

Gulf Association-AAU T&F Meet Records--Girls

Primary Girls

100 M Dash	14.42	Kristain Austin	Sonics, Houston	1999
200 M Dash	30.39	Paige Kimble	Visions, Houston	2006
400 M Dash	1:09.67	Paige Kimble	Visions, Houston	2006
800 M Run	2:36.18	April Spencer	Bay Area Road Warriors	2006
1500 M Run	7:01	Becky Kaster	Rising Stars, League City	1997
4 X 100 M Relay	1:02.5	Sonics	Houston	1999
4 X 400 M Relay	5:35.70	Guardian Angels	Houston	2002
Long Jump	11' 3"	Kerissa Wiley	Van Vleck Flyers, Markham	2003
High Jump	3' 2"	Priera Panescu	Unattached, Houston	1999
Shot Put	18' 8"	Laila Sauls	Guardian Angels TC	2009

Sub-Bantam Girls

100 M Dash	14.03	Daijonae Miles	Hurricanes, Houston	2003
200 M Dash	29.39	Daijonae Miles	Hurricanes, Houston	2003
400 M Dash	1:07.34	Daijonae Miles	Hurricanes, Houston	2003
800 M Run	2:40.78	Makaylah Halstead	High Velocity, Sugarland	2010
1500 M Run	5:36.10	Hannah Booher	Bay Area Road Warriors	2005
1500 M Race Walk	10:49.82	Deanna Langwell	Quest, Huntsville	2004
Long Jump	12' 8.75"	Kerissa Wiley	Flyers, Van Vleck	2004
High Jump	4' 0"	Kaitlin Suttles	Visions, Houston	2000
Shot Put	19' 11"	Shanay Brisco	Texas Mustangs, Cypress	2001

Bantam Girls

100 M Dash	13.50	Elizabeth Adeofi	Lightning, Houston	1998
200 M Dash	27.95	Kristain Austin	Sonics, Houston	2001
400 M Dash	1:05.16	Shanay Briscoe	Northwest Flyers, Cypress	2002
800 M Run	2:37.42	Blake Thomason	Quest TC	2009
1500 M Run	5:22.01	Hannah Booher	Bay Area Road Warriors	2006
1500 M Race Walk	10:07.43	Natasha Woods	Rising Stars, League City	1998
4 X 100 M Relay	56.28	Southern Striders	Houston	2000
4 X 400 M Relay	4:40.03	Sonics Youth TC	Houston	2009
Long Jump	13' 9"	Kaitlin Suttles	Visions, Houston	2001
High Jump	4' 2"	Shannon McLain	Sonics, Spring	2002
Shot Put	29' 1"	Denesha Williams	East Houston Track	2005

Sub-Midget Girls

100 M Dash	12.75	Adesti	Lightning, Houston	1999
200 M Dash	26.97	Malikka Sanford-Tolden	Richmond, TX	2005
400 M Dash	1:01.57	Janice Wedderburn	Southern Striders, Houston	2001
800 M Run	2:32.00	Tara Prier	Visions, Houston	2001
1500 M Run	5:28.90	Heather Martel	Houston Cheetah, Houston	2001
1500 M Race Walk	9:06.3	Chelsey Coogler	Quest, Huntsville	1999
3000 M Run	11:22.04	Hannah Booher	Bay Area Road Warriors	2007
80 M Hurdles	14.63	Beloved Brown	Beaumont, TX	2005

Long Jump	14' 5"	Omarra Gilmore	Tigerbelles, Jasper	2000
High Jump	4' 11"	Alexandria Bailey	Lightning	2005
Shot Put	31' 2"	Denisha Williams	Crosby Cyclones	2006
Discus	75' 10"	Christine Broadway	Five Ring, Houston	2001

Midget Girls

100 M Dash	12.5	Elizabeth Adeoti	Lightning, Houston	2000
200 M Dash	25.59	Ashley Taylor	Road Warriors, Houston	1998
400 M Dash	58.74	Tiffany Williams	College Station	2000
800 M Run	2:26.93	Jasmine Dalton	Visions, Houston	2008
1500 M Run	5:12.26	Julia Heymach	Risings Star, Pearland	2010
1500 M Race Walk	9:08.56	Katie Humphrey	NW Flyers, Houston	1998
3000 M Run	11:35.37	Julia Heymach	Risings Star, Pearland	2010
80 M Hurdles	13.17	Serena Warner	Houston	2005
4 X 100 M Relay	49.17	Southern Striders	Houston	2002
4 X 400 M Relay	4:03.42	Southern Striders	Houston	2002
4 X 800 M Relay	10:03.41	Visions	Houston	2002
Long Jump	15' 4.25"	De'angelique Hardeman	Southeast Track	2005
High Jump	4' 10"	Shanay Brisco	NW Flyers, Houston	2004
Shot Put	40' 1"	Meia Gordon	Southern Eagles, Houston	2010
Discus	82' 7"	RaKira Turner	Huntsville, TX	2006

