

## All-Time Outdoor Performance List

### 100 Meters

1.	12.55	Chloe Hamilton (10)	5/19/2023	OHSAA D1 District Finals (Ross HS)
2.	12.67	Abby Hoffmann (12)	5/14/2021	GGCL Championships (Elder Ath. Complex)
3.	12.90	Lizzie Sexton (12)	3/31/2022	Skyline Open (Elder Ath. Complex)
4.	13.20	Cameron Bittermann (9)	4/12/2019	Harrison Invitational (Harrison HS)
<b>5.</b>	<b>13.23</b>	<b>Lailah Shepard (10)</b>	<b>4/26/2024</b>	<b>Loveland Invitational (Loveland HS)</b>
6.	13.30	Sa'Rye Davis (12)	5/10/2023	GGCL Championship Prelims (LaSalle HS)
7.	13.31	Mia Edwards (12)	4/16/2021	Harrison Invitational (Harrison HS)
8.	13.37	Mackenzie Meehan (11)	5/14/2021	GGCL Championships (Elder Ath. Complex)
<b>9.</b>	<b>13.44</b>	<b>Ayanna Wiles (9)</b>	<b>5/7/2024</b>	<b>GGCL Championships (LaSalle HS)</b>
10.	13.50	Grace Thamann (12)	4/16/2019	Colerain Invitational (Colerain HS)

### 200 Meters

1.	25.40	Lizzie Sexton (12)	5/13/2022	GGCL Championships (Univ. of Cincinnati)
<b>2.</b>	<b>25.86</b>	<b>Chloe Hamilton (10)</b>	<b>5/17/2024</b>	<b>OHSAA D1 District Finals (Ross HS)</b>
3.	26.08	Abby Hoffmann (12)	5/12/2021	GGCL Championships (Elder Ath. Complex)
<b>4.</b>	<b>26.50</b>	<b>Lailah Shepard (10)</b>	<b>4/20/2024</b>	<b>Eastern Relays (Univ. of Louisville)</b>
5.	26.84	Mia Edwards (12)	4/16/2021	Harrison Invitational (Harrison HS)
6.	27.42	Cameron Bittermann (9)	5/10/2019	GGCL Championships (Univ. of Cincinnati)
7.	27.45	Mackenzie Meehan (11)	5/6/2021	Best of the West (Oak Hills HS)
8.	27.61	Kenya Howard (10)	5/12/2023	GGCL Championships (Univ. of Cincinnati)
9.	28.07	Grace Thamann (12)	4/16/2019	Colerain Invitational (Colerain HS)
10.	28.09	Emma Helmes (12)	5/15/2019	OHSAA D1 District Prelims (Ross HS)

### 400 Meters

1.	56.93	Lizzie Sexton (11)	5/21/2021	OHSAA D1 District Finals (Ross HS)
2.	59.20	Mia Edwards (12)	5/21/2021	OHSAA D1 District Finals (Ross HS)
3.	59.45	Abby Hoffmann (12)	5/4/2021	Blue Heaven Invitational (Hamilton HS)
<b>4.</b>	<b>1:00.47</b>	<b>Lailah Shepard (10)</b>	<b>4/20/2024</b>	<b>Eastern Relays (Univ. of Louisville)</b>
5.	1:01.33	May Humpert (11)	4/8/2023	Princeton Spurlock Classic (Princeton HS)
6.	1:01.40	Liz York (12)	5/12/2021	GGCL Championship Prelims (St. Xavier HS)
<b>7.</b>	<b>1:03.20</b>	<b>Kenya Howard (11)</b>	<b>4/20/2024</b>	<b>Eastern Relays (Univ. of Louisville)</b>
8.	1:03.51	Alaynah Milano (9)	5/5/2023	Rod Russell Invitational (Mason HS)
9.	1:04.53	Grace Thamann (12)	4/25/2019	Wayne Invitational (Wayne HS)
10.	1:04.57	Emma Blaut (10)	5/11/2022	GGCL Championship Prelims (LaSalle HS)

