

DISTRICT 3 GIRLS TRACK AND FIELD CHAMPIONSHIPS (1974-2013)

ALL-TIME CHAMPIONS, SORTED BY SCHOOL

ANNVILLE-CLEONA (19)

Track: 8 Field: 11 Relay: 2

Alex Siebecker, 2013 AA high jump (5-0)
Avree Wright, 2013 AA shot (37-1 ¼)
Alena Gardyan, 2012 AA 300H (46.13)
Tricia Light, 2011 AA 100H (16.51)
Harlee Staller, 2010 AA long jump (17-11¾)
Courtney Ebersole, 1996 AA 3200 (11:10.6)
Angie Fies, 1990 AA high jump (5-4)
Paula Light, 1989 AA long jump (17-4½)
Leslie Hummer, 1987 AA 100m (12.2)
Leslie Hummer, 1987 AA long jump (17-11)
Leslie Hummer, 1987 AA triple jump (37-2½)
1986 AA 4x100 relay (50.5)
Leslie Hummer, 1986 AA long jump (17-10¼)
Leslie Hummer, 1985 AA 100m (11.9 - record)
1985 AA 4x100 relay-co (52.3)
Leslie Hummer, 1985 AA long jump (17-6¾)
Leslie Hummer, 1985 AA triple jump (37-5½)
Leslie Hummer, 1984 AA long jump (16-11½)
Sue Wolfe, 1983 AA 200 (26.31)
Amy Steiner, 1979 AA javelin (124-1)

BERKS CHRISTIAN (3)

Track: 3 Field: 0 Relay: 0

Joy Santos, 2009 AA 100m (12.98)
Joy Santos, 2009 AA 200 (26.35)
Joy Santos, 2009 AA 400 (59.01)

BERMUDIAN SPRINGS (16)

Track: 1 Field: 15 Relay: 0

Elana Keller, 2013 AA 100H (16.35)
Rachael Kotula, 2010 AA javelin (132-2)
Georgia Williams, 2009 AA pole vault (10-9)
Georgia Williams, 2009 AA triple jump (36-5¼)
Rachael Kotula, 2009 AA shot (35-5¼)
Rachael Kotula, 2009 AA javelin (126-1)
Georgia Williams, 2008 AA pole vault (10-9)
Krystal Baker, 2008 AA triple jump (37-1½)
Krystal Baker, 2007 AA triple jump (35-10½)
Krystal Baker, 2006 AA pole vault (10-6)
Krystal Baker, 2006 AA triple jump (36-4½)
Shannon Holtzinger, 2000 AA triple jump (36-3)
Shannon Holtzinger, 1999 AA long jump (16-11¾)
Brooke Paxton, 1996 AA javelin (128-8)
Brooke Paxton, 1995 AA javelin (137-8)
Jaquelin Basehore, 1990 AA triple jump (34-1½)

BIGLERVILLE (10)

Track: 4 Field: 6 Relay: 1

Amber Smoker, 2006 AA long jump (16-5¼)
Beth Chinnick, 2001 AA high jump (5-4)
Beth Chinnick, 2000 AA high jump (5-2)
Beth Chinnick, 1999 AA high jump (5-3)
1997 AA 4x400 relay (4:07.7)
Emily Pitzer, 1996 AA 400 (1:00.0)
Erin Bushey, 1996 AA 800 (2:24.8)
Becky Pitzer, 1992 AA high jump (5-2)
Wendy Lower, 1982 AA 200 (26.73)
Becky Pitzer, 1991 AA triple jump (35-7¾)

BIG SPRING (4)

Track: 4 Field: 0 Relay: 0

Lara Crofford, 2007 AAA 3200 (10:31.44)
Lara Crofford, 2006 AAA 3200 (10.49.94)
Amanda Raudabaugh, 2005 AAA 800 (2:15.88)
Connie Snyder, 1982 AA 800 (2:20.64)

BISHOP McDEVITT (16)

Track: 12 Field: 4 Relay: 4

Rachel Pitman, 2013 AA 100m (12.98)
Rachel Pitman, 2013 AA 200 (26.27)
2013 AA 4x100 relay (50.37)
Anna Bailey, 2013 AA javelin (137-5 - record)
Kameko Webb, 2012 AA triple jump (36-3)
Brianna Davis, 2012 AA discus (111-7)
Yaneshia Gaston, 2011 AA 200 (25.61)
Yaneshia Gaston, 2011 AA 400 (57.79)
Amber McCoy, 2011 AA 300H (47.23)
2011 AA 4x100 relay (50.50)
2011 AA 4x400 relay (4:09.71)
Kameko Webb, 2011 AA long jump (16-4)
Yaneshia Gaston, 2010 AA 200 (26.39)
Yaneshia Gaston, 2010 AA 400 (58.99)
2010 AA 4x100 relay (49.64)
2010 AA 4x400 relay (4:08.48)

BOILING SPRINGS (27)

Track: 25 Field: 2 Relay: 7

Lillie Brown, 2012 AA 800 (2:17.15)
Meredith Speakman, 2012 AA 1600 (5:04.67)
Meredith Speakman, 2012 AA 3200 (11:01.57)
Lillie Brown, 2011 AA 800 (2:17.09)
2011 AA 4x800 relay (9:29.73 - record)
Kellie Dowling, 2009 AA 800 (2:23.42)
Kara Millhouse, 2008 AA 800 (2:20.99)
Kara Millhouse, 2008 AA 1600 (5:10.26)
Kara Millhouse, 2008 AA 3200 (11:13.85)
2008 AA 4x400 relay (4:05.33)
2008 AA 4x800 relay (9:52.66)
Kara Millhouse, 2007 AA 3200 (10:39.92)
Anna Bixler, 2007 AA 300H (46.37)

BOILING SPRINGS (cont.)

2007 AA 4x400 relay (4:04.61)
2007 AA 4x800 relay (9:38.53)
Mary Dell, 2006 AA 100m (12.49)
Mary Dell, 2006 AA 200 (25.11 - record)
Kara Millhouse, 2006 AA 1600 (5:07.62)
Kara Millhouse, 2006 AA 3200 (11:13.13)
Kara Millhouse, 2005 AA 3200 (11:11.22)
2005 AA 4x800 relay (9:38.66)
Mary Dell, 2004 AA 100m (12.69)
Mary Dell, 2004 AA 200 (25.94)
1999 AA 4x800 relay (9:54.6)
Laurie Smith, 1983 AA 100H (16.02)
Sharon Leidy, 1981 AA long jump (17-7)
Sharon Leidy, 1980 AA long jump (17-5)

BOYERTOWN (2)

Track: 2 Field: 0 Relay: 0

Kristie Moser, 1993 AAA 3200 (10:50.4)
Kristie Moser, 1992 AAA 3200 (11:21.20)

CAMP HILL (26)

Track: 20 Field: 6 Relay: 4

2013 AA 4x800 relay (9:35.59)
Ivana Mikulic, 2012 AA shot (36-11 ½)
Arianna Brown, 2012 AA javelin (117-1)
1998 AA 4x800 relay (9:49.3)
Michele Gilchrist, 1994 AA discus (126-4)
Patty Herman, 1992 AA 300H (46.3)
Jennie Abolins, 1987 AA 800 (2:17.3)
Jennie Abolins, 1986 AA 800 (2:23.4)
1986 AA 4x400 relay (4:07.5)
Jennie Abolins, 1985 AA 800 (2:22.7)
1985 AA 4x100 relay-co (52.3)
Sandy Barnhart, 1985 AA high jump (5-5)
Sandy Barnhart, 1984 AA high jump (5-6)
Kim Deppen, 1983 AA 1600 (5:14.2)
Kim Deppen, 1983 AA 3200 (11:15.25)
Kim Deppen, 1982 AA 1600 (5:15.96)
Kim Deppen, 1982 AA 3200 (11:14.10)
Sally Johnson, 1980 AA 800 (2:20.61)
Betty Lou Bischoff, 1980 AA javelin (123-2)
1979 AA 4x800 relay (9:41.80)
Mary Rawe, 1976 880 (2:15.31 - record)
Mary Rawe, 1976 mile (4:58.9 - record)
Mary Rawe, 1975 880 (2:19.59)
Mary Rawe, 1975 mile (5:06.43)
Mary Rawe, 1974 880 (2:21.93)
Mary Rawe, 1974 mile (5:30.67)

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CARLISLE (40)

Track: 28 Field: 12 Relay: 12

Kathleen McPhillips, 2011 AAA pole vault (12-1)
Rose Roesler, 2011 AAA long jump (18-1¼)
Kathleen McPhillips, 2011 AAA triple jump (37-7¼)
Ashley Corum, 2010 AAA long jump (17-10)
Ashley Corum, 2010 AAA triple jump (40-0 ½)
Ashley Corum, 2009 AAA triple jump (37-7¼)
Ashley Corum, 2008 AAA triple jump (38-6)
Kacey James, 2007 AAA javelin (138-2)
Ashley Hodge, 2004 AAA 100m (12.23)
Ashley Hodge, 2004 AAA 200 (25.53)
Ashley Hodge, 2004 AAA 400 (55.40)
Jennifer Mitchell, 1993 AAA 800 (2:16.8)
Jennifer Mitchell, 1993 AAA 1600 (5:01.9)
1993 AAA 4x800 relay (9:32.7)
Tasha Palmer, 1992 AAA 100H (14.6)
Tasha Palmer, 1992 AAA triple jump (37-2¾)
Nakia Williams, 1992 AAA 300H (45.5)
Lisa Davis, 1990 AAA 800 (2:18.8)
Lisa Davis, 1989 AAA 800 (2:17.3)
Tessie Palmer, 1988 AAA high jump (5-6)
Tessie Palmer, 1988 AAA triple jump (38-2)
Tessie Palmer, 1987 AAA 100H (15.0)
Tessie Palmer, 1987 AAA triple jump (38-2¾)
Stefanie Caradine, 1986 AAA 200 (25.3)
Stefanie Caradine, 1986 AAA 400 (57.7)
1986 AAA 4x100 relay (49.0)
1986 AAA 4x400 relay (4:01.5)
Alison Smith, 1985 AAA 800 (2:19.5)
1985 AAA 4x400 relay (4:05.9)
1985 AAA 4x800 relay (9:39.6)
Alison Smith, 1984 AAA 800 (2:16.6)
1984 AAA 4x800 relay (9:41.3)
Karen Johnson, 1983 AAA 200 (25.91)
1983 AAA 4x100 relay (49.81)
1982 AAA 4x100 relay (49.76)
1982 AAA 4x400 relay (4:03.83)
1981 AAA 4x800 relay (9:39.82)
Joann Zierdt, 1980 AAA 800 (2:16.84)
1980 AAA 4x800 relay (9:34.75)
1979 AAA 4x800 relay (9:38.28)

CEDAR CLIFF (12)

Track: 10 Field: 2 Relay: 3

2013 AAA 4x400 relay (3:56.99)
Olivia Loy, 2010 AAA pole vault (11-3)
2006 AAA 4x100 relay (49.43)
Kassie Meholick, 2005 AAA 3200 (11:05.79)
2005 AAA 4x100 relay (49.36)
Christine Bare, 1999 AAA 3200 (11:20.3)
Christy Hartman, 1995 AAA 3200 (11:23.8)
Christy Hartman, 1994 AAA 3200 (11:28.7)

CEDAR CLIFF (cont.)

