

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

METRIC - LINEAR CHAMPIONS

GIRLS 100-METER DASH CHAMPIONS Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	Lynne Mooradian	South Western	12.50	Rachel Pitman	Bishop McDevitt	12.98
2012:	Deme'shia Davis	CD East	12.03	Lindsey Kreider	Lancaster Mennonite	12.69
2011:	Jessica Whitmore	Chambersburg	12.23	Rachel Jordan	Lititz Christian	12.94
2010:	Jessica Whitmore	Chambersburg	12.38	Sierra Moore	Delone Catholic	13.06
2009:	Marissa McDonald	CD East	12.63	Joy Santos	Berks Christian	12.98
2008:	Anyssa Barbour	Chambersburg	12.41	Brittne Perkins	Milton Hershey	12.75
2007:	Anyssa Barbour	Chambersburg	12.16	Erin Guty	Trinity	12.45
2006:	Anyssa Barbour	Chambersburg	12.12	Mary Dell	Boiling Springs	12.49
2005:	Catie Hare	South Western	12.26	Devan Coon	Schuylkill Valley	12.18
2004:	Ashley Hodge	Carlisle	12.23	Mary Dell	Boiling Springs	12.69
2003:	Catie Hare	South Western	12.47	Kandance Ferguson	Milton Hershey	12.55
2002:	Lauren Mable	Conestoga Valley	12.25	Judith Agyepong	Milton Hershey	12.50
2001:	Sara Shoaff	Central Dauphin	12.29	Judith Agyepong	Milton Hershey	12.80
2000:	Hyleas Fountain	CD East	12.02	Korto Dunbar	Milton Hershey	12.53
1999:	Hyleas Fountain	CD East	12.0	Sheri Calhoun	Kutztown	12.2
1998:	Hyleas Fountain	CD East	12.0	Sheri Calhoun	Kutztown	12.1
1997:	Leslie Miller	Harrisburg	12.5	Sheri Calhoun	Kutztown	12.9
1996:	Laurena White	Governor Mifflin	12.3	Sheri Calhoun	Kutztown	12.6
1995:	LAURENA WHITE	GOVERNOR MIFFLIN	11.7	Rebecca Arugunes	York Catholic	12.1
1994:	Janet Beasley	Red Land	12.4	Rebecca Arugunes	York Catholic	12.0
1993:	Tammi Stewart	Hempfield	12.2	Rebecca Arugunes	York Catholic	12.19
1992:	Chris Robertson	Reading	11.7*	Rebecca Arugunes	York Catholic	12.4
1991:	CHRIS ROBERTSON	READING	11.7	Jennifer Sloane	Milton Hershey	12.5
1990:	Chris Robertson	Reading	12.2	Alisa Freeman	Milton Hershey	13.2
1989:	Chris Robertson	Reading	12.5	Phillipa Ashby	Milton Hershey	12.6
1988:	Roxanne Morton	JP McCaskey	12.1	Keisha Goode	Scotland	12.6
1987:	Angie Bowie	West York	12.3	Leslie Hummer	Annville-Cleona	12.2
1986:	Julie Holland	Governor Mifflin	12.2	Angie Bowie	West York	12.2
1985:	Liz Giering	Manheim Twp.	12.0	LESLIE HUMMER	ANNVILLE-CLEONA	11.9
1984:	Liz Giering	Manheim Twp.	12.4	Danella Washington	Scotland	12.5
1983:	Liz Giering	Manheim Twp.	12.34	Lynn Horch	Oley Valley	12.60
1982:	Rose Gilmore	Reading	12.06	Betsey Marley	Donegal	12.50
1981:	Rose Gilmore	Reading	12.04	Carol High	Lampeter-Strasburg	12.25
1980:	Rose Gilmore	Reading	12.31	Enita Everett	Scotland	12.64
1979:	Sheila Mellinger	Ephrata	11.95	Monica Beard	Twin Valley	12.35

*Note: Robertson's 11.7 in 1992 was wind-aided

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

METRIC - LINEAR CHAMPIONS

GIRLS 200-METER DASH CHAMPIONS Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	Skylar Dantzler	Wilson	25.22	Rachel Pitman	Bishop McDevitt	26.27
2012:	DEME'SHIA DAVIS	CD EAST	24.26	Lindsey Kreider	Lancaster Mennonite	26.09
2011:	Deme'shia Davis	CD East	24.79	Yaneshia Gaston	Bishop McDevitt	25.61
2010:	Jessica Whitmore	Chambersburg	25.38	Yaneshia Gaston	Bishop McDevitt	26.39
2009:	Angela Rothmiller	Hempfield	25.91	Joy Santos	Berks Christian	26.35
2008:	Anyssa Barbour	Chambersburg	25.60	Devan Coon	Schuylkill Valley	25.52
2007:	Tiera Smith	Harrisburg	25.23	Devan Coon	Schuylkill Valley	24.71*
2006:	Aaliyah Saunders	CD East	25.69	MARY DELL	BOILING SPRINGS	25.11
2005:	Tiera Smith	CD East	25.19	Abigail Johnson	Milton Hershey	25.03*
2004:	Ashley Hodge	Carlisle	25.60	Mary Dell	Boiling Springs	25.94
2003:	Jessica Forrest	Reading	25.60	Kandance Ferguson	Milton Hershey	25.12
2002:	Dominique Darden	Harrisburg	24.44	Kandance Ferguson	Milton Hershey	25.39
2001:	Dominique Darden	Harrisburg	24.84	Judith Agyepong	Milton Hershey	26.38
2000:	Hyleas Fountain	CD East	24.42	Liz Staus	Schuylkill Valley	26.06
1999:	Hyleas Fountain	CD East	24.67	Sheri Calhoun	Kutztown	25.3
1998:	Tamika Scott	Harrisburg	24.4*	Sheri Calhoun	Kutztown	25.3
1997:	Tamika Scott	Harrisburg	26.0	Sheri Calhoun	Kutztown	25.9
1996:	Laurena White	Governor Mifflin	25.4	Sheri Calhoun	Kutztown	25.7
1995:	Laurena White	Governor Mifflin	25.4	Rebecca Arugunes	York Catholic	25.8
1994:	Janet Beasley	Red Land	25.2	Rebecca Arugunes	York Catholic	25.2
1993:	Jennifer Ladson	JP McCaskey	24.7	Rebecca Arugunes	York Catholic	25.4
1992:	Rhasheda Bailey	JP McCaskey	24.7	Jennifer Sloane	Milton Hershey	26.1
1991:	Chris Robertson	Reading	24.4*	Celeta Carter	Milton Hershey	25.2
1990:	Chris Robertson	Reading	25.2	Celeta Carter	Milton Hershey	26.1
1989:	Roxanne Morton	JP McCaskey	25.8	Phillipa Ashby	Milton Hershey	25.7
1988:	Roxanne Morton	JP McCaskey	25.3	Patty Ferrer	York Catholic	26.4
1987:	Angie Bowie	West York	25.9	Phillipa Ashby	Milton Hershey	25.7
1986:	Stefanie Caradine	Carlisle	25.3	Angie Bowie	West York	25.7
1985:	Liz Giering	Manheim Twp.	25.6	Tracy Green	Susquehanna Twp	26.4
1984:	Liz Giering	Manheim Twp.	25.5	Tracy Green	Susquehanna Twp	26.5
1983:	Karen Johnson	Carlisle	25.91	Sue Wolfe	Annaville-Cleona	26.31
1982:	Liz Giering	Manheim Twp.	25.21	Wendy Lower	Biglerville	26.25
1981:	Rose Gilmore	Reading	25.71	Carol High	Lampeter-Strasburg	26.73
1980:	Rose Gilmore	Reading	25.53	Enita Everett	Scotland	26.39
1979:	Vivian Murray	Solanco	25.05	Ramona Lattany	Scotland	25.85

*Note: Robertson's 24.4 in 1991 Scott's 24.4. in 1998 Fountain's 24.42 in 2000 Johnson's 25.03 in 2005 and Coon's 24.71 in 2007 were wind-aided

