



COLORADO SPRINGS STRIDERS -- INDOOR RECORDS -- GIRLS
 (AS OF JANUARY 19, 2008)

Bantam Girls (10 & Under)

55M	Kelsey Scott	11.28	1998
200M	Kelsey Scott	47.17	1998
300M	Elizabeth Pasko	1:02.70	1998
400M	Elizabeth Pasko	1:28.00	1998
600M	Elizabeth Pasko	2:26.31	1998
800M	Elizabeth Pasko	3:17.64	1998
Mile	Elizabeth Pasko	7:19.10	1998
Long Jump	Kelsey Russell	7'2"	1998

Midget Girls (11-12)

50M	Erin Urbanoski	8.44	2001
55M	Elizabeth Wood	8.39	2005
60M	Elizabeth Wood	9.01	2005
55MH	Kate Quick	11.91	1998
200M	Elizabeth Wood	31.53	2005
300M	Kate Quick	50.10	1998
600M	Kate Quick	1:58.50	1998
800M	Kate Quick	2:39.23	1998
1000M	Elizabeth Pasko	3:58.33	1999
Mile	Elizabeth Pasko	6:29.11	1999
3000M	Elizabeth Pasko	12:54.20	1999
Long Jump	Erin Urbanoski	10'8"	2001

Youth Girls (13-14)

55M	Elyse Candelaria	8.44	2003
200M	Paige Lemmon	29.01	2008
400M	Paige Lemmon	1:06.84	2008
300M	Samantha Hester	49.62	2005
600M	Kate Quick	1:58.79	1999
800M	Kate Quick	2:54.37	1999
1000M	Kate Quick	3:59.56	1999
60MH	Paige Lemmon	10.60	2008
High Jump	Danielle Dude	4'4"	1998
Shot Put	Latoya Payton	22'11"	1998
Pole Vault	Megan Quick	4'5"	1998

Intermediate Girls (15-16)

50M	Vanessa Martin, Chanell Nichols	7.42*	2003
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55M	Shell Roberts	7.23	1998
60M	Tavia Van Vleet	9.26	2004
200M	Shell Roberts	25.77	1998
300M	Shell Roberts	43.77	1998
400M	Chanell Nichols	1:01.44	2003
600M	Jordan Haag	1:47.69	2003
800M	Jordan Haag	2:29.90	2003
1000M	Elizabeth Pasko	3:26.08	2003
1500M	Elizabeth Pasko	5:20.02	2002
1600M	Elizabeth Pasko	5:42.17	2004
3000M	Erin McCormick	13:33.77	2002
Long Jump	Jeana Harbison	17'2 ½'	1998
Triple Jump	Lindsey Braddock	36'4"	2003
High Jump	Erin Dude	4'11"	1999
Pole Vault	Alexandra Colvin	10'6"	2006

Young Women/High School Open (17-18)

50M	Jill Adamek	6.90	2001
55M	Dayna McMillen	6.98	1998
60M	Jeana Harbison	8.16	1999
200M	Nichole Oates	25.13	1997
300M	Chanell Nichols	41.94	2004
400M	Chanell Nichols	57.94	2005
600M	Allie Abdouch	1:38.76	2006
800M	Allie Abdouch	2:14.90	2006
1000M	Christine Hughes	3:43.29	1999
1500M	Rebecca Huffman	5:18.99	2007
1600M	Erin Marston	5:35.27	2002
3000M	Rebecca Huffman	11:22.22	2007
55MH	Jennie Wonder	8.07	1997
60MH	Lexie Spiranac	9.50	2007

800M Relay	Brandy Green, Jeana Harbison Keane Hayes, Dayna McMillen	1:49.60	1998
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1600M Relay	Megan Geonetta, Jennie Wonder Robyn Christensen, Nichole Oates Mikki Musso, Jordan Haag Kelly Marquardt, Marlesa Moore	4:28.60 4:14.90**	1997 2002
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1600M Medley Relay	Jordan Haag, Mikki Musso Cynthia Gordon, Erin Marston	4:31.06**	2003
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Long Jump	Lindsey Braddock	17'6 ½"	2004
Triple Jump	Lindsey Braddock	36'11"	2004
High Jump	Lexie Spiranac	5'4"	2007
Pole Vault	Kelly DiVesta	12'4"	2004
Shot Put	Tina Lanner	27'11 ½"	2002

(**)-Mixed Relay
(*) Hand time converted

Open Women

55M	Ayana Floyd-James	7.59	2003
200M	Ayana Floyd-James	27.04	2003