

West Suburban Conference Gold Division Varsity Outdoor Track and Field Records

Event	Record	Individual(s)	School	Year
100m Dash	12.21	Cheriese Porter	Willowbrook	2012
100m High Hurdles	14.44	Jackie Walton	Hinsdale South	2003
200m Dash	24.40	Cherise Porter	Willowbrook	2011
300m Low Hurdles	44.89	Jackie Walton	Hinsdale South	2004
400m Dash	56.50	Tori Franklin	Downers Grove South	2011
800m Run	2:15.04	Tina Stec	Downers Grove South	1990
1600m Run	5:14.53	Molly Krawczykowski	Willowbrook	2011
3200m Run	11:11.14	Ruth Sterneman	Glenbard East	1981
4x100m Relay	49.14	Tamara Wallace Kindra Perkins Skye Morrison Nevada Morrison	Proviso East	2007
4x200m Relay	1:42.94	Tonia Champion Sinora Fields Ronda Montgomery Latonya Walker	Proviso East	1988
4x400m Relay	4:03.29	Milica Leone Valencia Anderson Ashley Muller Egle Staisiunaite	Downers Grove South	2006
4x800m Relay	9:54.74	Becky Mizener Mindy Sick Nicole Molzahn Tina Stec	Downers Grove South	1987
High Jump	5' 8"	Diane Doles	East Leyden	1979
Long Jump	18' 4"	Shelia Hollins	Downers Grove South	1992
Shot Put	42' 5.5"	Sue McDonnell	Hinsdale South	1987
Discus	147' 7"	Sue McDonnell	Hinsdale South	1987
Triple Jump	39' 3.75"	Tori Franklin	Downers Grove South	2011
Pole Vault	9' 6"	Megan Rossi	Downers Grove South	2002