

CAPITAL CITY STRIDERS INVITATIONAL - 2007

LAIDLEY FIELD, CHARLESTON, WV

Meet Records - Girls/Women

<u>Age Group</u>	<u>Event Name</u>	<u>Time/Mark</u>	<u>Date</u>	<u>Name or Team</u>
4 to 6	50 Meter Dash Sub-Sub-Bantam Girls	9.10	1992	A. Jeffers - NY Starlets
	100 Meter Dash Sub-Sub-Bantam Girls	16.40	1993	K. Ramsey - Mountaineer Blazers
	200 Meter Dash Sub-Sub-Bantam Girls	36.36	6/11/2005	Latrease Magwood - Glenarden
	400 Meter Dash Sub-Sub-Bantam Girls	1:22.03	6/8/2002	Mikya Boyd - Detroit Jets
	4x100 Meter Relay Sub-Sub-Bantam Girls	1:15.91	6/8/2002	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Sub-Sub-Bantam Girls	8:59.06	6/7/2002	Capital City Striders - Charleston, WV
7 to 8	50 Meter Dash Sub-Bantam Girls	7.90	1989	S. Ray - George Ford TC
	100 Meter Dash Sub-Bantam Girls	15.50	1989	S. Ray - George Ford TC
	200 Meter Dash Sub-Bantam Girls	32.82	2001	M. Campbell - Cavalier Cavalettes
	400 Meter Dash Sub-Bantam Girls	1:14.10	1989	S. Ray - George Ford TC
	800 Meter Run Sub-Bantam Girls	2:55.76	2001	C. Finney - Randalltown TC
	1500 Meter Run Sub-Bantam Girls	6:29.95	6/10/2006	Breanna Thomas - Cavalier Cavalettes
	4x100 Meter Relay Sub-Bantam Girls	1:06.20	1994	Burning Spear TC - Bronx, NY
	4x400 Meter Relay Sub-Bantam Girls	5:44.00	1989	Capital City Striders - Charleston, WV
	Shot Put Sub-Bantam Girls	11-05.00	6/11/2004	Brittany Simpson - Ebenezer AME
TURBO JAV Sub-Bantam Girls	23-00.00	6/10/2005	Jesmyd Greenwood - Cavalier Cavalettes	
9 to 10	100 Meter Dash Bantam Girls	14.20	1998	C. Davis - River City Elite
	200 Meter Dash Bantam Girls	29.92	6/14/2003	Nashay Willie - Unified-N-Flight
	400 Meter Dash Bantam Girls	1:07.40	1998	J. Cotton - CCS
	800 Meter Run Bantam Girls	2:42.48	2000	B. Walker - S. Dayton Flyers
	1500 Meter Run Bantam Girls	5:27.27	2000	B. Walker - S. Dayton Flyers
	1500 Meter Race Walk Bantam Girls	10:20.00	1993	H. Felck - S. Dayton Flyers
	4x100 Meter Relay Bantam Girls	58.14	6/14/2003	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Bantam Girls	5:05.69	6/8/2002	Glenarden Track Club - Glenarden, MD
	4x800 Meter Relay Bantam Girls	11:56.16	2001	Randallstown TC - Randallstown, MD
	High Jump Bantam Girls	3-10.00	6/14/2003	Amber Owens - GATC
	Long Jump Bantam Girls	13-01.00	1990	C. Williams - Northwest TC
	Shot Put 6lb Bantam Girls	27-07.00	1999	J. Martin - Glenarden
	TURBO JAV Bantam Girls	35-10.00	6/10/2005	Elizabeth Driver - Cavalier Cavalettes
11 to 12	100 Meter Dash Midget Girls	13.09	6/12/2004	Vernetta Biggs - Ebenezer AME
	200 Meter Dash Midget Girls	27.00	1987	M. Mosley - CCS
	400 Meter Dash Midget Girls	1:00.20	1993	N. Jeffers - Starletts TC
	800 Meter Run Midget Girls	2:29.57	6/8/2002	Bianca Walker - South Dayton
	1500 Meter Run Midget Girls	5:09.59	6/8/2002	Bianca Walker - South Dayton
	3000 Meter Run Midget Girls	11:21.27	1998	B. Mercedes - Glenarden
	1500 Meter Race Walk Midget Girls	8:13.60	1992	M. Williams - Durham TC
	80 Meter Hurdles 30" Midget Girls	13.07	1995	Z. Harris - Ebone Stars
	4x100 Meter Relay Midget Girls	51.38	6/11/2005	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Midget Girls	4:16.90	6/11/2005	Glenarden Track Club - Glenarden, MD
	4x800 Meter Relay Midget Girls	10:49.00	1994	Glenarden Track Club - Glenarden, MD
	High Jump Midget Girls	4-06.00	1994	Rector - Tri-City Relays