Vicki Stum, 1988 AAA 1600 (5:08.0)
Vicki Stum, 1988 AAA 3200 (11:21.6)
Kim Minnix, 1984 AAA javelin (129-1)
1976 880 relay (1:47.74)

CEDAR CREST (7)

Track: 5 Field: 2 Relay: 1

Becky Eisenhauer, 2003 AAA shot (38-7¼)
Alyssa Kilgore, 2001 AAA javelin (131-7)
2000 AAA 4x100 relay (49.79)
Wendy Nelson, 1987 AAA 1600 (5:02.3)
Wendy Nelson, 1987 AAA 3200 (11:10.4)
Wendy Nelson, 1986 AAA 1600 (4:59.2)
Wendy Nelson, 1986 AAA 3200 (11:16.5)

CENTRAL CATHOLIC (3)

Track: 2 Field: 1 Relay: 0

Meghan Riley, 2010 AA triple jump (36-4¼)
Caitlin Deeble, 1999 AA 3200 (11:35.2)
Erin McNeil, 1994 AA 800 (2:23.6)

CENTRAL DAUPHIN (9)

Track: 1 Field: 8 Relay: 0

Anna Muzio, 2008 AAA shot (40-7½)
Sotonye Imadojemu, 2004 AAA TJ (37-5½)
Jessyca Jackson, 2002 AAA pole vault (10-9)
Mary Magness, 2002 AAA shot (38-10)
Sara Shoaff, 2001 AAA 100m (12.29)
Jennifer Harris, 2000 AAA long jump (17-7)
Pat Millman, 1982 AAA javelin (146-7)
Linda Millman, 1976 discus (121-2)
Linda Millman, 1976 javelin (127-4)

CENTRAL DAUPHIN EAST (35)

Track: 27 Field: 8 Relay: 6

Deme'shia Davis, 2012 AAA 100m (12.03)
Deme'shia Davis, 2012 AAA 200 (24.26 - record)
2012 AAA 4x100 relay (47.58 - record)
2012 AAA 4x400 relay (3:56.95)
Deme'shia Davis, 2011 AAA 200 (24.79)
2011 AAA 4x100 relay (48.23)
Marissa McDonald, 2009 AAA 100m (12.63)
2009 AAA 4x100 relay (48.87)
Marissa McDonald, 2009 AAA long jump (18-3¼)
Marissa McDonald, 2008 AAA long jump (18-5½)
Marissa McDonald, 2007 AAA long jump (17-11)
Aaliyah Saunders, 2006 AAA 200 (25.69)
Tiera Smith, 2005 AAA 200 (25.19)
Tiera Smith, 2005 AAA 400 (57.71)
2005 AAA 4x400 relay (3:59.73)
Hyleas Fountain, 2000 AAA 100m (12.02)
Hyleas Fountain, 2000 AAA 200 (24.42)
Hyleas Fountain, 2000 AAA 100H (13.87)

CENTRAL DAUPHIN EAST (cont.)

Hyleas Fountain, 2000 AAA high jump (5-6)
Hyleas Fountain, 1999 AAA 100m (12.0)
Hyleas Fountain, 1999 AAA 200 (24.5)
Hyleas Fountain, 1999 AAA high jump (5-5)
Hyleas Fountain, 1998 AAA 100m (12.0)
Hyleas Fountain, 1998 AAA high jump (5-8)
Julia Fountain, 1997 AAA 100H (15.3)
1997 AAA 4x100 relay (49.0)
Lynn Henry, 1983 AAA high jump (5-4)
Kim Davis, 1983 AAA long jump (16-9)
Angel Doyle, 1976 100y (10.97)
Angel Doyle, 1976 220 (24.7)
Angel Doyle, 1975 100y (11.0)
Angel Doyle, 1975 220 (24.99)
1975 440 relay (50.41)
Angel Doyle, 1974 100y (10.91 - record)
Angel Doyle, 1974 220 (24.66 - record)

CENTRAL YORK (8)

Track: 4 Field: 4 Relay: 0

Megan Lundy, 2012 AAA 400 (55.64)
Brianna Fells, 2011 AAA 400 (59.02)
Laura Phillips, 2003 AAA long jump (17-8)
Laura Carroll, 1978 AAA 440 (56.34 - record)
Laura Carroll, 1978 AAA long jump (18-3½)
Laura Carroll, 1977 AAA 440 (57.22)
Laura Carroll, 1977 AAA long jump (18-3¾)
Laura Carroll, 1977 AAA triple jump (38-11)

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CHAMBERSBURG (32)

Track: 17 Field: 15 Relay: 3

Marshay Ryan, 2013 AAA long jump (19-3 ¾ - record)
Marshay Ryan, 2013 AAA triple jump (40-9 ¾ - record)
Marshay Ryan, 2012 AAA long jump (18-9 ½)
Marshay Ryan, 2012 AAA triple jump (39-8 ½)
Jessica Whitmore, 2011 AAA 100m (12.23)
Hope Rogers, 2011 AAA discus (123-8)
Jessica Whitmore, 2010 AAA 100m (12.38)
Jessica Whitmore, 2010 AAA 200 (25.38)
Anyssa Barbour, 2008 AAA 100m (12.41)
Anyssa Barbour, 2008 AAA 200 (25.60)
Anyssa Barbour, 2007 AAA 100m (12.16)
Anyssa Barbour, 2006 AAA 100m (12.12)
Lorraine Hill, 2006 AAA javelin (140-6 -record)
Sarah Morrison, 2005 AAA 1600 (5:05.60)
Tunisia Lacy, 2001 AAA long jump (16-9 ½)
Tunisia Lacy, 2001 AAA triple jump (36-6 ¼)
Beth Armstrong, 2000 AAA 1600 (5:07.89)
1999 AAA 4x800 relay (9:31.0)
Heather Robertson, 1998 AAA triple jump (35-8 ¾)
Marvarine Campbell, 1997 AAA javelin (135-3)
Angie Rideout, 1996 AAA triple jump (36-11 ½)
Marvarine Campbell, 1995 AAA javelin (123-9)
Angie Rideout, 1994 AAA high jump (5-4)
Rachelle Pecovsky, 1993 AAA shot (39-1 ½)
Becki Davis, 1992 AAA 400 (59.4)
1990 AAA 4x400 relay (4:00.8)
Linda George, 1986 AAA long jump (17-11 ½)
Sandy Bartle, 1982 AAA 300H (46.28)
1978 AAA mile relay (4:02.94 - record)
Debbie Keyser, 1977 AAA 880 (2:20.79)
Rosalie Nordquist, 1977 AAA mile (5:15.9)
Angie Bell, 1977 AAA two-mile (11:25.65)

COCALICO (7)

Track: 3 Field: 4 Relay: 0

Emily Stauffer, 2013 AAA shot (40-7 ½)
Marianne Gockley, 1994 AA high jump (5-2)
Jenny Snyder, 1991 AA shot (35-7)
Vicki Boyer, 1990 AA 3200 (11:36.2)
Vicki Boyer, 1989 AA 3200 (11:55.32)
Vicki Boyer, 1988 AA 3200 (11:35.1)
Dianne Ferrari, 1988 AA shot (42-1 ¼)

COLUMBIA (2)

Track: 1 Field: 1 Relay: 0

Katie Skelley, 2005 AA 1600 (5:08.97)
Abby Smith, 2004 AA javelin (130-4 - new record)

CONESTOGA VALLEY (4)

Track: 3 Field: 1 Relay: 0

Kirsten Bass, 2012 AAA 100H (14.72)
Lauren Mable, 2002 AAA 100m (12.25)
Leahn Agnew, 1993 AAA high jump (5-3)
Jane Cartabiano, 1975 80H (11.22)

CONRAD WEISER (3)

Track: 1 Field: 2 Relay: 0

Davita Johnson, 2002 AAA javelin (129-11)
Patti Kelber, 1983 AA 400 (58.91)
Patti Kelber, 1982 AA 400 (58.96)

CUMBERLAND VALLEY (19)

Track: 15 Field: 4 Relay: 6

Mady Clahane, 2013 AAA 3200 (10:55.87)
Leigha Anderson, 2011 AAA 3200 (10:59.84)
Abby Huber, 2007 AAA 800 (2:14.52)
2007 AAA 4x800 relay (9:33.65)
2006 AAA 4x800 relay (9:26.30)
Kristen Jones, 2005 AAA 300H (45.05)
2005 AAA 4x800 relay (9:18.68 - record)
Jen Gray, 2004 AAA 800 (2:15.95)
Kristen Jones, 2004 AAA 300H (45.01)
2004 AAA 4x400 relay (4:01.74)
2004 AAA 4x800 relay (9:34.11)
Nicole Erby, 2003 AAA 1600 (5:06.16)
2003 AAA 4x800 relay (9:31.21)
Stacey Geyer, 1997 AAA high jump (5-4)
Jen Schreckengaust, 1991 AAA 800 (2:20.1)
Lotte Eschen, 1988 AAA 800 (2:18.7)
Jenny Ziegelmeier, 1984 AAA discus (116-3)
Lisa Batcheler, 1983 AAA shot (38-7)
Lisa Batcheler, 1982 AAA shot (38-0 ½)

DALLASTOWN (10)

Track: 4 Field: 6 Relay: 1

Margo Britton, 2011 AAA shot (42-4 ¼)
Jamie Maloney, 2006 AAA 300H (15.30)
Megan Sulewski, 1999 AAA 100H (14.6)
Sarah Ryan, 1996 AAA long jump (18-3 ½)
Julie Sweitzer, 1994 AAA 1600 (5:10.2)
Jen Garman, 1993 AAA long jump (17-5 ½)
Jen Garman, 1993 AAA javelin (137-6)
Beth Borchelt, 1987 AAA high jump (5-7)
1984 AAA 4x400 relay (4:02.2)
Tina Kotek, 1984 AAA long jump (17-7)

DANIEL BOONE (2)

Track: 1 Field: 1 Relay: 1

Steph Sievers, 2013 AAA javelin (131-3)
2008 AAA 4x100 relay (49.62)

DELONE CATHOLIC (14)

Track: 9 Field: 5 Relay: 1

Stormie Hibshman, 2011 AA javelin (129-4)
Sierra Moore, 2010 AA 100m (13.06)
Marian Robertson, 2010 AA 100H (15.78)
Janice Erbe, 2010 AA 300H (46.06)
Mariah Robertson, 2009 AA 100H (15.87)
Janice Erbe, 2009 AA 300H (45.72)
2009 AA 4x100 relay (50.70)
Mariah Robertson, 2009 AA long jump (17-1 ½)
Arielle Placke, 2007 AA pole vault (10-9)
Arielle Placke, 2007 AA long jump (16-5 ¾)
Maggie Borden, 2003 AA 400 (57.56)
Maggie Borden, 2002 AA 400 (57.38)
Maggie Borden, 2001 AAA 400 (58.77)
Sarah Gates, 1998 AA javelin (133-4)

DONEGAL (17)

Track: 4 Field: 13 Relay: 1

Kelsey Buffenmyer, 2005 AA high jump (5-5)
Kelsey Buffenmyer, 2005 AA long jump (18-1)
Lisa Weeks, 2004 AA shot (37-1)
Kelsey Buffenmyer, 2003 AA high jump (5-4)
Steph Derr, 1992 AA javelin (128-4)
Steph Derr, 1991 AA javelin (133-0)
1985 AA 4x400 relay (4:15.5)
Amy Westerman, 1984 AA discus (128-3)
Amy Westerman, 1984 AA javelin (141-9)
Amy Westerman, 1983 AA discus (119-10)
Amy Westerman, 1983 AA javelin (148-4 - record)
Betsey Marley, 1982 AA 100m (12.50)
Amy Westerman, 1982 AA javelin (127-11)
Beth Gainer, 1981 AA 1600 (5:14.75)
Beth Gainer, 1981 AA 3200 (11:35.45)
Pamela Kolp, 1978 AA javelin (128-10)
Pamela Kolp, 1977 AA javelin (116-1)

DOVER (12)

