

All-Time Top Performances  
Lansing Girls Indoor Track Field

Event	Season	Athlete	Grade	Mark								
55	03-04	Christina Tillapaugh	12	7.55								
	07-08	Chloe Ryan	10	7.4	Top Freshman Time: 7.5 Hand (Chloe Ryan, 06-07)							
	06-07	Chloe Ryan	9	7.5	Top Sophomore Time: 7.4 Hand (Chloe Ryan, 07-08)							
	07-08	Chloe Ryan	10	7.5	Top Junior Time: 7.5 Hand (Chloe Ryan, 08-09)							
	08-09	Chloe Ryan	11	7.5	Top Senior Time: 7.55 FAT **SCHOOL RECORD** (Cristina Tillapaugh, 03-04)							
	09-10	Chloe Ryan	12	7.5	Top 7th Grade Time: 8.65 (Miya Kuramoto, 12-13)							
	03-04	Christina Tillapaugh	12	7.5	Top 8th Grade Time: 8.15 (Miya Kuramoto, 13-14)							
	09-10	Chloe Ryan	12	7.57								
	06-07	Carol Melice	11	7.60								
	09-10	Chloe Ryan	12	7.6								
	08-09	Chloe Ryan	11	7.62								
	07-08	Kathryn Hornibrook	9	7.65								
	08-09	Chloe Ryan	11	7.65								
18-19	Gwen Gisler	11	7.79									
55H	08-09	Kathryn Hornibrook	10	9.00								
	02-03	Melissa Sweazey	12	9.0	Top Freshman Time: 9.02 (Kathryn Hornibrook, 07-08)							
	08-09	Kathryn Hornibrook	10	9.0	Top Sophomore Time: 9.00 FAT **School Record** (Kathryn Hornibrook, 08-09)							
	07-08	Kathryn Hornibrook	9	9.02	Top Junior Time: 9.03 (Catalina Zaloj, 18-19)							
	18-19	Catalina Zaloj	11	9.03	Top Senior Time: 9.0 (Melissa Sweazey, 02-03), 9.06 FAT (Catalina Zaloj, 19-20)							
	19-20	Catalina Zaloj	12	9.06	Top 8th Grade Time: 10.7 (Lindsay Petry, 06-07)							
	07-08	Kathryn Hornibrook	9	9.11								
	18-19	Catalina Zaloj	11	9.17								
	08-09	Kathryn Hornibrook	10	9.20								
	18-19	Catalina Zaloj	11	9.21								
07-08	Kathryn Hornibrook	9	9.26									
200	04-05	Caitlin Wright	11	26.8								
300	02-03	Melissa Usack	11	42.3								
	08-09	Anna Mapes	12	42.93	Top Freshman Time: 44.45 (Kathryn Hornibrook, 07-08)							
	03-04	Christina Tillapaugh	12	43.0	Top Sophomore Time: 43.1 (Melissa Usack, 01-02)							
	08-09	Anna Mapes	12	43.07	Top Junior Time: 42.3 (Melissa Usack, 02-03)							
	03-04	Cristina Tillapaugh	12	43.1	Top Senior Time: 43.07 FAT (Anna Mapes, 08-09)							
	01-02	Melissa Usack	10	43.1	**Top 7th Grade Time: 46.3 (Lindsay Petry, 05-06)							
	02-03	Melissa Usack	11	43.3	**Top 8th Grade Time: 44.60 (Lindsay Petry, 06-07)							
	07-08	Anna Mapes	11	43.53								
	08-09	Anna Mapes	12	43.6								
02-03	Melissa Usack	11	43.68									

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<b>400</b>	08-09	Anna Mapes	12	1:01.35							
	07-08	Anna Mapes	11	1:01.98	Top Freshman Time: 1:05.6 (Natalie Usack, 04-05)						
	04-05	Caitlin Wright	11	1:02.3	Top Sophomore Time: 1:06.7 (Anna Mapes, 06-07)						