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	Long Jump Midget Girls	15-05.75	1989	Marshall - Blue Ridge TC
	Discus Throw 1K Midget Girls	67-03	1990	O. Tucker - Dayton Gems Elite
	Shot Put 6lb Midget Girls	29-11.50	6/8/2002	Shannon Hooper - CCS
	TURBO JAV Midget Girls	36-07.00	6/10/2005	Kaitlyn Lester - CCS
13 to 14	100 Meter Dash Youth Girls	12.30	1996	M. Giles - Inside TC
	200 Meter Dash Youth Girls	24.67	6/14/2003	Sharay Hale - Detroit Jets
	400 Meter Dash Youth Girls	58.20	1987	Pickering - Dayton ER
	800 Meter Run Youth Girls	2:23.12	6/8/2002	Ahna Lewis - WVF
	1500 Meter Run Youth Girls	5:04.89	2001	A. Lewis - WV Flyers
	3000 Meter Run Youth Girls	11:05.26	2001	A. Lewis - WV Flyers
	3000 Meter Race Walk Youth Girls	18:25.10	1998	T. Sutton - Glenarden
	100 Meter Hurdles 30" Youth Girls	15.00	1994	C. Williams - Northwest TC
	200 Meter Hurdles 30" Youth Girls	29.39	1998	M. Clemons - River City Elite
	4x100 Meter Relay Youth Girls	48.73	6/12/2004	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Youth Girls	4:13.35	6/12/2004	Glenarden Track Club - Glenarden, MD
	4x800 Meter Relay Youth Girls	10:36.05	6/13/2003	Glenarden Track Club - Glenarden, MD
	High Jump Youth Girls	5-07.00	1994	C. Williams - Northwest TC
	Pole Vault Youth Girls	7-00.00	2000	J. Hansen - CCS
	Long Jump Youth Girls	16-09.00	1994	C. Williams - Northwest TC
	Triple Jump Youth Girls	32-07.00	1999	N. Scott - Greensboro Pacesetters
	Discus Throw 1K Youth Girls	100-10	6/14/2003	Jocelyn Martin - GATC
Shot Put 6lb Youth Girls	48-02.00	1999	J. Dalton - Cavalier Cavalettes	
15 to 16	100 Meter Dash Intermediate Girls	12.30	1993	S. Rashid - Derby City
	200 Meter Dash Intermediate Girls	24.80	1993	S. Rashid - Derby City TC
	400 Meter Dash Intermediate Girls	57.30	1998	J. Maline - River City Elite
	800 Meter Run Intermediate Girls	2:24.27	1998	E. Ehman - River City Elite
	1500 Meter Run Intermediate Girls	5:04.20	1993	M. Rawlings - CCS
	3000 Meter Run Intermediate Girls	11:03.70	1995	C. Simon - West Dayton
	3000 Meter Race Walk Intermediate Girls	16:22.64	1998	R. Beard - Glenarden
	100 Meter Hurdles 33" Intermediate Girls	15.10	1998	C. Richards - River City Elite
	400 Meter Hurdles 30" Intermediate Girls	1:06.20	1992	T. Blakey - Derby City
	4x100 Meter Relay Intermediate Girls	47.76	2000	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Intermediate Girls	4:12.06	1998	Glenarden Track Club - Glenarden, MD
	4x800 Meter Relay Intermediate Girls	11:18.90	1996	Capital City Striders - Charleston, WV
	High Jump Intermediate Girls	5-04.00	6/11/2005	Kendall McCaugherty - CCS
	Pole Vault Intermediate Girls	11-09.00	6/8/2002	Jennifer Hansen - CCS
	Long Jump Intermediate Girls	18-03.25	1993	S. Rashid - Derby City TC
	Triple Jump Intermediate Girls	33-10.50	6/10/2005	Tamika Reynolds - Next Level
	Discus Throw 1K Intermediate Girls	118-00	1990	Cooper - Dayton Gems Elite
Shot Put 4Kg Intermediate Girls	37-06.00	1995	D. Jones - Ebone Stars	