Track: 10 Field: 2 Relay: 6

Laure Rowlands, 2010 AAA high jump (5-4)
Wendy Hutchinson, 2008 AAA 800 (2:15.61)
2008 AAA 4x400 relay (3:56.85)
Claudia Thomas, 1985 AAA 100H (14.9)
1985 AAA 4x100 relay (49.5)
Kelly Bosserman, 1985 AAA long jump (17-3 ½)
1984 AAA 4x100 relay (49.6)
Molly Jones, 1982 AAA 800 (2:18.0)
Molly Jones, 1981 AA 800 (2:20.54)
1981 AA 4x400 relay (4:07.51)
1981 AA 4x800 relay (9:56.19)
1980 AA 4x800 relay (9:53.10)

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EASTERN YORK (20)

Track: 17 Field: 3 Relay: 2

Libby Haas, 2003 AAA high jump (5-4)
Libby Haas, 2002 AAA high jump (5-4)
Tracy Sollenberger, 1990 AA 1600 (5:14.7)
1990 AA 4x800 relay (9:45.5)
Emily Grossnickle, 1990 AA discus (137-4)
Tracy Sollenberger, 1989 AA 1600 (5:16.0)
1989 AA 4x800 relay (9:45.5)
Tracy Sollenberger, 1988 AA 1600 (5:13.0)
Carena Winters, 1987 AA 1600 (5:11.6)
Carena Winters, 1987 AA 3200 (11:29.2)
Carol Forry, 1985 AA 100H (15.2)
Carol Forry, 1984 AA 100H (15.2)
Donna McLain, 1980 AA 1600 (5:00.31 - record)
Donna McLain, 1980 AA 3200 (10:59.00)
Donna McLain, 1979 AA 1600 (5:01.61)
Donna McLain, 1979 AA 1600 (11:00.73)
Donna McLain, 1978 AA mile (5:03.04 - record)
Donna McLain, 1978 AA 2-mile (11:15.05 - record)
Donna McLain, 1977 AA mile (5:13.5)
Donna McLain, 1977 AA two-mile (11:38.8)

EAST JUNIATA (24)

Track: 0 Field: 24 Relay: 0

Jamie Nace, 2001 AA long jump (17-2)
Heather Colyer, 1998 AA shot (47-10 - record)
Heather Colyer, 1998 AA discus (158-6 - record)
Heather Colyer, 1997 AA shot (46-10½)
Heather Colyer, 1997 AA discus (158-0)
Bobbie Conrad, 1997 AA javelin (123-1)
Heather Colyer, 1996 AA shot (42-1)
Heather Colyer, 1996 AA discus (151-0)
Heather Colyer, 1995 AA shot (43-6)
Heather Colyer, 1995 AA discus (139-8)
Kim Sellers, 1993 AA shot (40-6¼)
Kim Sellers, 1993 AA discus (127-9)
Kim Sellers, 1992 AA shot (39-10½)
Kim Sellers, 1992 AA discus (125-6)
Beth Conrad, 1991 AA discus (119-7)
Beth Conrad, 1990 AA javelin (127-9)
Beth Conrad, 1989 AA javelin (130-10)
Wanda Ferster, 1988 AA discus (152-8)
Wanda Ferster, 1987 AA shot (40-9½)
Wanda Ferster, 1987 AA discus (125-3)
Wanda Ferster, 1987 AA javelin (141-0)
Wanda Ferster, 1986 AA discus (119-9)
Eileen Truitt, 1980 AA triple jump (35-8)
Mandy Truitt, 1979 AA triple jump (36-3½)

EAST PENNSBORO (8)

Track: 5 Field: 3 Relay: 2

Meghan Breski, 2009 AAA pole vault (12-0)
Liz Brandler, 2004 AAA pole vault (10-6)
Shelle Roush, 1991 AA 400 (1:00.3)
Jody Shuler, 1989 AA shot (36-10)
Theresa Kauffman, 1979 AA 800 (2:18.20)
1979 AA 4x400 relay (4:07.98)
Theresa Kauffman, 1978 AA 880 (2:17.24 - record)
1978 AA mile relay (4:06.86 - record)

ELCO (6)

Track: 6 Field: 0 Relay: 1

Kayleigh Perry, 2010 AAA 1600 (5:03.76)
Kayleigh Perry, 2010 AAA 3200 (10:54.84)
Laura Richenderfer, 1997 AA 100H (16.3)
Lauren Chatwick, 1997 AA 300H (47.3)
1996 AA 4x800 relay (10:00.4)
Jeannine Rebuck, 1991 AA 800 (2:23.0)

ELIZABETHTOWN (4)

Track: 2 Field: 2 Relay: 0

Sarah Fairbanks, 2012 AAA shot (41-8 ½)
Sarah Fairbanks, 2012 AAA discus (128-2)
Audrey Bamford, 2011 AAA 100H (15.05)
Shannon Daggett, 1994 AAA 100H (15.0)

EPHRATA (9)

Track: 3 Field: 6 Relay: 0

Mary Witmer, 2013 AAA 300H (42.11 - record)
Mary Witmer, 2012 AAA 300H (43.80)
Anne Mielnik, 1996 AAA shot (41-5½)
Anne Mielnik, 1996 AAA discus (134-0)
Anne Mielnik, 1995 AAA shot (38-9)
Anne Mielnik, 1995 AAA discus (127-7)
Anne Mielnik, 1994 AAA shot (38-5½)
Sheila Mellinger, 1979 AAA 100m (11.95)
Judene Fahnestock, 1977 AAA high jump (5-6)

EXETER (2)

Track: 2 Field: 0 Relay: 1

Jane Strouse, 1977 AA 880 (2:18.93)
1977 AA mile relay (4:07.46)

FAIRFIELD (4)

Track: 1 Field: 3 Relay: 0

Sarah Hunt, 2013 AA triple jump (36-3 ½)
Sarah Hunt, 2012 AA long jump (16-10 ¼)
Sarah Hunt, 2011 AA triple jump (35-3½)
Angie Borne, 1999 AA 300H (46.0)

FLEETWOOD (8)

Track: 0 Field: 8 Relay: 0

Cyre Virgo, 2013 AAA high jump (5-7)
Amanda Hottenstein, 2010 AAA shot (41-1½)
Rachael Bryan, 2004 AA high jump (5-3)
Brandy Snyder, 1996 AA long jump (17-1¾)
Jill Henne, 1993 AA high jump (5-4)
Susan Weidner, 1986 AA javelin (136-7)
Susan Weidner, 1985 AA javelin (125-8)
Tina Sheetz, 1983 AA long jump (16-4¼)

GARDEN SPOT (24)

Track: 9 Field: 15 Relay: 0

Liz Martin, 2010 AAA 100H (15.32)
Liz Martin, 2010 AAA 300H (44.94)
Angie Messner, 2009 AAA high jump (5-5)
Kate Defenelmont, 2009 AAA discus (131-0)
Kirsten Andrews, 2003 AAA pole vault (11-6)
Angie Hummer, 2003 AAA discus (113-0)
Kirsten Andrews, 2002 AAA long jump (17-4½)
Eliese Mitchell, 1999 AAA shot (45-5 ½ - record)
Eliese Mitchell, 1999 AAA discus (156-11 - record)
Eliese Mitchell, 1998 AAA shot (44-7)
Eliese Mitchell, 1997 AAA shot (42-8)
Eliese Mitchell, 1997 AAA discus (136-10)
Mindy Ashcroft, 1988 AAA 100H (15.1)
Krista Kunkle, 1987 AAA javelin (124-1)
Justine Spence, 1984 AAA 100H (15.4)
Justine Spence, 1984 AAA 300H (44.8)
Justine Spence, 1983 AAA 300H (45.33)
Kathy Heinbach, 1980 AA 100H (14.86)
Kerry Keipers, 1975 shot (40-9¾)
Jeanne Parmer, 1975 high jump (5-1)
Sue Shirk, 1975 long jump (18-2½)
Kerry Keipers, 1974 AAA shot (38-10¼)
Ann Rickert, 1974 440 (1:00.13)
Jamie Palmer, 1974 80H (11.26)

GETTYSBURG (2)

Track: 0 Field: 2 Relay: 0

Karen Bender, 1980 AAA long jump (17-7¼)
Becky Lovett, 1976 long jump (17-9½)

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GOVERNOR MIFFLIN (24)

Track: 15 Field: 9 Relay: 2

Casie Hain, 2012 AAA pole vault (11-6)
Nicole Moore, 2006 AAA high jump (5-4)
Nikki Stover, 2002 AAA 1600 (5:08.84)
Ruth Chege, 1999 AAA 800 (2:16.9)
Ruth Chege, 1999 AAA 1600 (5:11.2)
Ruth Chege, 1998 AAA 1600 (5:10.5)
Laurena White, 1996 AAA 100m (12.3)
Laurena White, 1996 AAA 200 (25.4)
1996 AAA 4x100 relay (49.9)
Laurena White, 1995 AAA 100m (11.7 - ties record)
Laurena White, 1995 AAA 200 (25.4)
Anne Stanislawczyk, 1995 AAA 300H (45.2)
1995 AAA 4x100 relay (49.6)
Jenn Comtois, 1993 AAA 100H (14.7)
Jenn Comtois, 1993 AAA 300H (44.8)
Erin DeTurck, 1990 AAA high jump (5-3)
Monica Leffler, 1989 AAA 3200 (11:33.22)
Julie Holland, 1986 AAA 100m (12.2)
Amy Carabello, 1986 AAA javelin (127-10)
Veronica Carter, 1984 AAA shot (38-2)
Natalie Carabello, 1981 AAA javelin (121-4)
Laurie Reinoehl, 1979 AAA javelin (117-8)
Lauren Keefer, 1975 discus (113-6)
Lauren Keefer, 1974 discus (116-0¼)

GREENCASTLE-ANTRIM (13)

Track: 6 Field: 7 Relay: 0

Katrina Wright, 2010 AAA discus (129-9)
Alicia Thompson, 2001 AA shot (35-8)
Becky Fitz, 1999 AA triple jump (36-5½)
Kylene Helman, 1999 AA javelin (135-9)
Kelli Straussner, 1988 AA high jump (5-6)
Kelli Straussner, 1987 AA high jump (5-1)
Tracey Bowers, 1986 AA 1600 (5:10.6)
Tracey Bowers, 1986 AA 3200 (11:34.2)
Kelli Straussner, 1986 AA high jump (5-5)
Tracey Bowers, 1985 AA 1600 (5:13.0)
Gena Korrell, 1984 AA 800 (2:17.0)
Tracey Bowers, 1984 AA 1600 (5:07.9)
Tracey Bowers, 1984 AA 3200 (11:05.4)

GREENWOOD (19)

Track: 2 Field: 17 Relay: 1

Emily Fisher, 2013 AA discus (122-10)
Emily Griswold, 2011 AA pole vault (10-6)
Stacey Osmolenski, 2010 AA pole vault (10-9)
2009 AA 4x800 relay (9:46.79)
Jessica Kratzer, 2005 AA discus (125-3)
Jessica Kratzer, 2005 AA javelin (126-5)
Jessica Kratzer, 2004 AA discus (136-8)
Jessica Kratzer, 2003 AA javelin (117-3)
Jessica Kratzer, 2002 AA shot (38-7)
Jessica Kratzer, 2002 AA javelin (124-5)
Jessica Kratzer, 2002 AA discus (119-5)
Jody Kratzer, 2000 AA discus (120-1)
Jody Kratzer, 1999 AA discus (130-2)
Jen Brofee, 1995 AA high jump (5-3)
Rhonda Witmer, 1994 AA TJ (40-3 ¾ - record)
Rhonda Witmer, 1993 AA long jump (17-2)
Rhonda Witmer, 1993 AA triple jump (37-0)
Rhonda Witmer, 1992 AA triple jump (37-4)
Steph Berger, 1982 AA 300H (46.02)

HAMBURG (3)

Track: 3 Field: 0 Relay: 0

Karlie Heistand, 2011 AA 1600 (5:16.96)
Adriene Beltz, 2004 AAA 1600 (5:01.13)
Adriene Beltz, 2004 AAA 3200 (10:52.18)

HANOVER (5)

Track: 2 Field: 3 Relay: 0

Morgan Herrick, 2012 AA high jump (5-0)
Leandra Golden, 2003 AA pole vault (11-0 - ties record)
Leandra Golden, 2002 AA pole vault (10-3)
Renee Kaylor, 2001 AA 800 (2:18.88)
Missy Ming, 2001 AA 100H (15.42)

HARRISBURG (65)

Track: 55 Field: 10 Relay: 18

Sierra Brabham-Lawrence, 2013 AAA 100H (15.00)
2010 AAA 4x400 relay (3:58.95)
Alysha Cook, 2009 AAA 100H (14.28)
Alysha Cook, 2009 AAA 300H (44.86)
Nechole Hill-Perry, 2009 AAA javelin (133-8)
Alysha Cook, 2008 AAA 400 (56.94)
Alysha Cook, 2008 AAA 100H (15.07)
Alysha Cook, 2008 AAA 300H (43.53)
Tiera Smith, 2007 AAA 200 (25.23)
Tiera Smith, 2007 AAA 400 (57.29)
Lhayana Dallas, 2007 AAA 300H (44.75)
2007 AAA 4x100 relay (48.82)
Lhayana Dallas, 2007 AAA high jump (5-4)
Alysha Cook, 2006 AAA 400 (57.33)
2004 AAA 4x100 relay (49.37)
Briana Flagg, 2004 AAA shot (43-3)

HARRISBURG (cont.)

