



HIGH SCHOOL OF AMERICAN STUDIES
AT LEHMAN COLLEGE



ALL TIME TRACK TEAM RECORDS

Last Updated: Tuesday, July 15, 2008

Women's Track Team

Women's Freshman Records

Events	Athlete's Name	Time / Season	Athlete's Name	Time / Season
100 Meter Dash	Amanda Manu	13.70 sec Spring '06	Amanda Manu	13.70 sec Spring '06
200 Meter Dash	Vanessa Ohakam	28.0 sec* Spring '06	Amanda Manu	28.40 sec Spring '06
400 Meter Dash	Amanda Manu	64.14 sec Spring '07	Katrina Abe	77.48 sec Spring '07
800 Meter Run	Natasha Stanislas	2 min 51sec Spring '08	Samantha Emmert	3 min 14 sec Spring '08
One Mile Race (1500m)	Mychaela Worrell	6 min 00 sec Spring '08	Not Attempted	Yet
Two Mile Race (3000m)	Jeena Choi	14 min 10 sec Spring '05	Not Attempted	Yet
Steeple Chase (2000m)	Not Attempted	Yet	Not Attempted	Yet
High Hurdles (110m)	Not Attempted	Yet	Not Attempted	Yet
Intermediate Hurdles (400m)	Hallie Marx	1 min 38 sec Spring '08	Hallie Marx	1 min 38 sec Spring '08
4x100m Relay	A. Manu; M. Pindling; B. Falk & W. Walker	55.3 sec Spring '07	S. Rutherford; K. Danowski; N. Stanislas & V. Ohakam	60.65 sec Spring '05
4x200m Relay	W. Walker; N. Stanislas, C. Pena & S. Rutherford	2 min 11 sec Spring '07	A. Manu; B. Falk; W. Walker & J. Celestine	2 min 12 sec Spring '07
4x400m Relay	A. Manu; N. Stanislas; A. Buckley & C. Pena	4 min 55 sec Spring '07	K. Abe; M. Shionarain; M. Lee & R. Ughwanogho	6 min 41 sec Spring '07
4x800m Relay	N. Stanislas; S. Rutherford; A. Buckley & M. Shionarain	12 min 31 sec Spring '08	Not Attempted	Yet
4x1600m relay	A. Buckley; M. Worrell; N. Stanislas & S. Rutherford	29 min 24 sec Spring '08	Not Attempted	Yet
Sprint Medley	A. Manu; I. Barany; H. Marx & A. Buckley	5 min 11 sec Spring '08	Not Attempted	Yet
Distance Medley	Not Attempted	Yet	Not Attempted	Yet
Long Jump	Not Attempted	Yet	Not Attempted	Yet
Triple Jump	Not Attempted	Yet	Not Attempted	Yet
High Jump	Not Attempted	Yet	Not Attempted	Yet
Pole Vault	Not Attempted	Yet	Not Attempted	Yet
Javelin	Not Attempted	Yet	Not Attempted	Yet
Discus Toss	Not Attempted	Yet	Not Attempted	Yet
Shot Put	Not Attempted	Yet	Not Attempted	Yet

* Indicates an individual record set during a relay race