

Apple Valley High School

Varsity Girls

Track and Field Records

100m	12.24e	Ashlee Pray	2001	CIF Finals @ Cerritos CC
200m	24.84e	Tonya Irick	1988	
400m	55.48e	Tonya Irick	1988	
800m	2:19.31	Michelle Phillips	2006	CIF Prelims @ Warren H.S.
1600m	5:09.29e	Jennifer Andrews	1989	CIF Prelims @ Camarillo H.S.
3200m	10:54.97	Hannah Valenzuela	2010	Inland Empire Championships
100m IH	14.64e	Micki Rogers	1994	
300m LH	45.3	Micki Rogers	1995	
400m relay	49.63e	A. Okpara, M. Lippincott D. Jackson, T. Rogers	1994	
1600m relay	3:58.97e	A. Arroyo, C. Banks S. Allbritton, A. Johnson	1997	CIF Prelims @ Long Beach C.C.
Long Jump	16' 11"	Kelsey Faherty	2001	vs. Sultana
Triple Jump	35' 8"	Wendy Lee	1985	
High Jump	5' 4.5"	Micki Rogers	1993	
Shot Put	39' 6"	Florida Siaosi	2004	vs. Hesperia
Discus	136' 2.5"	Florida Siaosi	2004	vs. Granite Hills
Pole Vault	10' 6"	Cristi Allen	2007	CIF Prelims @ Warren H.S.