

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

FIELD CHAMPIONS

GIRLS HIGH JUMP CHAMPIONS

Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	Cyre Virgo	Fleetwood	5-7	Alex Siebecker	Annville-Cleona	5-0
2012:	Ahmenah Richardson	Milton Hershey	5-4	Morgan Herrick	Hanover	5-0
2011:	Ahmenah Richardson	Milton Hershey	5-4	Michaela Williams	Schuylkill Valley	5-2
2010:	Laure Rowlands	Dover	5-4	Alyssa Reichart	Littlestown	5-2
2009:	Angie Messner	Garden Spot	5-5	Whitney Boyer	Scotland	5-1
2008:	Erin Flick	Mechanicsburg	5-5	Devyn Emerich	Tulpehocken	5-2
2007:	Lhayana Dallas	Harrisburg	5-4	Devyn Emerich	Tulpehocken	5-2
2006:	Nicole Moore	Governor Mifflin	5-4	Carrie Gilmore	Millersburg	5-2
2005:	Jill Keefer	Palmyra	5-4	Kelsey Buffenmyer	Donegal	5-5
2004:	Amy Backel	Northern York	5-4	Rachael Bryan	Fleetwood	5-3
2003:	Libby Haas	Eastern York	5-4	Kelsey Buffenmyer	Donegal	5-4
2002:	Libby Haas	Eastern York	5-4	Jessica Uhrich	Palmyra	5-1
2001:	Lauren Pringle	Susquehanna Twp.	5-4	Beth Chinnick	Biglerville	5-4
2000:	Hyleas Fountain	CD East	5-6	Beth Chinnick	Biglerville	5-2
1999:	Hyleas Fountain	CD East	5-5	Beth Chinnick	Biglerville	5-3
1998:	Hyleas Fountain	CD East	5-8	Beth Loretz	Lancaster Catholic	5-3
1997:	Stacey Geyer	Cumberland Valley	5-4	Beth Loretz	Lancaster Catholic	5-3
1996:	Beth Loretz	Lancaster Catholic	5-5	Brooke Davis	York Suburban	5-4
1995:	Jamie Luby	South Western	5-3	Jen Brofee	Greenwood	5-3
1994:	Angie Rideout	Chambersburg	5-4	Marianne Gockley	Cocalico	5-2
1993:	Leahn Agnew	Conestoga Valley	5-5	Jill Henne	Fleetwood	5-4
1992:	Kathianne Sellers	Manheim Twp.	5-8 ³ / ₄	Becky Pitzer	Biglerville	5-2
1991:	Kathianne Sellers	Manheim Twp.	5-4	Monica Carnahan	Trinity	5-4
1990:	Erin DeTurck	Governor Mifflin	5-3	Angie Fies	Annville-Cleona	5-4
1989:	Jodi Heistand	Hempfield	5-2	Kirsten MacDonald	Wyomissing	5-4
1988:	Tessie Palmer	Carlisle	5-6	Kelli Straussner	Greencastle-Antrim	5-6
1987:	Beth Borchelt	Dallastown	5-7	Kelli Straussner	Greencastle-Antrim	5-1
1986:	Amy Conti	Lancaster Catholic	5-5	Kelli Straussner	Greencastle-Antrim	5-5
1985:	Bridget Heck	Wilson	5-3	Sandy Barnhart	Camp Hill	5-5
1984:	Carol Bronczyk	Warwick	5-2	Sandy Barnhart	Camp Hill	5-6
1983:	Lynn Henry	CD East	5-4	Kelly Myers	New Oxford	5-1
1982:	Lori Shifflett	Palmyra	5-5	Nikki Hendricks	Hershey	5-5
1981:	Lori Shifflett	Palmyra	5-6 ¹ / ₄	Kelly Myers	New Oxford	5-4
1980:	Yvonne Heinrich	York Suburban	5-8	Dawn Newman	Tulpehocken	5-5
1979:	Yvonne Heinrich	York Suburban	5-5	Dawn Newman	Tulpehocken	5-1
1978:	YVONNE HEINRICH	YORK SUBURBAN	5-10	SONYA SIMS	TWIN VALLEY	5-9
1977:	Judene Fahnestock	Ephrata	5-6	Sonya Sims	Twin Valley	5-6
1976:	Sonya Sims	Twin Valley	5-6			
1975:	Jeanne Parmer	Garden Spot	5-1			
1974:	Pat Daley	Susquehanna Twp.	5-3			

