

IRONDALE GIRLS' TRACK and FIELD

Varsity Records

Event	Athletes Name	Time / Distance	Year
100m Dash	Akuoma Omeoga	12.27	2010
200m Dash	Chichi Omeoga	24.77	2004
400m Dash	Kianna Carter	56.63	2012
800m Run	Cindy Raiche	2:18.0	1988
1600m Run	Victoria Moses	5:01.50	1998
3200m Run	Victoria Moses	10:53.25	1998
100m High Hurdles	Julia Hayes	14.39	2017
300m Low Hurdles	Julia Hayes	43.43	2015
4 x 100m Relay	Ije Omeoga Katie Johnson Akua Mensah Chichi Omeoga	49.38	2004
4 x 200m Relay	Char Wetzel Denise Krohn Cindy Bornetun Nancy Golie	1:44.8	1983
4 x 400m Relay	Michelle Meyer Liz Axberg Emily Brandt Julia Hayes	3:54.46	2016
4 x 800m Relay	Emily Brandt Maria Doku Liz Axberg Michelle Meyer	9:34.27	2016
Long Jump	Julia Hayes	18' 4 1/4"	2016
Triple Jump	Akua Mensah	37' 2"	2001
High Jump	Erica Olsen	5' 3"	1993
	Jill Cattrysse		1995, 1998
Pole Vault	Johanna Sprang	12' 0"	2007
Shot Put	Leslie Smith	44' 1/4"	1983
Discus	Angie White	136' 9"	1988