

Syracuse Chargers Records for F89

high jump	Jenna Deep	3-6 1/2	3/16/2014
1 mile	Brenna Kincaid	6:09.7	2/20/2003
1 mile walk	Maddie Rivers	15:06.0	1/22/2012
1000m	Lilly Hanlon	3:56.3	1/16/2005
100m	Briana Hall	15.03	7/14/1996
1500m	Brenna Kincaid	5:41.0	2/9/2003
1500m walk	Melissa Allen	11:43.2	7/8/1980
2000m	Brenna Kincaid	7:54.73	3/16/2003
200m	Briana Hall	30.61	7/14/1996
220y	Jean Schlueter	38.1	4/5/1978
3000m road	Michelle Kline	19:16	4/25/1992
3000m	Brenna Kincaid	13:01.11	1/12/2003
300m	Avasa Campbell	53.9	1/22/1994
400m	Briana Hall	72.7	7/9/1996
40y	Vinita Armstrong	5.8	7/10/1979
440y	Gretchen Hagenlocher	73.8	7/13/1975
45m	Jenna Lester	7.1	2/9/1997
50m	Brenna Kincaid	7.9	3/23/2003
55m	Jenna Notar	8.4	2/11/2000
5km road	Maia Henry	22:44	10/5/2008
600m	Aisha Palmer	2:10.6	2/28/1987
60m	Chloe Royal	9.80	1/11/2004
800m	Brenna Kincaid	2:47.43	3/16/2003
880y	Kathy Parsons	3:32.0	2/12/1978
8km	Nicole Boisey	42:16.0	10/12/1985
long jump	Jenna Lester	12-5 1/2	2/24/1997
shot put 6lb	Jenna Deep	18-1	8/5/2014
triathlon	Jenna Deep	319	7/19/2014
turbo javelin	Jenna Deep	41-6	6/23/2013

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