Shanai Alexander, 2003 AAA triple jump (36-7½)
Dominique Darden, 2002 AAA 200 (24.44)
Dominique Darden, 2002 AAA 400 (56.48)
Dominique Darden, 2002 AAA 100H (14.09 - record)
Dominique Darden, 2001 AAA 200 (24.84)
Dominique Darden, 2001 AAA 400 (55.38 - record)
Dominique Darden, 2001 AAA 100H (14.63)
2001 AAA 4x400 relay (3:56.84)
Dominique Darden, 2000 AAA 400 (56.02)
Dominique Darden, 2000 AAA 300H (45.74)
2000 AAA 4x400 relay (3:57.42)
Melanie Carter, 2000 AAA triple jump (39-5½)
Dominique Darden, 1999 AAA 400 (56.6)
1999 AAA 4x100 relay (48.7)
1999 AAA 4x400 relay (4:01.6)
Brienne Johnson, 1999 AAA jav (161-5 - record)
Dominique Darden, 1999 AAA long jump (17-3¾)
Melanie Carter, 1999 AAA triple jump (37-3¼)
Tamika Scott, 1998 AAA 200 (24.4)
Tamika Scott, 1998 AAA 400 (56.1)
1998 AAA 4x100 relay (47.81)
1998 AAA 4x400 relay (3:57.8)
Brienne Johnson, 1998 AAA javelin (145-10)
Leslie Miller, 1997 AAA 100m (12.5)
Tamika Scott, 1997 AAA 200 (26.0)
Leslie Miller, 1997 AAA 400 (57.5)
1996 AAA 4x400 relay (4:05.5)
1995 AAA 4x400 relay (4:03.2)
Nzinga Poteat, 1994 AAA 400 (55.4)
Sheree Butts, 1991 AAA 100H (14.2 - wind-aided)
Sheree Butts, 1991 AAA 300H (44.8)
Sheree Butts, 1990 AAA 100H (14.5)
Sheree Butts, 1990 AAA 300H (44.8)
Sheree Butts, 1989 AAA 100H (15.5)
Christine Hayden, 1989 AAA long jump (18-5)
1987 AAA 4x100 relay (50.2)
Lisa Kennedy, 1982 AAA 400 (58.14)
1980 AAA 4x100 relay (48.90)
1980 AAA 4x400 relay (3:55.11 - record)
Blondie Jackson, 1978 AAA 100y (10.99)
Blondie Jackson, 1978 AAA 220 (25.05)
Patti Pierce, 1978 AAA 110yH (14.97 - record)
1978 AAA 440-yard relay (47.92 - record)
Blondie Jackson, 1977 AAA 100y (10.93)
Blondie Jackson, 1977 AAA 220 (24.94)
1977 AAA 440-yard relay (48.2)
Veda Rankin, 1976 440 (56.8)
1976 440 relay (48.6 - record)
1975 880 relay (1:46.74 - record)

HARRISBURG CHRISTIAN (1)

Track: 1 Field: 0 Relay: 0
Nicole Leonzo, 2012 AA 400 (58.59)

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HEMPFIELD (29)

Track: 14 Field: 15 Relay: 7

Chrissy Rickert, 2012 AAA javelin (128-4)
Angela Rothmiller, 2009 AAA 200 (25.91)
Korinne Piper, 2009 AAA 800 (2:16.53)
Jessica Porter, 2004 AAA discus (128-11)
Megan Ryan, 2003 AAA 100H (14.72)
Megan Ryan, 2003 AAA 300H (44.57)
2001 AAA 4x100 relay (49.60)
Shadana Patterson, 1994 AAA long jump (17-9¾)
Tammi Stewart, 1993 AAA 100m (12.2)
An'Dionne Smith, 1993 AAA discus (114-10)
Tammi Stewart, 1991 AAA 400 (57.2)
Jodi Heistand, 1989 AAA high jump (5-2)
Jodi Heistand, 1989 AAA long jump (17-2¾)
Jodi Heistand, 1989 AAA triple jump (37-3½)
1987 AAA 4x800 relay (9:38.7)
1986 AAA 4x800 relay (9:39.0)
Sara May, 1985 AAA javelin (119-4)
Marilyn Senz, 1980 AAA shot (43-10)
Marilyn Senz, 1980 AAA discus (130-10)
Marilyn Senz, 1980 AAA javelin (150-0)
Marilyn Senz, 1979 AAA shot (42-5)
Marilyn Senz, 1979 AAA discus (124-5)
Meryl Schmidt, 1978 AAA mile (5:13.53)
Marilyn Senz, 1978 AAA javelin (143-5)
1977 AAA mile relay (4:04.67)
Carol Miller, 1977 AAA javelin (127-1)
1976 880 medley relay (1:50.44 - record)
1975 880 medley relay (1:52.98)
1974 880 medley relay (1:51.6)

HERSHEY (12)

Track: 7 Field: 5 Relay: 0

Libby Nolan, 2013 AAA 800 (2:12.52 – record)
Angie Saterstad, 2003 AAA 3200 (10:43.72)
Angie Saterstad, 2002 AAA 3200 (10:56.2)
Jenn Williams, 1998 AAA discus (136-2)
Jessica Totaro, 1995 AAA 800 (2:17.7)
Jessica Totaro, 1995 AAA 1600 (5:13.0)
Sherri Eyer, 1987 AA 300H (46.5)
Kathy Krall, 1985 AAA shot (38-1¾)
Nikki Hendricks, 1982 AA 100H (15.24)
Nikki Hendricks, 1982 AA high jump (5-5)
Beth Naylor, 1982 AA long jump (17-2¾)
Beth Naylor, 1982 AA triple jump (37-2)

HOLY NAME (9)

Track: 8 Field: 1 Relay: 0

Rachel Casciano, 2010 AA 800 (2:23.71)
Rachel Casciano, 2010 AA 1600 (5:21.67)
Rachel Casciano, 2010 AA 3200 (11:36.69)
Hillary Monger, 2008 AA 100H (16.01)
Hillary Monger, 2008 AA 300H (45.59)
Hillary Monger, 2007 AA 100H (15.21)
Kelly McElroy, 2005 AA 800 (2:18/50)
Kelly McElroy, 2004 AA 800 (2:20.89)
Nicole Ayala, 2004 AA long jump (16-10½)

JAMES BUCHANAN (4)

Track: 2 Field: 2 Relay: 1

2004 AA 4x800 relay (9:50.18)
Jessica Snyder, 2004 AA pole vault (9-0)
Catherine Lewis, 2002 AA 800 (2:21.89)
Kayla Miller, 2001 AA pole vault (9-0)

KENNARD-DALE (2)

Track: 0 Field: 2 Relay: 0

Jennifer Taylor, 1989 AA triple jump (37-11)
Catherine Heistand, 1979 AA discus (115-3)

KUTZTOWN (18)

Track: 16 Field: 2 Relay: 1

Emily Miller, 2009 AA 1600 (5:26.74)
2009 AA 4x400 relay (4:10.70)
Cody Bauman, 2005 AA pole vault (9-6)
Laura Mohler, 2004 AA 1600 (5:09.50)
Laura Mohler, 2004 AA 3200 (11:21.22)
Sheri Calhoun, 1999 AA 100m (12.2)
Sheri Calhoun, 1999 AA 200 (25.3)
Sheri Calhoun, 1999 AA 400 (55.39 - record)
Sheri Calhoun, 1998 AA 100m (12.1)
Sheri Calhoun, 1998 AA 200 (25.3)
Sheri Calhoun, 1998 AA 400 (56.8)
Sheri Calhoun, 1997 AA 100m (12.9)
Sheri Calhoun, 1997 AA 200 (25.9)
Sheri Calhoun, 1997 AA 400 (57.2)
Sheri Calhoun, 1996 AA 100m (12.6)
Sheri Calhoun, 1996 AA 200 (25.7)
Sheri Calhoun, 1996 AA 300H (45.8)
Andrea Borst, 1978 AA discus (104-0)

LAMPETER-STRASBURG (13)

Track: 8 Field: 5 Relay: 3

Jenna Witmer, 2008 AAA discus (133-7)
Jenna Witmer, 2006 AAA discus (132-2)
Erin Armstrong, 1993 AA 100H (15.36)
Amy Kopf, 1990 AA 800 (2:18.7)
Amy Kopf, 1989 AA 800 (2:20.0)
1983 AA 4x100 relay (50.57)
Bess Simmons, 1983 AA shot (38-6)
Carol High, 1981 AA 100m (12.25)
Carol High, 1981 AA 200 (26.73)
1981 AA 4x100 relay (50.14)
1979 AA 4x100 relay (50.30)
Sarah Gantz, 1979 AA long jump (16-5¼)
Mary Hoover, 1977 AA discus (105-3)

LANCASTER CATHOLIC (16)

Track: 11 Field: 5 Relay: 5

2000 AA 4x800 relay (10:01.27)
Beth Loretz, 1998 AA high jump (5-3)
Beth Loretz, 1997 AA high jump (5-3)
Beth Loretz, 1996 AAA high jump (5-5)
Heather Boyd, 1991 AAA shot (118-6)
Laura O'Donnell, 1989 AAA 1600 (5:18.6)
Laura O'Donnell, 1988 AA 800 (2:18.5)
1988 AA 4x800 relay (9:46.7)
Sue Graney, 1987 AA 100H (16.1)
1987 AA 4x400 relay (4:05.6)
1987 AA 4x800 relay (9:59.4)
Amy Conti, 1986 AAA high jump (5-5)
Christine O'Donnell, 1985 AAA 1600 (5:12.7)
Christine O'Donnell, 1985 AAA 3200 (11:21.7)
Christine O'Donnell, 1984 AAA 3200 (11:17.3)
1983 AAA 4x800 relay (9:28.02)

LANCASTER MENNONITE (4)

Track: 4 Field: 0 Relay: 0

Lindsey Kreider, 2012 AA 100m (12.69)
Lindsey Kreider, 2012 AA 200 (26.09)
Lindsey Shertzer, 2007 AA 1600 (5:08.18)
Lindsey Shertzer, 2006 AAA 1600 (5:04.57)

