

All-Time Top Performances
Lansing Girls Outdoor Track Field

Event	Season	Athlete	Grade	Mark	
100	2009	Chloe Ryan	11	12.3	
	2009	Chloe Ryan	11	12.54	Top Freshman Time: 13.05 (Lindsey Petry, 2008)
	2009	Chloe Ryan	11	12.64	Top Sophomore Time: 13.08 (Chloe Ryan, 2008)
	2004	Christina Tillapaugh	12	12.8	Top Junior Time: 12.3 (Chloe Ryan, 2009)
	2002	Jackie Ryan	11	12.8	Top Senior Time: 12.8 (Christina Tillapaugh, 2004)
	2017	Miya Kuramoto	11	12.8	Top 8th Grade Time: 13.54 (Gwen Gisler, 2016)
	2009	Chloe Ryan	11	12.8	
	2009	Chloe Ryan	11	12.83	6th place, NYSPHSAA DII
	2004	Christina Tillapaugh	12	12.84	
	2004	Christina Tillapaugh	12	12.89	6th place, NYSPHSAA DII
100H	1993	Amy Childers	12	15.3	
	2017	Emma Dhimitri	12	15.57	Top Freshman Time: 16.22 (Kathryn Hornibrook, 2008)
	2016	Emma Dhimitri	11	15.86	Top Sophomore Time: 16.04 (Kathryn Hornibrook, 2009)
	2017	Emma Dhimitri	12	16.03	Top Junior Time: 15.86 (Emma Dhimitri, 2016)
	2009	Kathryn Hornibrook	10	16.04	Top Senior Time: 15.3 (Amy Childers, 1993)
	2016	Emma Dhimitri	11	16.04	Top 8th Grade Time: 19.59 (Emma Dhimitri, 2013)
	2016	Emma Dhimitri	11	16.09	
	2016	Emma Dhimitri	11	16.09	
	2019	Ellie Howell	12	16.10	
	2016	Emma Dhimitri	11	16.16	
200	2004	Christina Tillapaugh	12	25.2	
	2004	Christina Tillapaugh	12	25.90	Top Freshman Time: 27.1 (Christina Oakes, 2002)
	2001	Jackie Ryan	10	25.98	5th place, NYSPHSAA DII Top Sophomore Time: 25.98 (Jackie Ryan, 2001)
	2002	Jackie Ryan	11	26.05	(Finals: 27.00, 4th place NYSPHSAA DII) Top Junior Time: 26.3 (Jackie Ryan, 2002)
	2004	Christina Tillapaugh	12	26.13	5th place, NYSPHSAA DII Top Senior Time: 25.2 (Christina Tillapaugh, 2004)
	2001	Jackie Ryan	10	26.21	Top 8th Grade Time: 30.51 (Miya Kuramoto, 2014)
	2002	Jackie Ryan	11	26.3	
	2009	Chloe Ryan	11	26.38	
	2004	Christina Tillapaugh	12	26.40	
	2002	Jackie Ryan	11	26.4	
400	2009	Anna Mapes	12	58.91	
	2009	Anna Mapes	12	58.96	Top Freshman Time: 1:01.09 (Melissa Usack, 2001; 5th place NYSPHSAA DII)
	2003	Jackie Ryan	12	58.98	5th place, NYSPHSAA DII Top Sophomore Time: 1:01.2 (Kylee Jordan, 2005)
	2009	Anna Mapes	12	58.98	Top Junior Time: 59.4 (Caitlin Wright, 2005)