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

METRIC - LINEAR CHAMPIONS

GIRLS 400-METER RUN CHAMPIONS

Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	Skylar Dantzler	Wilson	56.97	Shannon Quinn	Trinity	57.00
2012:	Megan Lundy	Central York	55.64	Nicole Leonzo	Harrisburg Christian	58.59
2011:	Morgan Sheaffer	West Perry	56.92	Yaneshia Gaston	Bishop McDevitt	57.79
2010:	Morgan Sheaffer	West Perry	56.97	Yaneshia Gaston	Bishop McDevitt	58.99
2009:	Gabrielle Poore	Wilson	57.25	Joy Santos	Berks Christian	59.01
2008:	Alysha Cook	Harrisburg	56.94	Devan Coon	Schuylkill Valley	57.13
2007:	Tiera Smith	Harrisburg	57.29	Devan Coon	Schuylkill Valley	56.54
2006:	Alysha Cook	Harrisburg	57.33	Abigail Johnson	Milton Hershey	56.35
2005:	Tiera Smith	CD East	57.71	Abigail Johnson	Milton Hershey	56.84
2004:	Ashley Hodge	Carlisle	55.40	Rachael Moxley	Littlestown	57.97
2003:	Jessica Forrest	Reading	57.59	Maggie Borden	Delone Catholic	57.56
2002:	Dominique Darden	Harrisburg	56.48	Maggie Borden	Delone Catholic	57.38
2001:	DOMINIQUE DARDEN HARRISBURG		55.38	Maggie Borden	Delone Catholic	58.77
2000:	Dominique Darden	Harrisburg	56.02	Liz Staus	Schuylkill Valley	59.90
1999:	Dominique Darden	Harrisburg	56.1	SHERI CALHOUN KUTZTOWN		55.1 (55.39)
1998:	Tamika Scott	Harrisburg	56.1	Sheri Calhoun	Kutztown	56.8
1997:	Leslie Miller	Harrisburg	57.5	Sheri Calhoun	Kutztown	57.2
1996:	Emily Ural	Spring Grove	57.4	Emily Pitzer	Biglerville	1:00.0
1995:	Lori Houck	Solanco	59.3	Adrian Walker	Wyomissing	59.0
1994:	Nzinga Poteat	Harrisburg	55.4	Aishia Stroop	Milton Hershey	58.0
1993:	Jennifer Ladson	JP McCaskey	56.55	Aishia Stroop	Milton Hershey	58.48
1992:	Becki Davis	Chambersburg	59.4	Aishia Stroop	Milton Hershey	59.7
1991:	Tammi Stewart	Hempfield	57.2	Shelle Roush	East Pennsboro	1:00.3
1990:	Kim Schlemmer	Penn Manor	57.9	Denise Ulmer	Wyomissing	58.5
1989:	Kim Schlemmer	Penn Manor	57.7	Angie Bowie	West York	58.7
1988:	Kim Schlemmer	Penn Manor	58.5	Raquel Beverly	Susquehanna Twp.	57.7
1987:	Angie Bowie	West York	58.2	Raquel Beverly	Susquehanna Twp.	57.0
1986:	Stefanie Caradine	Carlisle	57.7	Angie Bowie	West York	57.4
1985:	Liz Giering	Manheim Twp.	57.7	Jenny Maclary	Palmyra	58.5
1984:	Elisa Strickler	Red Lion	58.7	Danielle Sciano	Trinity	58.5
1983:	Clara Roy	Middletown	57.49	Patti Kelber	Conrad Weiser	58.91
1982:	Lisa Kennedy	Harrisburg	58.14	Patti Kelber	Conrad Weiser	58.96
1981:	Karen Cotton	JP McCaskey	57.96	Shellouise Grant	Susquehanna Twp.	59.1
1980:	Lori Miller	Spring Grove	57.68	Michelle Holton	Middletown	58.21
1979:	Monica Woodward	York	57.67	Ramona Lattany	Scotland	57.48

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

METRIC - LINEAR CHAMPIONS

GIRLS 800-METER RUN CHAMPIONS

Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	LIBBY NOLAN	HERSHEY	2:12.52	SHANNON QUINN TRINITY		2:14.73
2012:	Greta Lindsley	Penn Manor	2:15.78	Lillie Brown	Boiling Springs	2:17.15
2011:	Morgan Sheaffer	West Perry	2:18.36	Lillie Brown	Boiling Springs	2:17.09
2010:	Morgan Sheaffer	West Perry	2:16.63	Rachel Casciano	Holy Name	2:23.71
2009:	Korinne Piper	Hempfield	2:16.53	Kellie Dowling	Boiling Springs	2:23.42
2008:	Wendy Hutchinson	Dover	2:15.61	Kara Millhouse	Boiling Springs	2:20.99
2007:	Abby Huber	Cumberland Valley	2:14.52	Anna-Christine Scull	Milton Hershey	2:18.02
2006:	Rachel Wong	Northern York	2:17.50	Anna-Christine Scull	Milton Hershey	2:17.73
2005:	Amanda Raudabaugh	Big Spring	2:15.88	Kelly McElroy	Holy Name	2:18.50
2004:	Jen Gray	Cumberland Valley	2:15.95	Kelly McElroy	Holy Name	2:20.89
2003:	Ganne Way	Warwick	2:13.97	Debbie Huss	Wyomissing	2:21.85
2002:	Ganne Way	Warwick	2:13.26	Catherine Lewis	James Buchanan	2:21.89
2001:	Ruth Loyer	Red Lion	2:16.27	Renee Kaylor	Hanover	2:18.88
2000:	Ruth Loyer	Red Lion	2:15.33	Lisa Nagorny	York Suburban	2:18.65
1999:	Ruth Chege	Governor Mifflin	2:16.9	Lisa Nagorny	York Suburban	2:22.2
1998:	Jessica Lentz	Lebanon	2:17.0	Lisa Nagorny	York Suburban	2:19.0
1997:	Jessica Lentz	Lebanon	2:18.7	Stacy Stoner	Northern Lebanon	2:25.38
1996:	Jessica Lentz	Lebanon	2:18.1	Erin Bushey	Biglerville	2:24.8
1995:	Jessica Totaro	Hershey	2:17.7	Stacy Stoner	Northern Lebanon	2:24.6
1994:	Heather Moul	Red Lion	2:15.2	Erin McNeil	Central Catholic	2:23.6
1993:	Jennifer Mitchell	Carlisle	2:16.8	Jennifer Shunk	Tulpehocken	2:23.3
1992:	Joan Ginder	Manheim Central	2:20.5	Michele Palmertree	Oley Valley	2:21.1
1991:	Jen Schreckengaust	Cumberland Valley	2:20.1	Jeannine Rabuck	Elco	2:23.0
1990:	Lisa Davis	Carlisle	2:18.8	Amy Kopf	Lampeter-Strasburg	2:18.7
1989:	Lisa Davis	Carlisle	2:17.3	Amy Kopf	Lampeter-Strasburg	2:20.0
1988:	Lotte Eschen	Cumberland Valley	2:18.7	Laura O'Donnell	Lancaster Catholic	2:18.5
1987:	Beth Brown	JP McCaskey	2:22.2	Jennie Abolins	Camp Hill	2:17.3
1986:	Shelly Harris	Susquehannock	2:18.6	Jennie Abolins	Camp Hill	2:23.4
1985:	Alison Smith	Carlisle	2:19.5	Jennie Abolins	Camp Hill	2:22.7
1984:	Alison Smith	Carlisle	2:16.6	Gena Korell	Greencastle-Antrim	2:17.0
1983:	Michelle Mattson	Lower Dauphin	2:17.7	Melissa Jacoby	Northern York	2:25.0
1982:	Molly Jones	Dover	2:18.0	Connie Snyder	Big Spring	2:20.64
1981:	Lois Brommer	Mechanicsburg	2:17.84	Molly Jones	Dover	2:20.54
1980:	Joann Zierdt	Carlisle	2:16.84	Sally Johnson	Camp Hill	2:20.61
1979:	Judy Cassel	Lower Dauphin	2:17.53	Theresa Kauffman	East Pennsboro	2:18.20

