

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

MULTIPLE CHAMPIONS (relay runners included)

ANNVILLE-CLEONA

Leslie Hummer (10)

1987 AA 100m (12.2)
1987 AA long jump (17-11)
1987 AA triple jump (37-2 1/2)
1986 AA 4x100 (2nd leg)
1986 AA long jump (17-10 1/4)
1985 AA 100m (11.9)
1985 AA 4x100 (2nd leg)
1985 AA long jump (17-6 3/4)
1985 AA triple jump (37-5 1/2)
1984 AA long jump (16-11 1/2)

Dawn Nagle (2)

1986 AA 4x100 (leadoff)
1985 AA 4x100 (leadoff)

Melanie Bow (2)

1986 AA 4x100 (3rd leg)
1985 AA 4x100 (3rd leg)

Sue Wolfe (3)

1986 AA 4x100 (anchor)
1985 AA 4x100 (anchor)
1983 AA 200 (26.31)

BERKS CHRISTIAN

Joy Santos (3)

2009 AA 100m (12.98)
2009 AA 200 (26.35)
2009 AA 400 (59.01)

BERMUDIAN SPRINGS

Georgia Williams (3)

2009 AA pole vault (10-9)
2009 AA triple jump (36-5 1/4)
2008 AA pole vault (10-9)

Rachael Kotula (2)

2009 AA shot (35-5 1/4)
2009 AA javelin (126-1)

Krystal Baker (4)

2008 AA triple jump (37-1 1/2)
2007 AA triple jump (35-10 1/2)
2006 AA pole vault (10-6)
2006 AA triple jump (36-4 1/2)

Shannon Holtzinger (2)

2000 AA triple jump (36-3)
999 AA long jump (16-11 3/4)

Brooke Paxton (2)

1996 AA javelin (128-8)
1995 AA javelin (137-8)

BIGLERVILLE

Beth Chinnick (3)

2001 AA high jump (5-4)
2000 AA high jump (5-2)
1999 AA high jump (5-3)

Emily Pitzer (2)

1996 AA 400 (1:00.0)
1996 AA 4x400 (anchor)

Becky Pitzer (2)

1992 AA high jump (5-2)
1991 AA triple jump (35-7 3/4)

BIG SPRING

Lara Crofford (2)

2007 AAA 3200 (10:31.44)
2006 AAA 3200 (10:49.94)

BISHOP McDEVITT

Rachel Pitman (3)

2013 AA 100m (12.98)
2013 AA 200 (26.27)
2013 AA 4x100 (anchor)

Kameko Webb (4)

2013 AA 4x100 (leadoff)
2012 AA triple jump (36-3)
2011 AA 4x100 (2nd leg)
2011 AA long jump (16-4)

Brianna Davis (2)

2012 AA 4x400 (anchor)
2012 AA discus (111-7)

Yaneshia Gaston (8)

2011 AA 200 (25.61)
2011 AA 400 (57.79)
2011 AA 4x100 (anchor)
2011 AA 4x400 (leadoff)
2010 AA 200 (26.39)
2010 AA 400 (58.99)
2010 AA 4x100 (anchor)
2010 AA 4x400 (anchor)

Amber McCoy (4)

2011 AA 300H (47.23)
2011 AA 4x100 (leadoff)
2010 AA 4x100 (leadoff)
2010 AA 4x400 (3rd leg)

leisha Jackson (2)

2011 AA 4x100 (3rd leg)
2011 AA 4x400 (2nd leg)

BISHOP McDEVITT (cont.)

Kirstin Nanna (2)

2010 AA 4x100 (2nd leg)
2010 AA 4x400 (leadoff)

BOILING SPRINGS

Meredith Speakman (3)

2012 AA 1600 (5:04.67)
2012 AA 3200 (11:01.57)
2011 AA 4x800 (2nd leg)

Lille Brown (3)

2012 AA 800 (2:17.15)
2011 AA 800 (2:17.09)
2011 AA 4x800 (anchor)

Kara Millhouse (11)

2008 AA 800 (2:20.99)
2008 AA 1600 (5:10.26)
2008 AA 3200 (11:13.85)
2008 AA 4x400 3rd leg (4:05.33)
2007 AA 3200 (10:39.92)
2007 AA 4x400 3rd leg (4:04.61)
2007 AA 4x800 anchor (9:38.53)
2006 AA 1600 (5:07.62)
2006 AA 3200 (11:13.13)
2005 AA 3200 (11:11.22)
2005 AA 4x800 3rd leg (9:38.66)

