

## **Richard Montgomery High School's Girl's Best Indoor Track Record**

<b>EVENT</b>	<b>NAME</b>	<b>TIME</b>	<b>DATE</b>
55m	<b>Decruise, Ashley</b>	<b>7.296</b>	<b>1/22/07</b>
60m	<b>Decruise, Ashley</b>	<b>8.01</b>	<b>3/11/07</b>
55m Hurdles	<b>Samantha Smith</b>	<b>9.09</b>	<b>1/25/10</b>
60 m Hurdles	<b>Weaver, Jessie</b>	<b>11.03</b>	<b>1/27/06</b>
200m	<b>Decruise, Ashley</b>	<b>25.88</b>	<b>3/11/07</b>
300m	<b>Decruise, Ashlyn</b>	<b>40.96</b>	<b>1/26/07</b>
400m	<b>Love, Sharifa</b>	<b>1:00.55</b>	<b>12/18/04</b>
500m	<b>Love, Sharifa</b>	<b>1:17.90</b>	<b>2/25/03</b>
800m	<b>Garber, Cecily</b>	<b>2:26.40</b>	<b>2/8/99</b>
1000m	<b>Moore, Alana</b>	<b>3:18.82</b>	<b>1/26/07</b>
1600m	<b>Britton, Sarah</b>	<b>5:23.22</b>	<b>1/22/07</b>
3200m	<b>Liu, Luyang</b>	<b>11:58.87</b>	<b>1/13/07</b>
4 x 200m	<b>Decruise, Decruise, Jennings, Webb</b>	<b>1:45.20</b>	<b>1/26/07</b>
4 x 400m	<b>Boers; Love; Rochester; Kim</b>	<b>4:05.88</b>	<b>2/25/03</b>
4 x 800m	<b>RMHS (97)</b>	<b>10:02.1</b>	<b>2/18/97</b>

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Sprint Medley	Decruise, Decruise, Webb, Britton	4:31.88	12/20/06
4 x 1600	Delizo; Liu; Moore, Britton	23.01.90	12/9/06
DMR	Isreal; Kilkus; Rochester; Favin	13:49.02	1/15/02
55m Shuttle Hurdle Relay	Weaver, Hutchingson, Miller, Duke	43.56	12/20/06
55m Shuttle Relay	Decruise, Decruise, Webb, Jennings	29.36	12/20/06
300, 100, 200, 400 Sprint Medley	Caphart; Duke; Webb; Weaver	2:41.7	12/10/05
Shot Put	Fulton, Brianna	31'08	2/6/08
Long Jump	Danielle Crowley	14'07	1/26/09
Triple Jump	Smith, Samantha	33'.25"	1/25/10
HJ	Owens, Emily	5'7	2/24/97
Shot Put 3	Baker, Baker, Fulton	78'08.75	12/9/06
Long Jump 3	Harrison, Hutchingson, Zhong	40'04.00	12/9/06