### 800 Meters

1.	2:19.59	May Humpert (10)	5/27/2022	OHSAA D1 Regional Finals (Wayne HS)
<b>2.</b>	<b>2:29.33</b>	<b>Ashley Williams (12)</b>	<b>4/26/2024</b>	<b>Loveland Invitational (Loveland HS)</b>
3.	2:29.64	Keelin Elmer (12)	5/2/2023	Blue Heaven Invitational (Hamilton HS)
4.	2:30.28	Mollie Bigner (12)	5/14/2021	GGCL Championships (Elder Ath. Complex)
<b>5.</b>	<b>2:31.15</b>	<b>Sarah Blessing (10)</b>	<b>5/3/2024</b>	<b>Rod Russell Invitational (Mason HS)</b>
6.	2:34.23	Ashley Albrinck (11)	5/10/2019	GGCL Championships (Univ. of Cincinnati)
7.	2:35.39	Liz York (10)	4/5/2019	Coach's Classic (Ross HS)
<b>8.</b>	<b>2:37.22</b>	<b>Grace Saylor (9)</b>	<b>4/23/2024</b>	<b>Queen City JV Series (LaSalle HS)</b>
9.	2:37.90	Kristen Meyer (12)	5/13/2022	GGCL Championships (Univ. of Cincinnati)
10.	2:38.24	Shelby Page (12)	5/14/2021	GGCL Championships (Elder Ath. Complex)

## All-Time Outdoor Performance List

### 1600 Meters

1.	<b>5:18.98</b>	<b>Ashley Williams (12)</b>	<b>5/9/2024</b>	<b>GGCL Championships (Univ of Cincinnati)</b>
2.	5:30.34	Keelin Elmer (11)	5/20/2022	OHSAA D1 District Finals (Ross HS)
3.	5:33.03	Kaitlyn Sansone (10)	5/3/2019	Rod Russell Invitational (Mason HS)
4.	5:34.08	Julia Verhoff (12)	5/2/2023	Blue Heaven Invitational (Hamilton HS)
5.	5:39.71	Meredith Meyer (12)	5/10/2019	GGCL Championships (Univ. of Cincinnati)
6.	<b>5:47.74</b>	<b>Gracie Saylor (9)</b>	<b>5/17/2024</b>	<b>OHSAA D1 District Finals (Ross HS)</b>
7.	5:55.82	Sophie Kemble (11)	4/9/2021	Coach's Classic (Ross HS)
8.	5:57.07	Josie Feldman (12)	3/29/2023	Skyline Open (Elder Ath. Complex)
9.	<b>5:57.58</b>	<b>Katie Senger (11)</b>	<b>5/17/2024</b>	<b>OHSAA D1 District Finals (Ross HS)</b>
10.	6:05.86	Lani Hinton (11)	4/15/2019	Elder JV Meet (Elder Ath. Complex)

### 3200 Meters

1.	<b>11:26.08</b>	<b>Ashley Williams (12)</b>	<b>5/17/2024</b>	<b>OHSAA D1 District Finals (Ross HS)</b>
2.	11:50.01	Julia Verhoff (12)	5/5/2023	Rod Russell Invitational (Mason HS)
3.	12:16.11	Keelin Elmer (10)	5/4/2021	Blue Heaven Invitational (Hamilton HS)
4.	12:17.71	Josie Feldman (12)	5/12/2023	GGCL Championships (Univ. of Cincinnati)
5.	12:21.58	Kaitlyn Sansone (12)	5/6/2021	Best of the West (Oak Hills HS)
6.	12:51.30	Lani Hinton (11)	5/10/2019	GGCL Championships (Univ. of Cincinnati)
7.	13:04.60	Kelly Albrinck (12)	4/19/2022	Colerain Invitational (Colerain HS)
8.	<b>13:11.64</b>	<b>Anna Heitz (11)</b>	<b>5/3/2024</b>	<b>Rod Russell Invitational (Mason HS)</b>
9.	<b>13:12.86</b>	<b>Katie Senger (11)</b>	<b>4/26/2024</b>	<b>Loveland Invitational (Loveland HS)</b>
10.	13:13.31	Meredith Meyer (12)	3/27/2019	Skyline Open (Elder Ath. Complex)

