

Gallup Invitational Meet Records: Women Updated: February 27, 2008

Track Records:

100-Meter	Grants High	C. Amato	11.61	1982
100M Hurdles (33)	Gallup High	Dani Aretino	15.25	1998
200 Meter	Grants High	Tanya Metzger	25.69	1997
300M Hurdles	Gallup High	Ann Watkins	47.51	1986
400 Meter	Gallup High	Tanya Wilson	59.61	1984
800-Meter	Gallup High	Felicia Guliford	2:19.79	2001
1600 Meter	Gallup High	Felicia Guliford	5:12.06	2001
3200 Meter	Gallup High	Felicia Guliford	11:26.96	1999

Relays:

4x 100	Albuquerque High		49.72	1986
4x200	Rio Rancho HS	D. Goodman A. Sparks S. Maxwell R. Woodrum	1:45.60	2001
1600 Medley	Sandia High	Deli Benedict Kristen Healer Terri O' Neal Melissa Weaver	4:23.4	1987
4x400 Relay	Sandia High	K. Healer M. Weaver C. Herhahn D. Kidd	4:09.95	1985

HISTORICAL EVENTS:

75M Hurdles	Grants High	T. Poughes	11.61	1982
100M Hurdles (30)	Grants High	T. Poughes	15.15	1983
1500 Meter	Durango High	Hatirick	4:57.29	1984
3000 Meter	Gallup High	Verna Woody	10:51.0	1984
800 Medley	Farmington High		1:57.37	1984

Gallup Invitational Meet Records: Women Updated: February 27, 2008

Field Events:

Shot Put	Rio Rancho HS	Clarisa Steele	39' 11.25"	2000
Discus	Sandia High	L. Longerot	126'9	1985
Javelin	Gallup High	Crystal Richardson	127'4	2002
Long Jump	La Cueva High	T. Pearman	17' ½"	1988
High Jump	Thoreau High	Amber Welty	5'5"	1982
	Manzano High	Simone Srubeck	5'5"	1986
Triple Jump	Rio Rancho	Alicia Nascimento	34' 8.5"	2001
Pole Vault	Grants High	Archuleta	10'0"	2005