

Loucks Top 10 All-Time List - Women

100 METERS

11.85	11.85	Stacey Minott	New Rochelle	1	1994
11.90	11.90	Desiree Mooror	A. Philip Randolph	S	2001
11.90	11.90	Natasha Hastings	A. Philip Randolph	1	2004
11.92	11.92	Mooror		1	2001
11.93	11.93	Hastings		H	2004
11.93	11.93	Trisha Hawthorne	Alexander Hamilton	S	2007
12.00	12.00	Diane Adkins	Malverne	1	1987
12.01	12.01	Lynne Layne	New Rochelle	1	2005
12.02	12.02	Keyon Soley	Uniondale	1	1998
12.03	12.03	Hawthorne		1	2007

200 METERS

23.60	23.60	Shana Cox	Holy Trinity	1	2003
23.69	23.69	Juanita Broaddus	William Penn	1	2001
23.73	23.73	Natasha Hastings	A. Philp Randolph	2	2001
23.82	23.82	Tiandra Ponteen	Washington Irving	3	2001
23.82	23.82	Broaddus		2	2003
23.86	23.86	Michelle Munday	H.D. Woodson	1	1994
23.94	23.94	Broaddus		S	2001
24.15	24.15	Hastings		S	2001
24.18	24.18	Hastings		1	2004
24.20	24.20	Cox		S	2003

400 METERS / 440 YARDS

53.83	53.83	Heather Hanchak	Ellis School (Pittsburgh)	1	1996
53.92	53.92	Nadonna Rodriques	Boys and Girls	1	2007
54.09	54.09	Rodriques		1	2008
54.16	54.16	Christina Smith	William Penn	1	2001
54.38	54.38	Onica Fraser	Nazareth	2	1996
54.41	54.41	Ahtyana Johnson	Benjamin Cardozo	1	2010
54.62	54.62	Johnson		1	2009
54.5	54.64	Angela Washington	Coolidge	1	1980
54.70	54.70	Ashlea McLoughlin	Uniondale	1	2007
54.75	54.75	Nicole Leach	West Catholic	1	2004

800 METERS / 880 YARDS

2:07.81	2:07.81	Stacey Ann Livingston	Boys & Girls	1	2001
2:08.21	2:08.21	Claudia Francis	Benjamin Cardozo	1	2011
2:09.06	2:09.06	Julia Zrinyi	Vincent Massey College	2	2011
2:09.24	2:09.24	Kristin Reese	Carmel	1	2007
2:09.58	2:09.58	Charlene Lipsey	Hempstead	1	2009
2:09.77	2:09.77	Livingston		1	2002
2:10.22	2:10.22	Andria Smallwood	FW Ballou	1	2003
2:10.3	2:10.44	Veronica Haberl	Longwood	1	1983
2:10.61	2:10.61	Emily Menges	Garden City	2	2009
2:10.80	2:10.80	Emma Gallagher	Garden City	3	2011
2:10.7	2:10.84	Lisa Fennell	Woodson	1	1982

1600 METERS / ONE MILE

4:40.56	4:40.56	Aisling Cuffe	Cornwall	1	2011
4:48.25	4:48.25	Shelby Greany	Suffern	1	2009
4:49.2	4:49.34	Eileen Ellig	Rutland	1	1984
4:50.02	4:50.02	Emily Lipari	Roslyn	1	2010
4:50.90	4:50.90	Nicole Blood	Saratoga Springs	1	2002
4:51.34	4:51.34	Kristin Reese	Carmel	1	2008
4:51.50	4:51.50	Molly Huddle	Elmira Notre Dame	2	2002
4:51.50	4:51.50	Julia Zrinyi	Vincent Massey College	2	2011
4:53.3 Y	4:51.73	Nancy Buguey	Falmouth	1	1979
4:53.5 Y	4:51.93	Joetta Clark	Columbia	1	1978

3200 METERS

9:56.16	9:56.16	Aisling Cuffe	Cornwall	1	2011
10:08.19	10:08.19	Aisling Cuffe	Cornwall	1	2010
10:14.63	10:14.63	Molly Huddle	Elmira Notre Dame	1	2002
10:21.32	10:21.32	Emily Lipari	Roslyn	1	2009
10:22.15	10:22.15	Samantha Nadel	North Shore	2	2011
10:23.08	10:23.08	Aisling Cuffe	Cornwall	2	2009
10:24.03	10:24.03	Samantha Nadel	North Shore	3	2009
10:24.85	10:24.85	Lipari		2	2010
10:28.92	10:28.92	Lizzie Predmore	Shenendehowa	3	2011
10:31.97	10:31.97	Michelle Wale	Pine Bush	1	2001