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

FIELD CHAMPIONS

GIRLS POLE VAULT CHAMPIONS

Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	Kennedy Shank	Northern York	12-0	MADISON DEPNER TRINITY		11-6
2012:	Casie Hain	Governor Mifflin	11-6	Madison Depner	Trinity	11-0
2011:	Kathleen McPhillips	Carlisle	12-1	Emily Griswold	Greenwood	10-6
2010:	Olivia Loy	Cedar Cliff	11-3	Stacey Osmolenski	Greenwood	10-9
2009:	Meghan Breski	East Pennsboro	12-0	Georgia Williams	Bermudian Springs	10-9
2008:	JOCELYN WITMER	PENN MANOR	12-3	Georgia Williams	Bermudian Springs	10-9
2007:	Jocelyn Witmer	Penn Manor	11-7	Arielle Placke	Delone Catholic	10-9
2006:	Tory Toso	Wilson	11-3	Krystal Baker	Bermudian Springs	10-6
2005:	Amy Backel	Northern York	11-0	Cody Bauman	Kutztown	9-6
2004:	Liz Brandler	East Pennsboro	10-6	Jessica Snyder	James Buchanan	9-0
2003:	Kristen Andrews	Garden Spot	11-6	Leandra Golden	Hanover	11-0
2002:	Jessyca Jackson	Central Dauphin	10-9	Leandra Golden	Hanover	10-3
2001:	Tracie Saunders	Manheim Twp.	10-6	Kayla Miller	James Buchanan	9-0
2000:	Sarah Price	South Western	9-6	Sarah Shatto	Susquenita	9-6
1999:	Sarah Price	South Western	10-0	Sarah Shatto	Susquenita	9-9