### 100 Meter Hurdles

1.	17.14	Katrina Draginoff (11)	4/12/2019	Harrison Invitational (Harrison HS)
2.	17.41	Avi Hubbard (12)	5/14/2021	GGCL Championships (Elder Ath. Complex)
3.	<b>18.11</b>	<b>Marie Hoelzle (10)</b>	<b>4/17/2024</b>	<b>Queen City JV Series (St. Xavier HS)</b>
4.	<b>18.81</b>	<b>Chloe Wright (12)</b>	<b>5/3/2024</b>	<b>Rod Russell Invitational (Mason HS)</b>
5.	18.99	Olivia Phelps (12)	5/15/2019	OHSAA D1 District Prelims (Ross HS)
6.	20.16	Audrey Hare (10)	5/4/2021	Blue Heaven Invitational (Hamilton HS)
7.	21.15	Essence Hamilton (10)	5/5/2021	LaSalle JV Invitational (LaSalle HS)
8.	21.76	Lovely Johnson (11)	4/8/2019	Ross JV Meet (Ross HS)
9.	23.66	Karen Kiganda (10)	4/13/2021	Elder JV Meet (Elder Ath. Complex)
10.	25.70	Sylvie Wright (11)	4/13/2021	Elder JV Meet (Elder Ath. Complex)

### 300 Meter Hurdles

1.	50.22	Katrina Draginoff (11)	5/19/2019	OHSAA D1 District Finals (Ross HS)
2.	51.83	Avi Hubbard (10)	4/16/2019	Colerain Invitational (Colerain HS)
3.	<b>53.63</b>	<b>Chloe Wright (12)</b>	<b>5/15/2024</b>	<b>OHSAA D1 District Prelims (Ross HS)</b>
4.	56.14	Audrey Hare (10)	5/4/2021	Blue Heaven Invitational (Hamilton HS)
5.	<b>56.38</b>	<b>Marie Hoelzle (10)</b>	<b>4/17/2024</b>	<b>Queen City JV Series (St. Xavier HS)</b>
6.	58.07	Olivia Phelps (12)	4/5/2019	Coach's Classic (Ross HS)
7.	1:01.09	Maura Reilly (12)	5/18/2022	OHSAA D1 District Prelims (Ross HS)
8.	1:01.69	Marina Hernandez (11)	4/3/2019	Coach's Classic JV (Ross HS)
9.	1:02.51	Sam Bollin (10)	5/13/2022	GGCL Championships (Univ. of Cincinnati)

## All-Time Outdoor Performance List

### 4x100 Meter Relay

1.	50.32	Abby Hoffmann (10), Grace Thamann (12), Mia Edwards (10), Cameron Bittermann (9)	5/3/2019		Rod Russell Invitational (Mason HS)
2.	50.48	Mackenzie Meehan (11), DeAira Ferris (12), Liz York (12), Abby Hoffmann (12)	5/19/2021		OHSAA D1 District Prelims (Ross HS)
3.	51.21	Abby Hoffmann (10), Ava LeCount (10), Mia Edwards (10), Cameron Bittermann (9)	4/12/2019		Harrison Invitational (Harrison HS)
4.	51.29	Abby Hoffmann (10), Avi Hubbard (10), Mia Edwards (10), Cameron Bittermann (9)	4/30/2019		Blue Heaven Invitational (Hamilton HS)
5.	51.37	Mackenzie Meehan (11), Avi Hubbard (12), Liz York (12), Abby Hoffmann (12)	5/14/2021		GGCL Championships (Elder Ath. Complex)
6.	51.93	Chloe Hamilton (10), Kenya Howard (10), Sa'Rye Davis (12), Essence Hamilton (12)	4/22/2023		Eastern Relays (Univ of Louisville)
7.	52.26	Grace Thamann (12), Avi Hubbard (10), Mia Edwards (10), Cameron Bittermann (9)	4/6/2019		Princeton Spurlock Classic (Princeton HS)
8.	52.40	Chloe Hamilton (10), Kenya Howard (10), Sarah Blessing (9), Essence Hamilton (12)	4/8/2023		Princeton Spurlock Classic (Princeton HS)
9.	52.46	Mariyah Miller (11), Essence Hamilton (12), Sa'Rye Davis (12), Jordyn Leary (9)	5/12/2023		GGCL Championships (Univ. of Cincinnati)
10.	52.59	Sa'Rye Davis (12), Lailah Shepard (9), Mariyah Miller (11), Kenya Howard (10)	5/5/2023		Rod Russell Invitational (Mason HS)

