

PARKER PANTHERS RECORDS**13-14 GIRLS**

EVENT	TIME/MARK	DATE	MEET	WIND	NOTES
100M					
Tamminga, Abby	12.77	07/06/14	Region 10 JO / AFA, CO	0.9	
Tamminga, Abby	12.91	06/14/14	Zoom Classic / Aurora, CO	-0.9	
Zwaanstra, Teagan	12.99	06/23/17	Colorado JO / Highlands Ranch, CO	0.3	Prelim
Zwaanstra, Teagan	13.00	06/04/17	Nite Moves / Aurora, CO	-1.7	
Tamminga, Abby	13.06	07/05/14	Region 10 JO / AFA, CO	-0.9	
Tamminga, Abby	13.10	06/07/14	Freddie Houston / Denver, CO	nwi	
Zwaanstra, Teagan	13.19	06/10/17	Kyle Mac / Highlands Ranch, CO	-2.5	
Tamminga, Abby	13.24	06/21/14	Colorado JO / Aurora, CO	-2.4	
Belibi, Fabiola	13.27	05/26/18	Mack Track / Westminster, CO	0.9	Prelim
Tamminga, Abby	13.39	05/24/14	Landsharks / Monument, CO	nwi	
200M					
Tamminga, Abby	26.18	06/07/14	Freddie Houston / Denver, CO	nwi	
Tamminga, Abby	26.37	07/05/14	Region 10 JO / AFA, CO	-0.5	
Tamminga, Abby	26.43	07/06/14	Region 10 JO / AFA, CO	-0.6	
Tamminga, Abby	26.81	06/21/14	Colorado JO / Aurora, CO	-0.6	
Lark, Sarah	28.14	06/18/11	Colorado JO / Parker, CO		
Gilfert, Kasie	28.34	06/23/12	Colorado JO / Denver, CO		
Perry, Olivia	28.36	06/04/11	Colorado Flyers / Denver, CO	nwi	
Coffey, Preslie	28.50	06/04/16	Nite Moves / Denver, CO	-0.2	
Lark, Sarah	28.62	06/17/11	Colorado JO / Parker, CO		Prelim
Riddle, Morgan	28.75	06/20/15	Colorado JO / Aurora, CO	-0.8	Prelim
400M					
Coffey, Preslie	1:01.89	06/21/15	Colorado JO / Aurora, CO		Final
Coffey, Preslie	1:02.21	07/12/15	Region 10 JO / El Paso, TX		Final
Coffey, Preslie	1:02.59	05/30/15	Freddie Houston / Denver, CO		
Coffey, Preslie	1:03.32	06/18/16	Colorado JO / Denver, CO		Prelim
Coffey, Preslie	1:03.32	06/19/16	Colorado JO / Denver, CO		Final
Coffey, Preslie	1:04.01	06/20/15	Colorado JO / Aurora, CO		Prelim
GrandPre, Kennedy	1:04.13	06/18/11	Colorado JO / Parker, CO		
GrandPre, Kennedy	1:04.68	06/17/11	Colorado JO / Parker, CO		
GrandPre, Kennedy	1:04.88	06/04/11	Colorado Flyers / Denver, CO		
Coffey, Preslie	1:05.16	07/11/15	Region 10 JO / El Paso, TX		Prelim