	05-06	Caitlin Wright	12	1:03.00	Top Junior Time: 1:01.98 (Anna Mapes, 07-08)						
	04-05	Natalie Usack	9	1:05.6	Top Senior Time: 1:01.35 (Anna Mapes, 08-09)						
	06-07	Anna Mapes	10	1:06.7							
	06-07	Christine Fuchs	11	1:08.5							
	08-09	Jenna Lamb	12	1:10.08							
<b>600</b>	01-02	Melissa Usack	10	1:37.3							
	01-02	Melissa Usack	10	1:37.44	Top Freshman Time: 1:48.8 (Natalie Usack, 04-05)						
	01-02	Melissa Usack	10	1:37.8	Top Sophomore Time: 1:37.44 <b>**FAT**</b> School Record (Melissa Usack, 01-02)						
	02-03	Melissa Usack	11	1:38.2	Top Junior Time: 1:38.2 (Melissa Usack, 02-03)						
	02-03	Melissa Usack	11	1:38.59	Top Senior Time: 1:40.91 (Anna Mapes, 08-09)						
	08-09	Anna Mapes	12	1:38.83	Top 8th Grade Time: 1:48.6 (Natalie Usack, 02-03)						
	01-02	Melissa Usack	10	1:39.05							
	08-09	Anna Mapes	12	1:39.18							
	04-05	Kylee Jordan	10	1:40.2							
	04-05	Caitlin Wright	11	1:40.4							
<b>800</b>	01-02	Melissa Usack	10	2:20.57							
<b>1000</b>	00-01	Melissa Usack	9	3:04.6							
	00-01	Melissa Usack	9	3:05.90	Top Freshman Time: 3:04.6 (Melissa Usack, 00-01)						
	02-03	Melissa Usack	11	3:07.2	Top Sophomore Time: 3:09.28 (Kylee Jordan, 04-05)						
	03-04	Kylee Jordan	9	3:07.4	Top Junior Time: 3:07.2 (Melissa Usack, 02-03)						
	07-08	Ryann Cretney	12	3:08.92	Top Senior Time: 3:08.92 (Ryann Cretney, 07-08)						
	04-05	Kylee Jordan	10	3:09.28	<b>**Top 7th Grade Time: 3:16.50 (Taylor Jordan, 05-06)</b>						
	99-00	Carrie Richards	11	3:09.73	<b>**Top 8th Grade Time: 3:10.8 (Kylee Jordan, 02-03)</b>						
	02-03	Kylee Jordan	8	3:10.8							
	07-08	Ryann Cretney	12	3:11.51							
	06-07	Taylor Jordan	8	3:11.90							
<b>1500</b>	06-07	Ryann Cretney	11	4:54.5							
	06-07	Ryann Cretney	11	4:54.70	Top Freshman Time: 4:58.62 (Kylee Jordan, 03-04)						
	06-07	Ryann Cretney	11	4:54.9	Top Sophomore Time: 5:00.37 (Ryann Cretney, 05-06)						
	06-07	Ryann Cretney	11	4:56.4	Top Junior Time: 4:54.70 <b>FAT **SCHOOL RECORD**</b> (Ryann Cretney, 06-07)						
	06-07	Ryann Cretney	11	4:56.9	Top Senior Time: 4:57.15 (Carrie Richards, 00-01)						

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	06-07	Ryann Cretney	11	4:57.15	**Top 7th Grade Time: 5:23.37 (Kinsley Jacobs, 17-18)								
	00-01	Carrie Richards	12	4:57.96	**Top 8th Grade Time: 5:19.0 (Taylor Jordan, 06-07)								
	03-04	Kylee Jordan	9	4:58.62									
	07-08	Ryann Cretney	12	5:00.22									
	05-06	Ryann Cretney	10	5:00.37									
<b>1500 Racewalk</b>	03-04	Lauren McDonough	12	7:39.89									
	03-04	Lauren McDonough	12	7:42.1	Top Freshman Time: 10:29.67 (Sophia Pitti-Daley, 11-12)								