### 4x200 Meter Relay

1.	1:41.09	Abby Hoffmann (12), Liz York (12), Mia Edwards (12), Lizzie Sexton (11)	6/5/2021		OHSAA DI State Championships (Darby HS)
2.	1:44.03	Mia Edwards (12), Liz York (12), Mackenzie Meehan (11), Lizzie Sexton (11)	5/14/2021		GGCL Championships (Elder Ath. Complex)
3.	1:45.36	Abby Hoffmann (12), Mackenzie Meehan (11), Mia Edwards (12), Lizzie Sexton (11)	4/20/2021		Colerain Invitational (Colerain HS)
4.	1:46.45	Abby Hoffmann (10), Cameron Bittermann (9), Grace Thamann (12), Lizzie Sexton (9)	5/19/2019		OHSAA D1 District Finals (Ross HS)
5.	1:48.13	Lizzie Sexton (11), Liz York (12), May Humpert (9), Mia Edwards (12)	3/27/2021		LaSalle Legends Classic (LaSalle HS)
6.	1:48.53	Chloe Hamilton (10), Kenya Howard (10), Essence Hamilton (12), Lailah Shepard (9)	5/12/2023		GGCL Championships (Univ. of Cincinnati)
7.	1:48.63	Abby Hoffmann (10), Emma Helmes (12), Lizzie Sexton (9), Cameron Bittermann (9)	4/16/2019		Colerain Invitational (Colerain HS)
8.	1:48.95	Essence Hamilton (12), Sarah Blessing (9), Chloe Hamilton (10), Alaynah Milano (9)	4/14/2023		Harrison Invitational (Harrison HS)
9.	1:49.12	Chloe Hamilton (9), Sarah Enginger (10), Lizzie Sexton (12), Emma Blaut (10)	4/8/2022		Coach's Classic (Ross HS)
10.	1:49.19	Chloe Hamilton (10), Kenya Howard (10), Maddie McGowan (11), Lailah Shepard (9)	5/17/2023		OHSAA D1 District Prelims (Ross HS)

### 4x400 Meter Relay

1.	3:50.58	Mia Edwards (12), Abby Hoffmann (12), Liz York (12), Lizzie Sexton (11)	6/5/2021		OHSAA DI State Championships (Darby HS)
2.	4:03.05	Abby Hoffmann (12), Liz York (12), May Humpert (9), Mia Edwards (12)	5/14/2021		GGCL Championships (Elder Ath. Complex)
3.	4:03.89	Abby Hoffmann (10), Grace Thamann (12), Liz York (10), Lizzie Sexton (9)	5/24/2019		OHSAA D1 Regional Finals (Wayne HS)
4.	4:05.99	Mia Edwards (12), Liz York (12), May Humpert (9), Lizzie Sexton (11)	3/27/2021		LaSalle Legends Classic (LaSalle HS)
5.	4:06.06	May Humpert (10), Chloe Hamilton (9), Emma Blaut (10), Lizzie Sexton (12)	5/27/2022		OHSAA D1 Regional Finals (Wayne HS)
6.	<b>4:09.03</b>	<b>Lily Davis (9), Sarah Blessing (10), Lailah Shepard (10), Kenya Howard (11)</b>	<b>5/17/2024</b>		<b>OHSAA D1 District Finals (Ross HS)</b>
7.	4:09.74	May Humpert (10), Chloe Hamilton (9), Sarah Enginger (10), Lizzie Sexton (12)	5/13/2022		GGCL Championships (Univ. of Cincinnati)
8.	4:10.27	Alaynah Milano (9), Lailah Shepard (9), Kenya Howard (10), May Humpert (11)	5/19/2023		OHSAA D1 District Finals (Ross HS)
9.	4:11.55	Liz York (10), Grace Thamann (12), Cameron Bittermann (9), Abby Hoffmann (10)	5/3/2019		Rod Russell Invitational (Mason HS)
10.	4:13.61	Mia Edwards (12), May Humpert (9), Mollie Bigner (12), Liz York (12)	4/23/2021		Gold Baton Relays (Sycamore HS)

