

Rome High School Girls Track Records

Event	Name	Time	Year/Meet
3200 Meter Run	Kathryn Whatley	11:19.25	1998/State Meet
1600 Meter Run	Shiona Jackson	5:13.05	2000/State Champion
800 Meter Run	Shiona Jackson	2:18.19	2000/Gordon Central
400 Meter Run	Karley Baker	58.87	2016/Region 7AAAAA Finals
200 Meter Run	Amanda Ramsey	25.58	2000/Floyd Co Inv
100 Intermediate Hurdles	Oy Pharavesay	15.96	1998/State Meet
100 Meter Dash	Demetric Almond	12.09	1997/Region 3A
300 Meter Hurdles	Summer Starr	44.16	2012/State Meet – 3rd
400 Meter Relay (4X100)	Tacoria Williams Karley Baker Chakielle Dennis Demetrious Hodges	49.38	2016/Region 7AAAAA Finals
1600 Meter Relay (4X400)	Shunterria Griffin LaAstria Dupree Kendricia Tate Summer Starr	4:09.18	2012/Region 4AAAA
Shot Put	Conrynthia Sanders	37-11	1998/Floyd Co Inv
Discuss	Alexix Pullen	111-03	1999/Region
Long Jump	Amanda Ramsey	18-4	2001/Woodland
High Jump	Brittany King Summer Starr	5-4	2006/NW Inv 2008/Floyd Co Inv
Triple Jump	Demetric Almond	35-10.25	1998
Pole Vault	Katie Hoffman	9-0.25	2011 Floyd Co Inve