	03-04	Lauren McDonough	12	7:45.5	Top Sophomore Time: 8:56.05 (Lauren McDonough, 01-02)								
	03-04	Lauren McDonough	12	7:49.7	Top Junior Time: 9:14.20 (Jenna Lamb, 07-08)								
	03-04	Lauren McDonough	12	8:02.9	Top Senior Time: 7:39.89 (Lauren McDonough, 03-04)								
	01-02	Lauren McDonough	10	8:56.05									
	05-06	Christine Fuchs	10	8:56.7									
	01-02	Lauren McDonough	10	9:01.9									
	05-06	Christine Fuchs	10	9:07.60									
	99-00	Cara McKay	10	9:09.52									
<b>1 Mile</b>	01-02	Melissa Usack	10	5:15.89									
<b>3000</b>	07-08	Ryann Cretney	12	10:46.07									
	07-08	Ryann Cretney	12	10:47.23	Top Freshman Time:								
	07-08	Ryann Cretney	12	10:47.70	Top Sophomore Time: 11:03.7 (Melissa Usack, 01-02)								
	01-02	Melissa Usack	10	11:03.7	Top Junior Time: 11:16.90 (Emmaline Jackson, 19-20)								
	07-08	Ryann Cretney	12	11:16.41	Top Senior Time: 10:46.07 (Ryan Cretney, 07-08)								
	07-08	Ryann Cretney	12	11:16.41	Top 8th Grade Time: 11:42.6 (Kylee Jordan, 02-03)								
	19-20	Emmaline Jackson	11	11:16.9									
	05-06	Kayla Arrison	10	11:28.40									
	09-10	Kathryn Shaw	11	11:33.46									
	11-12	Blair Wigsten	12	11:36.59									
<b>800M Relay</b>	03-04			1:47.76	5th place, NYSPHSAA Championships								
	08-09	C Ryan, A Mapes, L Petry, K Hornibrook		1:48.27	5th place, NYSPHSAA Championships								
	07-08	C Ryan, A Mapes, L Petry, K Hornibrook		1:48.70									
	08-09	C Ryan, A Mapes, L Petry, K Hornibrook		1:48.85									
	08-09	C Ryan, A Mapes, L Petry, K Hornibrook		1:50.8									
	07-08	C Ryan, A Mapes, L Petry, K Hornibrook		1:51.46									
	03-04			1:51.6									
	08-09	C Ryan, A Mapes, L Petry, K Hornibrook		1:51.89									

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	04-05	N Usack, T Lind, C Wright, K Jordan		1:52.4									
	21-22			1:52.17									
<b>1600M Relay</b>	02-03	C Tillapaugh, J Gardner, C Wright, M Usack		4:13.2									
	08-09	J Lamb, C Palladino, K Shaw, A Mapes		4:15.96									
	06-07			4:18.80									
	04-05	Lind,Usack,Wright,Jordan		4:19.1									
	03-04			4:20.6									
	06-07			4:21.40									
	04-05			4:23.5									
	05-06			4:23.80									
	04-05			4:23.89									
	07-08			4:25.02									
<b>3200M Relay</b>	05-06	N Usack, R Cretney, C Wright, K Jordan		10:09.1									
	06-07			10:14.70									
	05-06			10:27.20									
	09-10			10:29.02									
	05-06	N Usack, C Wright, R Cretney, K Jordan		10:31.07									
	09-10			10:49.52									
	19-20	T Garcia, H Thibault, M Stark, E Jackson		10:49.90									
	03-04			10:52.8									
	05-06			10:55.3									