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800M					
Puskas, Minci	2:21.62	07/26/17	National JO / Lawrence, KS		14th
Puskas, Minci	2:22.11	07/09/17	Region 10 JO / Mesa, AZ		
Puskas, Minci	2:24.20	06/17/17	LIFT / Parker, CO		
Puskas, Minci	2:24.78	06/23/17	Colorado JO / Highlands Ranch, CO		
Puskas, Minci	2:26.36	06/04/17	Nite Moves / Aurora, CO		
Puskas, Minci	2:26.58	07/09/16	Region 10 JO / Albuquerque, NM		
Puskas, Minci	2:29.82	06/18/16	Colorado JO / Denver, CO		
Puskas, Minci	2:30.14	06/10/17	Kyle Mac / Highlands Ranch, CO		
Wilson, Brooke	2:30.29	05/26/18	Mack Track / Westminster, CO		
Puskas, Minci	2:31.01	06/04/16	Nite Moves / Denver, CO		
1500M					
Puskas, Minci	4:49.27	07/27/17	National JO / Lawrence, KS		13th
Puskas, Minci	4:55.08	07/09/17	Region 10 JO / Mesa, AZ		
Puskas, Minci	5:06.92	07/10/16	Region 10 JO / Albuquerque, NM		
Wilson, Brooke	5:07.75	05/26/18	Mack Track / Westminster, CO		
Colsman, Isalina	5:08.74	06/21/15	Colorado JO / Aurora, CO		
Puskas, Minci	5:09.37	06/04/17	Nite Moves / Aurora, CO		
Puskas, Minci	5:11.69	06/19/16	Colorado JO / Denver, CO		
Glynn, Emily	5:12.10	06/19/16	Colorado JO / Denver, CO		
Puskas, Minci	5:15.08	06/10/17	Kyle Mac / Highlands Ranch, CO		
Puskas, Minci	5:15.34	06/25/16	Plains to Peaks / Aurora, CO		
3000M					
Colsman, Isalina	10:58.01	05/30/15	Freddie Houston / Denver, CO		
Colsman, Isalina	11:00.24	06/20/15	Colorado JO / Aurora, CO		
McConnell, Cameron	11:24.24	06/23/17	Colorado JO / Highlands Ranch, CO		
Glynn, Emily	11:26.49	06/11/16	LIFT / Colorado Springs, CO		
Glynn, Emily	11:30.31	06/18/16	Colorado JO / Denver, CO		
Stewart, Riley	11:30.43	06/17/17	LIFT / Parker, CO		
Stewart, Riley	11:36.04	06/04/17	Nite Moves / Aurora, CO		
Stewart, Riley	11:42.28	06/23/17	Colorado JO / Highlands Ranch, CO		
Hoffman, Bryanna	11:45.30	06/23/17	Colorado JO / Highlands Ranch, CO		

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Jeffers, Aspen	11:47.38	05/30/15	Freddie Houston / Denver, CO		
100M HURDLES					
Coffey, Preslie	16.50	07/10/16	Region 10 JO / Albuquerque, NM	nwi	Final
Stengel, Emma	16.74	07/10/16	Region 10 JO / Albuquerque, NM	nwi	Final
Stengel, Emma	16.84	06/18/16	Colorado JO / Denver, CO	0.5	Prelim
Stengel, Emma	16.89	06/19/16	Colorado JO / Denver, CO	-1.1	Final
Stengel, Emma	16.89	07/09/16	Region 10 JO / Albuquerque, NM	nwi	Prelim
Coffey, Preslie	17.18	05/30/15	Freddie Houston / Denver, CO		
Coffey, Preslie	17.35	06/19/16	Colorado JO / Denver, CO	-1.1	Final
Mason, Sophia	17.40	05/27/17	Freddie Houston / Denver, CO	0.7	
Coffey, Preslie	17.49	05/28/16	Freddie Houston / Denver, CO	0.0	
Coffey, Preslie	17.55	06/20/15	Colorado JO / Aurora, CO	-1.3	Prelim
200M HURDLES					
Coffey, Preslie	30.59	07/10/16	Region 10 JO / Albuquerque, NM	nwi	Final
Coffey, Preslie	30.67	05/30/15	Freddie Houston / Denver, CO		
Coffey, Preslie	30.95	06/21/15	Colorado JO / Aurora, CO		
Coffey, Preslie	30.98	07/09/16	Region 10 JO / Albuquerque, NM	nwi	Prelim
Coffey, Preslie	31.18	05/28/16	Freddie Houston / Denver, CO		
Coffey, Preslie	31.30	06/19/16	Colorado JO / Denver, CO	-2.8	
Coffey, Preslie	31.67	06/27/15	Plains to Peaks / Aurora, CO	0.0	
Coffey, Preslie	31.88	06/04/16	Nite Moves / Denver, CO	-0.5	
Smith, Katherine	32.23	06/20/10	Colorado JO / Pueblo, CO		
Stengel, Emma	32.97	06/04/16	Nite Moves / Denver, CO	-0.5	
4X100M RELAY					
O Perry, A Hood, K Gilfert, S Lark	53.04	07/09/11	Region 10 JO / Albuquerque, NM		
L Smith, S Rotello, J Steen, T Zwaanstra	53.83	07/23/17	Colorado JO / Highlands Ranch, CO		
O Perry, A Hood, K GrandPre, K Gilfert	55.11	06/11/11	Zoom Classic / Parker, CO		
O Perry, M Timmons, K Laverty, K Smith	55.37	06/19/10	Colorado JO / Pueblo, CO		
J Steen, M Ericksen, O Cade, T Zwaanstra	55.37	06/10/17	Kyle Mac / Highlands Ranch, CO		