### 4x800 Meter Relay

1.	9:45.34	May Humpert (10), Keelin Elmer (11), Ashley Williams (10), Julia Verhoff (11)	5/18/2022		OHSAA D1 District Finals (Ross HS)
2.	9:52.67	May Humpert (9), Keelin Elmer (10), Ashley Williams (9), Mollie Bigner (12)	5/12/2021		GGCL Championships (Elder Ath. Complex)
3.	10:06.70	Keelin Elmer (12), Sarah Blessing (9), Julia Verhoff (12), May Humpert (11)	5/5/2023		Rod Russell Invitational (Mason HS)
4.	10:23.38	May Humpert (11), Julia Verhoff (12), Anna Heitz (10), Keelin Elmer (12)	4/8/2023		Princeton Spurlock Classic (Princeton HS)
5.	<b>10:26.02</b>	<b>Ashley Williams (12), Gracie Saylor (9), Sarah Blessing (10), Katie Senger (11)</b>	<b>5/7/2024</b>		<b>GGCL Championships (LaSalle HS)</b>
6.	10:26.35	Sophie Kemble (11), Shelby Page (12), Ashley Williams (9), Mollie Bigner (12)	4/16/2021		Harrison Invitational (Harrison HS)
7.	10:27.82	Keelin Elmer (10), Sophie Kemble (11), Kaitlyn Sansone (12), Ashley Williams (9)	4/10/2021		Princeton Spurlock Classic (Princeton HS)
8.	10:29.68	Sophie Kemble (11), Josie Feldman (10), Shelby Page (12), Kaitlyn Sansone (12)	5/4/2021		Blue Heaven Invitational (Hamilton HS)
9.	10:33.14	Liz York (10), Meredith Meyer (12), Shelby Page (10), Kaitlyn Sansone (10)	4/30/2019		Blue Heaven Invitational (Hamilton HS)
10.	10:34.60	Anna Heitz (10), Keelin Elmer (12), Josie Feldman (12), May Humpert (11)	4/14/2023		Harrison Invitational (Harrison HS)

## All-Time Outdoor Performance List

### Discus Throw

1.	143'2"	Kristen Berwanger (11)	6/1/2024	OHSAA DI State Championships (Univ of Dayton)
2.	118'6"	Rachel Berwanger (12)	5/3/2019	Rod Russell Invitational (Mason HS)
3.	101'5"	Jocelyn Smith (12)	4/30/2024	Big Blue Invitational (Hamilton HS)
4.	95'9"	Anna Reidel (11)	5/10/2019	GGCL Championships (Univ. of Cincinnati)
5.	85'3"	Kat Bowman (11)	5/7/2024	GGCL Championships (LaSalle HS)
6.	83'10"	Elaina Nadler (12)	5/14/2021	GGCL Championships (Elder Ath. Complex)
7.	82'0"	Riley Sauer (11)	4/5/2019	Coach's Classic (Ross HS)
8.	77'5"	Grace O'Connor (12)	5/14/2021	GGCL Championships (Elder Ath. Complex)
9.	64'0"	MaKenzie Boyd (9)	5/12/2023	GGCL Championships (Univ. of Cincinnati)
10.	63'0"	Damya Harris (12)	3/31/2022	Skyline Open (Elder Ath. Complex)