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

METRIC - LINEAR CHAMPIONS

GIRLS 1600-METER RUN CHAMPIONS

Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	Greta Lindsley	Penn Manor	4:56.41	Devi Jagadesan	Wyomissing	5:12.54
2012:	Greta Lindsley	Penn Manor	4:57.14	Meredith Speakman	Boiling Springs	5:04.67
2011:	Reynah Spence	Shippensburg	5:02.64	Karlie Heistand	Hamburg	5:16.96
2010:	Kayleigh Perry	Elco	5:03.76	Rachel Casciano	Holy Name	5:21.67
2009:	Jordan Jenkins	New Oxford	5:02.33	Emily Miller	Kutztown	5:26.74
2008:	NEELY SPENCE	SHIPPENSBURG	4:50.23	Kara Millhouse	Boiling Springs	5:10.26
2007:	Neely Spence	Shippensburg	4:57.38	Lindsey Shertzer	Lancaster Mennonite	5:08.18
2006:	Lindsey Shertzer	Lancaster Mennonite	5:04.57	Kara Millhouse	Boiling Springs	5:07.62
2005:	Sarah Morrison	Chambersburg	5:05.60	Katie Shelley	Columbia	5:08.97
2004:	Adriene Beltz	Hamburg	5:01.13	Laura Mohler	Kutztown	5:09.50
2003:	Nicole Erby	Cumberland Valley	5:06.16	Debbie Huss	Wyomissing	5:08.88
2002:	Nikki Stover	Governor Mifflin	5:08.84	Debbie Huss	Wyomissing	5:09.35
2001:	Ruth Loyer	Red Lion	5:03.11	Debbie Huss	Wyomissing	5:14.81
2000:	Beth Armstrong	Chambersburg	5:07.89	Lisa Nagorny	York Suburban	5:13.84
1999:	Ruth Chege	Governor Mifflin	5:11.2	Lisa Nagorny	York Suburban	5:11.7
1998:	Ruth Chege	Governor Mifflin	5:10.5	Lisa Nagorny	York Suburban	5:09.3
1997:	Leah Peiffer	Solanco	5:20.0	Stacy Stoner	Northern Lebanon	5:20.1
1996:	Leah Peiffer	Solanco	5:11.3	Kara Felty	Susquehanna Twp.	5:22.9
1995:	Jessica Totaro	Hershey	5:13.0	Stacy Stoner	Northern Lebanon	5:21.0
1994:	Julie Sweitzer	Dallastown	5:10.2	Amy Debor	Milton Hershey	5:12.4
1993:	Jennifer Mitchell	Carlisle	5:01.9	Amy Debor	Milton Hershey	5:17.90
1992:	Jen Lefever	Solanco	5:12.6	Amy Debor	Milton Hershey	5:12.9
1991:	Brenda Pennell	Solanco	5:13.3	Michele Palmertree	Oley Valley	5:13.7
1990:	Lori Land	Manheim Twp.	5:13.8	Tracy Sollenberger	Eastern York	5:14.7
1989:	Laura O'Donnell	Lancaster Catholic	5:18.6	Tracy Sollenberger	Eastern York	5:16.0
1988:	Vicki Stum	Cedar Cliff	5:08.0	Tracy Sollenberger	Eastern York	5:13.6
1987:	Wendy Nelson	Cedar Crest	5:02.3	Carena Winters	Eastern York	5:11.6
1986:	Wendy Nelson	Cedar Crest	4:59.2	Tracey Bowers	Greencastle-Antrim	5:10.6
1985:	Christine O'Donnell	Lancaster Catholic	5:12.7	Tracey Bowers	Greencastle-Antrim	5:12.0
1984:	Michelle Matson	Lower Dauphin	5:09.0	Tracey Bowers	Greencastle-Antrim	5:07.9
1983:	Melissa Stewart	Middletown	4:57.3	Kim Deppen	Camp Hill	5:14.2
1982:	Michelle Mattson	Lower Dauphin	5:10.50	Kim Deppen	Camp Hill	5:15.96
1981:	Lois Brommer	Mechanicsburg	4:53.98	Beth Gainer	Donegal	5:14.75
1980:	Lois Brommer	Mechanicsburg	5:02.98	DONNA McLAIN	EASTERN YORK	5:00.31
1979:	Cindy Fabian	Muhlenberg	5:08.39	Donna McLain	Eastern York	5:01.61

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

METRIC - LINEAR CHAMPIONS

GIRLS 3200-METER RUN CHAMPIONS

Record holder in bold italic letters and CAPS

Year:	Class AAA		Time	Class AA		Time
2013:	Mady Clahane	Cumberland Valley	10:55.87	Devi Jagadesan	Wyomissing	11:15.30
2012:	Jenna Flickinger	Lower Dauphin	11:05.75	Meredith Speakman	Boiling Springs	11:01.57
2011:	Leigha Anderson	Cumberland Valley	10:59.84	Taylor Falvey	York Catholic	11:24.43
2010:	Kayleigh Perry	Elco	10:54.84	Rachel Casciano	Holy Name	11:36.69
2009:	Jordan Jenkins	New Oxford	10:47.23	Meghan McGowan	York Catholic	11:58.30
2008:	Neely Spence	Shippensburg	10:46.58	Kara Millhouse	Boiling Springs	11:13.85
2007:	Lara Crofford	Big Spring	10:31.44	KARA MILLHOUSE BOILING SPRINGS	10:39.92	
2006:	Lara Crofford	Big Spring	10:49.94	Kara Millhouse	Boiling Springs	11:13.13
2005:	Kassie Meholick	Cedar Cliff	11:05.79	Kara Millhouse	Boiling Springs	11:11.22
2004:	Adriene Beltz	Hamburg	10:52.18	Laura Mohler	Kutztown	11:21.22
2003:	Angie Saterstad	Hershey	10:43.72	Debbie Huss	Wyomissing	10:58.23
2002:	Angie Saterstad	Hershey	10:56.22	Amy Huss	Wyomissing	11:10.26
2001:	Angie Saterstad	Upper Dauphin	10:54.82	Amy Huss	Wyomissing	11:20.49
2000:	Angie Saterstad	Upper Dauphin	11:04.78	Lisa Nagorny	York Suburban	11:21.39
1999:	Christine Bare	Cedar Cliff	11:20.3	Caitlin Deeble	Central Catholic	11:35.2
1998:	Erin Peiffer	Solanco	11:21.1	Sarah Bright	York Catholic	11:16.8
1997:	Leah Peiffer	Solanco	11:19.6	Stacy Stoner	Northern Lebanon	11:22.4
1996:	Leah Peiffer	Solanco	11:10.4	Courtney Ebersole	Annville-Cleona	11:10.6
1995:	Christy Hartman	Cedar Cliff	11:23.8	Stacy Stoner	Northern Lebanon	10:59.2
1994:	Christy Hartman	Cedar Cliff	11:28.7	Amy Debor	Milton Hershey	11:25.5
1993:	Kristie Moser	Boyertown	10:50.4	Amy Debor	Milton Hershey	11:27.4
1992:	Kristie Moser	Boyertown	11:21.20	Amy Debor	Milton Hershey	11:21.6
1991:	Chris Quimby	Lower Dauphin	11:12.01	Amy Debor	Milton Hershey	11:21.6
1990:	Chris Quimby	Lower Dauphin	11:18.7	Vicki Boyer	Cocalico	11:36.2
1989:	Monica Leffler	Governor Mifflin	11:33.42	Vicki Boyer	Cocalico	11:55.32
1988:	Vicki Stum	Cedar Cliff	11:21.6	Vicki Boyer	Cocalico	11:35.1
1987:	Wendy Nelson	Cedar Crest	11:10.4	Carena Winters	Eastern York	11:29.2
1986:	Wendy Nelson	Cedar Crest	11:16.5	Tracey Bowers	Greencastle-Antrim	11:34.2
1985:	Christine O'Donnell	Lancaster Catholic	11:21.7	Joanne Troischt	Milton Hershey	11:25.3
1984:	Christine O'Donnell	Lancaster Catholic	11:17.3	Tracy Bowers	Greencastle-Antrim	11:05.4
1983:	Melissa Stewart	Middletown	10:56.95	Kim Deppen	Camp Hill	11:15.25
1982:	Andrea Sutton	Wilson	11:20.03	Kim Deppen	Camp Hill	11:14.10
1981:	LOIS BROMMER	MECHANICSBURG	10:22.33	Beth Gainer	Donegal	11:35.45
1980:	Kathy Warlow	Palmyra	10:58.55	Donna McLain	Eastern York	10:59.00
1979:	Cyndi Fabian	Muhlenberg	10:52.36	Donna McLain	Eastern York	11:00.73