Kellie Dowling (5)

2009 AA 800 (2:23.42)
2008 AA 4x400 2nd leg (4:05.33)
2008 AA 4x800 3rd leg (9:52.66)
2007 AA 4x400 anchor (4:04.61)
2007 AA 4x800 leadoff (9:38.53)

Erin Dowling (2)

2008 AA 4x400 leadoff (4:05.33)
2008 AA 4x800 leadoff (9:52.66)

Krissy Lobaugh (2)

2008 AA 4x800 anchor (9:52.66)
2007 AA 4x800 3rd leg (9:38.33)

Anna Bixler (2)

2007 AA 300H (46.37)
2007 AA 4x400 2nd leg (4:04.61)

Celeste Noll (2)

2007 AA 4x800 2nd leg (9:38.53)
2005 AA 4x800 leadoff (9:38.66)

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

MULTIPLE CHAMPIONS (relay runners included)

BOILING SPRINGS (cont.)

Mary Dell (4)

2006 AA 100m (12.49)
2006 AA 200 (25.11)
2004 AA 100m (12.69)
2004 AA 200 (25.94)

Sharon Leidy (2)

1981 AA long jump (17-7)
1980 AA long jump (17-5)

BOYERTOWN

Kristie Moser (2)

1993 AAA 3200 (10:50.4)
1992 AAA 3200 (11:21.20)

CAMP HILL

Jennie Abolins (4)

1987 AA 800 (2:17.3)
1986 AA 800 (2:23.4)
1986 AA 4x400 (2nd leg)
1985 AA 800 (2:22.7)

Sandy Barnhart (3)

1985 AA high jump (5-5)
1985 AA 4x100 (anchor)
1984 AA high jump (5-6)

Kim Deppen (4)

1983 AA 1600 (5:14.2)
1983 AA 3200 (11:15.25)
1982 AA 1600 (5:15.96)
1982 AA 3200 (11:14.10)

Sally Johnson (2)

1980 800 (2:20.61)
1979 AA 4x800 (leadoff)

Mary Rawe (6)

1976 880 (2:15.31)
1976 mile (4:58.9)
1975 880 (2:19.59)
1975 mile (5:06.43)
1974 880 (2:21.93)
1974 mile (5:30.67)

CARLISLE

Kathleen McPhillips (2)

2011 AAA pole vault (12-1)
2011 AAA triple jump (37-7 ¾)

Ashley Corum (4)

2010 AAA long jump (17-10)
2010 AAA triple jump (40-0 ½)
2009 AAA triple jump (37-7 1/4)
2008 AAA triple jump (38-6)

Ashley Hodge (3)

2004 AAA 100m (12.23)
2004 AAA 200 (25.53)
2004 AAA 400 (55.40)

Jennifer Mitchell (3)

1993 AAA 800 (2:16.8)
1993 AAA 1600 (5:01.9)
1993 AAA 4x800 (anchor)

Tasha Palmer (2)

1992 AAA 100H (14.6)
1992 AAA triple jump (37-2 3/4)

Lisa Davis (2)

1990 AAA 800 (2:18.8)
1989 AAA 800 (2:17.3)

Tessie Palmer (5)

1988 AAA high jump (5-6)
1988 AAA triple jump (38-2)
1987 AAA 100H (15.0)
1987 AAA triple jump (38-2 3/4)
1986 AAA 4x100 (3rd leg)

Stefanie Caradine (6)

1986 AAA 200 (25.3)
1986 AAA 400 (57.7)
1986 AAA 4x100 (anchor)
1986 AAA 4x400 (anchor)
1985 AAA 4x400 (anchor)
1985 AAA 4x800 (3rd leg)

Deb Ellis (2)

1986 AAA 4x100 (leadoff)
1986 AAA 4x400 (leadoff)

Stacey Reed (3)

1986 AAA 4x100 (2nd leg)
1986 AAA 4x400 (3rd leg)
1983 AAA 4x100 (3rd leg)

CARLISLE (cont.)