100 METER HURDLES

13.85	13.85	Joyce Bates	Simon Gratz	1	1996
13.96	13.96	Shenae Dawkins	New Rochelle	1	2002
14.02	14.02	Janice Jackson	Middle College	1	2009
14.14	14.14	Brandit Copper	William Penn	1	1994
14.19	14.19	Lindsay Rowe	Benjamin Cardozo	1	2007
14.24	14.24	Lateisha Philson	Benjamin Cardozo	1	2010
14.35	14.35	Copper		1	1995
14.35	14.35	Bates		S	1996
14.37	14.37	Philson		S	2010
14.38	14.38	Lynda Tolbert	Ballou	S	1985

400 INTERMEDIATE HURDLES

59.84	59.84	Dalillah Muhammad	Benjamin Cardozo	1	2008
60.49	60.49	Tasha Whitted	F. W. Ballou	1	1988
60.65	60.65	Dotrine Jacobs	Newburgh	1	2010
60.75	60.75	Camille Hendrix	William Penn	2	1988
60.98	60.98	Christina Smith	William Penn	1	2002
61.20	61.20	Jamillah Wade	Simon Gratz	1	1996
61.35	61.35	Shenae Dawkins	New Rochelle	1	2000
61.37	61.37	Smith		1	2003
61.39	61.39	Elizabeth Mott	New Rochelle	2	2008
61.48	61.48	Tanaya Yarde	Mount Vernon	1	2011
61.50	61.50	Lisa Edwards	St. John's Prep	2	1996

2000 METER STEEPLECHASE

6:52.74	6:52.74	Laura Leff	West Genessee	1	2011
6:54.36	6:54.36	Kara McKenna	Suffern	1	2004
6:56.96	6:56.96	Mary Kate Anselmini	Ward Melville	1	2009
6:57.16	6:57.16	Samantha Jorgensen	Pawling	2	2011
6:57.56	6:57.56	Shelby Greany	Suffern	1	2006
6:59.80	6:59.80	Erin Demchko	Pearl River	1	2003
7:00.23	7:00.23	Jamie Sweeney	Saratoga Springs	1	2002
7:02.15	7:02.15	Kira Garry	Friends Academy	3	2011
7:02.38	7:02.38	Toni-Lynn Salucci	Shoreham	2	2003
7:02.40	7:02.40	Annabel Clarke	Rhinebeck	1	2010

400 METER RELAY

46.92	46.92	William Penn		1	2003
47.04	47.04	William Penn		1	2002
47.33	47.33	William Penn		1	2001
47.49	47.49	William Penn		S	2001
47.50	47.50	Woodson		1	1995
47.57	47.57	Boys & Girls		1	2008
47.61	47.61	Simon Gratz		1	1996
47.61	47.61	Simon Gratz		S	1996
47.32	47.32	William Penn		S	2003
47.35	47.35	Benjamin Cardozo		1	2009

1600 METER RELAY / ONE MILE RELAY

3:40.55	3:40.55	A. Philip Randolph		1	2001
3:42.73	3:42.73	Boys & Girls		2	2001
3:44.88	3:44.88	William Penn		3	2001
3:45.13	3:45.13	Medgar Evers		1	2010
3:45.88	3:45.88	Columbia		2	2010
3:46.28	3:46.28	Benjamin Cardozo		1	2009
3:46.70	3:46.70	Mount Vernon		2	2009
3:47.07	3:47.07	Tilden		1	1988
3:47.54	3:47.54	Boys & Girls		1	2007
3:48.04	3:48.04	Medgar Evers		1	2011

3200 METER RELAY

8:57.90	8:57.90	Bronxville		1	2003
9:02.13	9:02.13	Suffern		1	2006
9:09.44	9:09.44	Bronxville		1	2009
9:09.83	9:09.83	Bronxville		1	2002
9:12.28	9:12.28	Suffern		2	2009
9:12.62	9:12.62	Columbia		3	2009
9:13.11	9:13.11	Boys & Girls		1	2001
9:13.26	9:13.26	Garden City		1	2011
9:14.20	9:14.20	Bay Shore		1	2004
9:15.30	9:15.30	Garden City		1	2010
9:15.44	9:15.44	Hunterdon Central		2	2011

Distance Medley Relay

11:42.49	11:42.49	Bay Shore	1	2004
11:49.46	11:49.46	Suffern	1	2009
11:49.57	11:49.57	Ward Melville	1	2011
11:50.20	11:50.20	Shenendehowa	2	2011
11:52.87	11:52.87	Carmel	1	2007
11:54.54	11:54.54	Saratoga Springs	1	2010
11:55.31	11:55.31	Mamaroneck	3	2011
11:55.60	11:55.60	Bay Shore	2	2007
11:56.37	11:56.37	Bay Shore	1	2005
11:59.08	11:59.08	Bay Shore	1	2006
11:59.82	11:59.82	Suffern	1	2008
11:59.86	11:59.86	Bronxville	2	2009