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17 to 18	100 Meter Dash Young Women	12.29	1998	A. Plowden - River City Elite
	200 Meter Dash Young Women	24.99	2000	A. Gorham - Glenarden
	400 Meter Dash Young Women	56.24	2000	A. Gorham - Glenarden
	800 Meter Run Young Women	2:17.40	1987	R. Clinton - NY Starlets
	1500 Meter Run Young Women	5:07.20	1987	Faulkner - Ind. Chevettes
	3000 Meter Run Young Women	11:38.77	1998	C. Cantrell - CCS
	3000 Meter Race Walk Young Women	20:03.04	6/9/2006	Allison Lyke – Cavalier Cavalettes
	5000 Meter Run Young Women	19:04.67	6/10/2005	Maria Dalzot - Unattached
	2000 Meter Steeplechase Young Women	4:48.47	6/9/2006	Amber Riley – WV Flyers
	100 Meter Hurdles 33" Young Women	14.20	1998	L. Barnaby-Pope - Glenarden
	400 Meter Hurdles 30" Young Women	1:02.70	1987	Sauers - Ind. Chevettes
	4x100 Meter Relay Young Women	47.64	2000	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Young Women	4:05.00	2001	Glenarden Track Club - Glenarden, MD
	4x800 Meter Relay Young Women	10:26.13	6/13/2003	Glenarden Track Club - Glenarden, MD
	High Jump Young Women	5-06.00	6/10/2006	Kendall McCaugherty - CCS
	Pole Vault Young Women	10-06.00	6/14/2003	Jennifer Hansen - CCS
	Long Jump Young Women	18-04.75	1998	K. Jones - Greensboro Pacesetters
	Triple Jump Young Women	35-03.50	1999	K. Pilgrim - Glenarden
	Discus Throw 1K Young Women	131-02.50	1992	C. Hypes - CCS
	Shot Put 4Kg Young Women	43-10.50	1992	C. Hypes - CCS
19 to 29	100 Meter Dash Open Women	12.30	1996	R. Crumpler - Del-Five TC
	200 Meter Dash Open Women	26.10	1996	R. Crumpler - Del-Five TC
	400 Meter Dash Open Women	1:04.10	1988	S. Watts - Dayton Striders
	800 Meter Run Open Women	3:02.96	6/11/2005	Jayna Meadows - CCS
	1500 Meter Run Open Women	5:00.00	1998	J. Fisher - UNA
	3000 Meter Run Open Women	11:05.72	2001	R. Stallwood - UNA
	100 Meter Hurdles 33" Open Women	13.90	1989	S. Meade - Eastern KY Striders
	400 Meter Hurdles 30" Open Women	1:10.20	2000	T. Fortunato - Northeast Tennessee
	High Jump Open Women	4-10.00	1998	T. Combs - Little Kanawha TC
	Pole Vault Open Women	9-00.00	2000	T. Fortunato - Northeast Tennessee
	Long Jump Open Women	19-09.50	1996	K. Wise - Del-Five TC
	Triple Jump Open Women	33-04.00	1995	K. Sabbakan - Del-Five TC
	Discus Throw 1K Open Women	110-04	1996	L. Cotton - Huntington, WV
	Shot Put 4Kg Open Women	34-00.00	1996	E. Payne - South Point TC
	4x100 Meter Relay Open Women	50.95	1995	Del-Five - Richmond, VA
	4x400 Meter Relay Open Women	4:16.64	1995	Del-Five - Richmond, VA
	4x800 Meter Relay Open Women	9:55.37	2001	Glenarden Track Club - Glenarden, MD