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

METRIC - LINEAR CHAMPIONS

GIRLS 100-METER HURDLES CHAMPIONS Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	Sierra Brabham-Lawrence	Harrisburg	15.00	Elana Keller	Bermudian Springs	16.35
2012:	Kirsten Bass	Conestoga Valley	14.72	Anna Kuntz	Trinity	15.05
2011:	Audrey Bamford	Elizabethtown	15.05	Tricia Light	Annville-Cleona	16.51
2010:	Liz Martin	Garden Spot	15.32	Mariah Robertson	Delone Catholic	15.78
2009:	Alysha Cook	Harrisburg	14.28	Mariah Robertson	Delone Catholic	15.87
2008:	Alysha Cook	Harrisburg	15.07	Hillary Monger	Holy Name	16.01
2007:	Jazmin Hunt	Reading	14.82	Hillary Monger	Holy Name	15.21
2006:	Karlise Cureton	Susquehanna Twp.	14.65	Crystal Polite	Milton Hershey	14.90
2005:	Jazmin Hunt	Reading	14.53	Crystal Polite	Milton Hershey	15.13
2004:	Felicia Daniels	Hempfield	14.72	Crystal Polite	Milton Hershey	15.56
2003:	Megan Ryan	Hempfield	14.72	Heather Patch	Schuylkill Valley	15.05
2002:	DOMINIQUE DARDEN HARRISBURG		14.09	Heather Patch	Schuylkill Valley	14.52*
2001:	Dominique Darden	Harrisburg	14.63	Missy Ming	Hanover	15.42
2000:	Hyleas Fountain	CD East	13.87*	KORTO DUNBAR MILTON HERSHEY		14.68
1999:	Megan Sulewski	Dallastown	14.6	Korto Dunbar	Milton Hershey	15.0
1998:	Brooke Gilliford	Manheim Twp.	14.5*	Jamilah Fossie	Scotland	15.4
1997:	Julia Fountain	CD East	15.3	Laura Richenderfer	Elco	16.3
1996:	Monica Anderson	Solanco	15.6	Brooke Davis	York Suburban	15.0
1995:	Lorie Aikens	Muhlenberg	14.9	Mamiedee George	Milton Hershey	14.8
1994:	Shannon Daggett	Elizabethtown	15.0	Nicole Mangum	Scotland	14.9
1993:	Jenn Comtois	Governor Mifflin	14.7	Erin Armstrong	Lampeter-Strasburg	15.36
1992:	Tasha Palmer	Carlisle	14.6	Tracey Glass	Littlestown	15.4
1991:	Sheree Butts	Harrisburg	14.2*	Celeta Carter	Milton Hershey	14.2
1990:	Sheree Butts	Harrisburg	14.5	Celeta Carter	Milton Hershey	14.9
1989:	Sheree Butts	Harrisburg	15.5	Leanne Kling	Shippensburg	15.2
1988:	Mindy Ashcroft	Garden Spot	15.1	Jessica Corrado	Milton Hershey	15.2
1987:	Tessie Palmer	Carlisle	15.0	Sue Graney	Lancaster Catholic	16.1
1986:	Karen Gooch	Reading	15.0	Dawn Richardson	New Oxford	16.2
1985:	Claudia Thomas	Dover	14.9	Carol Forry	Eastern York	15.2
1984:	Justine Spence	Garden Spot	15.4	Carol Forry	Eastern York	15.2
1983:	Angela Johnson	Reading	15.61	Laurie Smith	Boiling Springs	16.02
1982:	Linda Nelson	York	14.89	Nikki Hendricks	Hershey	15.24
1981:	Leslie Robinson	Reading	14.30*	Barb Wert	Solanco	15.31
1980:	Amy Martin	Penn Manor	14.39*	Kathy Heinbach	Garden Spot	14.86*
1979:	Deb Garland	Penn Manor	14.58	Steve Ann Nork	Susquehanna Twp.	15.08

*Notes: Hyleas Fountain's 13.87 in 2000, Sheree Butts' 14.2 in 1991, Leslie Robinson's 14.30 in 1981 and Amy Martin's 14.39 in 1980 were all wind-aided and disallowed as District 3-AAA records at the time they were completed. Also, Heather Patch's 14.52 in 2002 and Kathy Heinbach's 14.86 in 1980 were also wind-aided and disallowed as District 3-AA records.

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

METRIC - LINEAR CHAMPIONS

GIRLS 300-METER HURDLES CHAMPIONS

Record holder in bold italic letters and CAPS

Year:	Class AAA			Class AA		
2013:	MARY WITMER	EPHRATA	42.11	Kayla Kelley	Millersburg	47.45
2012:	Mary Witmer	Ephrata	43.80	Alena Gardyan	Annville-Cleona	46.13
2011:	Stefani Day	Palmyra	44.81	Amber McCoy	Bishop McDevitt	47.23
2010:	Liz Martin	Garden Spot	44.94	Janice Erbe	Delone Catholic	46.06
2009:	Alysha Cook	Harrisburg	44.86	Janice Erbe	Delone Catholic	45.72
2008:	Alysha Cook	Harrisburg	43.53	Hillary Monger	Holy Name	45.59
2007:	Lhayana Dallas	Harrisburg	44.75	Anna Bixler	Boiling Springs	46.37
2006:	Jamie Maloney	Dallastown	15.30	Crystal Polite	Milton Hershey	45.52
2005:	Kristen Jones	Cumberland Valley	45.05	Ruth Brown	Milton Hershey	45.54
2004:	Kristen Jones	Cumberland Valley	45.01	Claire Aribat	Wyomissing	45.41
2003:	Megan Ryan	Hempfield	44.57	Laura Pucul	Schuylkill Valley	45.92
2002:	Allison Brown	Lower Dauphin	44.87	Claire Aribat	Wyomissing	47.60
2001:	Felicia Martin	Reading	45.70	Fonati Ward	Milton Hershey	46.33
2000:	Dominique Darden	Harrisburg	45.74	Aisha Granville	Milton Hershey	47.03
1999:	Courtney Boyack	Warwick	46.2	Angie Borne	Fairfield	46.0
1998:	Shona Sandlin	York	45.2	Jill Jablonski	Schuylkill Valley	47.1
1997:	Monica Anderson	Solanco	45.7	Lauren Chatwick	Elco	47.3
1996:	Jenny Shelton	Palmyra	45.3	Sheri Calhoun	Kutztown	45.8
1995:	Anne Stanislawczyk	Governor Mifflin	45.2	Mamiedee George	Milton Hershey	45.1
1994:	Kristen Renner	York Suburban	44.7	Nicole Mangum	Scotland	46.1
1993:	Jenn Comtois	Governor Mifflin	44.8	Shawna Dixon	Scotland	45.87
1992:	Nakia Williams	Carlisle	45.5	Patty Herman	Camp Hill	46.3
1991:	Sheree Butts	Harrisburg	44.8	Jenny Pichler	York Suburban	47.8
1990:	Sheree Butts	Harrisburg	44.8	Jessica Corrado	Milton Hershey	46.3
1989:	Brooke Walls	JP McCaskey	44.4	LEANNE KLING	SHIPPENSBURG	44.5
1988:	Braquel Hoff	Spring Grove	44.8	Jessica Corrado	Milton Hershey	46.0
1987:	Braquel Hoff	Spring Grove	45.4	Sherri Eyer	Hershey	46.5
1986:	Braquel Hoff	Spring Grove	45.1	Dawn Richardson	New Oxford	47.0
1985:	Cricket Sheaffer	South Western	47.1	Jenny Russell	Oley Valley	47.6
1984:	Justine Spence	Garden Spot	44.8	Tawny Petrick	West Perry	45.2
1983:	Justine Spence	Garden Spot	45.53	Maria Vangel	Scotland	46.72
1982:	Sandy Bartle	Chambersburg	46.28	Steph Berger	Greenwood	46.02

NOTE: The 300 hurdles became a District 3 event in 1982.