LEBANON (3)

Track: 3 Field: 0 Relay: 0

Jessica Lentz, 1998 AAA 800 (2:17.0)
Jessica Lentz, 1997 AAA 800 (2:18.7)
Jessica Lentz, 1996 AAA 800 (2:18.1)

LITITZ CHRISTIAN (1)

Track: 1 Field: 0 Relay: 0

Rachel Jordan, 2011 AA 100m (12.94)

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LITTLESTOWN (5)

Track: 3 Field: 2 Relay: 1

Alyssa Reichart, 2010 AA high jump (5-2)
Allie Logue, 2007 AA shot (38-1½)
Rachael Moxley, 2004 AA 400 (57.97)
Tracey Glass, 1992 AA 100H (15.4)
1983 AA 4x400 relay (4:08.03)

LOWER DAUPHIN (9)

Track: 8 Field: 1 Relay: 0

Jenna Flickinger, 2012 AAA 3200 (11:05.75)
Allison Brown, 2002 AAA 300H (44.87)
Chris Quimby, 1991 AAA 3200 (11:12.01)
Amy Broadwater, 1991 AAA triple jump (36-11½)
Chris Quimby, 1990 AAA 3200 (11:18.7)
Michelle Mattson, 1984 AAA 1600 (5:09.0)
Michelle Mattson, 1983 AAA 800 (2:17.7)
Michelle Mattson, 1982 AAA 1600 (5:10.50)
Judy Cassel, 1979 AAA 800 (2:17.33)

MANHEIM CENTRAL (9)

Track: 5 Field: 4 Relay: 4

Joan Ginder, 1992 AAA 800 (2:20.5)
1988 AAA 4x400 relay (3:59.7)
1988 AAA 4x800 relay (9:31.3)
1982 AA 4x800 relay (9:47.55)
Diane Jones, 1981 AA triple jump (36-2½)
Beverly Paine, 1980 AAA triple jump (38-2)
Cheryl Yohn, 1978 AAA discus (113-1)
1977 AAA 880 medley relay (1:49.98)
Pat Nauman, 1977 AAA discus (118-0)

MANHEIM TWP. (18)

Track: 14 Field: 4 Relay: 5

2002 AAA 4x800 relay (9:25.49)
2001 AAA 4x800 relay (9:33.48)
Tracie Saunders, 2001 AAA PV (10-6)
2000 AAA 4x800 relay (9:36.39)
Brooke Gilliford, 1998 AAA 100H (14.5)
Kathianne Sellers, 1992 AAA high jump (5-8¾)
Kathianne Sellers, 1991 AAA high jump (5-4)
Lori Land, 1990 AAA 1600 (5:13.8)
Liz Giering, 1985 AAA 100m (12.0)
Liz Giering, 1985 AAA 200 (25.6)
Liz Giering, 1985 AAA 400 (57.7)
Liz Giering, 1984 AAA 100m (12.4)
Liz Giering, 1984 AAA 200 (25.5)
Liz Giering, 1983 AAA 100m (12.34)
Janet Quigley, 1983 AAA discus (116-4)
Liz Giering, 1982 AAA 200 (25.21)
1974 440 relay (50.85)
1974 800 relay (1:46.80)

McCASKEY, J.P. (31)

Track: 20 Field: 11 Relay: 10

Ciara Pagan, 2007 AAA triple jump (38-0)
Felicia Daniels, 2004 AAA 100H (15.27)
Jamie Beam, 2000 AAA discus (128-2)
1994 AAA 4x100 relay (50.3)
Jennifer Ladson, 1993 AAA 200 (24.7)
Jennifer Ladson, 1993 AAA 400 (56.55)
1993 AAA 4x400 relay (3:59.6)
Jennifer Ladson, 1993 AAA triple jump (37-6¼)
Rhasheda Bailey, 1992 AAA 200 (24.7)
1992 AAA 4x100 relay (48.5)
1992 AAA 4x400 relay (4:01.9)
Adrena Carter, 1992 AAA shot (37-1)
Adrena Carter, 1992 AAA discus (116-6)
Adrena Carter, 1991 AAA shot (38-9¾)
Jill Cypress, 1990 AAA triple jump (39-5)
Roxanne Morton, 1989 AAA 200 (25.8)
Brooke Walls, 1989 AAA 300H (44.4)
1989 AAA 4x100 relay (48.6)
1989 AAA 4x400 relay (3:58.1)
1989 AAA 4x800 relay (9:28.9)
Roxanne Morton, 1988 AAA 100m (12.1)
Roxanne Morton, 1988 AAA 200 (25.3)
1988 AAA 4x100 relay (48.7)
Beth Brown, 1987 AAA 800 (2:22.2)
Linda Butts, 1987 AAA shot (41-6)
Linda Butts, 1986 AAA shot (41-3½)
Karen Cotton, 1981 AAA 400 (57.96)
1981 AAA 4x400 relay (4:00.02)
Niecy Houston, 1981 AAA shot (41-3)
Niecy Houston, 1981 AAA discus (133-10)
1979 AAA 4x400 relay (3:58.15)

MECHANICSBURG (9)

Track: 5 Field: 4 Relay: 0

Brittany George, 2010 AAA javelin (134-6)
Erin Flick, 2008 AAA high jump (5-5)
Allison Cassey, 1983 AAA javelin (127-2)
Lois Brommer, 1981 AAA 800 (2:17.84)
Lois Brommer, 1981 AAA 1600 (4:53.98)
Lois Brommer, 1981 AAA 3200 (10:22.33 - record)
Lois Brommer, 1980 AAA 1600 (5:02.98)
Priscilla Chamberlain, 1976 AAA shot (40-1)
Laurie Smith, 1975 440 (59.82)

MIDDLETOWN (9)

Track: 4 Field: 5 Relay: 0

Aubree Ray, 2011 AA shot (40-3)
Aubree Ray, 2011 AA discus (139-3)
Aubree Ray, 2010 AA shot (39-8)
Aubree Ray, 2010 AA discus (128-2)
Aubree Ray, 2009 AA discus (131-7)
Clara Roy, 1983 AAA 400 (57.49)
Melissa Stewart, 1983 AAA 1600 (4:57.83)
Melissa Stewart, 1983 AAA 3200 (10:56.95)
Michelle Holton, 1980 AA 400 (58.21)

MILLERSBURG (5)

Track: 1 Field: 4 Relay: 0

Kayla Kelley, 2013 AA 300H (47.45)
Jordan Barkus, 2007 AA javelin (127-8)
Carrie Gilmore, 2006 AA high jump (5-2)
Tonia Matter, 1992 AA long jump (17-2¾)
Tonia Matter, 1991 AA long jump (17-5¼)

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MILTON HERSHEY (106)

Track: 86 Field: 20 Relay: 37

Ahmenah Richardson, 2012 AAA high jump (5-4)
2011 AAA 4x400 relay (3:56.97)
Ahmenah Richardson, 2011 AAA high jump (5-4)
2010 AAA 4x100 relay (49.10)
Brittne' Perkins, 2008 AA 100m (12.75)
2008 AA 4x100 relay (49.07 - record)
Anna-Christine Scull, 2007 AA 800 (2:18.02)
Abigail Johnson, 2006 AA 400 (56.35)
Anna-Christine Scull, 2006 AA 800 (2:17.73)
Crystal Polite, 2006 AA 100H (15.13)
Crystal Polite, 2006 AA 300H (45.52)
2006 AA 4x100 relay (49.93)
2006 4x400 relay (4:01.60)
Jackqualain Williams, 2006 AA shot (39-6)
Abigail Johnson, 2005 AA 200 (25.03)
Abigail Johnson, 2005 AA 400 (56.84)
Crystal Polite, 2005 AA 100H (15.13)
Ruth Brown, 2005 AA 300H (45.54)
2005 AA 4x400 relay (4:02.88)
Phyllis Benjamin, 2005 AA triple jump (35-3½)
Jackqualain Williams, 2005 AA shot (37-9)
Crystal Polite, 2004 AA 100H (15.56)
2004 AA 4x100 relay (50.78)
Kandance Ferguson, 2003 AA 100m (12.55)
Kandance Ferguson, 2003 AA 200 (25.12)
2003 AA 4x100 relay (49.55)
2003 AA 4x400 relay (4:03.86)
Ashley Mondie, 2003 AA long jump (17-1½)
Ashley Mondie, 2003 AA triple jump (37-1½)
Crystal Griffin, 2003 AA shot (38-2¼)
Nana Forson, 2003 AA discus (110-9)
Judith Agyepong, 2002 AA 100m (12.50)
Kandance Ferguson, 2002 AA 200 (25.39)
2002 AA 4x100 relay (49.87)
2002 AA 4x400 relay (4:06.36)
Ashley Mondie, 2002 AA long jump (17-1½)
Ashley Mondie, 2002 AA triple jump (36-5½)
Judith Agyepong, 2001 AA 100m (12.80)
Judith Agyepong, 2001 AA 200 (26.38)
Fonati Ward, 2001 AA 300H (46.33)
2001 AA 4x100 relay (49.30)
2001 AA 4x400 relay (4:05.77)
Ashley Byrd, 2001 AA triple jump (36-1¼)
Korto Dunbar, 2000 AA 100m (12.53)
Korto Dunbar, 2000 AA 100H (14.68 - record)
Aisha Granville, 2000 AA 300H (47.03)
2000 AA 4x100 relay (49.55)
2000 AA 4x400 relay (4:05.89)
Crystal Griffin, 2000 AA shot (38-10¼)
Ashley Byrd, 2000 AA long jump (16-11¼)
Korto Dunbar, 1999 AA 100H (15.0)
1999 AA 4x100 relay (49.1)

MILTON HERSHEY (cont.)

1999 AA 4x400 relay (4:02.54)
1998 AA 4x100 relay (49.15)
1998 AA 4x400 relay (4:06.4)
1997 AA 4x100 relay (50.2)
1996 AA 4x100 relay (50.4)
Maimedee George, 1995 AA 100H (14.8)
Maimedee George, 1995 AA 300H (45.1)
1995 AA 4x400 relay (4:06.5)
Aishia Stroop, 1994 AA 400 (58.0)
Amy Debor, 1994 AA 1600 (5:12.4)
Amy Debor, 1994 AA 3200 (11:25.5)
1994 AA 4x400 relay (4:04.9)
1994 AA 4x800 relay (9:44.5)
Aishia Stroop, 1993 AA 400 (58.48)
Amy Debor, 1993 AA 1600 (5:17.90)
Amy Debor, 1993 AA 3200 (11:27.4)
1993 AA 4x400 relay (4:10.1)
1993 AA 4x800 relay (9:57.0)
Jennifer Sloane, 1992 AA 200 (26.1)
Aishia Stroop, 1992 AA 400 (59.7)
Amy Debor, 1992 AA 1600 (5:12.9)
Amy Debor, 1992 A 3200 (11:21.6)
1992 AA 4x100 relay (50.6)
1992 AA 4x400 relay (4:06.8)
Jennifer Sloane, 1991 AA 100m (12.5)
Celeta Carter, 1991 AA 200 (25.2)
Amy Debor, 1991 AA 3200 (11:21.6)
Celeta Carter, 1991 AA 100H (14.2)
1991 AA 4x100 relay (49.5)
1991 AA 4x400 relay (4:05.1)
1991 AA 4x800 relay (9:52.4)
Alisa Freeman, 1990 AA 100m (13.2)
Celeta Carter, 1990 AA 200 (26.1)
Celeta Carter, 1990 AA 100H (14.9)
Jessica Corrado, 1990 AA 300H (46.3)
1990 AA 4x100 relay (50.4)
1990 AA 4x400 relay (4:04.7)
Phillipa Ashby, 1989 AA 100m (12.6)
Phillipa Ashby, 1989 AA 200 (25.7)
1989 AA 4x100 relay (49.7)
1989 AA 4x400 relay (4:03.6)
Megan Hardy, 1989 AA shot (39-3¼)
Jessica Corrado, 1988 AA 100H (15.2)
Jessica Corrado, 1988 AA 300H (46.0)
Kim Brassfield, 1988 AA triple jump (37-10½)
Phillipa Ashby, 1987 AA 200 (25.7)
1987 AA 4x100 relay (50.6)
Joanne Troischt, 1985 AA 3200 (11:25.2)
1985 AA 4x800 relay (9:50.3)
Lisa Shockley, 1985 AA shot (38-11¼)
Lisa Shockley, 1985 AA discus (123-3)
Lisa Shockley, 1984 AA shot (38-11¼)

MILTON HERSHEY (cont.)