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30 to 39	100 Meter Dash Sub-Masters Women	13.40	1990	R. Suggs - North Central TC
	200 Meter Dash Sub-Masters Women	28.90	1990	R. Suggs - North Central TC
	400 Meter Dash Sub-Masters Women	59.35	6/12/2004	Camille Martin - Ebenezer AME
	800 Meter Run Sub-Masters Women	2:17.89	6/12/2004	Camille Martin - Ebenezer AME
	1500 Meter Run Sub-Masters Women	5:41.30	1994	Jones - Tri-City Relays
	3000 Meter Run Sub-Masters Women	14:41.70	1992	R. Platt - CCS
	3000 Meter Race Walk Sub-Masters Women	17:57.72	1998	T. Komiorski - CCS
	3000 Meter Steeplechase Sub-Masters Women	7:13.24	6/9/2006	Heather Parks – WV Flyers
	400 Meter Hurdles 30" Sub-Masters Women	1:05.32	6/11/2004	Camille Martin - Ebenezer AME
	4x100 Meter Relay Sub-Masters Women	45.54	6/11/2005	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Sub-Masters Women	5:24.53	1999	Glenarden Track Club - Glenarden, MD
	High Jump Sub-Masters Women	4-06.00	2000	M. Cowart - Del-Five TC
	Long Jump Sub-Masters Women	13-06.25	6/8/2002	Delanie Billings - TRI-CITY
	Discus Throw 1.6K Sub-Masters Women	91-07	6/11/2005	Lynn Cotton - Cotton Ballerz
Shot Put 4Kg Sub-Masters Women	33-05.00	6/10/2006	Natasha Medley - CCS	
40 to 49	100 Meter Dash Masters Women	14.66	1999	P. Guy - Glenarden
	200 Meter Dash Masters Women	30.99	6/12/2004	Donna Gunter - Ebenezer AME
	400 Meter Dash Masters Women	1:56.07	6/11/2005	Lisa Hamrick - CCS
	800 Meter Run Masters Women	3:04.10	6/11/2005	Barbara Scott - Unattached
	1500 Meter Run Masters Women	6:01.33	6/11/2005	Barbara Scott - Unattached
	3000 Meter Run Masters Women	12:30.00	2000	M. Lawrence - CCS
	3000 Meter Race Walk Masters Women	22:45.10	1990	J. Kleeman - UNA
	100 Meter Hurdles 33" Masters Women	23.56	6/10/2005	Karen Lucas - Cavalier Cavalettes
	400 Meter Hurdles 30" Masters Women	2:09.59	6/10/2005	Karen Lucas - Cavalier Cavalettes
	4x100 Meter Relay Masters Women	58.73	6/11/2005	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Masters Women	4:58.22	6/12/2004	Ebenezer AME Royal Runners
	High Jump Masters Women	3-08.00	6/11/2005	Karen Lucas - Cavalier Cavalettes
	Long Jump Masters Women	12-10.00	6/14/2003	Vickie Williams - Warriors
	Discus Throw 1K Masters Women	89-03	6/12/2004	Mary Wilkins - Glenarden
Shot Put 4Kg Masters Women	35-03.00	2001	I. Haynes - CCS	
50 to 59	100 Meter Dash Master-Master Women	14.98	6/12/2004	Mary Jilka - Lexington Windjammers
	200 Meter Dash Master-Master Women	31.56	6/12/2004	Mary Jilka - Lexington Windjammers
	800 Meter Run Master-Master Women	4:14.21	6/11/2005	Mary Jilka - Lexington Windjammers
	1500 Meter Run Master-Master Women	7:05.87	6/11/2005	Mary Jilka - Lexington Windjammers
	3000 Meter Run Master-Master Women	21:11.00	2000	K. Bruner - CCS
	3000 Meter Race Walk Master-Master Women	28:21.80	2000	I. Bukac - CCS
	Long Jump Master-Master Women	8-00.50	1999	B. Pilgrim - Glenarden
	Discus Throw 1K Master-Master Women	51-11	6/11/2005	Barbara Wells - Glenarden
Shot Put 4Kg Master-Master Women	24-06.00	6/12/2004	Barbara Wells - Glenarden	
60 +	400 Meter Dash Grand Master Women	1:17.48	6/12/2004	Ramona Smith - Glenarden
	800 Meter Run Grand Master Women	3:07.25	6/12/2004	Ramona Smith - Glenarden