

TOP TEN in Albuquerque Girls Track & Field  
As of Mar. 7, 2009

400 RELAY

1. Eldorado	51.65
2. Manzano	51.79
3. Albuquerque	52.18
4. Sandia	52.31
5. Volvano Vista	52.54
6. St. Pius	52.87
7. Cibola	52.88
8. Highland	53.30
9. La Cueva	53.71
10. Academy	54.49

800 RELAY

1. Manzano	1:51.76
2. Eldorado	1:51.78
3. Highland	1:52.03
4. La Cueva	1:54.40
5. Cibola	1:54.68
6. St. Pius	1:55.12
7. Academy	1:55.84
8. Albuquerque	1:56.87
9. Del Norte	2:00.11
10. Valley	2:00.30

1600 MEDLEY

1. La Cueva	4:52.58
2. Albuquerque	4:54.84
3. St. Pius	4:55.24
4. Academy	4:56.46
5. Volcano Vista	5:03.18
6. Sandia Prep	5:07.87
7. Sandia	5:10.09
8. Manzano	5:12.22
9. Cibola	5:16.09
10. Del Norte	5:19.78

1600 RELAY

1. St. Pius	4:24.82
2. Cibola	4:24.87
3. Manzano	4:26.87
4. Sandia	4:27.27
5. Albuquerque	4:27.87
6. Academy	4:28.46
7. La Cueva	4:32.21
8. Del Norte	4:40.10
9. Highland	4:49.10
10. Eldorado	4:50.18

100 METERS

1. Sondai Lonesome	Manzano	12.37
2. Ziara Kirksey	Albuquerque	12.60
3. Gina Okoye	Eldorado	12.61
4. Elizabeth Williams	St. Pius	12.75
5. Sarah Martinez	St. Pius	12.92
6. Jennifer James	Eldorado	12.94
7. Katrina Smith	Sandia	12.94
8. Sherise Romero	Cibola	13.05
9. Laura Bernitsky	Academy	13.07
10. Raby Sylia	Highland	13.46

200 METERS

1. Monquisha Coleman	Manzano	26.24
2. Jennifer Perry	Academy	27.50
3. Elizabeth Williams	St. Pius	27.75
4. Sondai Lonesome	Manzano	27.93
5. Alisa Rogers	Eldorado	28.18
6. Nicole Wessendorf	La Cueva	28.25
7. Sarah Rodriguez	Volvano Vista	28.46
8. Lucretia Vigil	Rio Grande	28.59
9. Raby Sylia	Highland	28.81
10. Jazmine Tobe	Sandia	29.49

400 METERS

1. Lisa Garcia	Albuquerque	62.81
2. Ciera Fuentes	St. Pius	64.16
3. Rachael Marcell	Cibola	64.75
4. Rosario Flores	Valley	65.22
5. Alisa Rogers	Eldorado	65.84
6. Nicole Warianka	Cibola	66.15
7. Emma Durkin	St. Pius	67.12
8. Mikie Brown	La Cueva	67.93
9. Lucretia Vigil	Rio Grande	68.11
10. Dee-Anna Hampson	Volcano Vista	68.81

800 METERS

1. Stephanie Mladinich	Albuquerque	2:34.81
2. Gael Sanchez	St. Pius	2:35.96
3. Amanda Throckmorton	Academy	2:37.00
4. Tessa Turcottte	St. Pius	2:37.28
5. Camille Davis	Eldorado	2:37.68
6. Andriana Jimenez	St. Pius	2:38.30
7. Rosario Flores	Valley	2:40.68
8. Veronica Vazquez	Manzano	2:40.84
9. Marissa Lopez	Del Norte	2:41.12
10. Beth Wright	Albuquerque	2:41.12

1600 METERS

1. Elba Holguin	Albuquerque	5:30.77
2. Paige Throckmorton	Academy	5:37.15
3. Tessa Turcotte	St. Pius	5:54.22
4. Gael Sanchez	St. Pius	5:59.82
5. Camille Davis	Eldorado	6:03.30
6. Katie Jackson	Albuquerque	6:06.87
7. Ashley Lovato	Cibola	6:07.94
8. Robyn Ledesma	Sandia	6:08.85
9. Nicole Elliott	Cibola	6:13.53
10. Natalie Paranto	La Cueva	6:15.00

3200 METERS

1. Julia Foster	Academy	11:38.12
2. Jordan Grace	La Cueva	12:12.41
3. Bronwyn Bedrick	Sandia Prep	12:30.83
4. Ashley Lovato	Cibola	12:46.85
5. Nicole Rivera	St. Pius	13:05.28
6. Natalie Gomez-Nelson	Manzano	13:09.97
7. Ivana Aragon	Del Norte	13:11.25
8. Caitlin Osborn	St. Pius	13:17.00
9. Carly Northrup	Sandia	13:17.38
10. Bianca Garcia	St. Pius	13:27.00