	08-09	K Shaw, A Maginnis, C Palladino, L Warkentin		11:01.46									
<b>6400M Relay</b>	04-05	Fuchs,Arrison,Brown,Bland		26:13.0									
<b>SMR</b>	01-02	C Tillapaugh, K Heisler, M Sweazey, M Usack		4:18.8									
	07-08	L Petry, K Hornibrook, A Mapes, R Cretney		4:22.05									
	04-05	Lind,Usack,Wright,Jordan		4:25.0									
	07-08	C Ryan, K Hornibrook, A Mapes, R Cretney		4:29.10									
	05-06			4:30.6									
	08-09	A Mapes, C Ryan, K Hornibrook, J Lamb		4:31.70									
	06-07			4:32.6									
	08-09	A Mapes, L Petry, K Hornibrook, J Lamb		4:32.96									
	11-12	K Jordan, L Barrett, M McDonald, _____		4:51.05									
	19-20	S O'Callaghan, P Howard, K Tornusciolo, H Thibault		5:06.56									
<b>Shuttle Hur.</b>	99-00	K Corina, M Sweazey, C McKay, B Costley		39.5									

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<b>DMR</b>	00-01	M Keating, K Heisler, M Sweazey, M Usack		13:02.6								
	05-06			13:57.9								
	08-09	L Warkentin, A Mapes, C Palladino, K Shaw		14:23.95								
	08-09	L Warkentin, J Lamb, C Palladino, K Shaw		14:29.49								
<b>HJ</b>	19-20	Catalina Zaloj	12	5-7								
	19-20	Catalina Zaloj	12	5-6	Top Freshman Jump: 4-10 (Destiny Little, 15-16)							
	18-19	Catalina Zaloj	11	5-5	Top Sophomore Jump: 5-3 (Kristen Johnston, 22-23)							
	18-19	Catalina Zaloj	11	5-4	Top Junior Jump: 5-5 (Catalina Zaloj, 18-19)							
	19-20	Catalina Zaloj	12	5-4	Top Senior Jump: 5-7 (Catalina Zaloj, 19-20)							
	22-23	Kristen Johnston	10	5-3								
	18-19	Catalina Zaloj	11	5-2								
	19-20	Catalina Zaloj	12	5-2								
	18-19	Catalina Zaloj	11	5-1								
	19-20	Catalina Zaloj	12	5-1								
	22-23	Kristen Johnston	10	5-1								
<b>HJ Relay</b>	19-20	C. Zaloj & G. Gisler		9-8								
<b>LJ</b>	18-19	Gwen Gisler	11	16-6								
	18-19	Gwen Gisler	11	16-6	Top Freshman Jump: 15-7 (Chloe Ryan, 06-07)							
	03-04	Caitlin Wright	10	16-5.5	Top Sophomore Jump: 16-5.5 (Caitlin Wright, 03-04)							
	18-19	Gwen Gisler	11	16-3	Top Junior Jump: 16-6 (Gwen Gisler, 18-19)							
	18-19	Gwen Gisler	11	16-2	Top Senior Jump: 16-6 (Gwen Gisler, 19-20)							
	16-17	Emily Gallagher	12	16-0.5	Top 7th Grade Jump: 13-6.75 (Gwen Gisler, 14-15)							
	19-20	Gwen Gisler	12	16-0.5	Top 8th Grade Jump: 14-0 (Gwen Gisler, 15-16)							
	19-20	Gwen Gisler	12	16-0.25								
	08-09	Chloe Ryan	11	16-0								
	19-20	Gwen Gisler	12	16-0								
	08-09	Chloe Ryan	11	15-11.75								
<b>LJ Relay</b>	19-20	G. Gisler, C. Zaloj		31-7.5								

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<b>TJ</b>	04-05	Caitlin Wright	11	35-9.5								
	04-05	Caitlin Wright	11	35-5		Top Freshman Jump: 33-8.5 (Caitlin Wright, 02-03)						
