



COLORADO SPRINGS STRIDERS -- OUTDOOR RECORDS -- GIRLS
(As of July 31, 2008)

Sub-Bantam (8 years and under)

50M	Lindsey Crawford	7.74	1996
100M	Lindsey Crawford	16.11	1996
200M	Lindsey Crawford	35.63	1996
400M	Lauren Bedola	1:20.65	1996
800M			
1500M			
400MR			
1600MR			
1500M RW	Jolyn Pasko	12:45.46	1998
Long Jump	Naomi Nix	9'7"	2006
High Jump			
Shot Put			

Bantam (9-10 years old)

50M	Lindsey Crawford	7.74	1996
100M	Lindsey Crawford	14.30	1998
200M	Lindsey Crawford	30.24	1998
400M	Lauren Bedola	1:15.40	1998
800M	Elizabeth Pasko	2:58.28	1998
1500M	Elizabeth Pasko	6:01.46	1998
400MR	Kelly Coomes, Rachel Broerman, Lauren Bedola, Lindsey Crawford	1:01.60	1998
1600MR	Jordyn Reece, Lauren Bedola, Lindsey Crawford, Ashley Crawford	5:48.94	1997
1500M RW	Jolyn Pasko	9:35.05	2000
Long Jump	Katie Coomes	11'4½"	1998
High Jump			
Shot Put	Katie Coomes	15'½"	1998
Pentathlon			

Midget (11-12 years old)

100M	Lindsey Crawford	13.52	2000
200M	Lindsey Crawford	29.15	2000
400M	Danielle Vannucci	1:08.55	1998
800M	Kate Quick	2:42.85	1998
1500M	Elizabeth Pasko	5:45.27	2000
3000M	Elizabeth Pasko	12:34.0	1999
80MH	Amanda Harvey	16.35	1997
400MR	Tavia Van Vleet, Lauren Bedola	58.02	2000
	Rachel Broerman, Lindsey Crawford		
1600MR	Lindsey Crawford, Lauren Bedola	4:43.53	2000
	Tavia Van Vleet, Rachel Broerman		
3200MR			
1500M RW	Elizabeth Pasko	8:04.56	2000
Long Jump	Ashley Crawford	12'4"	1998
High Jump	Laurisa Canini	4'3"	2002
Shot Put	Ashley Crawford	27'½"	1998
Discus	Ashley Crawford	73'11"	1999
Pentathlon	Sarah Broerman	1454	1998

Youth (13-14 years old)

100M	Lindsey Crawford	13.32	2001
200M	Domonique Bingham	27.30	2001
400M	Danielle Vannucci	1:04.07	1999
800M	Jordan Haag	2:30.11	2001
1500M	Hillory Davis	5:28.16	2002
3000M	Hillory Davis	11:53.32	2002
100MH	Kelly Coomes	16.09	2002
200MH	Ana Brown	31.98	1996
400MR	Lauren Carter, Virginia Woodfork	51.49	2001
	Domonique Bingham, Lindsey Crawford		
1600MR	Shanell Nichols, Virginia Woodfork	4:20.67	2001
	Jordan Haag, Domonique Bingham		
3200MR			
1500M RW	Wendy Carver	8:30.43	1996
3000M RW	Wendy Carver	17:59.39	1996
Long Jump	Kelly Coomes	16'7"	2002
Triple Jump	Alexis Goggans	29'10 ½"	2000
High Jump	Kelly Coomes	5'0"	2002
Shot Put	Ashley Crawford	33'1 ½"	2001
Discus	Ashley Crawford	96'1"	2001
Javelin	Kaylee Spanier	69'9"	2000
Pole Vault	Alexandra Colvin	8'10 ¼ "	2004
Pentathlon	Kelly Coomes	2548	2002

Intermediate (15-16 years old)

100M	Dayna McMillen	12.14	1996
200M	Dayna McMillen	24.81	1996
400M	Chanell Nichols	57.86	2003
800M	Amanda Glascoe	2:27.95	2000
1500M	Jennifer Harmel	5:02.27	2000
3000M	Sydney Harris	10:47.80	2008
100MH	Candice Lee	15.61	1996
400MH	Candice Lee	1:11.60	1996
400MR	Shannon Andrews, Keane Hayes, Amber Canidy, Jeana Harbison	49.24	1997
1600MR	Shannon Andrews, Amber Canidy, Keane Hayes, Jeana Harbison	4:13.44	1997
3200MR	Jen Harmel, Erin Marston, Amanda Harvey, Amada Glascoe	10:03.66	2000
1500M RW	Wendy Carver	8:32.16	1997
3000M RW	Wendy Carver	17:37.77	1998
Long Jump	Amanda Harvey	16'3"	2000
Triple Jump	Amber Canidy	37'6"	1997
High Jump	Erin Dude	5'0"	1998
Shot Put	Joy Warrington	36'0"	2006
Discus	Joy Warrington	104' ½"	2006
Javelin			
Pole Vault	Kate Colvin	11'0"	2003
Pentathlon			

Young Women (17-18 years old)

100M	Dayna McMillen	11.83	1998
200M	Dayna McMillen	24.73	1997
400M	Katazha McCormick	56.18	2004
800M	Allie Abdouch	2:15.47	2006
1500M	Samantha Thompson	4:41.84	2008
3000M	Tina Gray	11:05.41	2000
100MH	Jennie Wonder	14.96	1996
400MH	Jennie Wonder	1:01.94	1996
400MR	Jennie Wonder, Nichole Oates, Elise Estes, Dayna McMillen,	47.33	1997
1600MR	Jennie Wonder, Jessica Kuzma, Nichole Oates, Sha-niquea Gonzales	3:55.20	1996
3200MR			
2000M Steeple	Tina Gray	8:07.24	2000
Long Jump	Lexie Spiranac	18'2 1/2"	2007
Triple Jump	Amber Canidy	38'8"	1998
High Jump	Lexie Spiranac	5'7"	2007
Shot Put	Glenda Mills	34'11"	1996
Discus	Katie Bunger	101'2"	2004
Javelin	Brittany Edmonds	123'0"	1998
Pole Vault	Kelly DiVesta, Ellie Rudy Kelly Ehardt	12'0"	2004 2007
Heptathlon	Lexie Spiranac	4474	2007

Open Women (over 18 years old)

100M	Damita Morgan	12.74	1998
200M	Damita Morgan	27.93	1998
400M			
800M			
1500M			
3000M			
100MH			
400MH			
400MR			
1600MR			
3200MR			
3200M RW			
Long Jump			
Triple Jump			
High Jump			
Shot Put			
Discus			
Javelin			
Pole Vault			
Heptathlon			