

Windham High School Girls Outdoor Records

Updated: Spring 2017

Field Events	Distance	RECORD HOLDER	YEAR	COMMENTS
DISCUS	117'4.5"	Mia Ward	1992	
SHOT PUT	38'4"	Jennifer Newcomb		State Champion '97,'98
JAVELIN	114'10"	Darcy Brockman	1992	
HIGH JUMP	5'4"	Ling Dong Bol	2017	3rd Place States meet
	5'4"	Alexis Wintle	2015	State Champion 2015
	5'4"	Andrea Kontos	1990	
	5'4"	Jill Irish	1986	State Champion 1986
LONG JUMP	16'3"	Heather Poore	1980	
TRIPLE JUMP	35'6.25"	Ling Dong Bol	2017	
	34'6.5"	Cheri Dymond	1999	
POLE VAULT	8'6"	Katie Cook	2009	
Track Events	Time	RECORD HOLDER	YEAR	COMMENTS
4x800m Relay	10:39.6	Katie Olsen	1999	
		Amanda Lebel		
		Angie Tetrault		
		Lindsey Kendall		
Racewalk	9:45	Nikki Woodman	2001	
100m Hurdles	15.4	Michelle Laderbush	1997	
100m Dash	13.1	Alex Lewis	2015	
	13.2	Kristen Ingalls	2000	
		Shannah Gallagher	1997	
1600m Run	05:16.1	Andrea Elder	1987	
4 x 100m Relay	52.1	Missy Bouchard	1985	
		Jill Irish		
		April Jordan		
		Jessica McNeil		
400m	1:00.14	Reilly Sullivan	2007	
300m H	47.98	Reilly Sullivan	2009	
800m Run	2:28.3	Selena Murray	1992	
200m Dash	26.9	Shannah Gallagher	1999	
		Stephanie Irish	1984	
3200m Run	11:27.6	Andrea Elder	1987	State Champion 1988
4x400m	4:15.66	Morgan Proulx (9)	2017	New England Competitors
		Amanda Turner (12)		
		Hannah Langstaff (9)		
		Abigail Clinch (10)		
	4:17.4	Dawn Keller	1989	
		April Jordan		
		Paula Carlin		
		Selena Murray		

Windham High School Girls Outdoor Records

Updated: Spring 2017

		Paula Carlin		
--	--	--------------	--	--