

Gold Division - Girls Varsity Indoor Track & Field Records

| Event | Record | Individual(s) | School | Year |
|------------------------|------------|--|---------------------|------|
| 55 Meter Dash | 7.2 | Nicole Whitman | Hinsdale South | 1998 |
| 55 Meter High Hurdles | 8.6 | Keya Willis | Proviso East | 1999 |
| 200 Meter Dash | 25.4 | Latonya Walker | Proviso East | 1989 |
| 300 Meter Dash | 42.1 | Jamillah Morris | Hinsdale South | 1989 |
| 400 Meter Dash | 1:00.00 | Becky Mizener | Downers Grove South | 1987 |
| 800 Meter Run | 2:18.5 | Tina Stec | Downers Grove South | 1990 |
| 1600 Meter Run | 5:25.4 | Jenny Goebel | Willowbrook | 2000 |
| 3200 Meter Run | 11:20.7 | Jenny Goebel | Willowbrook | 2000 |
| 4 Lap Relay | 1:25.2 | Sinora Fields Latonya Walker Jeanne D'Anza Ronda Montgomery | Proviso East | 1989 |
| 800 Meter Relay | 1:50.6 | Missy Veronica Kristen Gabel Sarah Augustine Bianca Taylor | Hinsdale South | 2000 |
| Medley Relay | 2:52.3 | | Willowbrook | 1990 |
| 800 Meter Medley Relay | 1:54.3 | Missy Veronica Kristen Gabel Sarah Augustine Bianca Taylor | Hinsdale South | 1999 |
| 1600 Meter Relay | 4:15.2 | Becka Duvall Sarah Augustine Anjali Iyengar Bianca Taylor | Hinsdale South | 1999 |
| 3200 Meter Relay | 9:56.5 | Becky Mizener Mindy Sick Nicole Molzahn Tina Stec | Downers Grove South | 1987 |
| High Jump | 5' 8" | Tracy Mondek | Hinsdale South | 1987 |
| Long Jump | 18' 2 1/4" | Jamillah Morris | Hinsdale South | 1989 |
| Pole Vault | 8'0" | M. Rossi | Downers Grove South | 2002 |
| Shot Put | 43' 3 1/4" | Sue McDonnell | Hinsdale South | 1987 |
| Triple Jump | 37' 8" | Bianca Taylor | Hinsdale South | 1999 |

Silver Division - Girls Varsity Indoor Track & Field Records

| Event | Record | Individual(s) | School | Year |
|------------------------|------------|---|-----------------------|------|
| 55 Meter Dash | 6.9 | Kamaricia Sutherland | Proviso West | 2001 |
| 55 Meter High Hurdles | 8.1 | Joyce Finley | Proviso West | 1989 |
| 200 Meter Dash | 25.8 | Tasha Dunn | Oak Park-River Forest | 1998 |
| 300 Meter Dash | 41.0 | Lauren Keefe | Downers North | 2004 |
| 400 Meter Dash | :58.6 | Angela Williams | Oak Park-River Forest | 1998 |
| 800 Meter Run | 2:17.3 | Molly Sullivan | York | 2006 |
| 1600 Meter Run | 5:01.8 | Nell Shields | Glenbard West | 1996 |
| 3200 Meter Run | 10:28.6 | Maria Cicero | York | 2001 |
| 4 x 160 Meter Relay | 1:24.5 | Nancy Ntim Tosha Dunn April Jackson Angela Williams | Oak Park-River Forest | 1997 |
| 4 x 200 Meter Relay | 1:46.4 | | Oak Park | 2004 |
| Medley Relay (7 Lap) | 2:49.3 | | Proviso West | 1993 |
| 800 Meter Medley Relay | 1:54.0 | Nicki Wright Emily Mertz Angela Williams Diana Runnels | Oak Park-River Forest | 1998 |
| 4 x 400 Meter Relay | 4:07.2 | Brittany LaSpisa Molly Sullivan Margaret Gregory Courtney Wilson | York | 2005 |
| 4 x 800 Meter Relay | 9:35.2 | Emily Cleary Gina Kapusta Emily Kane Roey Hines | Hinsdale Central | 2007 |
| High Jump | 5' 6" | Paris Williams | Oak Park-River Forest | 1995 |
| Long Jump | 18' 7.25" | Jasmin Jackson | Proviso West | 1999 |
| Pole Vault | 12' 3" | Cassie Ludwig | Hinsdale Central | 2007 |
| Shot Put | 42' 9" | Krystal White | Proviso West | 1994 |
| Triple Jump | 36' 11.75" | Judeka Adams | Proviso West. | 2006 |