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

FIELD CHAMPIONS

GIRLS LONG JUMP CHAMPIONS

Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	MARSHAY RYAN	CHAMBERSBURG	19-3 ¾	Carly Shuttlesworth	Wyomissing	17-5 1/2
2012:	Marshay Ryan	Chambersburg	18-9 ½	Sarah Hunt	Fairfield	16-10 ¼
2011:	Rose Roesler	Carlisle	18-1 ¾	Kameko Webb	Bishop McDevitt	16-4
2010:	Ashley Corum	Carlisle	17-10	Harlee Staller	Annville-Cleona	17-11 ¾
2009:	Marissa McDonald	CD East	18-3 ¼	Mariah Robertson	Delone Catholic	17-1 ½
2008:	Marissa McDonald	CD East	18-5 ½	Erin Guty	Trinity	17-5
2007:	Marissa McDonald	CD East	17-11	Arielle Placke	Delone Catholic	16-5 ¾
2006:	Tiffany Rosewag	New Oxford	17-5	Amber Smoker	Biglerville	16-5 ¼
2005:	Eva Jansen	York Tech	18-1 ¾	Kelsey Buffenmyer	Donegal	18-1
2004:	Kristina Kline	Red Land	17-5 ¼	Nicole Ayala	Holy Name	16-10 ½
2003:	Laura Phillips	Central York	17-8	Ashley Mondie	Milton Hershey	17-1 ½
2002:	Kirsten Andrews	Garden Spot	17-4 ½	Ashley Mondie	Milton Hershey	17-1 ½
2001:	Tunisia Lacy	Chambersburg	16-9 ½	Jamie Nace	East Juniata	17-2
2000:	Jennifer Harris	Central Dauphin	17-7	Ashley Byrd	Milton Hershey	16-11 ¼
1999:	Dominique Darden	Harrisburg	17-3 ¾	Shannon Holtzinger	Bermudian Springs	16-11 ¾
1998:	Nichelle Dowling	York	17-7 ½	Nichole Campbell	Trinity	16-11 ½
1997:	Jen Thompson	Red Lion	17-1 ¼	Julia Briggs	Twin Valley	17-0 ¾
1996:	Sarah Ryan	Dallastown	18-3 ½	Brandy Snyder	Fleetwood	17-1 ¾
1995:	Jen Thompson	Red Lion	18-1 ¼	Melissa Moser	Wyomissing	17-2 ¾
1994:	Shadana Patterson	Hempfield	17-9 ¾	Karrie Shelton	Palmyra	17-7
1993:	Jen German	Dallastown	17-5 ½	Rhonda Witmer	Greenwood	17-2
1992:	Chris Robertson	Reading	17-9 ¼	Tonia Matter	Millersburg	17-2 ¾
1991:	Chris Robertson	Reading	18-3 ¼	Tonia Matter	Millersburg	17-5 ¼
1990:	Douglenia Smallwood	York	18-6	Diana Imhof	Oley Valley	16-11 ¾
1989:	Jodi Heistand	Hempfield	17-2 ¾	Paula Light	Annville-Cleona	17-4 ½
1988:	Christine Hayden	Harrisburg	18-5	Ramona Colbert	Scotland	17-4
1987:	Missy Payne	Solanco	17-6	Leslie Hummer	Annville-Cleona	17-11
1986:	Linda George	Chambersburg	17-11 ½	Leslie Hummer	Annville-Cleona	17-10 ¼
1985:	Kelly Bosserman	Dover	17-3 ½	Leslie Hummer	Annville-Cleona	17-6 ¾
1984:	Tina Kotek	Dallastown	17-7	Leslie Hummer	Annville-Cleona	16-11 ½
1983:	Kim Davis	CD East	16-9	Tina Sheetz	Fleetwood	16-4 ¼
1982:	Lisa Bell	York	16-9 ½	Beth Naylor	Hershey	17-2 ¾
1981:	Debra Mosley	Reading	18-1 ¼	Sharon Leidy	Boiling Springs	17-7
1980:	Karen Bender	Gettysburg	17-7 ¼	Sharon Leidy	Boiling Springs	17-5
1979:	Lucretia Price	Reading	17-8 ¼	Sarah Gantz	Lampeter-Strasburg	16-5 ¼
1978:	Laura Carroll	Central York	18-3 ½	SONYA SIMS	TWIN VALLEY	17-11 ¾
1977:	Laura Carroll	Central York	18-3 ¾	Sonya Sims	Twin Valley	16-9 ¾
1976:	Becky Lovett	Gettysburg	17-9 ½			
1975:	Sue Shirk	Garden Spot	18-2 ½			
1974:	Janice Guyll	Solanco	17-4 ¾			