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

METRIC - LINEAR CHAMPIONS

GIRLS CLASS AAA 4x100 METER RELAY CHAMPIONS

Record holder in bold italic letters and CAPS

Year:						
2013:	South Western	48.54	Kristin Garlan	Mackenzie Wall	Amore' Coleman	Lynn Mooradian
2012:	CD EAST	47.58	BRIA MOSLEY	SIDINE JENNINGS	COURTNEY MITCHELL	DEME'SHIA DAVIS
2011:	CD East	48.23	Bria Mosley	Sidine Jennings	Courtney Mitchell	Deme'shia Davis
2010:	Milton Hershey	49.10	Stephanie Johnson	Brittney Whyms	Shaquetta Jackson	Kiara Carter
2009:	CD East	48.87	Keri Primas	Deme'shia Davis	Maria McDonald	Marissa McDonald
2008:	Daniel Boone	49.62	Dayna Singletary	Mia Rhoades	Alyse Lewis	Aubrie McAlpine
2007:	Harrisburg	48.82	Amari Barber	Sheena Thames	Jasmine Willis	Tiera Smith
2006:	Cedar Cliff	49.43	Karyn Boyer	Beth Getty	Kelly Allred	Laura McGowan
2005:	Cedar Cliff	49.36	Karyn Boyer	Kelly Allred	Beth Getty	Laura McGowan
2004:	Harrisburg	49.37	Anjel Payne	Monique Smith	Jasmine Willis	Denise Solomon
2003:	South Western	49.49	Jen Fink	Trish Kyle	Jess Clark	Catie Hare
2002:	South Western	50.42	Kate Brady	Trish Kyle	Jess Clark	Adrienne David
2001:	Hempfield	49.60	Katie Charles	Megan Ryan	Kate Ebersole	Christina Carpenter
2000:	Cedar Crest	49.79	Nikki Simmons	Esther Schlegel	Meredith Myers	Tawny Youtz
1999:	Harrisburg	48.7	Dreamer Patterson	Tyrah Mosby	Bernadette Gray	April Swanson
1998:	Harrisburg	47.81	Kiki Windham	April Swanson	Tammy Davis	Tamika Scott
1997:	CD East	49.0	Veronica Moore	Julia Fountain	Danielle Martin	Hyleas Fountain
1996:	Governor Mifflin	49.9	Tiffany Sinchick	Anne Stanislawczyk	Lakisha Backmon	Laurena White
1995:	Governor Mifflin	49.6	Amy Koch	Anne Stanislawczyk	Heather Clapper	Laurena White
1994:	JP McCaskey	50.3	Selena Hayes	Koko Eggleston	Tish Crosby	Yelitza Garcia
1993:	Red Land	49.5	Stacey Reed	Teea Jarvinen	Amy Oswandel	Janet Beasley
1992:	JP McCaskey	48.5	Leequan Ray	Jennifer Ladson	Florine Holmes	Rhasheda Bailey
1991:	Reading	49.9	Bridget Selepechny	Adrienne Jackson	Kathy Randazzo	Chris Robertson
1990:	Reading	49.9	Angela Gilmore	Adrienne Jackson	Kathy Randazzo	Chris Robertson
1989:	JP McCaskey	48.6	Trysa Cameron	Jill Cypress	Brooke Walls	Roxanne Morton
1988:	JP McCaskey	48.7	Trysa Cameron	Jill Cypress	Brooke Walls	Roxanne Morton
1987:	Harrisburg	50.2	LaShonda White	Melissa Crawford	Tina Hayden	Jemir Isom
1986:	Carlisle	49.0	Deb Ellis	Stacey Reed	Tessie Palmer	Stefanie Caradine
1985:	Dover	49.5	Kelly Bosserman	Kelly Kemper	Cio Thomas	Renee Killinger
1984:	Dover	49.6	Claudia Thomas	Kelly Kemper	Kelly Bosserman	Renee Killinger
1983:	Carlisle	49.81	Stacey Owens	Patti Johns	Stacey Reed	Karen Johnson
1982:	Carlisle	49.76	Kris James	Stephanie Smallwood	Stacy Owens	Karen Johnson
1981:	Reading	48.99	Gale Adams	Leslie Robinson	Vikki Flynn	Rose Gilmore
1980:	Harrisburg	48.90	Jerri Bennett	Lisa Kennedy	Kelly Oliver	Gina Johnson
1979:	Penn Manor	49.84	Cheryl Groff	Amy Martin	Cassie Carroll	Debbie Garland

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

METRIC - LINEAR CHAMPIONS

GIRLS CLASS AA 4x100 METER RELAY CHAMPIONS

Record holder in bold italic letters and CAPS

Year:						
2013:	Bishop McDevitt	50.37	Kameko Webb	Kristen Melnyk	Imani Crowder	Rachel Pitman
2012:	Trinity	49.73	Monica Hunter	Aliyah Graves-Brown	Hannah Durbin	Anna Kuntz
2011:	Bishop McDevitt	50.50	Amber McCoy	Kameko Webb	Ieisha Jackson	Yaneshia Gaston
2010:	Bishop McDevitt	49.64	Amber McCoy	Kirstin Nanna	Megan Dunbar	Yaneshia Gaston
2009:	Delone Catholic	50.70	Mariah Robertson	Heather Kraus	Janice Erbe	Sierra Moore
2008:	MILTON HERSHEY	49.07	DIANDRA RIDDICK	KaSANDRA WISE	BRITTNE' PERKINS	GRACE AGYEPONG
2007:	Trinity	50.51	Alex Oszustowicz	Erin Guty	Nikki Brownyard	Sandra Sweitzer
2006:	Milton Hershey	49.93	Ruth Brown	Abigail Johnson	Brittne' Perkins	Crystal Polite
2005:	Wyomissing	50.30	Caitlin Moser	Megan Shaddock	Claire Kase	Liz Hall
2004:	Milton Hershey	50.78	Ruth Brown	Kayla Dixon	Claudia Benjamin	Crystal Polite
2003:	Milton Hershey	49.55	Abigail Johnson	Ashley Mondie	Claudia Benjamin	Kandance Ferguson
2002:	Milton Hershey	49.87	Kandance Ferguson	Jalilla Harvey	Claudia Benjamin	Judith Agyepong
2001:	Milton Hershey	49.30	Kandance Ferguson	Jalilla Harvey	Ashley Byrd	Judith Agyepong
2000:	Milton Hershey	49.55	Judith Agyepong	Aisha Granville	Ashley Byrd	Korto Dunbar
1999:	Milton Hershey	49.1	Jayne Agyepong	Aisha Granville	Abie Boima	Korto Dunbar
1998:	Milton Hershey	49.15	Aisha Granville	KeLee Brown	Korto Dunbar	Tiffany Shappard
1997:	Milton Hershey	50.2	Aisha Granville	Schynell Francis	Korto Dunabr	Tiffany Sheppard
1996:	Milton Hershey	50.4	Abie Boima	Tiffany Sheppard	Shadaya Reynolds	Angela Szumowski
1995:	Susquehanna Twp.	51.1	Tiana Anderson	Jolanda McLaughlin	Jasmine Forney	Jill Anderson
1994:	Scotland	49.5	Shanise Bryant	Shawna Dixon	Nicole Magnum	Chiquita Jones
1993:	Scotland	50.63	Shawna Dixon	Chiquita Jones	Greta Burton	Shanise Bryant
1992:	Milton Hershey	50.6	Claudia Quirama	Kelly Perry	Shasha Jones	Jennifer Sloane
1991:	Milton Hershey	49.5	Jennifer Sloane	Shasha Jones	Alisa Freeman	Celeta Carter
1990:	Milton Hershey	50.4	Jennifer Sloane	Shasha Jones	Alisa Freeman	Celeta Carter
1989:	Milton Hershey	49.7	Nicole Carr	Vern Williams	Alisa Freeman	Celeta Carter
1988:	York Catholic	49.7	Amanda Shaull	Sherry Washington	Monique Tobin	Patty Ferrer
1987:	Milton Hershey	50.6	Trina Poole	Vern Williams	Fredericka Carter	Phillipa Ashby
1986:	Annville-Cleona	50.5	Dawn Nagle	Leslie Hummer	Melanie Bow	Sue Wolfe
1985:	Camp Hill	52.3				
	Annville-Cleona	52.3	Dawn Nagle	Leslie Hummer	Melanie Bow	Sue Wolfe
1984:	Scotland	50.5	Crystal Jones	Davida Neal	Monica Montey	Danella Washington
1983:	Lampeter-Strasburg	50.57	Rose Witmer	Andrea Townsley	Tina Herman	Brenda Aument
1982:	West York	51.44	Abby Warner	Lori Masser	Terri Hershberger	Julie Haynes
1981:	Lampeter-Strasburg	50.14	Carol High	Tina Herman	Monica Gantz	Melanie Basciotti
1980:	Scotland	50.08	Sherri Durricks	Juanita Amey	Ellie Rose	Enita Everett
1979:	Lampeter-Strasburg	50.30	Beth Wenner	Karen Evans	Carol High	Melanie Basciotti

