

Nutmeg State Games Women's Track Records

100 Meter Dash					
Event	Time	First Name	Last Name	Club/Team	Year
Girls 6 & Under	18.46	Moana	Leslie	Central CT Jags	2024
Girls 7-8	15.26	Michala	Marshal	Central CT Jags	2022
Girls 9-10	14.77	Sydnee	Over		2005
Women 11 - 12	13.62	Katie	Bobinski		2006
Women 13 - 14	12.83	Nora	Miller		2003
Womens 15-16	12.48	Juliette	Reed		2022
Women 17-18	12.35	Alanna	Smith		2021
Women 19 - 29	12.41	Satima	Chambers		2018
Women 30-34	13.22	Angella	Corlette		2007
Women 35-39	14.18	Latoya	Smith		2007
Womens 40-44	13.6	Santa	Medina		2022
Women 45-49	13.71	Beth	Clark		2015
Womens 50-54	14.34	Krista	Benson		2022
Women 55-59	14.37	Roxanne	Brockner		2021
Womens 60-64	22.18	Diane	Knetzger		2017
Women 65-69	18.69	Mary	Roman		2005
Women 70-74	18.24	Beverly	Rohlehr		2017
Women 75-79	26.07	Annette	coulter		2023
Women 80-89	24.69	Carla	Convery		2003
200 Meter Dash					
Event	Time	First Name	Last Name	Club/Team	Year
Girls 6 & Under	39.39	Moana	Leslie	Central CT Jags	2024
Girls 7-8	33.19	Jhalyn	Hyde	Central CT Jags	2024
Girls 9-10	27.73	Arial	Outlay		2001
Women 11 - 12	28.65	Katie	Bobinski		2006
Women 13 - 14	26.4	Nora	Miller		2003
Women 15-16	25.72	Anissa	Moore		2021
Women 17 - 18	24.95	Alanna	Smith		2021
Women 19-29	24.73	Satima	Chambers		2018
Women 30-35	26.46	Angella	Corlette		2007
Women 35-39	34.24	Christina	Gasparin		2017
Women 40-44	28.11	Beth	Clark		2015
Women 45-49	29.66	Lillian	Awidi		2016
Women 50-54	30.27	Krista	Benson		2022
Womens 55-59	29.5	Veronica	LeShore		2022
Women 60-64	35.86	Claire	De Lombaer		2024
Women 65-69	43.81	Mary	Roman		2007
Women 70-74	40.87	Beverly	Rohlehr		2017
Women 80-84	01:06.5	Carla	Covery		2003
Women 85-89	51.19	Norma	Minkowitz		2022
400 Meter Dash					
Event	Time	First Name	Last Name	Club/Team	Year
Girls 6 & Under	01:34.4	Natalie	Kail	Danbury Hatters	2024
Women 7-8	01:11.4	Sarah	Rochester		2016
Women 9-10	01:07.6	Naiya	Fisher		2016
Women 11 - 12	01:01.6	Alanna	Smith		2015
Women 13 - 14	59.62	Anna	Vidolova		2021
Women 15-16	56.83	Anissa	Moore		2021
Women 17 - 18	57.25	Anissa	Moore		2023
Women 19 - 29	59.13	Georgette	Nixon		2018

2009, Tasha Jaworski, 18.69

2017, Emery Rakestraw, 43.73

2016, Sarah Rochester, 33.37

1st Record for age group

2022, Jhalyn Hyde, 1:40.17

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400 Meter Dash continued

Event	Time	First Name	Last Name	Team/Club	Year
Women 30-34	01:00.2	Angella	Corlette		2007
Women 34-35	01:09.3	Stacy	Thomas		2017
Women 40-44	01:10.4	Roberta	Little		2018
Women 45-49	01:05.5	Lillian	Awidi		2012
Women 50-54	01:04.1	Roxanne	Brockner		2021
Women 55-59	01:15.8	Ginger	Palmer		2017
Women 60-64	01:26.6	Dani	Kennedy		2019
Women 65-69	2:00.48	Pamela	Hurt		2018
Women 70-74	01:31.4	Sherrel	Harmon		2022
Women 85-89	01:54.0	Norma	Minkowitz		2022

800 Meter Dash

Event	Time	First Name	Last Name	Club/Team	Year
Women 6 & Under	04:23.2	Luna	Rowett		2018
Women 7-8	03:04.6	Hannah	Cook		2005
Women 9-10	02:40.8	Brooke	Sheppard		2017
Women 11 - 12	02:25.6	Tai	Sheppard		2017
Women 13 - 14	02:25.9	Kaylah	Hill		2017
Women 15-16	02:17.5	Victoria	Vidolova		2021
Women 17 - 18	2.25.61	Katrina	Ainsworth		2005
Women 19-29	02:31.3	Lauren	McCarthy		2005
Womens 30-34	02:54.2	Elizabeth	Teneyck		2017
Women 35-39	02:50.8	Kelly	Howard		2024
Women 40-44	02:31.9	Alissa	Scott		2023
Women 45-49	02:48.2	Tara	Rudinski		2014
Women 50-54	03:00.7	Dani	Kennedy		2011
Women 55-59	02:29.4	Michelle	Rohl		2021
Women 60-64	03:01.1	Susie	Snyder		2023
Women 65-69	03:14.7	Ivy	Bell		2022
Women 70-74	02:56.3	Tris	Carta		2024
Women 85-89	04:31.4	Norma	Minkowitz		2022