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

FIELD CHAMPIONS

GIRLS TRIPLE JUMP CHAMPIONS

Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	MARSHAY RYAN	CHAMBERSBURG	40-9 ¾	Sarah Hunt	Fairfield	36-3 ½
2012:	Marshay Ryan	Chambersburg	39-8 ½	Kameko Webb	Bishop McDevitt	36-3
2011:	Kathleen McPhillips	Carlisle	37-7 ¾	Sarah Hunt	Fairfield	35-3 ½
2010:	Ashley Corum	Carlisle	40-0 ½	Meghan Riley	Central Catholic	36-4 ¾
2009:	Ashley Corum	Carlisle	37-7 ¼	Georgia Williams	Bermudian Springs	36-5 ¼
2008:	Ashley Corum	Carlisle	38-6	Krystal Baker	Bermudian Springs	37-1 ½
2007:	Ciara Pagan	JP McCaskey	38-0	Krystal Baker	Bermudian Springs	35-10 ½
2006:	Lindsay Bumbernick	Red Land	36-8 ¼	Krystal Baker	Bermudian Springs	36-4 ½
2005:	Kristina Kline	Red Land	36-8	Phyllis Benjamin	Milton Hershey	35-3 ½
2004:	Sotonye Imadojemu	Central Dauphin	37-5 ½	Claire Abribat	Wyomissing	36-5 ½
2003:	Shanai Alexander	Harrisburg	36-7 ½	Ashley Mondie	Milton Hershey	37-1 ½
2002:	Ashley Mentlik	Susquehannock	37-3 ¼	Ashley Mondie	Milton Hershey	36-5 ½
2001:	Tunisia Lacy	Chambersburg	36-6 ¼	Ashley Byrd	Milton Hershey	36-1 ¼
2000:	Melanie Carter	Harrisburg	39-5 ½*	Shannon Holtzinger	Bermudian Springs	36-3
1999:	Melanie Carter	Harrisburg	37-3 ¼	Becky Fitz	Greencastle-Antrim	36-5 ½
1998:	Heather Robertson	Chambersburg	35-8 ¾	Nichole Campbell	Trinity	37-3 ½
1997:	Jen Thompson	Red Lion	37-5 ¼	Nichole Campbell	Trinity	36-0 ¾
1996:	Angie Rideout	Chambersburg	36-11 ½	Melissa Moser	Wyomissing	36-2 ¾
1995:	Jen Thompson	Red Lion	39-0 ¼	Melissa Moser	Wyomissing	37-3
1994:	Jen Thompson	Red Lion	36-1 ½	RHONDA WITMER	GREENWOOD	40-3 ¾
1993:	Jennifer Ladson	JP McCaskey	37-6 ¼	Rhonda Witmer	Greenwood	37-0
1992:	Tasha Palmer	Carlisle	37-2 ¾	Rhonda Witmer	Greenwood	37-4
1991:	Amy Broadwater	Lower Dauphin	36-11 ½	Becky Pitzer	Biglerville	35-7 ¾
1990:	Jill Cypress	JP McCaskey	39-5	Jaquelin Basehore	Bermudian Springs	34-1 ½
1989:	Jodi Heistand	Hempfield	37-3 ½	Jennifer Taylor	Kennard-Dale	37-11
1988:	Tessie Palmer	Carlisle	38-2	Kim Brassfield	Milton Hershey	37-10 ½
1987:	Tessie Palmer	Carlisle	38-2 ¾	Leslie Hummer	Annville-Cleona	37-2 ½
1986:	Karen Gooch	Reading	37-10 ¾	Beverly Burkey	Tulpehocken	37-6 ¼
1985:	Karen Gooch	Reading	37-1 ¾	Leslie Hummer	Annville-Cleona	37-5 ½
1984:	Lisa Bervinchak	Penn Manor	35-8 ½	Lynn Horch	Oley Valley	36-2
1983:	Janet Thomas	Red Land	37-10	Elizabeth Gilliam	Milton Hershey	35-3 ¼
1982:	Janet Thomas	Red Land	37-5	Beth Naylor	Hershey	37-2
1981:	Julie Welk	Warwick	37-1	Diane Jones	Manheim Central	36-2 ½
1980:	Beverly Paine	Manheim Central	38-2	Eileen Truitt	East Juniata	35-8
1979:	Lucretia Price	Reading	37-5 ¾	Mandy Truitt	East Juniata	36-3 ½
1978:	Lucretia Price	Reading	38-1	Kim Lichty	Twin Valley	35-3 ¼
1977:	Laura Carroll	Central York	38-11	Steve Ann Nork	Susquehanna Twp.	36-2 ½

*NOTE: Melanie Carter's 39-5 ½ in 2000 was wind-aided.