LONG JUMP

20' 2.25"	Jennifer Clayton	Suffern	1	2009
20' 2"	Tomi Rucker	Coolidge	1	1981
19' 8.25"	Joann Gray	Deer Park	1	1986
19' 8"	Keyon Soley	Uniondale	1	1998
19' 6.5"	Lynette Wigington	Mattituck	1	1997
19' 6"	Rucker		1	1982
19' 4"	Lynda Tolbert	Ballou	1	1984
19' 2"	Bianca Fung	North Babylon	1	2006
19' 1.75"	Kim McDole	Ramapo	1	1983
19' 0"	Ashley Hendrix	Uniondale	1	2007

TRIPLE JUMP

41' 0.5"	Michelle Hickman	A. Phillip Randolph	1	1996
40' 2.25"	Jodi Schlesinger	Clarkstown South	1	1999
40' 0.5"	Tsian Haywood	DeWitt Clinton	1	2011
39' 11.5"	Schlesinger		2	1996
39' 11.50"	Sharline White	Clarkstown South	1	1992
39' 11.25"	Nicole Dixon	St. Francis	1	1991
39' 11.0"	Zakiah Modeste	Mount Vernon	1	1995
39' 5.5"	Quana Phillips	Spring Valley	2	1992
39' 5.5"	Marlene Ricketts	Westbury	1	2010
39' 3"	Gabriela Baiter	John Glenn	1	2007

SHOT PUT

48' 0.5"	Vanessa Stewart	North Babylon	1	2010
46' 9.25"	Cheryl Klein	Bellport	1	1984
44' 1.75"	Stewart		1	2008
43' 10.5"	Stewart		1	2009
43' 9.5"	Connie Sweet	Horseheads	1	1983
43' 7.75"	Kadine Johnson	New Rochelle	1	2007
43' 7.5"	Klein		2	1983
43' 7.25"	Kim Kessell	Longwood	1	1988
43' 7"	Beth Bittler	Toms River	1	1979
43' 0"	Inga DeNunzio	Scarsdale	1	1990

HIGH JUMP

5' 8.5"	Janelle Clayton	Suffern	1	2007
5' 8.25"	Danielle LeGendre	Port Jefferson	1	1986
5' 8.25"	Dawn Case	Smithtown West	1	1987
5' 8"	Karen Hill	Wantagh	1	1980
5' 8"	Nancy Fay	Byram Hills	1	1981
5' 8"	Lauren Biscardi	Shoreham-Wading River	1	2004
5' 8"	Carin Knight	New Rochelle	1	2005
5' 7"	Lisa Taylor	Hendrick Hudson	2	1981
5' 7"	Lynn Norwood	Scarsdale	1	1985
5' 6"	Cheryl Grasso	Methuen	1	1979
5' 6"	Jodi Last	Scarsdale	2	1980
5' 6"	Cecilia Chomicz	W.T. Clark	1	1982
5' 6"	Kyle Emery	Swampscott	2	1985
5' 6"	Becky Ryan	Lexington	2	1986
5' 6"	Case		3	1986
5' 6"	Ryan		2	1987
5' 6"	Magon Moncrieffe	Mount Vernon	1	1993
5' 6"	Stacy Ann Grant	South Shore	1	1995
5' 6"	Sande Swabe	New Rochelle	1	1997
5' 6"	Swabe		1	1998
5' 6"	Nicole Brundage	Pine Bush	1	2000
5' 6"	Biscardi		1	2003
5' 6"	Knight		2	2004
5' 6"	Kimberly Hyacinthe	Ecole Secondaire Des Rives	2	2005
5' 6"	Biscardi		3	2005
5' 6"	Virginie Aubin	Wilfrid-Lege	4	2005
5' 6"	Knight		1	2006
5' 6"	Clayton		1	2008
5' 6"	Joanne Imbert	Valley Stream Central	1	2011

POLE VAULT

12' 6"	Stephanie Duffy	Washingtonville	1	2007
12' 0"	Amy Linnen	Mt Sinai	1	2000
12' 0"	Molly Lederman	The New Jewish School	1	2001
12' 0"	Samantha Shepard	Weston	2	2001
12' 0"	Bethany Dumas	Cony	2	2007
12' 0"	Lindsey Patterson	Timberlane	1	2008
12' 0"	Sydney Leroy	Port Jarvis	1	2009
12' 0"	Patterson		2	2009
12' 0"	Megan Clark	James I. O'Neill	1	2011
11' 6"	Dumas		1	2006
11' 6"	Ariane Beaumont-Courteau	College Jean-Eudes	3	2007
11' 6"	Kelsey Branch	Cornwall	2	2008
11' 6"	Natalie Parkes	Hunterdon Central	3	2008

