

All-time Top 100 Performances: Long Jump

Girls Long Jump

1	18-02.00	Michelle East	3/28/1991	Dual meet vs Manual, Pres
2	17-09.50	Michelle Esterle	5/30/2003	State AAA Championship
3	17-03.50	Donna Sheehan	5/14/1974	Regional Championship
4	17-02.50	Dominique Lyons	5/23/2006	Region 3-AAA Championship
4	17-02.50	Michelle Esterle	4/30/2002	Derby Invitational
6	17-01.50	Michelle Esterle	5/20/2002	Region 3-AAA Championship
7	17-01.25	Michelle Esterle	4/17/2002	Dual meet vs Seneca, KCD
8	17-01.00	Michelle East	4/16/1991	Dual meet vs Male, Manual
9	17-00.75	Dominique Lyons	4/30/2005	Kenwood Classic
10	17-00.50	Dominique Lyons	6/2/2006	State AAA Championship
11	17-00.25	Michelle Esterle	5/31/2002	State AAA Championship
12	16-11.75	Maeghan Ramser	5/24/1996	State AAA Championship
13	16-11.50	Michelle Esterle	5/21/2001	Region 3-AAA Championship
14	16-11.25	Michelle Esterle	6/10/2000	USATF KY Association Meet
15	16-11.00	Maeghan Ramser	4/19/1997	Woodford Co Invitational
15	16-11.00	Michelle East	4/11/1991	Dual meet vs Brown, CAL
17	16-10.50	Dominique Lyons	5/10/2005	Academy Meet
17	16-10.50	Annie O'Dea	6/4/2021	Class 3A Region 4 Championship
19	16-09.75	Dominique Lyons	5/23/2005	Region 3-AAA Championship
20	16-09.25	Lauren Schweitzer	6/12/2021	Class 3A State Championship
21	16-09.00	Michelle Esterle	4/13/2002	Wildcat Relays
21	16-09.00	Maeghan Ramser	5/15/1997	Academy Meet
21	16-09.00	Dominique Lyons	5/24/2004	Region 3-AAA Championship
24	16-08.25	Lauren Schweitzer	4/9/2021	AHS-OC 5 team meet
25	16-08.00	Dominique Lyons	5/14/2005	Dunbar Invitational
26	16-07.50	Michelle Esterle	5/6/2003	Academy Meet
26	16-07.50	Maeghan Ramser	4/25/1997	Meet of Champions
28	16-07.00	Donna Sheehan	5/5/1974	Catholic HS Invitational
28	16-07.00	Christian Lanham	5/2/1978	Dual meet vs TJ, Male, HR
28	16-07.00	Maeghan Ramser	5/21/1997	Regional Championship
31	16-06.75	Maeghan Ramser	6/2/1995	State AAA Championship
31	16-06.75	Maeghan Ramser	5/30/1997	State AAA Championship
33	16-06.50	Michelle Esterle	5/15/2002	Meet of Champions
33	16-06.50	Maeghan Ramser	4/29/1995	Eastern Relays
35	16-06.25	Dominique Lyons	6/3/2005	State AAA Championship
35	16-06.25	Michelle East	5/15/1990	Sectional Championship
37	16-05.75	Dominique Lyons	5/11/2004	Academy Meet
38	16-05.50	Maeghan Ramser	4/26/1997	Jeffersonville Invitational
38	16-05.50	DeeDee Sliter	3/23/2010	Assumption Quad Meet
40	16-05.00	Dawn Ramage	4/25/1977	Academy League Meet
40	16-05.00	Melissa Connell	4/15/2006	Male Kickoff
40	16-05.00	Cathy Whelan	3/25/1991	Dual meet vs Holy Cross, Mercy