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

METRIC - LINEAR CHAMPIONS

GIRLS CLASS AAA 4x400 METER RELAY CHAMPIONS

Record holder in bold italic letters and CAPS

Year:						
2013:	Cedar Cliff	3:56.99	Nicole Boldosser	Amanda Lawrence	Taylor Chapman	Kaitlin Gould
2012:	CD East	3:56.95	Bria Mosley	Sidine Jennings	Andrea Street	Deme'shia Davis
2011:	Milton Hershey	3:56.97	Ahmenah Richardson	Kiara Carter	Mercy Williams	Audrey Quzack
2010:	Harrisburg	3:58.95	Saba Battle-Williams	Briana Jones	Jeena Potts	Chantel Lloyd
2009:	Northern	4:00.58	Kailey Gibb	Audrey Eberly	Jenna Hessert	Jenna Knight
2008:	Dover	3:55.85	Kaila Funk	Wendy Hutchinson	Sasha Hornock	Eryn Spangler
2007:	South Western	3:59.93	Amanda Lehr	Emily Good	Katie Colburn	Shelly Lobach
2006:	South Western	4:00.46	Amanda Lehr	Emily Good	Katie Colburn	Shelly Lobach
2005:	CD East	3:59.73	Aaliyah Saunders	Lhayana Dallas	Andrea Moon	Tiera Smith
2004:	Cumberland Valley	4:01.47	Sarah Frenette	Jessie Lowry	Abby Huber	Jen Gray
2003:	Warwick	4:03.38	Ahna Buckwalter	Lindsey Tennis	Ganne Way	Carly Hess
2002:	Warwick	3:56.56	Carly Hess	Amy Musser	Shannon Norris	Ganne Way
2001:	Harrisburg	3:55.84	Miriam Barnes	Dreamer Patterson	Kynisha Windham	Dominique Darden
2000:	Harrisburg	3:57.42	Bernadette Gray	Dominique Darden	Rashonda Dalton	Miriam Barnes
1999:	Harrisburg	4:01.6	Miriam Barnes	Dominique Darden	April Swanson	Bernadette Gray
1998:	Harrisburg	3:57.8	Tammy Davis	Michele Leftridge	Miriam Barnes	Tamika Scott
1997:	Wilson	4:04.6	Molly Kauffman	Tricia Snyder	Beth Hafer	Bernie Kern
1996:	Harrisburg	4:05.5	Tammy Davis	Kiandra Poteat	Tamika Scott	Penda Powell
1995:	Harrisburg	4:03.2	Kiandra Poteat	Tamika Scott	Penda Powell	Taneya Butts
1994:	Wilson	3:59.1	Erica Bosler	Kristen Renner	Heather Buzas	Jamie Yerger
1993:	JP McCaskey	3:59.6	Ann Cross	Jen Sloden	Florine Holmes	Jennifer Ladson
1992:	JP McCaskey	4:01.9	Jennifer Ladson	Ann Cross	Florine Holmes	Rasheda Bailey
1991:	Solanco -	4:04.7	Jen Lefever	Staci Bennett	Missy Brazee	Brenda Pennell
1990:	Chambersburg	4:00.8	Tammy McClanahan	Juli Ann Hopkins	Beth Muehl	Becki Davis
1989:	JP McCaskey	3:58.1	Brooke Walls	Jill Cypress	Sherry Gearhart	Roxanne Morton
1988:	Manheim Central	3:59.7	Tammi Hessen	Alison Heisey	Andrea Ebersole	Audrey Ebersole
1987:	Spring Grove	4:03.3	Braquel Hoff	Shanna Eisenhart	Shonna Diehl	Beth Lookenbill
1986:	Carlisle	4:01.5	Deb Ellis	Kathy Majesic	Stacey Reed	Stefanie Caradine
1985:	Carlisle	4:05.9	Stacey Reed	Martha Henseler	Alison Smith	Stefanie Caradine
1984:	Dallastown	4:02.2	Tina Kotek	Wendy Sheffer	Missy Slenker	Eve McMenamy
1983:	Red Lion	4:06.92	Elisa Strickler	Karen Ginder	Amy Pomranning	Chris Hein
1982:	Carlisle	4:03.83	Kris James	Stacey Owens	Karen Johnson	Stephanie Smallwood
1981:	JP McCaskey	4:00.02	Lisa Felder	Karen Cotton	Stacey Perry	Jackie Wilson
1980:	HARRISBURG	3:55.11	LISA KENNEDY	GINA JOHNSON	KELLY OLIVER	JOYCE MAXSON
1979:	JP McCaskey	3:58.15	Lisa Felder	Karen Cotton	Joy Greenawalt	Larri Miller

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

METRIC - LINEAR CHAMPIONS

GIRLS CLASS AA 4x400 METER RELAY CHAMPIONS

Record holder in bold italic letters and CAPS

Year:						
2013:	TRINITY	4:00.03	SHANNON QUINN	MARY GRONKIEWICZ	HANNAH DUBIN	ALIYAH GRAVES-BROWN
2012:	Trinity	4:02.03	Shannon Quinn	Mary Gronkiewicz	Monica Hunter	Aliyah Graves-Brown
2011:	Bishop McDevitt	4:09.71	Yaneshia Gaston	leisha Jackson	Cheynee Johnson	Brianna Davis
2010:	Bishop McDevitt	4:08.48	Kirstin Nanna	Olivia Franklin	Amber McCoy	Yaneshia Gaston
2009:	Kutztown	4:10.70	Laura Sohmer	Hannah Jeffrey	Kristin Fitti-Hafer	Heather Geist
2008:	Boiling Springs	4:05.33	Erin Dowling	Kellie Dowling	Kara Millhouse	Ally Herr
2007:	Boiling Springs	4:04.61	Anna Spisak	Anna Bixler	Kara Millhouse	Kellie Dowling
2006:	Milton Hershey	4:01.60	Ruth Brown	Anna-Christine Scull	Crystal Polite	Abigail Johnson
2005:	Milton Hershey	4:02.88	Anna-Christine Scull	Ruth Brown	Leethia Aggray	Abigail Johnson
2004:	Wyomissing	4:02.78	Gillian Goodrich	Caitlyn Moser	Liz Hall	Claire Abribat
2003:	Milton Hershey	4:03.86	Abigail Johnson	Ruth Brown	Claudia Benjamin	Kandance Ferguson
2002:	Milton Hershey	4:06.36	Ashley Mondie	Latoya King	Judith Agyepong	Kandance Ferguson
2001:	Milton Hershey	4:05.77	Fonati Ward	Michelle Mighty	Ashley Mondie	Kandance Ferguson
2000:	Milton Hershey	4:05.89	Kandance Ferguson	Aisha Granville	Korto Dunbar	Fonati Ward
1999:	Milton Hershey	4:02.54	Jowharah Haddad	Korto Dunbar	Fonati Ward	Bernadette Robinson
1998:	Milton Hershey	4:06.4	Jowharah Haddad	Fonati Ward	Korto Dunbar	Bernadette Robinson
1997:	Biglerville	4:07.7	Ginger Orndorff	Stephanie Loose	Erin Bushey	Emily Pitzer
1996:	Wyomissing	4:10.6	Tanya Leiby	Jodi Speth	Marisa Sturm	Melissa Moser
1995:	Milton Hershey	4:06.5	Mamiedee George	Angela Szumowski	Edith Hutchins	Tamalia Christian
1994:	Milton Hershey	4:04.9	Tamalia Christian	Amy Debor	Edith Hutchins	Aishia Stroop
1993:	Milton Hershey	4:10.1	Jennifer Sloane	Edith Hutchins	Amy Debor	Aishia Stroop
1992:	Milton Hershey	4:06.8	Jennifer Sloane	Tiffany Pearsall	Aishia Stroop	Shasha Jones
1991:	Milton Hershey	4:05.1	Jennifer Sloane	Shasha Jones	Cathy Kamya	Alisa Freeman
1990:	Milton Hershey	4:04.7	Kokeda Sheppard	Jessica Corrado	Jennifer Sloane	Alisa Freeman
1989:	Milton Hershey	4:03.6	Trina Poole	Kim Brassfield	Alisa Freeman	Phillipa Ashby
1988:	Wyomissing	4:03.6	Chante Brooks	Kristen MacDonald	Jenny Prutzman	Denise Ulmer
1987:	Lancaster Catholic	4:05.6	Lydia Wanless	Kem DeMarco	Laura O'Donnell	Kelly Tuinstra
1986:	Camp Hill	4:07.5	Colleen Neufeld	Jennie Abolins	Renee Wagner	Beth Chaundy
1985:	Donegal	4:15.5	Heidi Wolgemuth	Tammy Shelly	Joanna Hedgepeth	Joy Wansley
1984:	Trinity	4:05.5	Angie Wilson	Michelle Sciano	Joan Hoyer	Danielle Sciano
1983:	Littlestown	4:08.03	Christy Smith	Lori Chrismer	Cathy Donnel	Sarah Dady
1982:	Scotland	4:10.00	Davida Neal	Danella Washington	Maria Vangel	Sherri Durricks
1981:	Dover	4:07.51	Joyce Ruppert	Sue Pickerell	Deb Kohler	Molly Jones
1980:	Susquehanna Twp.	4:06.56	Kia Johnson	Beth Thompson	Stacey Dean	Shellouise Grant
1979:	East Pennsboro	4:07.98	Kerry Haertsch	Sharon McMillen	Donna Barton	Theresa Kauffman