Elizabeth Gilliam, 1983 AA triple jump (35-3¼)
Dawn Williams, 1981 AA shot (36-5½)

MUHLENBERG (6)

Track: 4 Field: 2 Relay: 0

Katie Fisher, 2001 AAA shot (37-7)
Lorie Aikens, 1995 AAA 100H (14.9)
Ann Everson, 1982 AAA discus (123-6)
Cindy Fabian, 1979 AAA 1600 (5:08.39)
Cindy Fabian, 1979 AAA 3200 (10:52.36)
Eileen Hornberger, 1978 2-mile (11:20.51 - record)

NEW OXFORD (7)

Track: 4 Field: 3 Relay: 0

Jordan Jenkins, 2009 AAA 1600 (5:02.33)
Jordan Jenkins, 2009 AAA 3200 (10:47.23)
Tiffany Rosewag, 2006 AAA long jump (17-5)
Dawn Richardson, 1986 AA 100H (16.2)
Dawn Richardson, 1986 AA 300H (47.0)
Kelly Myers, 1983 AA high jump (5-1)
Kelly Myers, 1981 AA high jump (5-4)

NORTHERN LEBANON (7)

Track: 7 Field: 0 Relay: 1

Stacy Stoner, 1997 AA 800 (2:25.38)
Stacy Stoner, 1997 AA 1600 (5:20.1)
Stacy Stoner, 1997 AA 3200 (11:22.4)
Stacy Stoner, 1995 AA 800 (2:24.6)
Stacy Stoner, 1995 AA 1600 (5:21.0)
Stacy Stoner, 1995 AA 3200 (10:59.2)
1986 AA 4x800 relay (10:02.8)

NORTHERN YORK (8)

Track: 3 Field: 5 Relay: 1

Kennedy Shank, 2013 AAA pole vault (12-0)
2009 AAA 4x400 relay (4:00.58)
Rachel Wong, 2006 AAA 800 (2:17.50)
Amy Backel, 2005 AAA pole vault (11-0)
Amy Backel, 2005 AAA shot (42-3)
Amy Backel, 2004 AAA high jump (5-4)
Alison Maurer, 2001 AAA discus (121-7)
Melissa Jacoby, 1983 AA 800 (2:25.0)

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OLEY VALLEY (12)

Track: 6 Field: 6 Relay: 2

1995 AA 4x800 relay (9:51.9)
Michele Palmertree, 1992 AA 800 (2:21.1)
1992 AA 4x800 relay (9:54.4)
Michele Palmertree, 1991 AA 1600 (5:13.7)
Debbie Stump, 1990 AA shot (42-0¾)
Diana Imhof, 1990 AA long jump (16-11¼)
Debbie Stump, 1989 AA discus (130-10)
Jenny Russell, 1985 AA 300H (47.6)
Lynn Horch, 1984 AA triple jump (36-2)
Lynn Horch, 1983 AA 100m (12.60)
Jerriann Howe, 1978 AA shot (39-11)
Jerriann Howe, 1977 AA shot (39-1)

PALMYRA (18)

Track: 6 Field: 12 Relay: 1

2013 AAA 4x800 relay (9:13.65)
2012 AAA 4x800 relay (9:25.17)
Stefani Day, 2011 AAA 300H (44.81)
Jill Keefer, 2005 AAA high jump (5-4)
Meghan Briggs, 2005 AAA javelin (140-0)
Meghan Briggs, 2004 AAA javelin (136-8)
Jessica Uhrich, 2002 AA high jump (5-1)
Jennie Shelton, 1996 AAA 300H (45.3)
Karrie Shelton, 1994 AA long jump (17-7)
Theresa Rhoads, 1992 AAA javelin (118-3)
Heather Reifsnnyder, 1991 AAA javelin (132-3)
Sue Shay, 1988 AAA shot (42-1½)
Amy McLaughlin, 1987 AAA discus (123-3)
Sue Shay, 1986 AA shot (37-6½)
Jenny Maclary, 1985 AA 400 (58.5)
Lori Shifflett, 1982 AAA high jump (5-5)
Lori Shifflett, 1981 AAA high jump (5-6¼)
Kathy Warlow, 1980 AAA 3200 (10:58.55)

PENN MANOR (19)

Track: 15 Field: 4 Relay: 5

Greta Lindsley, 2013 AAA 1600 (4:56.41)
Greta Lindsley, 2012 AAA 800 (2:15.78)
Greta Lindsley, 2012 AAA 1600 (4:57.14)
2011 AAA 4x800 relay (9:24.71)
Jocelyn Wiltmer, 2008 AAA pole vault (12-3 - record)
Jocelyn Wiltmer, 2007 AAA pole vault (11-7)
Alyssa Girvin, 2007 AAA discus (136-1)
1998 AAA 4x800 relay (9:39.2)
1997 AAA 4x800 relay (9:41.3)
Kim Schlemmer, 1990 AAA 400 (57.9)
Kim Schlemmer, 1989 AAA 400 (57.7)
Kim Schlemmer, 1988 AAA 400 (58.5)
Lisa Bervinchak, 1984 AAA triple jump (35-8½)
1982 AAA 4x800 relay (9:38.05)
Amy Martin, 1980 AAA 100H (14.39)
Deb Garland, 1979 AAA 100H (14.58)

PENN MANOR (cont.)

1979 AAA 4x100 relay (49.84)
Laurie Colby, 1978 AAA 880 (2:21.07)
Deb Garland, 1977 AAA 110yH (no time)

READING (31)

Track: 22 Field: 9 Relay: 3

Jazmin Hunt, 2007 AAA 100H (14.82)
Danielle Laws, 2007 AAA shot (39-10¼)
Jazmin Hunt, 2005 AAA 100H (14.53)
Jessica Forrest, 2003 AAA 200 (25.60)
Jessica Forrest, 2003 AAA 400 (57.59)
Felicia Martin, 2001 AAA 300H (45.70)
Chris Robertson, 1992 AAA 100m (11.7)
Chris Robertson, 1992 AAA long jump (17-9¼)
Chris Robertson, 1991 AAA 100m (11.7 - ties record)
Chris Robertson, 1991 AAA 200 (24.4)
1991 AAA 4x100 relay (49.9)
Chris Robertson, 1991 AAA long jump (18-3¼)
Chris Robertson, 1990 AAA 100m (12.2)
Chris Robertson, 1990 AAA 200 (25.2)
1990 AAA 4x100 relay (49.9)
Chris Robertson, 1989 AAA 100m (12.5)
Karen Gooch, 1986 AAA 100H (15.0)
Karen Gooch, 1986 AAA triple jump (37-10¾)
Karen Gooch, 1985 AAA triple jump (37-1¾)
Angela Johnson, 1983 AAA 100H (15.61)
Rose Gilmore, 1982 AAA 100m (12.06)
Rose Gilmore, 1981 AAA 100m (12.04)
Rose Gilmore, 1981 AAA 200 (25.71)
Leslie Robinson, 1981 AAA 100H (14.30)
1981 AAA 4x100 relay (48.99)
Debra Mosley, 1981 AAA long jump (18-1¼)
Rose Gilmore, 1980 AAA 100m (12.31)
Rose Gilmore, 1980 AAA 200 (25.33)
Lucretia Price, 1979 AAA long jump (17-8¼)
Lucretia Price, 1979 AAA triple jump (37-5¾)
Lucretia Price, 1978 AAA triple jump (38-1)

RED LAND (10)

Track: 3 Field: 7 Relay: 1

Lindsay Bumbernick, 2006 AAA TJ (36-8¼)
Kristina Kline, 2005 AAA triple jump (36-8)
Kristina Kline, 2004 AAA long jump (17-5¼)
Janet Beasley, 1994 AAA 100m (12.4)
Janet Beasley, 1994 AAA 200 (25.2)
1993 AAA 4x100 relay (49.5)
Janet Thomas, 1983 AAA triple jump (37-10)
Janet Thomas, 1982 AAA triple jump (37-5)
Sandee Thompkins, 1978 AAA shot (42-2¼)
Sandee Thompkins, 1977 AAA shot (41-8¼)

RED LION (18)

Track: 7 Field: 11 Relay: 2

Ruth Loyer, 2001 AAA 800 (2:16.27)
Ruth Loyer, 2001 AAA 1600 (5:03.11)
Ruth Loyer, 2000 AAA 800 (2:15.33)
Jen Thompson, 1997 AAA long jump (17-1¼)
Jen Thompson, 1997 AAA triple jump (37-5¼)
Jen Thompson, 1995 AAA long jump (18-1¼)
Jen Thompson, 1995 AAA triple jump (39-0¼)
Heather Moul, 1994 AAA 800 (2:15.2)
1994 AAA 4x800 relay (9:29.9)
Jen Thompson, 1994 AAA triple jump (36-1½)
Nan Strawbridge, 1990 AAA shot (40-7½)
Nan Strawbridge, 1990 AAA discus (127-5)
Nan Strawbridge, 1990 AAA javelin (126-2)
Nan Strawbridge, 1989 AAA shot (40-11¼)
Nan Strawbridge, 1989 AAA discus (131-3)
Penny Erisman, 1986 AAA discus (118-7)
Elisa Strickler, 1984 AAA 400 (58.7)
1983 AAA 4x400 relay (4:06.92)

SCHUYLKILL VALLEY (17)

Track: 11 Field: 6 Relay: 0

Michaela Williams, 2011 AA high jump (5-2)
Devan Coon, 2008 AA 200 (25.52)
Devan Coon, 2008 AA 400 (57.13)
Nikki Lykens, 2008 AA discus (116-11)
Alli Pucul, 2008 AA javelin (123-10)
Devan Coon, 2007 AA 200 (24.71)
Devan Coon, 2007 AA 400 (56.54)
Nikki Lykens, 2007 AA discus (111-0)
Alli Pucul, 2006 AA javelin (121-1)
Devan Coon, 2005 AA 100m (12.18)
Heather Patch, 2003 AA 100H (15.05)
Laura Pucul, 2003 AA 300H (45.92)
Heather Patch, 2002 AA 100H (14.52)
Liz Staus, 2000 AA 200 (26.06)
Liz Staus, 2000 AA 400 (59.90)
Jill Jablonski, 1998 AA 300H (47.1)
Sharon Schultz, 1979 AA shot (37-9)

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SCOTLAND (23)