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4X400M RELAY					
K Smith, Carney, K Lavery, C Brown	4:37.70	07/11/09	Region 10 JO / Provo, UT		
K Smith, E Seeber, K Lavery, C Brown	4:40.09	06/20/09	Colorado JO / Aurora, CO		
O Perry, A Hood, S Lark, K Gilfert	4:49.40	07/10/11	Colorado JO / Parker, CO		
O Perry, A Hood, S Lark, K Grandpre	4:51.02	06/19/11	Colorado JO / Parker, CO		
B Hoffman, C McConnell, K Cargo, E Puskas	4:53.77	06/04/17	Nite Moves / Aurora, CO		
4X800M RELAY					
E Glynn, E Stengel, P Coffey, M Puskas	10:49.77	06/19/16	Colorado JO / Denver, CO		
HIGH JUMP					
Lubbers, Shelbi	1.60m	06/20/15	Colorado JO / Aurora, CO		
Lubbers, Shelbi	1.55m	07/11/15	Region 10 JO / El Paso, TX		
Lubbers, Shelbi	1.55m	06/18/16	Colorado JO / Denver, CO		
Lubbers, Shelbi	1.50m	06/07/15	Nite Moves / Denver, CO		
Perry, Olivia	1.45m	07/28/11	National JO / Wichita, KS		
Perry, Olivia	1.45m	07/09/11	Region 10 JO / Albuquerque, NM		
Opp, Elena	1.45m	07/05/14	Region 10 JO / AFA, CO		
Morand, Jaimee	1.42m	06/23/12	Colorado JO / Denver, CO		
Opp, Elena	1.42m	06/14/14	Zoom Classic / Aurora, CO		
Perry, Olivia	1.40m	07/10/10	Region 10 JO / Pueblo, CO		
Morand, Jaimee	1.40m	06/16/12	Zoom Classic / Littleton, CO		
Brennan, Allana	1.40m	06/08/13	Striders / Colorado Springs, CO		
Opp, Elena	1.40m	06/21/14	Colorado JO / Aurora, CO		
Opp, Elena	1.40m	07/26/14	National JO / Houston, TX		34th
Varela, Melanie	1.40m	06/07/15	Nite Moves / Denver, CO		
Cade, Olivia	1.40m	07/01/17	Striders / Colorado Springs, CO		
LONG JUMP					
Zwaanstra, Teagan	5.93m	06/17/17	Colorado JO / Highlands Ranch, CO	nwi	
Gilfert, Kasie	4.96m	06/02/12	Joe Gentry / Fountain, CO		
Zwaanstra, Teagan	4.89m	06/04/17	Nite Moves / Aurora, CO	nwi	
Gilfert, Kasie	4.87m	06/16/12	Zoom Classic / Littleton, CO		

