

N.C.H.S.A.A. WESTERN REGIONALS GIRLS TRACK RECORDS  
AFTER 1984 MEET

<u>EVENT</u>	<u>HOLDER</u>	<u>SCHOOL</u>	<u>TIME/DIST.</u>	<u>SET IN</u>
LONG JUMP	TERESA ALLEN	GARINGER	20'2 3/4"	1983
HIGH JUMP	WENDY RAY	WESTERN GUILFORD	5'8"	1979
TRIPLE JUMP	PAM MONROE	EASTERN RANDOLPH	38' 3/4"	1981
SHOT PUT	SHUNTA ROBINSON	NORTH MECKLENBURG	42'10 1/2"	1981
DISCUS	KATRINA SWANSON	MYERS PARK	133'5"	1981
100 METER LOW HURDLES	CLARA HAIRSTON	EAST FORSYTH	13.5	1981
100 METER DASH	TERESA ALLEN	GARINGER	12.0	1983
800 METER RELAY	MARJORIE ROACH SHAWNE BOYD PHAEDRA MURRY KATHY	HIGH POINT ANDREWS	1:41.1	1981
	CAMILLING COPELAND DUDLEY PAM DOGGETT ADREIN FURGERSON SPEPHANIE JESSUP		1:41.1	1984
1600 METER RUN	WENDY McLEES	GRIMSLEY	5:04.24	1984
400 METER RELAY	CAMILLING COPELAND DUDLEY PAM DOGGETT SHARON ALSTON STEPHANIE JESSUP		48.16	1984
400 METER DASH	APRIL COOK	WATAUGA	56.0	1983
200 METER LOW HURDLES	SANDRA NICHOLS	THOMASVILLE	28.2	1981
800 METER RUN	PAT MILLER	A.C. REYNOLDS	2:17.2	1982
200 METER DASH	TERRI LeBLANC	SOUTH MECKLENBURG	24.45	1984
3200 METER RUN	KAREN THOMPSON	EAST HENDERSON	11:14.4	1980
1600 METER RELAY	ALICE HOOD TONYA WILLIS IRIS HAIRSTON HELENA PASS	MOREHEAD	4:00.11	1984

ALL RECORDS MUST BE SET IN THE REGIONAL MEET