

**NORTHERN ATHLETIC CONFERENCE INDOOR TRACK
SECTION 10 GIRLS RECORDS**

55 Meter Dash	6.8	Tracy Darmstadt	Potsdam	1985
55 Meter Hurdles	8.46	Debbie Basalt	South Jefferson	1987
300 Meter Dash	41.46	Sue Hutchins	Malone	1982
600 Meter Dash	1:38.1	Lisa Woytowich	Malone	1987
1000 Meter Run	3:05.18	Beth Goolden	Canton	1999
1500 Meter Run	4:50.7	Laura Werner	Malone	1992
3000 Meter Run	10:27.58	Melissa Sicley	South Jefferson	1995
800 Meter Relay	1:49.7	G. Dore, T. Kubber, C. Robinson, J. Woodson	Indian River	2007
1600 Meter Relay	4:12.8	E. Devins, L. Hardy, B. Hutchins, K. Weber	Malone	2001
3200 Meter Relay	9:41.48	S. Bergh, K. Harwood, S. Hastings, D. Paige	Malone	1990
Long Jump	18-5½	Leslie Revier	Norwood-Norfolk	1985
Triple Jump	39-2¾	Leslie Revier	Norwood-Norfolk	1985
High Jump	5-6½	Darby Krause	Ogdensburg	1992
Pole Vault	8-6	Jessica Lister	South Jefferson	2002
Shot Put	37-2	Peggy Mariano	Norwood-Norfolk	1983