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Zwaanstra, Teagan	4.80m	06/10/17	Kyle Mac / Highlands Ranch, CO	nwi	
Riddle, Morgan	4.79m	06/20/15	Colorado JO / Aurora, CO	1.3	
Gilfert, Kasie	4.69m	06/11/11	Zoom Classic / Parker, CO		
Gilfert, Kasie	4.66m	06/23/12	Colorado JO / Denver, CO		
Smith, Katherine	4.64m	07/09/10	Region 10 JO / Pueblo, CO		
Riddle, Morgan	4.60m	06/27/15	Plains to Peaks / Aurora, CO	nwi	
TRIPLE JUMP					
Zwaanstra, Teagan	10.74m	06/10/17	Kyle Mac / Highlands Ranch, CO	nwi	
Gilfert, Kasie	10.17m	06/11/11	Zoom Classic / Parker, CO		
Gilfert, Kasie	10.16m	06/23/12	Colorado JO / Denver, CO		
Riddle, Morgan	9.79m	06/21/15	Colorado JO / Aurora, CO	1.3	
Riddle, Morgan	9.73m	06/13/15	Landsharks / Monument, CO		
Gilfert, Kasie	9.58m	06/16/12	Zoom Classic / Littleton, CO		
Riddle, Morgan	9.47m	06/07/15	Nite Moves / Denver, CO	nwi	
Riddle, Morgan	9.19m	06/27/15	Plains to Peaks / Aurora, CO	nwi	
Leland, Camryn	9.02m	06/07/15	Nite Moves / Denver, CO		
Johnson, Mikayla	8.96m	05/28/16	Freddie Houston / Denver, CO	nwi	
SHOT PUT (6 lbs)					
Brennan, Allana	11.13m	06/08/13	Striders / Colorado Springs, CO		
Opp, Elena	10.68m	07/05/14	Region 10 JO / AFA, CO		
Sams, Sarah	10.65m	06/11/16	LIFT / Colorado Springs, CO		
Sams, Sarah	10.60m	06/25/16	Plains to Peaks / Aurora, CO		
Opp, Elena	10.55m	07/27/14	National JO / Houston, TX		21st
Sams, Sarah	10.51m	06/18/16	Colorado JO / Denver, CO		
Brennan, Allana	10.41m	05/25/13	Landsharks / Monument, CO		
Sams, Sarah	10.36m	06/04/16	Nite Moves / Denver, CO		
Opp, Elena	10.28m	06/21/14	Colorado JO / Aurora, CO		
Sams, Sarah	10.25m	07/09/16	Region 10 JO / Albuquerque, NM		
DISCUS THROW (1kg)					
Sams, Sarah	28.83m	06/18/16	Colorado JO / Denver, CO		
Sams, Sarah	28.43m	07/09/16	Region 10 JO / Albuquerque, NM		
Sams, Sarah	28.11m	06/25/16	Plains to Peaks / Aurora, CO		

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Opp, Elena	27.42m	07/26/14	National JO / Houston, TX		21st
Sams, Sarah	26.55m	06/11/16	LIFT / Colorado Springs, CO		
Brennan, Allana	25.04m	06/01/13	Freddie Houston / Denver, CO		
Opp, Elena	24.65m	06/07/14	Freddie Houston / Denver, CO		
Brennan, Allana	24.48m	06/08/13	Striders / Colorado Springs, CO		
Opp, Elena	24.45m	07/05/14	Region 10 JO / AFA, CO		
Sams, Sarah	24.40m	06/20/15	Colorado JO / Aurora, CO		

JAVELIN THROW (600g)

Sams, Sarah	25.63m	06/19/16	Colorado JO / Denver, CO		
Sams, Sarah	25.08m	07/10/16	Region 10 JO / Albuquerque, NM		
Sams, Sarah	23.10m	06/11/16	LIFT / Colorado Springs, CO		
Sams, Sarah	22.92m	06/25/16	Plains to Peaks / Aurora, CO		
Johnson, Mikayla	21.50m	06/04/16	Nite Moves / Denver, CO		
Sams, Sarah	21.40m	06/04/16	Nite Moves / Denver, CO		
Mock, Summer	21.15m	06/27/15	Plains to Peaks / Aurora, CO		
Schneider, Paige	19.36m	07/09/17	Region 10 JO / Mesa, AZ		
Sams, Sarah	18.95m	06/21/15	Colorado JO / Aurora, CO		
Schneider, Paige	18.73m	07/01/17	Striders / Colorado Springs, CO		

PENTATHLON

Smith, Katherine	2276	07/09/10	Region 10 JO / Pueblo, CO		
Smith, Katherine	2059	06/17/10	Region 10 JO / Pueblo, CO		
Morand, Jaimee	2018	06/21/12	Colorado JO / Brighton, CO		
Johnson, Mikayla	1936	06/16/16	Colorado JO / Aurora, CO		
Knapke, Kyla	1863	06/18/15	Colorado JO / Monument, CO		
Timmons, Megan	1767	06/17/10	Colorado JO / Pueblo, CO		
Stengel, Emma	1613	06/18/15	Colorado JO / Monument, CO		
Darnell, Alexandria	1375	07/07/11	Region 10 JO / Albuquerque, NM		
Darnell, Alexandria	1271	06/16/11	Colorado JO / Parker, CO		

POLE VAULT

Bennett, Jaimee	1.70m	06/07/15	Nite Moves / Denver, CO		
Bennett, Jaimee	1.85m	06/13/15	Landsharks / Monument, CO		