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

FIELD CHAMPIONS

GIRLS SHOT CHAMPIONS

Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	Emily Stauffer	Cocalico	40-7 ½	Avree Wright	Annville-Cleona	37-1 ¼
2012:	Sarah Fairbanks	Elizabethtown	41-8 ½	Ivana Mikulic	Camp Hill	36-11 ½
2011:	Margo Britton	Dallastown	42-4 ¼	Aubree Ray	Middletown	40-3
2010:	Amanda Hottenstein	Fleetwood	41-1 ½	Aubree Ray	Middletown	39-8
2009:	Maryam Smith	West Perry	38-5	Rachael Kotula	Bermudian Springs	35-5 ¼
2008:	Anna Muzio	Central Dauphin	40-7 ½	Shannon Crane	Trinity	37-5 ¾
2007:	Danielle Laws	Reading	39-10 ¼	Allie Logue	Littlestown	38-1 ½
2006:	Noreen Seymore	South Western	40-2 ½	Jackquain Williams	Milton Hershey	39-6
2005:	Amy Backel	Northern York	42-3	Jackquain Williams	Milton Hershey	37-9
2004:	Briana Flagg	Harrisburg	43-3	Lisa Weeks	Donegal	37-1
2003:	Becky Eisenhauer	Cedar Crest	38-7 ¼	Crystal Griffin	Milton Hershey	38-2 ¼
2002:	Mary Magness	Central Dauphin	38-10	Jessica Kratzer	Greenwood	38-7
2001:	Katie Fisher	Muhlenberg	37-7	Alicia Thompson	Greencastle-Antrim	35-8
2000:	Tracie Henne	Wilson	38-10 ¾	Crystal Griffin	Milton Hershey	38-10 ¼
1999:	ELIESE MITCHELL	GARDEN SPOT	45-5 ½	Becky Eiler	Tulpehocken	38-3 ½
1998:	Eliese Mitchell	Garden Spot	44-7	HEATHER COLYER	EAST JUNIATA	47-10
1997:	Eliese Mitchell	Garden Spot	42-8	Heather Colyer	East Juniata	46-10 ½
1996:	Anne Mielnik	Ephrata	41-5 ½	Heather Colyer	East Juniata	42-1
1995:	Anne Mielnik	Ephrata	38-9	Heather Colyer	East Juniata	43-6
1994:	Anne Mielnik	Ephrata	38-5 ½	Kristy Shunk	Tulpehocken	37-5 ½
1993:	Rachelle Pecovsky	Chambersburg	39-1 ½	Kim Sellers	East Juniata	40-6 ¼
1992:	Adrena Carter	JP McCaskey	37-1	Kim Sellers	East Juniata	39-10 ½
1991:	Adrena Carter	JP McCaskey	38-9 ¾	Jenny Snyder	Cocalico	35-7
1990:	Nan Strawbridge	Red Lion	40-7 ½	Debbie Stump	Oley Valley	42-0 ¾
1989:	Nan Strawbridge	Red Lion	40-11 ¾	Megan Hardy	Milton Hershey	39-3 ¼
1988:	Sue Shay	Palmyra	42-1 ½	Diane Ferrari	Cocalico	42-1 ¼
1987:	Linda Butts	JP McCaskey	41-6	Wanda Ferster	East Juniata	40-9 ½
1986:	Linda Butts	JP McCaskey	41-3 ½	Sue Shay	Palmyra	37-6 ½
1985:	Kathy Krall	Hershey	38-1 ¾	Lisa Shockley	Milton Hershey	38-11 ¾
1984:	Veronica Carter	Governor Mifflin	38-2	Lisa Shockley	Milton Hershey	38-11 ¾
1983:	Lisa Batcheler	Cumberland Valley	38-7	Bess Simmons	Lampeter-Strasburg	38-6
1982:	Lisa Batcheler	Cumberland Valley	38-0 ½	Jody Shuler	East Pennsboro	36-10
1981:	Niecy Houston	JP McCaskey	41-3	Dawn Williams	Milton Hershey	36-5 ½
1980:	Marilyn Senz	Hempfield	43-10	Cassandra Jackson	Scotland	36-1 ½
1979:	Marilyn Senz	Hempfield	42-5	Sharon Schultz	Schuylkill Valley	37-9
1978:	Sandee Thompkins	Red Land	42-2 ¼	Jerriann Howe	Oley Valley	39-11
1977:	Sandee Thompkins	Red Land	41-8 ¼	Jerriann Howe	Oley Valley	39-1
1976:	Priscilla Chamberlain	Mechanicsburg	40-1			
1975:	Kerry Keipers	Garden Spot	40-1			
1974:	Kerry Keipers	Garden Spot	38-10 ¼			

NOTE: Marilyn Senz's throw of 42-5 in 1979 was with the eight-pound shot and is considered a retired District 3 record. Eliese Mitchell's 1999 throw of 45-5 ½ stands as the current 8-pound 6-ounce record. Likewise, Jerriann Howe's throw of 39-11 in 1978 is a retired eight-pound Class AA record. Heather Colyer's 47-10 in 1998 stands as the current 8-pound 6-ounce record.