Sub-Youth Girls

100 M Dash	12.25	Myavia Armstrong	Wharton Wave	2008
200 M Dash	25.50	Lauren Caldwell	Lightning, Houston	2005
400 M Dash	58.53	Tiffany Terry	MY Stars TC	2008
800 M Run	2:23.36	Tiffany Terry	MY Stars TC	2008
1500 M Run	5:26.97	Janell Jones	Sonics, Houston	2006
3000 M Run	11:38.70	Wells, Katie	Texas Stallions	2008
3000 M Race Walk	21:49.2	Janeria Jefferson	Sonics Youth	2005
100 M Hurdles	16.51	Skylar Ross-Ransom	Unattached	2008
200 M Hurdles	29.61	Jessica Duckett	Max Velocity, Houston	2010
Long Jump	16' 3 1/2"	Rejana Ellison	College Station	2008
Triple Jump	33' 1/2"	Kerissa Wiley	Van Vleck Fl	2008
High Jump	5' 3"	Shanay Briscoe	Houston, TX	2005
Pole Vault	7' 0"	Megan Arnold	Unattached	2009
Shot Put	38' 8"	Shanay Briscoe	Houston, TX	2005
Discus	88' 6"	Danielle Albert	GUAN	2008
Javelin	65' 04"	Rakira Turner	Unattached	2007

Youth Girls

100 M Dash	11.35	Felicia Uwejeh	Sugarland	2004
200 M Dash	24.65	Zenobia Reed	Lightning, Houston	1998
400 M Dash	55.65	Brandi Cross	Visions, Houston	2002
800 M Run	2:21.14	Christa Swayzee	Southern Striders	2000
1500 M Run	5:00.36	Kelley Wright	Sonics, Houston	1998

3000 M Run	11:07.19	Kelley Wright	Sonics, Houston	1998
3000 M Race Walk	18:04.77	Holly Cook	Texas Cyclones	2009
4 X 100 M Relay	47.60	Lightning	Houston	1998
4 X 400 M Relay	3:59.64	MY Stars TC	Houston	2008
4 X 800 M Relay	10:00.75	Visions	Houston	2001
100 M Hurdles	14.63	Alexus Brannon	Port Arthur, TX	2006
200 M Hurdles	28.44	Renita Woods	Road Warriors, Seabrook	1997
Long Jump	16' 11"	Alexus Brannon	Port Arthur, TX	2006
Triple Jump	36' 11"	Shanay Briscoe	Houston, TX	2006
High Jump	5' 5"	Nicole Brown	Lightning, Houston	1999
Pole Vault	9' 6"	Megan Arnold	Unattached, New Caney	2010
Shot Put	44' 5"	Shanay Briscoe	Houston, TX	2006
Discus	107' 2"	Meredith Hamilton	High Steppers, Houston	2005
Javelin	95' 1"	Laura Asimakis	Road Warriors, Bay Area	2002

Intermediate Girls

100 M Dash	11.75	Cheneque Parham	Lightning, Houston	1998
200 M Dash	24.56	Cheneque Parham	Lightning, Houston	1998
400 M Dash	55.19	Brittany Washington	Visions, Houston	2002
800 M Run	2:17.51	Jasmine Dalton	Stafford, TX	2005
1500 M Run	5:03.11	Kassie Moore	Road Warriors, Bay Area	2002
3000 M Run	11:07.00	Ashley Kilpatrick	Visions, Houston	2001
3000 M Race Walk	18:14.00	Tina Chumbley	Rising Stars, League City	1997
100 M Hurdles	13.90	Jessica Ohanaja	Sonics, Houston	2002
400 M Hurdles	1:06.68	Ursula Montgomery	Houston High Steppers	2006
4 X 100 M Relay	46.40	Lightning	Houston	2000
4 X 400 M Relay	3:56.00	Team Texas Elite Striders	Houston	2010
4 X 800 M Relay	10:27.00	Hearne TC	Hearne	2001
Long Jump	19' 4"	Alexus Brannon,	Unattached	2008
Triple Jump	39' 1"	Alexus Brannon,	Unattached	2008
High Jump	5' 4"	Meggie Schuelke	Visions, Houston	2000
Pole Vault	10' 6"	Laura Asimakis	Road Warriors, Friendswood	2004
Shot Put	39' 6"	Charlissa Foster	Houston, TX	2005
Discus	136' 10"	Charlissa Foster	Houston, TX	2005
Javelin	122'	Laura Asimakis	Road Warriors, Friendswood	2004

Young Women

100 M Dash	11:58	Baker	Coasters, Lake Jackson	1999
200 M Dash	24.02	Elizabeth Adeoti	Lightning, Houston	2005
400 M Dash	56.75	Whitney Harris	College Station	2006
800 M Run	2:18.30	Phyllis Iheanacho	Sonics, Houston	2006
1500 M Run	5:04.58	Megan Radermacher	Spring	2001
3000 M Run	10:58.06	Kassie Moore	Road Warriors, Bay Area	2003
3000 M Race Walk	16:13	Virginia Jones	Rising Stars, League City	1997
100 M Hurdles	14:60	Christina Ohaeri	Unattached, Houston	1997
400 M Hurdles	1:03.71	Sandra Iwunze	Houston	2004
4 X 100 M Relay	46.51	Lightning	Houston	2001
4 X 400 M Relay	3:57.52	Sonics	Houston	2005
4 X 800 M Relay	9:40.00	Lightning	Houston	2001
Long Jump	17' 10 1/2"	Alaysha Ford	Van Vleck, TX	2006

Triple Jump	38' 7"	Lekeisha Herring	Unattached	2005
High Jump	5' 8"	Brittani Carter	Visions, Houston	2006
Pole Vault	10' 6"	Kade Devine	St. Thomas Track, Houston	2005
Shot Put	44' 8"	Taylor Smith	Texas Cyclones	2009
Discus	150' 10"	Taylor Smith	Texas Cyclones	2009
Javelin	133' 2"	Laura Asimakis	Bay Area Road Warriors	2006