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

METRIC - LINEAR CHAMPIONS

GIRLS CLASS AAA 4x800 METER RELAY CHAMPIONS

Record holder in bold italic letters and CAPS

Year:						
2013:	PALMYRA	9:13.65	OLIVIA FARABAUGH	MIRANDA SALVO	MARIA TUKIS	KATIE DEMBROWSKI
2012:	Palmyra	9:25.17	Olivia Forabaugh	Devin Strykowski	Maria Tukis	Katie Dembrowski
2011:	Penn Manor	9:24.71	Emily Novak	Megan Maisano	Katie Maisel	Greta Lindsley
2010:	Warwick	9:19.56	Alli Mannon	Alyssa Grube	Kristine Gutshall	Emily Graber
2009:	Warwick	9:23.39	Kaitlyn Oliver	Kristine Gutshall	Alli Mannon	Emily Graber
2008:	Warwick	9:30.83	Kaitlyn Oliver	Kristine Gutshall	Alyssa Grube	Alli Mannon
2007:	Cumberland Valley	9:33.65	Lauren Thompson	Samantha Fickel	Paige Anderson	Abby Huber
2006:	Cumberland Valley	9:26.30	Sarah Frenette	Paige Anderson	Abby Huber	Lauren Thompson
2005:	Cumberland Valley	9:18.68	Sarah Frenette	Lauren Reilly	Samantha Pickel	Abby Huber
2004:	Cumberland Valley	9:34.11	Olivia Ackerman	Lauren Reilly	Abby Huber	Jen Gray
2003:	Cumberland Valley	9:31.21	Jen Gray	Allison Simons	Melissa Haung	Nicole Erby
2002:	Manheim Twp.	9:25.49	Mallory Weiss	Laura Werner	Renee Spangler	Lindsey Incorvati
2001:	Manheim Twp.	9:33.48	Mallory Weiss	Danielle Mousley	Laura Werner	Lindsey Incorvati
2000:	Manheim Twp.	9:36.39	Mallory Weiss	Margory Glover	Danielle Mousley	Lindsey Incorvati
1999:	Chambersburg	9:31.0	Crystal Hess	Kelly Baker	Erin Redding	Beth Armstrong
1998:	Penn Manor	9:39.2	Erin Gemmell	Tess Smith	Theresa Kirchner	Allison Frank
1997:	Penn Manor	9:41.3	Erin Gemmell	Allison Frank	Betty Mohler	Tess Smith
1996:	Solanco	9:38.9	Tammy Cauler	Val Calkins	Melissa Thomas	Leah Peiffer
1995:	Solanco	9:46.0	Val Calkins	Jen Crandall	Tammy Cauler	Melissa Thomas
1994:	Red Lion	9:29.9	Diane Fitz	Lisa Frey	Suzanne Baum	Heather Moul
1993:	Carlisle	9:32.7	Phelicia Goshea	Katie Mitchell	Paige Novier	Jennifer Mitchell
1992:	Solanco	9:42.2	Jen Lefever	Kelly Ryan	Jodi Carter	Brenda Pennell
1991:	Solanco	9:32.7	Missy Brazee	Jodi Carter	Jen Lefever	Brenda Pennell
1990:	Solanco	9:38.4	Missy Brazee	Susie Spangler	Kelly Ryan	Brenda Pennell
1989:	JP McCaskey	9:28.9	Beth Brown	Deanna Russell	Brooke Walls	Sherry Gearhart
1988:	Manheim Central	9:31.3	Andrea Ebersole	Cassie Herr	Tammi Hessen	Carena Winters
1987:	Hempfield	9:38.7	Traci Fisher	Tammy Sheeshley	Shari Scruton	Pam Neiss
1986:	Hempfield	9:39.0	Traci Fisher	Ann Stairs	Pam Neiss	Tracy Groff
1985:	Carlisle	9:39.6	Martha Henseler	Eva Smith	Stefanie Caradine	Alison Smith
1984:	Carlisle	9:41.3	Martha Henseler	Melissa Chronister	Terri Leshner	Alison Smith
1983:	Lancaster Catholic	9:28.02	Stephanie Hyson	Michelle Hessinger	Mechelle Brown	Terry Smith
1982:	Penn Manor	9:38.05	Joyce Burkholder	Carrie Zimmerman	Brenda Zimmerman	Jody Burkholder
1981:	Carlisle	9:39.82	Nancy Line	Deanne Pellici	Karen Henseler	Julie Bowers
1980:	Carlisle	9:34.75	Julie Bowers	Jill Roper	Karen Henseler	Joann Zierdt
1979:	Carlisle	9:38.28	Julie Bowers	Carol Brehm	Colleen Goodman	Joann Zierdt

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

METRIC - LINEAR CHAMPIONS

GIRLS CLASS AA 4x800 METER RELAY CHAMPIONS

Record holder in bold italic letters and CAPS

Year:						
2013:	Camp Hill	9:35.39	Drew Anderson	Kelsey Bentz	Ali Herr	Zoe Matherne
2012:	Trinity	9:37.99	Anne Maffey	Amanda Kusztos	Emily Dethlefs	Shannon Quinn
2011:	BOILING SPRINGS	9:29.73	LAUREN LEHMAN	MEREDITH SPEAKMAN	CHARLOTTE SEARLE	LILLIE BROWN
2010:	Wyomissing	9:52.97	Casey Fromm	Erika Rist	Shelby Strauss	Victoria Cameron
2009:	Greenwood	9:46.79	Alyssa Cauffman	Bekah Goodling	Kim Campbell	Andi Matter
2008:	Boiling Springs	9:52.66	Erin Dowling	Nikki Sunderland	Kellie Dowling	Krissy Lobaugh
2007:	Boiling Springs	9:38.53	Kellie Dowling	Celeste Noll	Krissy Lobaugh	Kara Millhouse
2006:	Susquenita	9:54.92	Kristy Ulrich	Lexie Miller	Amanda Moore	Jamie McCollum
2005:	Boiling Springs	9:38.66	Celeste Noll	Danielle Marsh	Kara Millhouse	Anne Bohlen
2004:	James Buchanan	9:50.18	Ashleigh Helfrick	Shayna Weir	Alissa Pickens	Aileen Martin
2003:	Wyomissing	9:41.55	Ashley Iwanowski	Jessie Schlegel	Karen Rogers	Gillian Goodrich
2002:	Wyomissing	9:56.61	Karen Rogers	Jessie Schlegel	Lauren Shaub	Ashley Iwanowski
2001:	Wyomissing	9:43.33	Debbie Huss	Caitlin Zacharias	Amy Huss	Joanna Sallade
2000:	Lancaster Catholic	9:43.33	Jessica Wallace	Amy Hanson	Dawn Hilgert	Allison Baumler
1999:	Boiling Springs	9:54.6	Becky Cornman	Emily Falk	Melissa Lentz	Beth Moser
1998:	Camp Hill	9:49.3	Katie Feinour	Kristin Shenk	Katianne Green	Liz Shover
1997:	Trinity	10:00.0	Leanne Gryzboski	Chrissy Walker	Heather Fenwick	LeAnne Torchia
1996:	Elco	10:00.4	Kelly Smith	Michelle Rossi	Melissa Spittler	Lauren Chatwick
1995:	Oley Valley	9:51.9	Damayanti Vega	Melissa Arthur	Krista Ruth	Kate Frederick
1994:	Milton Hershey	9:44.5	Aishia Stroop	Judy Debor	Emily Archambault	Amy Debor
1993:	Milton Hershey	9:57.0	Aishia Stroop	Judy Debor	Angela Szumowski	Amy Debor
1992:	Oley Valley	9:54.4	Karlyn Haas	Kathy Kent	Krista Ruth	Michele Palmertree
1991:	Milton Hershey	9:52.4	Amy Debor	Tamika Peten	Camille Scott	Cathy Kamya
1990:	Eastern York	9:45.5	Laurie Mazur	Kim Sutch	Ethel Smith	Tracy Sollenberger
1989:	Eastern York	9:45.5	Laurie Mazur	Beth Dougherty	Ethel Smith	Tracy Sollenberger
1988:	Lancaster Catholic	9:46.7	Laura O'Donnell	Marybeth Dano	Lori Land	Kelly Tuinstra
1987:	Lancaster Catholic	9:59.4	Laura O'Donnell	Debbie Bridge	Lori Land	Kelly Tuinstra
1986:	Northern Lebanon	10:02.8	Ronnie Yingst	Laurie Eiler	Becky Groh	Kathy Wenrich
1985:	Milton Hershey	9:50.3	Sherylia Bradley	Ingrid Umana	Donna Geiser	Joanne Troischt
1984:	Twin Valley	9:41.9	Wendy Komnik	Julie Arontowicz	Deanna Welsh	Tammy Zink
1983:	Twin Valley	9:54.48	Wendy Komnik	Mary Patrick	Lisa Recehenberg	Deanna Welsh
1982:	Manheim Central	9:47.55	Heather Munro	Katie Becker	Michelle Gibble	Dawn Bomberger
1981:	Dover	9:56.19	Joyce Rupert	Cheryl Irwin	Sue Pickerell	Molly Jones
1980:	Dover	9:53.10	Sharon Anderson	Jill Sellers	Sue Pickerell	Molly Jones
1979:	Camp Hill	9:41.80	Sally Johnson	Teresa Campbell	Sue Decker	Terry McKee