Alison Smith (5)

1985 AAA 800 (2:19.5)
1985 AAA 4x400 (3rd leg)
1985 AAA x800 (anchor)
1984 AAA 800 (2:16.6)
1984 AAA 4x800 (anchor)

Martha Henseler (2)

1985 AAA 4x800 (leadoff)
1984 AAA 4x800 (leadoff)

Stacey Owens (3)

1983 AAA 4x100 (leadoff)
1982 AAA 4x100 (3rd leg)
1982 AAA 4x400 (2nd leg)

Karen Johnson (4)

1983 AAA 200 (25.91)
1983 AAA 4x100 (anchor)
1982 AAA 4x100 (anchor)
1982 AAA 4x400 (3rd leg)

Kris James (2)

1982 AAA 4x100 (leadoff)
1982 AAA 4x400 (leadoff)

Stephanie Smallwood (2)

1982 AAA 4x100 (2nd leg)
1982 AA 4x400 (anchor)

Julie Bowers (3)

1981 AAA 4x800 (anchor)
1980 AAA 4x800 (leadoff)
1979 AAA 4x800 (leadoff)

Karen Henseler (2)

1981 AAA 4x800 (3rd leg)
1980 AAA 4x800 (3rd leg)

Joann Zierdt (3)

1980 AAA 800 (2:16.84)
1980 AAA 4x800 (anchor)
1979 AAA 4x800 (anchor)

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

MULTIPLE CHAMPIONS (relay runners included)

CEDAR CLIFF

Karyn Boyer (2)

2006 AAA 4x100 leadoff (49.43)
2005 AAA 4x100 leadoff (49.36)

Beth Getty (2)

2006 AAA 4x100 2nd leg (49.43)
2005 AAA 4x100 3rd leg (49.36)

Kelly Allred (2)

2006 AAA 4x100 3rd leg (49.43)
2005 AAA 4x100 2nd leg (49.36)

Laura McGowan (2)

2006 AAA 4x100 anchor (49.43)
2005 AAA 4x100 anchor (49.36)

Christy Hartman (2)

1995 AAA 3200 (11:23.8)
1994 AAA 3200 (11:28.7)

Vicki Stum (2)

1988 AAA 1600 (5:08.0)
1988 AAA 3200 (11:21.6)

CEDAR CREST

Wendy Nelson (4)

1987 AAA 1600 (5:02.3)
1987 AAA 3200 (11:10.4)
1986 AAA 1600 (4:59.2)
1986 AAA 3200 (11:16.5)

CENTRAL DAUPHIN

Linda Millman (2)

1976 discus (121-2)
1976 javelin (127-4)

CENTRAL DAUPHIN EAST

Deme'shia Davis (7)

2012 AAA 100m (12.03)
2012 AAA 200 (24.42)
2012 AAA 4x100 (anchor)
2012 AAA 4x400 (anchor)
2011 AAA 200 (24.79)
2011 AAA 4x100 (anchor)
2009 AAA 4x100 (2nd leg)

Bria Mosley (3)

2012 AAA 4x100 relay (leadoff)
2012 AAA 4x400 relay (leadoff)
2011 AAA 4x100 relay (leadoff)

Sidine Jennings (3)

2012 AAA 4x100 relay (2nd leg)
2012 AAA 4x400 relay (2nd leg)
2011 AAA 4x100 relay (2nd leg)

Courtney Mitchell (2)

2012 AAA 4x100 relay (3rd leg)
2011 AAA 4x100 relay (3rd leg)

Marissa McDonald (5)

2009 AAA 100m (12.63)
2009 AAA 4x100 (anchot)
2009 AAA long jump (18-3 ¼)
2008 AAA long jump (18-5 ½)
2007 AAA long jump (17-11)

Aaliyah Saunders (2)

2006 AAA 200 (25.69)
2005 AAA 4x400 (leadoff)

Tiera Smith (3)

2005 AAA 200 (25.19)
2005 AAA 400 (57.71)
2005 AAA 4x400 (anchor)

Hyleas Fountain (10)

2000 AAA 100m (12.02)
2000 AAA 200 (24.42)
2000 AAA 100H (13.87 – wind)
2000 AAA high jump (5-6)
1999 AAA 100m (12.0)
1999 AAA 200 (24.67)
1999 AAA high jump (5-5)
1998 AAA 100m (12.0)
1998 AAA high jump (5-8)
1997 AAA 4x100 (anchor)

Julia Fountain (2)

1997 AAA 100H (15.3)
1997 AAA 4x100 (2nd leg)

CENTRAL DAUPHIN EAST (cont.)