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

FIELD CHAMPIONS

GIRLS DISCUS CHAMPIONS

Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	Jessie Wallace	Wilson	129-10	Emily Fisher	Greenwood	1222-10
2012:	Sarah Fairbanks	Elizabethtown	128-2	Brianna Davis	Bishop McDevitt	111-7
2011:	Hope Rogers	Chambersburg	123-8	Aubree Ray	Middletown	139-3
2010:	Katrina Wright	Greencastle-Antrim	129-9	Aubree Ray	Middletown	128-2
2009:	Kate Defenelmont	Garden Spot	131-0	Aubree Ray	Middletown	131-7
2008:	Jenna Witmer	Lampeter-Strasburg	133-7	Nikki Lykens	Schuylkill Valley	116-11
2007:	Alyssa Girvin	Penn Manor	136-1	Nikki Lykens	Schuylkill Valley	111-0
2006:	Jenna Witmer	Lampeter-Strasburg	132-2	Steph Harrison	Susquenita	137-4
2005:	Caitlyn Green	Susquehanna Twp.	125-3	Jessica Kratzer	Greenwood	125-3
2004:	Jessica Porter	Hempfield	128-11	Jessica Kratzer	Greenwood	136-8
2003:	Angie Hummer	Garden Spot	113-0	Nana Forson	Milton Hershey	110-8
2002:	Nicole James	Susquehanna Twp.	125-3	Jessica Kratzer	Greenwood	119-5
2001:	Alison Maurer	Northern York	121-7	Roxanne Kopenhaver	Tulpehocken	108-8
2000:	Jamie Beam	JP McCaskey	128-2	Jody Kratzer	Greenwood	120-1
1999:	ELIESE MITCHELL	GARDEN SPOT	156-11	Jody Kratzer	Greenwood	130-2
1998:	Jenn Williams	Hershey	136-2	HEATHER COLYER	EAST JUNIATA	158-6
1997:	Eliese Mitchell	Garden Spot	136-10	Heather Colyer	East Juniata	158-0
1996:	Anne Mielnik	Ephrata	134-0	Heather Colyer	East Juniata	151-0
1995:	Anne Mielnik	Ephrata	127-7	Heather Colyer	East Juniata	139-8
1994:	Julie Schaad	Wilson	122-1	Michele Gilchrist	Camp Hill	126-4
1993:	An'Dionne Smith	Hempfield	114-10	Kim Sellers	East Juniata	127-9
1992:	Adrena Carter	JP McCaskey	116-6	Kim Sellers	East Juniata	125-6
1991:	Heather Boyd	Lancaster Catholic	118-6	Beth Conrad	East Juniata	119-7
1990:	Nan Strawbridge	Red Lion	127-5	Emily Grossnickle	Eastern York	137-4
1989:	Nan Strawbridge	Red Lion	131-3	Debbie Stump	Oley Valley	130-10
1988:	Stacy Gramm	Spring Grove	123-2	Wanda Ferster	East Juniata	152-8
1987:	Amy McLaughlin	Palmyra	123-3	Wanda Ferster	East Juniata	125-3
1986:	Penny Erisman	Red Lion	118-7	Wanda Ferster	East Juniata	119-9
1985:	Sue Gensler	Wilson	119-1	Lisa Shockley	Milton Hershey	123-3
1984:	Jenny Ziegelmeier	Cumberland Valley	116-3	Amy Westerman	Donegal	128-3
1983:	Janet Quigley	Manheim Twp.	116-4	Amy Westerman	Donegal	119-10
1982:	Ann Everson	Muhlenberg	123-6	Monica Heinrich	York Suburban	110-8
1981:	Niecy Houston	JP McCaskey	133-10	Dana Boyle	York Catholic	129-2
1980:	Marilyn Senz	Hempfield	130-10	Dana Boyle	York Catholic	123-9
1979:	Marilyn Senz	Hempfield	124-5	Catherine Heistand	Kennard-Dale	115-3
1978:	Cheryl Yohn	Manheim Central	113-1	Andrea Borst	Kutztown	104-0
1977:	Pat Nauman	Manheim Central	118-0	Mary Hoover	Lampeter-Strasburg	105-3
1976:	Linda Millman	Central Dauphin	121-2			
1975:	Lauren Keefer	Governor Mifflin	113-6			
1974:	Lauren Keefer	Governor Mifflin	116-0 ¼			