Track: 20 Field: 3 Relay: 7

Whitney Boyer, 2009 AA high jump (5-1)
Jamilah Fossie, 1998 AA 100H (15.4)
Nicole Mangum, 1994 AA 100H (14.9)
Nicole Mangum, 1994 AA 300H (46.1)
1994 AA 4x100 relay (49.6)
Shawna Dixon, 1993 AA 300H (45.87)
1993 AA 4x100 relay (50.63)
Keisha Goode, 1988 AA 100m (12.6)
Ramona Colbert, 1988 AA long jump (17-4)
Danella Washington, 1984 AA 100m (12.5)
1984 AA 4x100 relay (50.5)
Maria Vangel, 1983 AA 300H (46.72)
1982 AA 4x400 relay (4:10.00)
Enita Everett, 1980 AA 100m (12.64)
Enita Everett, 1980 AA 200 (26.39)
1980 AA 4x100 relay (50.08)
Cassandra Jackson, 1980 AA shot (36-1½)
Ramona Lattany, 1979 AA 200 (25.85)
Ramona Lattany, 1979 AA 400 (57.48)
1978 AA 440 relay (50.60)
Ramona Lattany, 1977 AA 220 (26.8)
Ramona Lattany, 1977 AA 440 (58.09 - record)
1977 AA 880 medley relay (1:52.23)

SHIPPENSBURG (6)

Track: 6 Field: 0 Relay: 0

Reynah Spence, 2011 AAA 1600 (5:02.64)
Neely Spence, 2008 AAA 1600 (4:50.23 - record)
Neely Spence, 2008 AAA 3200 (10:46.58)
Neely Spence, 2007 AAA 1600 (4:57.38)
Leanne Kling, 1989 AA 100H (15.2)
Leanne Kling, 1989 AA 300H (44.5 - record)

SOLANCO (22)

Track: 18 Field: 4 Relay: 5

Erin Peiffer, 1998 AAA 3200 (11:21.1)
Leah Peiffer, 1997 AAA 1600 (5:20.0)
Leah Peiffer, 1997 AAA 3200 (11:19.6)
Monica Anderson, 1997 AA 300H (45.7)
Leah Peiffer, 1996 AAA 1600 (5:11.3)
Leah Peiffer, 1996 AAA 3200 (11:10.4)
Monica Anderson, 1996 AAA 100H (15.6)
1996 AAA 4x800 relay (9:38.9)
Kim Murray, 1996 AAA javelin (126-2)
Lori Houck, 1995 AAA 400 (59.3)
1995 AAA 4x800 relay (9:46.0)
Karrie Mitchell, 1994 AAA javelin (137-7)
Jen Lefever, 1992 AAA 1600 (5:12.6)
1992 AAA 4x800 (9:42.2)
Brenda Pennell, 1991 AAA 1600 (5:13.3)
1991 AAA 4x400 relay (4:04.7)
1991 AAA 4x800 relay (9:33.4)

SOLANCO (cont.)

1990 AAA 4x800 relay (9:38.4)
Missy Payne, 1987 AAA long jump (17-6)
Barb Wert, 1981 AA 100H (15.31)
Vivian Murray, 1979 AAA 200 (25.05)
Janice Guyll, 1974 long jump (17-4¾)

SOUTH WESTERN (13)

Track: 9 Field: 4 Relay: 4

Lynne Mooradian, 2013 AAA 100m (12.50)
2013 AAA 4x100 relay (48.54)
2007 AAA 4x400 relay (3:59.93)
2006 AAA 4x400 relay (4:00.46)
Noreen Seymore, 2006 AAA shot (40-2½)
Catie Hare, 2005 AAA 100m (12.26)
Catie Hare, 2003 AAA 100m (12.47)
2003 AAA 4x100 relay (49.49)
2002 AAA 4x100 relay (50.42)
Sarah Price, 2000 AAA pole vault (9-6)
Sarah Price, 1999 AAA pole vault (10-0)
Jamie Luby, 1995 AAA high jump (5-3)
Cricket Shaffer, 1985 AAA 300H (47.1)

SPRING GROVE (8)

Track: 6 Field: 2 Relay: 1

Emily Ural, 1996 AAA 400 (57.4)
Robin Adams, 1989 AAA javelin (124-2)
Braquel Hoff, 1988 AAA 300H (44.8)
Stacy Gramm, 1988 AAA discus (123-2)
Braquel Hoff, 1987 AAA 300H (45.4)
1987 AAA 4x400 relay (4:03.3)
Braquel Hoff, 1986 AAA 300H (45.1)
Lori Miller, 1980 AAA 400 (57.68)

SUSQUEHANNA TWP. (17)

Track: 12 Field: 5 Relay: 3

Karlise Cureton, 2006 AAA 100H (14.65)
Caitlyn Green, 2005 AAA discus (125-3)
Nicole James, 2002 AAA discus (125-3)
Lauren Pringle, 2001 AAA high jump (5-4)
Kara Felty, 1996 AA 1600 (5:22.9)
1995 AA 4x100 relay (51.1)
Raquel Beverly, 1988 AA 400 (57.7)
Raquel Beverly, 1987 AA 400 (57.0)
Tracy Green, 1985 AA 200 (26.4)
Tracy Green, 1984 AA 200 (26.5)
Shellouise Grant, 1981 AA 400 (59.1)
1980 AA 4x400 relay (4:06.56)
Steve Ann Nork, 1979 AA 100H (15.08)
Shellouise Grant, 1978 AA 440 (58.36)
1977 AA 440 relay (50.55 - record)
Steve Ann Nork, 1977 AA triple jump (36-2½)
Pat Daley, 1974 high jump (5-3)

SUSQUEHANNOCK (3)

Track: 1 Field: 2 Relay: 0

Ashley Mentlik, 2002 AAA triple jump (37-3¼)
Vicki Erdman, 1988 AAA javelin (132-6)
Shelly Harris, 1986 AAA 800 (2:18.6)

SUSQUENITA (4)

Track: 1 Field: 3 Relay: 1

2006 AA 4x800 relay (9:54.92)
Steph Harrison, 2006 AA discus (137-4)
Sarah Shatto, 2000 AA pole vault (9-6)
Sarah Shatto, 1999 AA pole vault (9-9)

TRINITY (23)

Track: 14 Field: 9 Relay: 6

Shannon Quinn, 2013 AA 400 (57.00)
Shannon Quinn, 2013 AA 800 (2:14.73 - record)
2013 AA 4x400 relay (4:00.3 - record)
Madison Depner, 2013 AA pole vault (11-6 - record)
Anna Kuntz, 2012 AA 100H (15.50)
2012 AA 4x100 relay (49.73)
2012 AA 4x400 relay (4:02.03)
2012 AA 4x800 relay (9:37.99)
Madison Depner, 2012 AA pole vault (11-0)
Erin Guty, 2008 AA long jump (17-5)
Shannon Crane, 2008 AA shot (37-5¾)
Erin Guty, 2007 AA 100m (12.45)
2007 AA 4x100 relay (50.31)
Nichole Campbell, 1998 AA long jump (16-11½)
Nichole Campbell, 1998 AA triple jump (37-3¼)
1997 AA 4x800 relay (10:00.0)
Nichole Campbell, 1997 AA triple jump (36-0¾)
Monica Carnahan, 1991 AA high jump (5-4)
Danielle Sciano, 1984 AA 400 (58.5)
1984 AA 4x400 relay (4:05.5)
Leslie Nicotera, 1981 AA javelin (120-9)
Bernie Kowalczyk, 1978 AA 220 (25.98 - record)
Bernie Kowalczyk, 1977 AA 100y (11.6 - record)

TULPEHOCKEN (13)

Track: 1 Field: 12 Relay: 0

Devyn Emerich, 2008 AA high jump (5-2)
Devyn Emerich, 2007 AA high jump (5-2)
Roxanne Kopenhaver, 2001 AA discus (108-8)
Abby Noll, 2001 AA javelin (124-11)
Abby Noll, 2000 AA javelin (129-1)
Becky Eiler, 1999 AA shot (38-3½)
Kristy Shunk, 1994 AA shot (37-5½)
Miriam Lopez, 1994 AA javelin (126-3)
Jennifer Shunk, 1993 AA 800 (2:23.3)
Marian Himmelberger, 1993 AA javelin (116-5)
Beverly Burkey, 1986 AA triple jump (37-6¼)
Dawn Newman, 1980 AA high jump (5-5)
Dawn Newman, 1979 AA high jump (5-1)

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TWIN VALLEY (13)

Track: 6 Field: 7 Relay: 2

Julia Briggs, 1997 AA long jump (17-0¾)
1984 AA 4x800 relay (9:41.9)
1983 AA 4x800 relay (9:54.98)
Monica Beard, 1979 AA 100m (12.35)
Monica Beard, 1978 AA 100y (11.73)
Kim Lichty, 1978 AA 110yH (15.07 - record)
Sonya Sims, 1978 AA high jump (5-9 - record)
Sonya Sims, 1978 AA LJ (17-11 ¾ - record)
Kim Lichty, 1978 AA triple jump (35-3¼)
Kim Lichty, 1977 AA 110yH (15.2)
Sonya Sims, 1977 AA high jump (5-6)
Sonya Sims, 1977 AA long jump (16-9¾)
Sonya Sims, 1976 high jump (5-6)

UPPER DAUPHIN (3)

Track: 2 Field: 1 Relay: 0

Angie Saterstad, 2001 AAA 3200 (10:54.82)
Angie Saterstad, 2000 AAA 3200 (11:04.78)
Kira Troutman, 2000 AAA javelin (126-9)

WARWICK (10)

Track: 8 Field: 2 Relay: 5

2010 AAA 4x800 relay (9:19.56)
2009 AAA 4x800 relay (9:23.39)
2008 AAA 4x800 relay (9:30.83)
Ganne Way, 2003 AAA 800 (2:13.97)
2003 AAA 4x400 relay (4:03.38)
Ganne Way, 2002 AAA 800 (2:13.26)
2002 AAA 4x400 relay (3:56.56)
Courtney Boyack, 1999 AAA 300H (46.2)
Carol Bronczyk, 1984 AAA high jump (5-2)
Julie Welk, 1981 AAA triple jump (37-1)

WAYNESBORO (1)

Track: 1 Field: 0 Relay: 0

Bonnie Zehler, 1976 80H (11.1 - record)

WEST PERRY (7)

Track: 4 Field: 3 Relay: 0

Morgan Sheaffer, 2011 AAA 800 (2:18.36)
Morgan Sheaffer, 2011 AAA javelin (134-2)
Morgan Sheaffer, 2010 AAA 400 (56.97)
Morgan Sheaffer, 2010 AAA 800 (2:16.63)
Maryam Smith, 2009 AAA shot (38-5)
Rachel Schatz, 2003 AAA javelin (127-7)
Tawny Petrick, 1984 AA 300H (45.2)

WEST YORK (8)

Track: 8 Field: 0 Relay: 1

Angie Bowie, 1989 AA 400 (58.7)
Angie Bowie, 1987 AAA 100m (12.3)
Angie Bowie, 1987 AAA 200 (25.9)
Angie Bowie, 1987 AAA 400 (58.2)
Angie Bowie, 1986 AA 100m (12.2)
Angie Bowie, 1986 AA 200 (25.7)
Angie Bowie, 1986 AA 400 (57.4)
1982 AA 4x100 relay (51.44)

WILSON (12)

Track: 6 Field: 6 Relay: 2

Skylar Dantzler, 2013 AAA 200 (25.22)
Skylar Dantzler, 2013 AAA 400 (56.97)
Jessie Wallace, 2013 AAA discus (129-10)
Gabrielle Poore, 2009 AAA 400 (57.25)
Tory Toso, 2006 AAA pole vault (11-3)
Tracie Henne, 2000 AAA shot (38-10¾)
1997 AAA 4x400 relay (4:04.6)
1994 AAA 4x400 relay (3:59.1)
Julie Schaad, 1994 AAA discus (122-1)
Sue Gensler, 1985 AAA discus (119-1)
Bridget Heck, 1985 AAA high jump (5-3)
Andrea Sutton, 1982 AAA 3200 (11:20.03)

WYOMISSING (28)

Track: 21 Field: 7 Relay: 8

Devi Jagadesan, 2013 AA 1600 (5:12.54)
Devi Jagadesan, 2013 AA 3200 (11:15.30)
Carly Shuttlesworth, 2013 AA long jump (17-5 ½)
2010 AA 4x800 relay (9:52.97)
2005 AA 4x100 relay (50.30)
Claire Abribat, 2004 AA 300H (45.41)
2004 AA 4x400 relay (4:02.78)
Claire Abribat, 2004 AA triple jump (36-5½)
Debbie Huss, 2003 AA 800 (2:21.85)
Debbie Huss, 2003 AA 1600 (5:08.88)
Debbie Huss, 2003 AA 3200 (10:58.23)
2003 AA 4x800 relay (9:41.55)
Debbie Huss, 2002 AA 1600 (5:14.81)
Amy Huss, 2002 AA 3200 (11:10.26)
Claire Abribat, 2002 AA 300H (47.60)
2002 AA 4x800 relay (9:56.61)
Debbie Huss, 2001 AA 1600 (5:14.81)
Amy Huss, 2001 AA 3200 (11:20.44)
2001 AA 4x800 relay (9:43.33)
1996 AA 4x400 relay (4:10.6)
Melissa Moser, 1996 AA triple jump (36-2¾)
Adrian Walker, 1995 AA 400 (59.0)
Melissa Moser, 1995 AA long jump (17-2¾)
Melissa Moser, 1995 AA triple jump (37-3)
Denise Ulmer, 1990 AA 400 (58.5)
Kirsten MacDonald, 1989 AA high jump (5-4)

WYOMISSING (cont.)