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	2005	Caitlin Wright	11	59.4	Top Senior Time: 58.91 (Anna Mapes, 2009)
	2009	Anna Mapes	12	59.44	Top 7th Grade Time: 1:03.5 (Natalie Usack, 2002)
	2004	Melissa Usack	12	1:00.04	Top 8th Grade Time: 1:07.15 (Lyndsey Lehr, 2012)
	2004	Melissa Usack	12	1:00.1	
	2005	Caitlin Wright	11	1:00.2	
	2003	Melissa Usack	11	1:00.2	
400H	2006	Caitlin Wright	12	1:04.6	
	2006	Caitlin Wright	12	1:04.64	Top Freshman Time: 1:06.53 (Caitlin Wright, 2003; 3rd place NYSPHSAA DII)
	2006	Caitlin Wright	12	1:04.7	Top Sophomore Time: 1:05.80 (Caitlin Wright, 2004)
	2006	Caitlin Wright	12	1:04.9	Top Junior Time: 1:05.0 (Caitlin Wright, 2005)
	2005	Caitlin Wright	11	1:05.0	Top Senior Time: 1:04.64 FAT **SCHOOL RECORD** (Caitlin Wright, 2006)
	2019	Catalina Zaloj	11	1:05.35	Top 8th Grade Time: 1:13.80 (Lyndsey Lehr, 2012)
	2017	Emma Dhimitri	12	1:05.71	
	2004	Caitlin Wright	10	1:05.80	
	2019	Catalina Zaloj	11	1:06.10	
	2016	Emma Dhimitri	11	1:06.21	
800	2002	Melissa Usack	10	2:13.91	
	2002	Melissa Usack	10	2:13.93	<small>NYSPHSAA DII Champion</small> Top Freshman Time: 2:19.26 (Kylee Jordan, 2004)
	2002	Melissa Usack	10	2:14.65	Top Sophomore Time: 2:13.91 (Melissa Usack, 2002)
	2002	Melissa Usack	10	2:15.1	Top Junior Time: 2:18.70 (Melissa Usack, 2003)
	2000	Carrie Richards	11	2:17.08	<small>NYSPHSAA C/D Champion</small> Top Senior Time: 2:19.38 (Carrie Richards, 2001)
	2003	Melissa Usack	11	2:18.70	<small>6th place, NYSPHSAA DII</small> Top 7th Grade Time: 2:30.2 (Natalie Usack, 2002)
	2004	Kylee Jordan	9	2:19.26	Top 8th Grade Time: 2:23.99 (Catie Eisenhut, 2016)
	2001	Carrie Richards	12	2:19.38	<small>4th place, NYSPHSAA DII</small>
	2019	Catie Eisenhut	11	2:19.78	
	2004	Kylee Jordan	9	2:19.84	<small>6th place, NYSPHSAA DII</small>
1500	2018	Catie Eisenhut	10	4:40.08	
	2018	Catie Eisenhut	10	4:43.69	Top Freshman Time: 4:45.94 (Catie Eisenhut, 2017)
	2018	Catie Eisenhut	10	4:44.51	Top Sophomore Time: 4:40.08 (Catie Eisenhut, 2018)
	2017	Catie Eisenhut	9	4:45.94	<small>4th place, NYSPHSAA DII</small> Top Junior Time: 4:46.1 (Ryann Cretney, 2007)
	2007	Ryann Cretney	11	4:46.1	Top Senior Time: 4:50.2 (Ryann Cretney, 2008)
	2007	Ryann Cretney	11	4:46.2	Top 8th Grade Time: 4:51.31 (Catie Eisenhut, 2016)
	2018	Catie Eisenhut	10	4:48.14	Top 7th Grade Time: 5:16.15 (Kinsley Jacobs, 2018)
	2017	Catie Eisenhut	9	4:48.30	
	2006	Ryann Cretney	10	4:48.54	

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	2019	Catie Eisenhut	11	4:49.72	
2KSteeple	2008	Ryann Cretney	12	7:01.63	2nd place, NYSPHSAA DII
	2008	Ryann Cretney	12	7:09.4	Top Freshman Time: 7:30.2 (Ryann Cretney, 2005)
	2007	Ryann Cretney	11	7:10.29	Top Sophomore Time: 7:39.3 (Ryann Cretney, 2006)
	2007	Ryann Cretney	11	7:10.4	Top Junior Time: 7:10.4 (Ryann Cretney, 2007)
	2008	Ryann Cretney	12	7:12.10	Top Senior Time: 7:01.63 (Ryann Cretney, 2008)
	2007	Ryann Cretney	11	7:15.77	2nd place, NYSPHSAA DII
	2007	Ryann Cretney	11	7:21.68	Top 7th Grade Time: 8:02.9 (Natalie Usack, 2002)
	2008	Ryann Cretney	12	7:22.3	Top 8th Grade Time: 7:32.27 (Kylee Jordan, 2003)
	2005	Ryann Cretney	9	7:30.2	
	2008	Ryann Cretney	12	7:30.5	
	3000	2019	Catie Eisenhut	11	10:27.30
2008		Ryann Cretney	12	10:36.5	Top Freshman Time: 10:52.91 (Emmaline Jackson, 2018)
2019		Catie Eisenhut	11	10:41.14	Top Sophomore Time: 11:03.00 (Emmaline Jackson, 2019)
2003		Kylee Jordan	8	10:49.2	Top Junior Time: 10:27.30 (Catie Eisenhut, 2019)
2018		Emmaline Jackson	9	10:52.91	Top Senior Time: 10:36.5 (Ryann Cretney, 2008)
2019		Emmaline Jackson	10	11:03.00	Top 8th Grade Time: 10:49.2 (Kylee Jordan, 2003)
2018		Catie Eisenhut	10	11:03.2	
2018		Emmaline Jackson	9	11:05.16	
2018		Emmaline Jackson	9	11:05.35	
2018		Emmaline Jackson	9	11:06.13	
2006		Ryann Cretney	10	11:07.0	
400M Relay	2009			50.03	
	2009			50.08	
	2002	M Sweazey, K Heisler, C Tillapaugh, J Ryan		50.23	NYSPHSAA DII Champions
	2009	K Hornibrook, A Mapes, L Petry, C Ryan		50.33	4th place, NYSPHSAA DII
	2009			50.34	
	2009			50.49	
	2009			50.51	
	2002			50.54	
	2002			50.6	
	2008			51.3	
800M Relay	2004	M Usack, D Ryan, D Lee, C Tillapaugh		1:47.8	
	2001			1:47.9	

