

MIRA COSTA GIRLS RECORDS

EVENT	GIRLS VARSITY	GIRLS SOPHOMORE	GIRLS FRESHMAN
100	Tiffany Porter-Talbert (2002) - 11.82	Lauren Gilhooly (2023) - 12.18	Shante Robinson (2014) - 12.27
200	Tiffany Porter-Talbert (2002) - 24.02	Jaylah Herron (2016) - 25.04	Ashlee Dotson (2009) - 25.10
400	Jaylah Herron (2016) - 56.96	Jaylah Herron (2016) - 56.96	Shante Robinson (2014) - 58.14
800	Dalia Frias (2021) - 2:10.44	Krystal Scarliff (2000) - 2:17.00	Kevyn Murphy (2006) - 2:17.31
1600	Dalia Frias (2021) - 4:46.34	Lynn Dixon (2001) - 4:56.10	Lynn Dixon (2000) 4:50.05
3200	Dalia Frias (2021) - 10:15.61	Savannah Pio (2009) - 10:39.58	Dalia Frias (2019) - 10:49.45
110HH	Shante Robinson (2017) - 13.66	Shante Robinson (2015) - 14.31	Shante Robinson (2014) - 14.65
300LH	Shante Robinson (2017) - 40.84	Shante Robinson (2015) - 42.20	Shante Robinson (2014) - 42.58
4 x 100	A. Chute, J. Herron, M. Elrington, S. Robinson (2016) - 47.57	E. Koncki, K. Callwood, A. Fraser, N. Cervantes (2017) - 51.16	R. Bowen, B. Traudt, E. West L. Biegert (2023) - 50.59
4 x 400	J. Herron, M. Elrington, A. Chute, S. Robinson (2016) - 3:50.09	L. Payne, A. Fraser, E. Koncki, N. Cervantes (2017) - 4:09.33	J. Gregson-Williams, S. Adrade, E. Jones, S. Robinson (2014) - 4:11.25
LJ	Nikki Lawson (1993) - 19' 1"	Jaylah Herron (2016) - 18' 6.75"	KC Crawford (2008) - 16' 9"
TL	Nikki Lawson (1993) - 38' 2"	Myan Elrington (2014) - 34' 6.5"	Hayley Lawson (2004) - 35' 5"
HJ	Lauerman/Merlo/Barrow/Bartak/Al-uqdah - 5'2"	Jackie Smuckler (2000) - 5' 2"	Jackie Smuckler (1999) - 5' 0"
PV	Brigette Grau (2018) -- 12'9"	Brigette Grau (2017) -- 12'6"	Brigette Grau (2016) -- 12'2"
SP	Patty Asuega (1998) - 41' 6 3/4"	Fa Leilua (2013) - 37' 10"	Jennifer Enciso (2002) - 35' 6"
DISC	Molly Roth (2008) - 146' 5"	Jessica Enciso (2000) - 120' 6"	Jessica Enciso (1999) - 116' 0"