DISCUS

143' 7"	Vanessa Stewart	North Babylon	1	2010
142' 0"	Ginna LoMonaco	Half Hollow Hills East	1	1994
138' 5"	Cherrice Brown	Bay Shore	1	2009
134' 11"	Cheryl Klein	Bellport	1	1984
134' 3"	Amber Jones	Shenendehowa	1	1996
132' 3"	Brienne Karow	Ellenville	1	2003
132' 0"	Ashley Clason	Shoreham-Wading River	2	2009
131' 1"	Karow		1	2002
129' 8"	Ashley Clasen	Shoreham-Wading River	1	2008
129' 6"	Becky O'Brien	Greely Maine	1	2006
129' 6"	Nicole Desins	Arlington	1	2011

High Jump

1.63m	Courtney Hall	Cicero North Syracuse	5' 4.25"	771	2003
1.63m	Morgan Wheeler	Averill Park	5' 4.25"	771	2008
1.63m	Jasmine Thompson	Cicero North Syracuse	5' 4.25"	771	2010
1.63m	Sally Gale	Nyack	5' 4.25"	771	2011
1.60m	Brittany Brown	Pelham	5' 3.00"	736	2008
1.60m	Tiyi Boone	Newburgh	5' 3.00"	736	2008
1.59m	Annie O' Shea	Comsewogue	5' 2.50"	724	2004
1.59m	Danielle Hoddinott	Northport	5' 2.50"	724	2005
1.59m	Brown		5' 2.50"	724	2009
1.58m	Priscilla Ilaraza	Clarkstown North	5' 2.25"	712	2007
1.58m	Lauren McGrath	Shoreham Wading River	5' 2.25"	712	2007
1.57m	Keva Ramsey	Peekskill	5' 1.75"	701	2006
1.57m	McGrath		5' 1.75"	701	2008
1.57m	Katie Osborne	Cicero North Syracuse	5' 1.75"	701	2010

Long Jump

5.20m	Morgan Wheeler	Averill Park	17' 00.75"	614	2008
5.17m	Tiyi Boone	Newburgh	16' 11.50"	606	2011
5.14m	Brittany Brown	Pelham	16' 10.50"	598	2009
5.07m	Amy Graceffo	Grenlawn	16' 07.75"	578	2011
5.01m	Tameekia Cooper	New Rochelle	16' 05.25"	562	2008
4.97m	Annie O' Shea	Comsewogue	16' 03.75"	551	2004
4.95m	Angelica Reed	A. Philip Randolph	16' 03.00"	546	2004
4.93m	Klurissa Williams	Riverhead	16' 02.50"	540	2005
4.93m	Lauren McGrath	Shoreham Wading River	16' 02.50"	540	2008
4.93m	Shawna Gibson	Shenendehowa	16' 02.50"	540	2011
4.93m	Sally Gale	Nyack	16' 02.50"	540	2011

Shot Put

10.64m	Ashai McLean	New Rochelle	34' 11.00"	571	2009
10.41m	McLean		34' 02.00"	556	2010
10.30m	Farath Raphael	Half Hollow Hills East	33' 09.50"	549	2008
10.19m	Morgan Wheeler	Averill Park	33' 05.25"	542	2008
10.09m	Marisa Kefalidis	The Dalton School	33' 01.25"	535	2008
9.66m	Amy Remmer	Londonderry	31' 08.50"	507	2006
9.39m	McLean		30' 09.75"	490	2008
9.36m	Fields	Cicero North Syracuse	30' 08.50"	488	2003
9.32m	Shereen Lightbourne	Alexander Hamilton	30' 07.00"	485	2007
9.27m	Ashley Pringle	Murry Bergtraum	30' 05.00"	482	2005

800 Meters

2:17.70	Brittney Adams	DeWitt Clinton	855	2011
2:19.73	Sally Gale	Nyack	827	2011
2:20.82	Michelle Rotondo	Garden City	812	2008
2:21.40	Angelica Reed	A. Philip Randolph	805	2004
2:23.44	Jillian Fauser	Northport	777	2008
2:23.47	Amira Yeiser	New Rochelle	777	2011
2:24.91	Joanna Bersin	Newburgh	758	2004
2:25.42	Erin Gregorek	Cornwall	751	2004
2:26.94	Nicole Payne	Port Chester	732	2007
2:28.2	Kim Brady	New Rochelle	712	2003