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	2003	M Sweazy, K Heisler, C Tillapaugh, J Ryan		1:50.5	
	2007			1:51.4	
	2004	M Usack, D Ryan, D Lee, C Tillapaugh		1:51.6	
	2010			1:53.42	
	2013			1:53.47	
	2006			1:53.7	
	2005			1:58.0	
	2007	Mapes, Tull, Panda, Trowbridge		1:59.1	
1600M Relay	2001	K Heisler, J Ryan, C Richards, M Usack		3:58.44	NYSPHSAA C/D Champions
	2003	C Tillapaugh, C Wright, M Usack, J Ryan		4:02.45	3rd place, NYSPHSAA DII
	2004			4:03.15	
	2004	K Jordan, C Tillapaugh, C Wright, M Usack		4:03.3	
	2001			4:03.70	4th place, NYSPHSAA DII
	2004	K Jordan, C Tillapaugh, C Wright, M Usack		4:04.20	
	2000			4:04.42	
	2002			4:04.8	
	2005			4:05.0	NYSPHSAA DII Champions
	2002	M Usack, N Usack, K Heisler, J Ryan		4:05.20	
3200M Relay	2001	M Keating, L Warren, M Usack, C Richards		9:29.64	
	2001			9:29.65	
	2007			9:45.15	
	2006			9:45.8	
	2000	M Keating, L Warren, M Usack, C Richards		9:45.84	2nd place, NYSPHSAA C/D
	2006	K Jordan, R Cretney, C Wright, C Fuchs		9:47.18	5th place, NYSPHSAA DII
	2002			9:49.4	
	2018	M. Garcia, K. Jacobs, E. Jackson, C. Eisenhut		9:50.98	
	2002	C Hardie, E Putnam, M Usack, N Usack		9:56.11	4th place, NYSPHSAA DII
	2009			9:57.58	
6400M Relay	2007			20:47.6	
	2001			22:58.9	
	2006			23:25.0	
	2003	C Hardie, R Bland, K Brown, K Jordan		24:34.6	
	2004			25:32.6	
	2005			26:06.0	

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SMR	2004			4:12.3	
	2004	C Wright, M Usack, C Tillapaugh, K Jordan		4:12.4	
	2003	C Tillapaugh, J Ryan, K Heisler, C Wright		4:27.5	
	2010			4:27.69	
	2007	Mapes, Ryan, Trowbridge, Cretney		4:28.7	
	2004	C Tillapaugh, D Lee, M Usack, C Wright		4:29.5	
	2007			4:31.7	
	2005			4:34.4	
	2006			4:34.9	
DMR	2001			13:04.4	
	2004	N Usack, C Wright, M Usack, K Jordan		13:22.7	
	2017	M Garcia, Dhimitri, Miller, Eisenhut		13:42.39	
	2006			13:45.1	
	2011			14:05.96	
	2003	R Keating, A Barker, L Mulvey, K Jordan		14:11.0	
	2012			14:26.11	
	2015			14:36.14	
	2007			14:43.9	
Shuttle Hur	2000			1:08.8	
	2006			1:09.7	
	2005			1:11.9	
	2017	Gisler, Zaloj, Little, Dhimitri		1:12.2	
	2004			1:14.9	
	2003	A Wells, H Muka, L Mulvey, K Muka		1:15.2	
	2007			1:15.4	
	2004	P Panda, D Smith, V Palladino, M Webster		1:17.8	
Steeple Relay	2009			11:49.84	
HJ	2019	Catalina Zaloj	11	5-5	3rd place, NYSPHSAA D2 Top Freshman Jump: 5-3 (Kristen Johnston, 2022)
	2019	Catalina Zaloj	11	5-3.5	Top Sophomore Jump: 5-2 (Catalina Zaloj, 2018)
	2002	Kendra Moody	12	5-3.25	Top Junior Jump: 5-5 (Catalina Zaloj, 2019)
	2000	Kendra Moody	10	5-3	3rd place, NYSPHSAA C/D Top Senior Jump: 5-3.25 (Kendra Moody, 2002)
	2019	Catalina Zaloj	11	5-3	Top 8th Grade Jump: 4-8 (Destiny Little, 2015)
	2022	Kristen Johnston	9	5-3	
	2018	Catalina Zaloj	10	5-2	
	2018	Catalina Zaloj	10	5-1	