2003, Marika Sickenger, 3:06.9

1st Record for age group

1 Mile Run

Event	Time	First Name	Last Name	Club/Team	Year
Women 7-8	06:44.5	Liv	Killam		2021
Women 9-10	05:53.9	Leilani	Gibson		2016
Women 11 - 12	05:39.4	Maya	Gomes		2017
Women 13 - 14	05:35.0	Frances	Brillante		2005
Women 15-16	05:39.31	Kate	Littler		2023
Women 17 - 18	05:23.2	Elizabeth	Fengler		2014
Women 19-29	05:21.5	Meredith	Barber		2024
Women 30-34	07:22.8	Laura	Thomas		2018
Women 35-39	6:10.51	Alissa	Scott		2018
Women 40-44	5:56.88	Erin	Lopez		2024
Women 45-49	05:59.5	Tara	Rudinski		2014
Womens 50-54	06:08.0	Dani	Kennedy		2012
Womens 55-59	06:20.5	Dani	Kennedy		2014
Women 60-64	06:12.33	Charlotte	Rizzo		2023
Women 65-69	7:11.74	Dani	Kennedy		2024
Women 85-89	9:46.65	Norma	Minkowitz		2024

2005, Lauren McCarthy, 5:24.9

2023, Erin Lopez, 5:59.31

1st Record for age group

1st Record for age group

2 Mile Run

Event	Time	First Name	Last Name	Club/Team	Year
Women 11-12	14:20.33	Claire	Smith		2003
Women 13 - 14	11:20.3	Haley	Hasty		2014
Women 15-16	14:13.3	Chase	Ireland		2021
Women 17 - 18	12:03.4	Ally	Costa		2008
Women 19-29	11:49.8	Elizabeth	Fengler		2015
Womens 30-34	19:17.1	Victoria	Lindsey		2011
Women 35-39	18:39.2	Jessica	Willis		2017
Women 40-44	13:26.6	Tara	Rudinski		2014
Women 50-54	13:27.0	Dani	Kennedy		2012

Women 55-59	14:55.6	Lavinia	Vigue	2024	1st Record for age group
Women 60-64	15:15.8	Dani	Kennedy	2021	

1 Mile Race-Walk

Event	Time	First Name	Last Name	Club/Team	Year
Women 9-10	15:36.5	Bridget	Steele		2008
Women 13 - 14	10:22.4	Kara	Steele		2004
Women 17 - 18	09:31.8	Kara	Steele		2005
Women 19 - 29	9:24.37	Jean	Tenan		2004
Women 30-34	9:17.97	Anine	Stanley		2018

1 Mile Race-Walk continued

Event	Time	First Name	Last Name	Club/Team	Year
Women 35-39	13:13.2	Migdalia	Congdon		2009
Women 40-44	12:26.7	Nancy	Hucey		2019
Women 45-49	07:12.5	Mary Anne	Torrellas		2000
Womens 50-54	15:14.6	Silvia	Dake		2011
Women 55-59	07:56.7	Maryanne	Daniel		2011
Women 60-64	09:17.2	Maryanne	Daniel		2022

4X100 Exhibition Relays

Event	Time	First Name	Last Name	Team/Club	Year
High School	50.79			Alpha-Speed	2024
HS Team:		Yasani Thompson	Naveah Jackson	Kayshaly Garcia	Sophia Guzman
Middle School	58.52			DAYO Lightning	2023
MS Team:	Hayley B	Brook Guinyard	Neema O'Donald	Samoi Redway	Payton Walters
Elem School	58.41			Central CT Jags	2024
Elem Team		Monae Dixon	Moana Leslie	Ella-Rose Swell	Jhalyn Hyde

1st Record for age group

2023, Central CT Jags, 1:01.5

Sarai M., Laila S., Kiera G., Taryn H.

4X400 Exhibition Relays

Event	Time	First Name	Last Name	Team/Club	Year
Middle School	4:57.98			Danbury Flyers	2024
MS Team:		Kallie Carroll	Anna Justo	Melissa Riberio	Quinn Schoefer
Open	05:33.9			Fleet Feet	2024
Open Team:		Ali Fleitz	Debby Sullivan	Zoe Goodburn	Cory Lee

2023, Danbury Flyers, 5:18.21

Kallie C., Anna J., Julia M., Quinn S.

1st Record for age group

100 M High Hurdles

Event	Time	First Name	Last Name	Club/Team	Year
Women 13 - 14	16.9	Nia Michelle	Chris		2005
Women 15-16	16.21	Nia	Christie		2018
Women 17 - 18	15.39	Lauren	Tanz		2007
Women 19 - 29	15.94	Catherine	Milledge		2013
Women 30-34	18.98	Laura	Thomas		2018

2000 Steeplechase

Event	Time	First Name	Last Name	Club/Team	Year
Women 13-14	09:37.3	Kimberly	Husbands		2021
Women 15-16	07:32.7	Brianna	Carter		2021
Women 17-18	07:58.9	Acadia	Helfand	Chelsea Grey	2022
Women 19-29	08:32.6	Elizabeth	Chekas		2015
Women 40-44	08:22.0	Kirsten	Rigney		2017
Womens 50-54	12:03.9	Janet	Simons		2009
Women 55-59	12:03.9	Janet	Simons		2009
Women 60-64	14:08.4	Janet	Simons		2016
Women 65-69	14:32.3	Mary	Trotto		2013