40	16-05.00	Lauren Schweitzer	4/22/2022	Eastern Relays
40	16-05.00	Lauren Schweitzer	5/7/2021	Swift & Staley Team Challenge
45	16-04.50	Donna Sheehan	5/23/1974	State AAA Championship
45	16-04.50	Michelle East	4/23/1992	Academy Meet
45	16-04.50	DeeDee Sliter	6/5/2010	State AAA Championship
48	16-04.25	Maeghan Ramser	5/15/1996	Regional Championship
48	16-04.25	Lauren Schweitzer	3/19/2021	Bruin Relays
50	16-04.00	Michelle East	5/13/1992	Regional Championship
50	16-04.00	Michelle East	3/25/1991	Dual meet vs Holy Cross, Mercy
50	16-04.00	Dominique Lyons	5/16/2006	Area 3 Meet of Champions
50	16-04.00	Melissa Connell	5/10/2005	Academy Meet
50	16-04.00	Lauren Schweitzer	4/24/2021	Brother Borgia
55	16-03.50	Dominique Lyons	6/4/2004	State AAA Championship
55	16-03.50	Michelle East	5/5/1992	Derby Invitational
57	16-03.25	Michelle Esterle	5/8/2001	Academy Meet
58	16-03.00	Melissa Connell	5/23/2006	Region 3-AAA Championship
58	16-03.00	Dominique Lyons	3/20/2004	Tiger Relays
58	16-03.00	Michelle Esterle	4/19/2003	Bulldog Classic Elite
61	16-02.50	Michelle Esterle	3/22/2003	Tiger Relays
61	16-02.50	Maeghan Ramser	4/29/1997	Derby Invitational
61	16-02.50	Teresa Wright	5/5/1974	Catholic HS Invitational
61	16-02.50	Michelle East	4/19/1991	Academy Meet
61	16-02.50	Dominique Lyons	5/5/2006	DM Roosevelt Memorial Inv
66	16-02.25	Bailey Blair	4/27/2024	Brother Borgia Invitational
67	16-02.00	Dominique Lyons	4/19/2005	Dual Meet @ KCD
67	16-02.00	Maeghan Ramser	5/11/1995	Academy Meet
69	16-01.75	Michelle Esterle	5/19/2003	Region 3-AAA Championship
70	16-01.50	Caroline Kraps	5/10/1986	Doss Invitational
70	16-01.50	Michelle Esterle	5/7/2002	Academy Meet
70	16-01.50	Lauren Schweitzer	7/9/2020	Assumption Jumps Mini-Meet
70	16-01.50	Annie O'Dea	4/29/2021	Sundown Invitational
74	16-01.00	Melissa Connell	5/24/2004	Region 3-AAA Championship
74	16-01.00	Donna Sheehan	5/4/1975	Catholic HS Invitational
74	16-01.00	Dominique Lyons	5/9/2006	Academy Meet
74	16-01.00	Donna Sheehan	5/10/1975	Louisville Invitational
74	16-01.00	Michelle Esterle	4/20/2002	Bulldog Classic Elite
74	16-01.00	Dominique Lyons	4/22/2006	Bulldog Classic
80	16-00.50	Jessica Byrd	5/9/2013	Region 4-AAA Championship
81	16-00.25	Dominique Lyons	5/15/2004	Dunbar Invitational
82	16-00.00	Melissa Connell	6/4/2004	State AAA Championship
82	16-00.00	Dominique Lyons	5/18/2005	Jeff Co Meet of Champions
82	16-00.00	Dominique Lyons	4/23/2005	Bulldog Classic Elite
82	16-00.00	Michelle Esterle	4/21/2003	Dual meet vs Seneca, KCD
82	16-00.00	Lauren Schweitzer	6/4/2021	Class 3A Region 4 Championship
87	15-11.75	Jessica Byrd	4/21/2012	Warren East Raider Classic
88	15-11.50	Bailey Blair	5/20/2024	Region 4AAA Championship
88	15-11.50	Dominique Lyons	5/19/2004	Meet of Champions

88	15-11.50	Donna Sheehan	4/27/1975	Academy Meet
88	15-11.50	Dominique Lyons	5/8/2004	EG Plummer Invitational
92	15-11.00	Dominique Lyons	3/29/2005	Ballard Kickoff
92	15-11.00	Maeghan Ramser	5/27/1994	State AAA Championship
92	15-11.00	Michelle Esterle	4/29/2003	Derby Invitational
92	15-11.00	Michelle Esterle	5/24/2000	Region 4-AAA Championship
96	15-10.50	Melea East	4/21/1992	Dual meet vs Male, Manual
97	15-10.00	Maria McKiernan	5/14/1983	Sectional Championship
97	15-10.00	Michelle East	4/18/1990	Dual meet vs Male, Manual
99	15-09.75	DeeDee Sliter	5/26/2010	Region 4-AAA Championship
100	15-09.50	Melissa Connell	5/9/2006	Academy Meet
100	15-09.50	Dominique Lyons	4/16/2005	Male Kickoff
100	15-09.50	Michelle East	3/27/1990	Dual meet vs Western