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Event	Season	Athlete	Grade	Mark	
	2001	Kendra Moody	11	5-0	
	2002	Kendra Moody	12	5-0	
	2015	Sri Osika	10	5-0	
	2019	Catalina Zaloj	11	5-0	
	2016	Destiny Little	9	5-0	
	2018	Catalina Zaloj	10	5-0	
	2022	Kristen Johnston	9	5-0	
HJ Relay	2018	D. Little, C. Zaloj		10-0	
LJ	2017	Emily Gallagher	12	17-4	Top Freshman Jump: 15-8.5 (Gwen Gisler, 2017)
	2017	Emily Gallagher	12	17-3.75	Top Sophomore Jump: 16-1.5 (Gwen Gisler, 2018)
	2017	Emily Gallagher	12	16-10.25	Top Junior Jump: 16-6 (Gwen Gisler, 2019)
	2006	Caitlin Wright	12	16-6.5	Top Senior Jump: 17-4 (Emily Gallagher, 2017)
	2019	Gwen Gisler	11	16-6	Top 8th Grade Jump: 15-5 (Gwen Gisler, 2016)
	2017	Emily Gallagher	12	16-5.5	
	2019	Gwen Gisler	11	16-5.5	
	2006	Caitlin Wright	12	16-3.25	
	2006	Caitlin Wright	12	16-3	
	2017	Emily Gallagher	12	16-2.75	
	2017	Emily Gallagher	12	16-1.75	
LJ Relay	2019	G. Gisler & C. Zaloj		31-4.75	
TJ	2017	Emma Dhimitri	12	36-4.25	Top Freshman Jump: 33-4 (Mikaela Garcia, 2015)
	2005	Caitlin Wright	11	34-10.75	Top Sophomore Jump: 34-2.75 (Mikaela Garcia, 2016)
	2005	Caitlin Wright	11	34-10.5	Top Junior Jump: 34-10.75 (Caitlin Wright, 2005)
	2017	Emma Dhimitri	12	34-10	Top Senior Jump: 36-4.25 (Emma Dhimitri, 2017)
	2009	Chloe Ryan	11	34-9	Top 8th Grade Jump: 31-4.5 (Caitlin Wright, 2002)
	2018	Mikaela Garcia	12	34-6.5	
	2019	Ellie Howell	12	34-6.5	
	2017	Emma Dhimitri	12	34-5.75	
	2019	Ellie Howell	12	34-5.75	
	2009	Chloe Ryan	11	34-5	
	2017	Mikaela Garcia	11	34-5	
TJ Relay	2009	C. Ryan, K. Bland		67-7	

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Event	Season	Athlete	Grade	Mark	
	2010	Katy Bland	12	93-5	
	2010	Katy Bland	12	91-7	
	2010	Katy Bland	12	91-4	
Discus Relay	1999	M. Sweazey, K. VanPelt		207-6	
Pentathlon	2006	Caitlin Wright	12	2686	Top Freshman Performance:
	2005	Caitlin Wright	11	2677	Top Sophomore Performance: 2155 (Destiny Little, 2017)
	2018	Destiny Little	11	2280	Top Junior Performance: 2677 (Caitlin Wright, 2005)
	2009	Katy Bland	11	2258	Top Senior Performance: 2686 (Caitlin Wright, 2006)
	2017	Destiny Little	10	2155	
	2018	Destiny Little	11	2070	
	2022	Sydney Burke	10	1864	
	2022	Sydney Burke	10	1647	