year
55m Dash	7.24	Brittany Bullocks	Proviso East	2003
55m High Hurdles	8.54	Egle Staisiunaite	Downers Grove South	2006
200m Dash	25.64	Latonya Walker	Proviso East	1989
300m Dash	40.91	Skye Morrison	Proviso East	2008
400m Dash	58.07	Nevada Morrison	Proviso East	2008
800m Run	2:18.24	Molly Krawczykowski	Willowbrook	2014
1600m Run	5:14.95	Amanda Thate	Downers Grove South	2012
3200m Run	11:16.31	Haley Albers	Downers Grove South	2014
4x160m Relay	1:24.78	Sadaqua Walker Marissa Klaassen Gina Sementa Cherise Porter	Willowbrook	2011
4x200m Relay	1:48.37	Unknown	Proviso East	2008
4x400m Relay	4:05.17	Melissa Radek Jada Franklin Rebecca Stearns Tori Franklin	Downers Grove South	2011
4x800m Relay	9:56.74	Becky Mizener Mindy Sick Nicole Molzahn Tina Stec	Downers Grove South	1987
High Jump	5' 8"	Tracy Mondek	Hinsdale South	1987
Long Jump	18' 2.25"	Jamillah Morris	Hinsdale South	1989
Shot Put	43' 3.25"	Sue McDonnell	Hinsdale South	1987
Triple Jump	38'7.75"	Tori Franklin	Downers Grove South	2010
Pole Vault	10'0"	Megan Rossi Michelle Hartnett	Downers Grove South Downers Grove South	2002 2009