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

FIELD CHAMPIONS

GIRLS JAVELIN CHAMPIONS

Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	Steph Sievers	Daniel Boone	131-3	ANNA BAILEY	BISHOP McDEVITT	137-5
2012:	Chrissy Rickert	Hempfield	128-4	Arianna Brown	Camp Hill	117-1
2011:	Morgan Sheaffer	West Perry	134-2	Stormie Hibshman	Delone Catholic	129-4
2010:	Brittany George	Mechanicsburg	134-6	Rachael Kotula	Bermudian Springs	132-2
2009:	Nechole Hill-Perry	Harrisburg	133-8	Rachael Kotula	Bermudian Springs	126-1
2008:	Renee Arey	York Tech	130-2	Alli Pucul	Schuylkill Valley	123-10
2007:	Kacey James	Carlisle	138-2	Jordan Barkus	Millersburg	127-8
2006:	LORRAINE HILL	CHAMBERSBURG	140-6	Alli Pucul	Schuylkill Valley	121-1
2005:	Meghan Briggs	Palmyra	140-0	Jessica Kratzer	Greenwood	126-5
2004:	Meghan Briggs	Palmyra	136-8	Abby Smith	Columbia	130-4
2003:	Rachel Schatz	West Perry	127-7	Jessica Kratzer	Greenwood	117-3
2002:	Davita Johnson	Conrad Weiser	129-11	Jessica Kratzer	Greenwood	124-5
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2001:	Alyssa Kilgore	Cedar Crest	131-7	Abby Noll	Tulpehocken	124-11
2000:	Kira Troutman	Upper Dauphin	126-9	Abby Noll	Tulpehocken	129-1
1999:	BRIANNE JOHNSON	HARRISBURG	161-5	Kylene Helman	Greencastle-Antrim	135-9
1998:	Brianne Johnson	Harrisburg	145-10	Sarah Gates	Delone Catholic	133-4
1997:	Marvarine Campbell	Chambersburg	135-3	Bobbie Conrad	East Juniata	123-1
1996:	Kim Murray	Solanco	126-2	Brooke Paxton	Bermudian Springs	128-8
1995:	Marvarine Campbell	Chambersburg	123-9	Brooke Paxton	Bermudian Springs	137-8
1994:	Karie Mitchell	Solanco	137-7	Miriam Lopez	Tulpehocken	116-5
1993:	Jen German	Dallastown	137-6	Marian Himmelberger	Tulpehocken	116-5
1992:	Theresa Rhoads	Palmyra	118-3	Steph Derr	Donegal	128-4
1991:	Heather Reifsnnyder	Palmyra	132-3	Steph Derr	Donegal	133-0
1990:	Nan Strawbridge	Red Lion	126-2	Beth Conrad	East Juniata	127-9
1989:	Robin Adams	Spring Grove	124-2	Beth Conrad	East Juniata	130-10
1988:	Vicki Erdman	Susquehannock	132-6	Kathy Harding	Wyomissing	145-2
1987:	Krista Kunkle	Garden Spot	124-1	Wanda Ferster	East Juniata	141-0
1986:	Amy Carabello	Governor Mifflin	127-10	Susan Weidner	Fleetwood	136-7
1985:	Sara May	Hempfield	119-4	Susan Weidner	Fleetwood	125-8
1984:	Kim Minnix	Cedar Cliff	129-1	Amy Westerman	Donegal	141-9
1983:	Allison Cassey	Mechanicsburg	127-2	AMY WESTERMAN	DONEGAL	148-4
1982:	Pat Millman	Central Dauphin	146-7	Amy Westerman	Donegal	127-11
1981:	Natalie Carabello	Governor Mifflin	121-4	Leslie Nicotera	Trinity	120-9
1980:	Marilyn Senz	Hempfield	150-0	Betty Lou Bischoff	Camp Hill	123-2
1979:	Laurie Reinoehl	Governor Mifflin	117-8	Amy Steiner	Annville-Cleona	124-1
1978:	Marilyn Senz	Hempfield	143-5	Pamela Kolp	Donegal	128-10
1977:	Carol Miller	Hempfield	127-1	Pamela Kolp	Donegal	116-1
1976:	Linda Millman	Central Dauphin	127-4			
1975:	Result missing					

NOTE NO. 1: Girls' javelin was introduced in 1975.

NOTE NO. 2: The weight placement of the javelin was altered in 2002 by national rule. The National Federation of High Schools recognized throws using the newly weighted javelin as record throws. Thus Brianne Johnson's Class AAA throw of 161-5 in 1999 and Amy Westerman's Class AA throw of 148-4 in 1983 stand as retired records under the previous weighting standard. The total weight of the javelin was not changed by the new weighting standard.