## TOP TEN in Albuquerque Girls Track & Field As of Mar. 7, 2009

### 100 HURDLES

1. Katie Thompson	Sandia	16.05
2. Kim Vandergeest	Eldorado	17.08
3. Claire Baglee	Sandia	17.94
4. Anicka Newell	Highland	17.95
5. Mariah Rast	La Cueva	18.08
6. Victoria Archuleta	Albuquerque	18.28
7. Christy Barela	St. Pius	18.41
8. Amber Alderman	Eldorado	18.75
9. Britteny Portier	La Cueva	20.45
10. Alex Fuentes	Del Norte	20.89

### SHOT PUT

1. Jackie Apodaca	Manzano	31' 8"
2. Kaleigh Luster	Volvano Vista	31' 6"
3. Lashira Adams	Highland	30' 7"
4. Katie Orona	Cibola	29' 7"
5. Destiny Bragman	Sandia	29' 0"
6. Rachel Ney	La Cueva	28' 5"
7. Sami Sword-Fehlberg	Manzano	28' 1"
8. Brittany Bullard	Albuquerque	27' 8"
9. Kim Vandergeest	Eldorado	27' 3"
10. Jessica Nuboer	Eldorado	27' 1"

### POLE VAULT

1. Michaela Ross	La Cueva	8' 9"
2. Lauren Fitch	La Cueva	8' 6"
3. Halee Pilcher-Mann	Cibola	7' 6"
4. Sydney Home	Sandia	7' 6"
5. Marissa Sisneros	Sandia	6' 6"
6.		
7.		
8.		
9.		
10.		

### TRIPLE JUMP

1. Ebony Owens	Highland	32' 11"
2. Rayanna Johnson	Highland	32' 10"
3. Lindsey Sparks	Del Norte	32' 1"
4. Nicole Mwei	Del Norte	31' 4"
5. Amber Alderman	Eldorado	31' 4"
6. Dani Carver	Manzano	29' 8"
7. Holly Tharp	La Cueva	29' 5"
8. Brittany Larranaga	St. Pius	29' 4"
9. Estefani Ortega	Highland	29' 2"
10. Lisa Garcia	Albuquerque	28' 10 1/2"

### JAVELIN

1. Katie Orona	Cibola	100' 10"
2. Loiusa Herrera	West Mesa	98' 9"
3. Jackie Stockton	Del Norte	96' 8"
4. Aubrey Diz	La Cueva	95' 9"
5. Aubrey Herrera	La Cueva	91' 0"
6. Megan Cap	St. Pius	90' 10"
7. Cris Crowson	Eldorado	88' 10"
8. Kaitlyn Caffrey	St. Pius	88' 2"
9. Brenda Wesselink	West Mesa	87' 5"
10. Jessica Nuboer	Eldorado	85' 3"

### 300 HURDLES

1. Victoria Archuleta	Albuquerque	52.15
2. Marie Rossillon	Eldorado	52.16
3. Christy Barela	St. Pius	53.00
4. Anicka Newell	Highland	54.68
5. Gabby Garcia	Highland	55.16
6. Claire Baglee	Sandia	55.37
7. Britteny Portier	La Cueva	55.38
8. Mariah Rast	La Cueva	56.00
9. Amber Alderman	Eldorado	58.34
10. Karen Zaleski	St. Pius	58.87

### DISCUS

1. Lashira Adams	Highland	95' 6"
2. Rebekah Pflieger	Valley	90' 5"
3. Rachel Ney	La Cueva	86' 0"
4. Jazmine Price	Manzano	85' 0"
5. Jessica Nuboer	Eldorado	82' 5"
6. Kim Vandergeest	Eldorado	81' 6"
7. Katie Orona	Cibola	81' 0"
8. Chris Crowson	Eldorado	77' 3"
9. Jackie Apodaca	Manzano	76' 9"
10. Kaleigh Luster	Volvano Vista	74' 8"

### HIGH JUMP

1. Amber Alderman	Eldorado	4' 10"
2. Laura Bernitsky	Academy	4' 10"
3. Jennifer Perry	Academy	4' 8"
4. Shannon Glass	St. Pius	4' 8"
5. Kim Vandergeest	Eldorado	4' 6"
6. Claire Baglee	Sandia	4' 6"
7. Brittany Larranaga	St. Pius	4' 6"
8. Katie Thompson	Sandia	4' 6"
9. Cierra Fuentes	St. Pius	4' 6"
10. Anicka Newell	Highland	4' 6"

### LONG JUMP

1. Gina Okoye	Eldorado	16' 2"
2. Monquisha Coleman	Manzano	15' 11"
3. Kristy Hannah	Eldorado	15' 7"
4. Stephanie McCorkle	Volcano Vista	14' 10"
5. Rayanna Johnson	Highland	14' 6"
6. Daisy Cortes	Highland	14' 6"
7. Ziara Kirksey	Albuquerque	14' 5"
8. Rebecca Barney	Academy	14' 3"
9. Vanessa Edwards	Del Norte	14' 1"
10. Holly Tharp	La Cueva	14' 1"

Times and marks will be submitted to the Albuquerque Journal  
Top Ten List compiled by John Flores & Sheryl Clemmer as of Mar. 7, 2009