

All Time Maine Girls Outdoor Bests

Event	Perf.	Name	School	Year	Meet
Shot Put	44' 7.75"	Woodhead, Jane	Lewiston	1986	State A
Shot Put 8 Lb.	51'10. 5	Turbyne, Ann	Winslow	1975	State A
Discus	150' 8"	Woodhead, Jane	Lewiston	1985	Western A Regional
Javelin	168' 0"	Woodhead, Jane	Lewiston	1986	State A
Javelin(int.)	129' 1"	Rollins, Katie	Cony	2005	State A
High Jump	5' 7"	Hamm, Kim	Bangor	1986	State A
Long Jump	18' 2"	Kent, Alison	Gorham	1981	Triple C meet
Triple Jump	38' 3.5"	Watkins, Karen	Bangor	1987	State A
Pole Vault	11' 6"	Dumas, Bethany	Cony	2006	State A
100 HH	14.83	Souviney, Katie	Winslow	2001	State B
	14.6	Muller, Meg	Hebron Academy	1998	Western C Regional
100 LH (30")	14.6	Grenier, Jodie	Winslow	1984	State B
300 LH	45.2	Grenier, Jodie	Winslow	1984	State B
300 LH	44.7	Muller, Meg	Hebron Academy	1998	Western C Regional
100 Dash	12.1	Doucette, Kim	Old Orchard Beach	1989	State C
	12.12	Crane, Logan	Freeport	2005	State C
200 Dash	25.06	Crane, Logan	Freeport	2005	State C
400 Dash	57.17	Goodwin, Cuyler	Mt. Ararat	1994	State A
440 Yard Dash	56.3	Hamilton, Beth	Westbrook	1979	State A
800 Run	2:15.25	Gagne, Bridget	North Yarmouth Academy	2000	New England Championship

1600 Run	4:57.27	Moreau, Jen	Mt. Ararat	1999	State A
3200 Run	10:39.43	Hintz, Cassie	Old Town	2004	State B
2 Mile Run	10:42.8	Hallett, Michelle	Central Aroostook	1981	State C
400 Relay	50.1	Toye, Kate			
		Collins, Kristen			
		Ciampanelli, Kerry			
		Shapiro, Jennifer	Scarborough	1995	State B
1600 Relay	4:01.4	Toye, Kate			
		Collins, Kristen			
		Ciampanelli, Kerry			
		Shapiro, Jennifer	Scarborough	1995	State B
3200 Relay	9:17.62	Wilcox, Jessie			
		Lebel, Rose			
		Douglas, Krystal			
		Wilcox, Elizabeth	Mt. Ararat	2005	New England Championship
1600 Race Walk	7:19.77	Bonney, Caitin	Mt. Blue	2000	State A
800 Relay	1:49.08	Houlihan, Shannon			

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		Houlihan, Shannon			
		Chadbourne, Kyra	Gorham	2000	Brewer Relays
DMR	12:40.58	Patterson, Lisa			
		Jacobs, Melissa			
		Clark, Heather			
		Jovanelli, Heather	Brewer	2001	Brewer Relays
1500 Run	4:33.23	Gagne, Bridget	North Yarmouth Academy	2001	USATF Jr. Nationals