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

METRIC - LINEAR CHAMPIONS

LINEAR CHAMPIONS

Record holders in bold italic letters and CAPS

100-YARD DASH

YEAR: CLASS AAA

1978: Blondie Jackson Harrisburg 10.99
1977: Blondie Jackson Harrisburg 10.93
1976: Angel Doyle CD East 10.97
1975: Angel Doyle CD East 11.0
1974: **ANGEL DOYLE CD EAST 10.91**

CLASS AA

Monica Beard Twin Valley 11.73
BERNIE KOWALCZYK TRINITY 11.6

220-YARD DASH

YEAR: CLASS AAA

1978: Blondie Jackson Harrisburg 25.05
1977: Blondie Jackson Harrisburg 24.94
1976: Angel Doyle CD East 24.7
DOYLE SET RECORD OF 24.2 IN TRIALS
1975: Angel Doyle CD East 24.99
1974: Angel Doyle CD East 24.66

CLASS AA

BERNIE KOWALCZYK TRINITY 25.98
Ramona Lattany Scotland 26.6

440-YARD RUN

YEAR: CLASS AAA

1978: **LAURA CARROLL CENTRAL YORK 56.34**
1977: Laura Carroll Central York 57.22
1976: Veda Rankin Harrisburg 56.8
1975: Laurie Smith Mechanicsburg 59.82
1974: Ann Rickert Garden Spot 1:00.13

CLASS AA

Shellouise Grant Susquehanna Twp. 58.36
RAMONA LATTANY SCOTLAND 58.09

880-YARD RUN

YEAR: CLASS AAA

1978: Laurie Colby Penn Manor 2:21.07
1977: Debbie Keyser Chambersburg 2:20.79
1976: **MARY RAWE CAMP HILL 2:15.31**
1975: Mary Rawe Camp Hill 2:19.59
1974: Mary Rawe Camp Hill 2:21.93

CLASS AA

THERESA KAUFFMAN EAST PENNSBORO 2:17.24
Jane Strouse Exeter 2:18.93

MILE RUN

YEAR: CLASS AAA

1978: Meryl Schmidt Hempfield 5:13.53
1977: Rosalie Nordquist Chambersburg 5:15.9
1976: **MARY RAWE CAMP HILL 4:58.9**
1975: Mary Rawe Camp Hill 5:06.43
1974: Mary Rawe Camp Hill 5:30.47

CLASS AA

DONNA McLAIN EASTERN YORK 5:03.04
Donna McLain Eastern York 5:13.5

TWO-MILE RUN

YEAR: CLASS AAA

1978: **EILEEN HORNBERGER MUHLENBERG 11:20.51**
1977: Angie Bell Chambersburg 11:25.65

CLASS AA

DONNA McLAIN EASTERN YORK 11:15.05
Donna McLain Eastern York 11:38.8

Note: The girls' two-mile run was introduced in 1977

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

METRIC - LINEAR CHAMPIONS

LINEAR CHAMPIONS

Record holders in bold italic letters and CAPS

110-YARD HURDLES

YEAR:	CLASS AAA			CLASS AA		
1978:	PATTIE PIERCE	HARRISBURG	14.97	KIM LICHTY	TWIN VALLEY	15.07
1977:	Debra Garland	Penn Manor	no time	Kim Lichty	Twin Valley	15.2

80 YARD HURDLES

YEAR:			
1976:	BONNIE ZEHLER	WAYNESBORO	11.1
1975:	Jane Cartabiano	Conestoga Valley	11.22
1974:	Jamie Palmer	Garden Spot	11.26

440-YARD RELAY

YEAR:	CLASS AAA					
1978:	HARRISBURG	48.0	KELLY OLIVER	RHONDA FERNISTER	HARRIET HARBISON	BLONDIE JACKSON (47.92)
1977:	Harrisburg	48.2	Kim Corbin	Harriet Harbison	Rhonda Fernister	Blondie Jackson
1976:	Harrisburg	48.6	Blondie Jackson	Harriet Harbison	Chris Reeves	Veda Rankin
1975:	CD East	50.41	Vicki Doyle	Angel Doyle	Verna Bryant	Sherry Spence
1974:	Manheim Twp.	50.85	Kim Wielinga	Marty Greenawalt	Joy Swisher	Pam Frey
YEAR:	CLASS AA					
1978:	Scotland	50.60	Juanita Amey	Rose Ellis	Selma Tasker	Gayla Bradley
1977:	SUSQUEHANNA TWP.	50.55	TONYA PENN	LAURA FAHRENBAUGH	ANN BILLMAN	DAWN BRENNER

MILE RELAY

YEAR:	CLASS AAA					
1978:	CHAMBERSBURG	4:02.94	STACI TOLBERT	CHARENA SHAFFER	CHRYSTAL FRYE	CYNTHIA HIRES
1977:	Hempfield	4:04.87	Diane Groff	Marilyn Senz	Meryl Schmidt	Linda Eby
YEAR:	CLASS AA					
1978:	EAST PENNSBORO	4:06.86	KERRY HAERTSCH	DONNA BARTON	KAREN SHUTT	THERESA KAUFFMAN
1977:	Exeter	4:07.66	Jane Strause	Mary Jane Kearney	Chris Lange	Dee Dee Kanter

880-YARD MEDLEY RELAY

YEAR:	CLASS AAA					
1977:	MANHEIM CENTRAL	1:49.98	LINDA JACKSON	MARY FORNEY	LESLIE UNGER	JoANN WALKER
1976:	Hempfield	1:50.44	Diane Groff	Sallie Munday	Anne Gabriel	Linda Eby
1975:	Hempfield	1:52.98	Sue Strait	Deb Eby	Pat Wickenheiser	Marilyn Ott
1974:	Hempfield	1:51.6	JoAnn Harriger	Marilyn Ott	Sue Strait	Pat Wickenheiser
YEAR:	CLASS AA					
1977:	SCOTLAND	1:52.33	GAYLE BRADLEY	SHEILA BRADLEY	MISSY MASLEY	RAMONA LATTANY

880-YARD RELAY

YEAR:						
1976:	Cedar Cliff	1:47.74	Ann Pennwell	Joanne Natale	Marianne Tezak	Mary Colteryahn
1975:	HARRISBURG	1:46.74	SUE BROWN	SHERIDAN INGRAM	MARY STEELE	VEDA RANKIN
1974:	Manheim Twp.	1:46.80	Jan Swisher	Lynn Stoll	Joy Swisher	Pam Frey