	05-06	Caitlin Wright	12	35-4.75		Top Sophomore Jump: 34-0.5 (Caitlin Wright, 03-04)						
	04-05	Caitlin Wright	11	34-10.25		Top Junior Jump: 35-9.5 (Caitlin Wright, 04-05)						
	05-06	Caitlin Wright	12	34-7		Top Senior Jump: 35-4.75 (Caitlin Wright, 05-06)						
	17-18	Mikaela Garcia	12	34-5		Top 8th Grade Jump: 30-4.5 (Gwen Gisler, 15-16)						
	17-18	Mikaela Garcia	12	34-2.75								
	04-05	Caitlin Wright	11	34-2.5								
	17-18	Mikaela Garcia	12	34-1								
	03-04	Caitlin Wright	10	34-0.5								
<b>TJ Relay</b>	02-03	C. Wright, M. Sweazey		63-11								
<b>PV</b>	19-20	Gwen Gisler	12	12-0								
	15-16	Miya Kuramoto	10	12-0		Top Freshman Jump: 10-0 (Miya Kuramoto, 14-15)						
	16-17	Miya Kuramoto	11	12-0	3rd Place, NYSPHSAA	Top Sophomore Jump: 12-0 (Miya Kuramoto, 15-16)						
	16-17	Emily Gallagher	12	11-9		Top Junior Jump: 11-6 (Miya Kuramoto, 16-17)						
	17-18	Meghan Matheny	12	11-7		Top Senior Jump: 12-0 (Gwen Gisler, 19-20)						
	15-16	Miya Kuramoto	10	11-6		Top 8th Grade Jump: 9-0 (Gwen Gisler, 15-16)						
	15-16	Emily Gallagher	11	11-6								
	16-17	Emily Gallagher	12	11-6								
	16-17	Miya Kuramoto	11	11-6								
	17-18	Meghan Matheny	12	11-6								
	17-18	Miya Kuramoto	12	11-6								
	19-20	Gwen Gisler	12	11-6								
<b>PV Relay</b>	16-17	E. Gallagher, M. Kuramoto		23-6								
<b>SP</b>	05-06	Alicia VanPelt	12	35-2.25								
	98-99	Gloria Lowe		33-8		Top Freshman Throw: 22-8 (Kelsey Quigley, 07-08)						
	04-05	Karen Uber	12	33-5		Top Sophomore Throw: 30-7 (Ashley Smith, 14-15)						
	04-05	Karen Uber	12	33-0.5		Top Junior Throw: 29-3 (Alicia VanPelt, 04-05)						
	04-05	Karen Uber	12	32-1		Top Senior Throw: 35-2.25 (Alicia VanPelt, 05-06)						
	04-05	Karen Uber	12	31-4.5								
	16-17	Ashley Smith	12	31-2								
	04-05	Karen Uber	12	31-0								
	05-06	Alicia VanPelt	12	31-0								
	14-15	Ashley Smith	10	30-7								
	04-05	Karen Uber	12	30-4.75								

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SP Relay	98-99	G. Lowe, M. Sweazey		65-11								
Wt Throw	16-17	Ashley Smith	12	41-6								
	16-17	Ashley Smith	12	39-11.5		Top Freshman Throw: 20-1.5 (Kelsey Quigley, 07-08)						
	15-16	Ashley Smith	11	37-1		Top Sophomore Throw: 35-7.75 (Ashley Smith, 14-15)						
	15-16	Ashley Smith	11	36-6		Top Junior Throw: 37-1 (Ashley Smith, 15-16)						
	14-15	Ashley Smith	10	35-7.75		Top Senior Throw: 41-6 (Ashley Smith, 16-17)						
	16-17	Ashley Smith	12	34-0.25								
	16-17	Ashley Smith	12	35-5								
	16-17	Ashley Smith	12	32-6.5								
	15-16	Ashley Smith	11	32-5.5								
	14-15	Ashley Smith	10	29-8.5								