1988 AA 4x400 relay (4:03.6)
Kathy Harding, 1988 AA javelin (145-2)

YORK CATHOLIC (14)

Track: 12 Field: 2 Relay: 1

Taylor Falvey, 2011 AA 3200 (11:24.43)
Meghan McGowan, 2009 AA 3200 (11:58.30)
Sarah Bright, 1998 AA 3200 (11:16.8)
Rebecca Arugunes, 1995 AA 100m (12.0)
Rebecca Arugunes, 1995 AA 200 (25.8)
Rebecca Arugunes, 1994 AA 100m (12.0)
Rebecca Arugunes, 1994 AA 200 (25.2)
Rebecca Arugunes, 1993 AA 100m (12.19)
Rebecca Arugunes, 1993 AA 200 (25.4)
Rebecca Arugunes, 1992 AA 100m (12.4)
Patty Ferrer, 1988 AA 200 (26.4)
1988 AA 4x100 relay (49.7)
Dana Boyle, 1981 AA discus (129-2)
Dana Boyle, 1980 AA discus (123-9)

YORK SUBURBAN (15)

Track: 10 Field: 5 Relay: 0

Lisa Nagorny, 2000 AA 800 (2:18.65)
Lisa Nagorny, 2000 AA 1600 (5:13.84)
Lisa Nagorny, 2000 AA 3200 (11:21.39)
Lisa Nagorny, 1999 AA 800 (2:22.2)
Lisa Nagorny, 1999 AA 1600 (5:11.7)
Lisa Nagorny, 1998 AA 800 (2:19.0)
Lisa Nagorny, 1998 AA 1600 (5:09.3)
Brooke Davis, 1996 AA 100H (15.0)
Brooke Davis, 1996 AA high jump (5-4)
Kristen Renner, 1994 AAA 300H (44.7)
Jenny Pichler, 1991 AA 300H (47.4)
Monica Heinrich, 1982 AA discus (110-8)
Yvonne Heinrich, 1980 AAA high jump (5-8)
Yvonne Heinrich, 1979 AAA high jump (5-5)
Yvonne Heinrich, 1978 AAA HJ (5-10 - record)

YORK TECH (2)

Track: 0 Field: 2 Relay: 0

Renee Arey, 2008 AAA javelin (130-2)
Eva Jansen, 2005 AAA long jump (18-1¾)

YORK – WILLIAM PENN (6)

Track: 3 Field: 3 Relay: 0

Shona Sandlin, 1998 AAA 300H (45.2)
Nichelle Dowling, 1998 AAA long jump (17-7½)
Douglenia Smallwood, 1990 AAA LJ (18-6)
Linda Nelson, 1982 AAA 100H (14.89)
Lisa Bell, 1982 AAA long jump (16-9½)
Monica Woodward, 1979 AAA 400 (57.67)

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ALL-TIME CHAMPIONS, SORTED BY SCHOOL

TOTAL INDIVIDUAL CHAMPIONSHIPS

106:	Milton Hershey
65:	Harrisburg
40:	Carlisle
35:	CD East
32:	Chambersburg
31:	McCaskey, J.P. Reading
29:	Hempfield
28:	Wyomissing
27:	Boiling Springs
26:	Camp Hill
24:	East Juniata Garden Spot Governor Mifflin
23:	Scotland
22:	Solanco Trinity
20:	Annville-Cleona Eastern York
19:	Cumberland Valley Greenwood Penn Manor
18:	Kutztown Manheim Twp. Palmyra Red Lion
17:	Donegal Schuylkill Valley Susquehanna Twp.
16:	Bermudian Springs Bishop McDevitt Lancaster Catholic
15:	York Suburban

TOTAL INDIVIDUAL CHAMPIONSHIPS

14:	Delone Catholic York Catholic
13:	Greencastle-Antrim Lampeter-Strasburg South Western Tulpehocken Twin Valley
12:	Cedar Cliff Dover Hershey Oley Valley Wilson
10:	Biglerville Dallastown Red Land Warwick
9:	Central Dauphin Ephrata Holy Name Lower Dauphin Manheim Central Mechanicsburg Middletown
8:	Central York East Pennsboro Fleetwood Northern York Spring Grove West York
7:	Cedar Crest Cocalico New Oxford Northern Lebanon West Perry
6:	Elco Muhlenberg Shippensburg William Penn (York)
5:	Hanover Littlestown Millersburg

TOTAL INDIVIDUAL CHAMPIONSHIPS

4:	Big Spring Conestoga Valley Elizabethtown Fairfield James Buchanan Lancaster Mennonite Susquenita
3:	Berks Christian Central Catholic Conrad Weiser Hamburg Lebanon Susquehannock Upper Dauphin
2:	Boyertown Columbia Daniel Boone Exeter Gettysburg Kennard-Dale York Tech
1:	Harrisburg Christian Litz Christian Waynesboro

DISTRICT 3 GIRLS TRACK AND FIELD CHAMPIONSHIPS (1974-2013)

ALL-TIME CHAMPIONS, SORTED BY SCHOOL

TOTAL TRACK EVENT CHAMPIONS

86:	Milton Hershey
55:	Harrisburg
28:	Carlisle
27:	CD East
25:	Boiling Springs
22:	Reading
21:	Wyomissing
20:	Camp Hill J.P. McCaskey Scotland
18:	Solanco
17:	Chambersburg Eastern York
16:	Kutztown
15:	Cumberland Valley Governor Mifflin Penn Manor
14:	Hempfield Manheim Twp. Trinity
12:	Bishop McDevitt Susquehanna Twp. York Catholic
11:	Lancaster Catholic Schuylkill Valley
10:	Cedar Cliff Dover York Suburban
9:	Delone Catholic Garden Spot South Western

TOTAL TRACK EVENT CHAMPIONS

8:	Annville-Cleona Holy Name Lampeter-Strasburg Lower Dauphin Warwick West York
7:	Hershey Northern Lebanon Red Lion
6:	Elco Greencastle-Antrim Oley Valley Palmyra Shippensburg Spring Grove Twin Valley Wilson
5:	Cedar Crest East Pennsboro Manheim Central Mechanicsburg
4:	Biglerville Big Spring Central York Dallastown Donegal Lancaster Mennonite Middletown Muhlenberg New Oxford West Perry
3:	Berks Christian Cocalico Conestoga Valley Ephrata Hamburg Lebanon Northern Red Land York (William Penn)

TOTAL TRACK EVENT CHAMPIONS

2:	Boyertown Central Catholic Elizabethtown Exeter Greenwood Hanover James Buchanan Upper Dauphin
1:	Bermudian Springs Central Dauphin Columbia Conrad Weiser Daniel Boone Fairfield Lititz Christian Millersburg Susquehannock Susquenita Tulpehocken Waynesboro

DISTRICT 3 GIRLS TRACK AND FIELD CHAMPIONSHIPS (1974-2013)

ALL-TIME CHAMPIONS, SORTED BY SCHOOL

TOTAL FIELD EVENT CHAMPIONS

24:	East Juniata
20:	Milton Hershey
16:	Greenwood
15:	Bermudian Springs Chambersburg Hempfield
13:	Donegal
12:	Annville-Cleona Carlisle Palmyra Tulpehocken
11:	J.P. McCaskey Red Lion
10:	Harrisburg
9:	Governor Mifflin Reading
8:	CD East Central Dauphin Fleetwood Trinity
7:	Garden Spot Greencastle-Antrim Red Land Twin Valley Wyomissing
6:	Biglerville Camp Hill Dallastown Ephrata Oley Valley Schuylkill Valley Wilson
5:	Delone Catholic Hershey Lampeter-Strasburg Lancaster Catholic Middletown Northern York Susquehanna Twp. York Suburban

TOTAL FIELD EVENT CHAMPIONS

4:	Bishop McDevitt Central York Cocalico Cumberland Valley Manheim Central Manheim Twp. Mechanicsburg Millersburg Penn Manor Solanco South Western
3:	Eastern York East Pennsboro Hanover New Oxford Scotland Susquenita West Perry York (William Penn)
2:	Boiling Springs Cedar Cliff Cedar Crest Conrad Weiser Dover Elizabethtown Fairfield Gettysburg James Buchanan Kennard-Dale Kutztown Littlestown Muhlenberg Spring Grove Susquehannock Warwick York Catholic York Tech
1:	Central Catholic Columbia Conestoga Valley Daniel Boone Holy Name Lower Dauphin Upper Dauphin

TOTAL RELAY CHAMPIONS

37: Milton Hershey

DISTRICT 3 GIRLS TRACK AND FIELD CHAMPIONSHIPS (1974-2013)

ALL-TIME CHAMPIONS, SORTED BY SCHOOL

18:	Harrisburg	Dallastown	5:	Carlisle
12:	Carlisle	Daniel Boone		McCaskey, J.P.
10:	J.P. McCaskey	Delone Catholic	3:	Hempfield
7:	Hempfield	Donegal		Trinity
	Scotland	Elco		Wyomissing
6:	Boiling Springs	Exeter	2:	Annville-Cleona
	Cumberland Valley	Greenwood		CD East
	Dover	James Buchanan		Delone Catholic
	Solanco	Kutztown		Governor Mifflin
5:	Bishop McDevit	Littlestown		Lampeter-Strasburg
	Camp Hill	Northern Lebanon		Solanco
	CD East	Northern		Twin Valley
	Manheim Twp.	Red Land		Wilson
	Penn Manor	Spring Grove	1:	Bishop McDevitt
	Warwick	Susquenita		Cedar Cliff
4:	Lancaster Catholic	West York		Chambersburg
	Manheim Central	York Catholic		Cumberland Valley
	South Western			Dallastown
	Trinity			Garden Spot
	Wyomissing			Hershey
3:	Cedar Cliff			Manheim Twp.
	Chambersburg			Reading
	Lampeter-Strasburg			Scotland
	Reading			Warwick
	Susquehanna Twp.			
2:	Annville-Cleona			
	Eastern York			
	East Pennsboro			
	Governor Mifflin			
	Oley Valley			
	Red Lion			
	Twin Valley			
	Wilson			
TOTAL RELAY CHAMPIONS		TOTAL TEAM CHAMPIONSHIPS		
1:	Biglerville	12:	Milton Hershey	
	Cedar Crest	9:	Harrisburg	