

Houston High School Girls Track and Field Records

Discus	Shelby Ayers	130' 3"	2019
High Jump	Mindy Helman	5' 6"	1996
Long Jump	Stacey Ritter	18' 5.25"	1992
Pole Vault	Alex Bowling	9' 0"	2008
Shot Put	Shelby Ayers	38' 3.25"	2019
100m Hurdles	Roshelle Watercutter	16.4	2004
300m Hurdles	Roshelle Watercutter	48.4	2004
100m Dash	Stacey Ritter	12.2	1992
200m Dash	Stacey Ritter	25.54	1992
400m Dash	Stacey Ritter	59.4	1992
800m Run	Hollie Voisard	2:23.68	2018
1600m Run	Allison Roeth	5:23	2012
3200m Run	Allison Roeth	11:12.4	2012
4 X 100m Relay	Tiffany Coder, Missi Locker, Sharon Winemiller, Amanda Ike	52.56	1995
4 X 200m Relay	Leah Ingle, Carrie Beckstedt, Michelle McVety, Stacey Ritter	1:49.5	1990
4 X 400m Relay	Hannah Clark, Erica Ritchie, Anna Picker, Cierra Woodard	4:11	2008
4 X 800m Relay	Allie Voisard, Becca Selanders, Morgan Ely, Hollie Voisard	10:11.99	2017