| Gold Division - Girls Varsity Outdoor Track & Field Records | | | | |
|--|---------------|---|---------------------|-------------|
| Event | Record | Individual(s) | School | Year |
| 100 Meter Dash | 12.07 | Nicole Whitman | Hinsdale South | 1997 |
| 100 Meter High Hurdles | 14.2 | Jackie Walton | Proviso East | 2003 |
| 200 Meter Dash | 25.4 | Cheryl Widlock | Morton | 1990 |
| 300 Meter Low Hurdles | 45.6 | Annie Heye | Downers Grove South | 1990 |
| 400 Meter Dash | 57.1 | Nadine Willie | Willowbrook | 1986 |
| 800 Meter Run | 2:14.8 | Tina Stec | Downers Grove South | 1990 |
| 1600 Meter Run | 5:16.9 | Mindy Sick | Downers Grove South | 1990 |
| 3200 Meter Run | 11:10.9 | Ruth Sterneman | Glenbard East | 1981 |
| 400 Meter Relay | 49.4 | Sinora Fields Tonia Champion Jeanne D'Anza Jessica Nailor | Proviso East | 1988 |
| 800 Meter Relay | 1:42.7 | Tonia Champion Sinora Fields Ronda Montgomery Latonya Walker | Proviso East | 1988 |
| 800 Medley Relay | 1:51.0 | Stephanie Grygiel Amy Bussman Megan Framarin Shelia Hollins | Downers Grove South | 1992 |
| 1600 Meter Relay | 4:05.2 | Sarah Kelly Katerina Boves Tina Stec Annie Heye | Downers Grove South | 1990 |
| 3200 Meter Relay | 9:54.5 | Becky Mizener Mindy Sick Nicole Molzahn Tina Stec | Downers Grove South | 1987 |
| High Jump | 5' 8" | Diane Doles | East Leyden | 1979 |
| Long Jump | 18' 4" | Shelia Hollins | Downers Grove South | 1992 |
| Shot Put | 42' 5 1/2" | Sue McDonnell | Hinsdale South | 1987 |
| Discus | 147' 7" | Sue McDonnell | Hinsdale South | 1987 |
| Triple Jump | 37' 0 3/4" | Lauren Carkhuff | Hinsdale South | 2000 |
| Pole Vault | 9' 6" | Megan Rossi | Downers Grove South | 2002 |

| Silver Division - Girls Varsity Outdoor Track & Field Records | | | | |
|--|---------------|---|-----------------------|-------------|
| Event | Record | Individual(s) | School | Year |
| 100 Meter Dash | 11.7 | Jasmin Jackson | Proviso West | 1999 |
| 100 Meter High Hurdles | 14.4 | Becky Haarlow | Hinsdale Central | 1997 |
| 200 Meter Dash | 24.6 | Chris Brunswick | Oak Park-River Forest | 1992 |
| 300 Meter Low Hurdles | 44.8 | Becky Haarlow | Hinsdale Central | 1997 |
| 400 Meter Dash | 57.1 | Laurie Lynch | York | 1983 |
| 800 Meter Run | 2:13.6 | Shellie O'Neal | Downers Grove North | 1988 |
| 1600 Meter Run | 4:58.4 | Tracy Laughlin | Downers Grove North | 1984 |
| 3200 Meter Run | 10:32.1 | Nell Shields | Genbard West | 1996 |
| 400 Meter Relay | 48.3 | April Jackson Tasha Dunn Nancy Ntim Angela Williams | Oak Park-River Forest | 1997 |
| | 48.3 | Jasmine Jackson Kiyana Williams Lee Goree Alia Hoyle | Proviso West | 1998 |
| 800 Meter Relay | 1:42.9 | Karen Cross Faune Neal Laura Malcolm Michelle Collins | Proviso West | 1982 |
| | 1:42.9 | Maggie Mathieson Lisa Bokios Ilsa Danielson Tristan Rackow | Oak Park-River Forest | 2003 |
| 800 Medley Relay | 1:47.4 | Juacinda Brown Donna Finley Sandra McCaskill Latonia Midderhoff | Proviso East | 1984 |
| 1600 Meter Relay | 3:59.1 | Colleen Caplice Patrice Asnant Tristan Rackow Amanda Radochonski | Lyons Twp. | 2003 |
| 3200 Meter Relay | 9:25.0 | Chelsea Gunder Latasha Chatman Niki Stapleton Liz Wechter | Lyons Twp. | 2003 |
| High Jump | 5' 6" | Kristi Moore | Glenbard West | 1982 |
| | 5' 6" | Jennifer Eppinga | York | 1991 |
| | 5' 6" | Sue Conlan | Downers Grove North | 1992 |
| | 5' 6" | Paris Williams | Oak Park-River Forest | 1995 |

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|-------------|------------|-----------------|---------------------|------|
| Long Jump | 19' 1 3/4" | Jasmin Jackson | Proviso West | 1999 |
| Shot Put | 43' 6" | Janelle Marconi | Downers Grove North | 1986 |
| Discus | 132' 9" | Regina Buford | Proviso West | 1990 |
| Triple Jump | 37' 4 1/4" | Becky Haarlow | Hinsdale Central | 1997 |
| Pole Vault | 9' 6" | Maggie Kiser | Hinsdale Central | 2002 |

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