### Shot Put

1.	37'3.5"	Kristen Berwanger (11)	5/9/2024	GGCL Championships (Univ of Cincinnati)
2.	33'4.5"	Rachel Berwanger (12)	4/30/2019	Blue Heaven Invitational (Hamilton HS)
3.	31'2.5"	Jocelyn Smith (12)	4/17/2024	Queen City JV Series (St. Xavier HS)
4.	29'9"	Riley Sauer (11)	5/15/2019	OHSAA D1 District Prelims (Ross HS)
5.	28'3"	Aaliyah Hill (12)	5/3/2022	Blue Heaven Invitational (Hamilton HS)
6.	26'4.5"	Kat Bowman (11)	5/7/2024	GGCL Championships (LaSalle HS)
7.	24'11.5"	Anna Reidel (11)	5/1/2019	LaSalle JV Invitational (LaSalle HS)
8.	22'6"	Elaina Nadler (12)	5/5/2021	LaSalle JV Invitational (LaSalle HS)
9.	22'3.5"	Grace O'Connor (12)	5/12/2021	GGCL Championships (Elder Ath. Complex)
10.	21'6"	Dior Williams (11)	4/20/2021	Colerain Invitational (Colerain HS)

### Long Jump

1.	16'5.5"	Essence Hamilton (12)	5/12/2023	GGCL Championships (Univ. of Cincinnati)
2.	15'9"	Natalie Lorenz (12)	4/12/2019	Harrison Invitational (Harrison HS)
3.	14'9"	Katrina Draginoff (11)	4/26/2019	Wayne Invitational (Wayne HS)
4.	14'6.5"	Mia Edwards (12)	4/16/2021	Harrison Invitational (Harrison HS)
5.	14'4.50"	Kylee Eberhart (10)	5/17/2024	OHSAA D1 District Finals (Ross HS)
6.	14'1"	Madison Dobbins	5/7/2024	GGCL Championships (LaSalle HS)
7.	14'0"	Chloe Hamilton (9)	3/31/2022	Skyline Open (Elder Ath. Complex)
8.	13'11.5"	Sophie Roeder (11)	4/11/2019	Harrison Wildcat JV Relays (Harrison HS)
9.	13'11"	Kenya Howard (11)	4/23/2024	Queen City JV Series (LaSalle HS)
9.	13'11"	Amy Ndiaye (10)	4/23/2024	Queen City JV Series (LaSalle HS)

### High Jump

1.	5'0"	Natalie Lorenz (12)	5/10/2019	GGCL Championships (Univ. of Cincinnati)
2.	4'10"	Ariee Bess (12)	4/19/2022	Colerain Invitational (Colerain HS)
3.	4'8"	Katrina Draginoff (11)	5/10/2019	GGCL Championships (Univ. of Cincinnati)
4.	4'6"	Josie Penderghast (11)	5/1/2019	LaSalle JV Invitational (LaSalle HS)
4.	4'6"	Sophie Roeder (11)	5/1/2019	LaSalle JV Invitational (LaSalle HS)
6.	4'4"	Essence Hamilton (11)	5/3/2022	Blue Heaven Invitational (Hamilton HS)
7.	4'4"	Abby Noe (10)	5/1/2019	LaSalle JV Invitational (LaSalle HS)
8.	4'2"	Emma Mastruserio (10)	3/27/2019	Skyline Open (Elder Ath. Complex)
9.	4'0"	Audrey Hare (10)	3/31/2021	Skyline Open (Elder Ath. Complex)
10.	3'9"	Cierra Blakeman (11)	4/3/2019	Coach's Classic JV (Ross HS)

### Pole Vault

1.	8'6"	Bella Coombs (11)	5/10/2019	GGCL Championships (Univ. of Cincinnati)
1.	8'6"	Gabrielle Litzinger (11)	3/23/2019	LaSalle Legends Classic (LaSalle HS)
1.	8'6"	Michelle Cavanaugh (12)	4/23/2021	Gold Baton Relays (Sycamore HS)
4.	8'0"	Emma Mastruserio (12)	4/30/2021	Ross HS Invitational (Ross HS)
4.	7'6"	Kelly Albrinck (11)	5/14/2021	GGCL Championships (Elder Ath. Complex)
4.	7'6"	Noelle Kinne (12)	5/14/2021	GGCL Championships (Elder Ath. Complex)
7.	6'0"	Maddie Murphy (11)	4/15/2019	Elder JV Meet (Elder Ath. Complex)
7.	6'0"	Shelby Page (10)	4/3/2019	Coach's Classic JV (Ross HS)