

Sophia Spencer

Class of 2021 · Girls · 2018-2019 to 2020-2021

SEASONS	MEETS	PRS	SCHOOL RECORDS
3	25	7	1

Career bests

3200M	11:09.59
#3 all-time · 98 percentile · 2021 Division I Regional Track Meet	
1600M	5:15.55
#7 all-time · 97 percentile · 2021 Metro Athletic Conference Championships	
1600M (indoor)	5:26.22
School record · 96 percentile · 2021 SPIRE Ohio Championship Preview Meet	
4x800M Relay	10:05.69
84 percentile · 2021 Division I District Track Meet	
800M	2:34.35
70 percentile · 2019 PTC Track Championships	
3200M (indoor)	11:33.45
#2 all-time · 67 percentile · 2021 OATCCC D1 Indoor Finale	
800M (indoor)	2:42.46
#5 all-time · 64 percentile · 2020 Oberlin College High School Meet #1	
4x800M Relay (indoor)	10:16.69
60 percentile · 2021 OATCCC D1 Indoor Finale	

Biggest improvements

3200M	-45.91s
11:55.50 to 11:09.59	
1600M	-14.25s
5:29.80 to 5:15.55	
1600M (indoor)	-11.42s
5:37.64 to 5:26.22	
800M	-5.26s
2:39.61 to 2:34.35	
3200M (indoor)	-3.01s
11:36.46 to 11:33.45	

Season by season

2018-2019	1 PRs
Sophomore · 4 events · 16 marks	
2019-2020	0 PRs
Junior · 2 events · 2 marks · 1 SR	
2020-2021	6 PRs
Senior · 7 events · 26 marks · 4 SR	