Angel Doyle (7)

1976 100y (10.97)
1976 220 (24.7)
1975 100y (11.0)
1975 220 (24.99)
1975 440 relay (2nd leg)
1974 100y (10.91)
1974 220 (24.66)

CENTRAL YORK

Laura Carroll (5)

1978 AAA 440 (56.34)
1978 AAA long jump (18-3 1/2)
1977 AAA 440 (57.22)
1977 AAA long jump (18-3 3/4)
1977 AAA triple jump (38-11)

CHAMBERSBURG

Marshay Ryan (4)

2013 AAA long jump (19-3 ¼)
2013 AAA triple jump (40-9 ¾)
2012 AAA long jump (18-9 ¼)
2012 AAA triple jump (39-8 ½)

Jessica Whitmore (3)

2011 AAA 100m (12.23)
2010 AAA 100m (12.38)
2010 AAA 200 (25.38)

Anysa Barbour (4)

2008 AAA 100m (12.41)
2008 AAA 200 (25.60)
2007 AAA 100m (12.16)
2006 AAA 110m (12.12)

Beth Armstrong (2)

2000 AAA 1600 (5:07.89)
1999 AAA 4x800 (anchor)

Tunisia Lacy (2)

2001 AAA long jump (16-9 1/2)
2001 AAA triple jump (36-6 1/4)

Marvarine Campbell (2)

1997 AAA javelin (135-3)
1995 AAA javelin (123-9)

Angie Rideout (2)

1996 AAA triple jump (36-11 1/2)
1994 AAA high jump (5-4)

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

MULTIPLE CHAMPIONS (relay runners included)

CHAMBERSBURG (cont.)

Becki Davis (2)

1992 AAA 400 (59.4)
1990 AAA 4x400 (anchor)

COCALICO

Vicki Boyer (3)

1990 AA 3200 (11:36.2)
1989 AA 3200 (11:55.32)
1988 AA 3200 (11:35.1)

CONRAD WEISER

Patti Kelber (2)

1983 AA 400 (58.91)
1982 AA 400 (58.96)

CUMBERLAND VALLEY

Abby Huber (3)

2007 AAA 800 (2:14.52)
2007 AAA 4x800 (9:33.65)
2006 AAA 4x800 (9:26.30)

Lauren Thompson (2)

2007 AAA 4x800 (leadoff)
2006 AAA 4x800 (anchor)

Paige Anderson (2)

2007 AAA 4x800 (3rd leg)
2006 AAA 4x800 (2nd leg)

Sarah Frenette (3)

2006 AAA 4x800 (leadoff)
2005 AAA 4x800 (leadoff)
2004 AAA 4x400 (leadoff)

Kristen Jones (2)

2005 AAA 300H (45.05)
2004 AAA 300H (45.01)

Abby Huber (4)

2006 AAA 4x800 (3rd leg)
2005 AAA 4x800 (anchor)
2004 AAA 4x400 (3rd leg)
2004 AAA 4x800 (3rd leg)

Lauren Reilly (2)

2005 AAA 4x800 (2nd leg)
2004 AAA 4x800 (2nd leg)

Jen Gray (4)

2004 AAA 800 (2:15.95)
2004 AAA 4x400 (anchor)
2004 AAA 4x800 (anchor)
2003 AAA 4x800 (leadoff)

CUMBERLAND VALLEY (cont.)

Nicole Erby (2)

2003 AAA 1600 (5:06.16)
2003 AAA 4x800 (anchor)

Lisa Batcheler (2)

1983 AAA shot (38-7)
1982 AAA shot (38-0 1/2)

DALLASTOWN

Jen Garman (2)

1993 AAA javelin (137-6)
1993 AAA long jump (17-5 1/2)

Tina Kotek (2)

1984 AAA long jump (17-7)
1984 AAA 4x400 (leadoff)

DELONE CATHOLIC

Sierra Moore (2)

2010 AA 100m (13.06)
2009 AA 4x100 (anchor)

Mariah Robertson (4)

2010 AA 100H (15.78)
2009 AA 100H (15.87)
2009 AA 4x100 leadoff (50.70)
2009 AA long jump (17-1 1/2)

Janice Erbe (3)

2010 AA 300H (46.06)
2009 AA 300H (45.72)
2009 AA 4x100 3rd leg (50.70)

Arielle Placke (2)

2007 AA pole vault (10-9)
2007 AA long jump (16-5 3/4)

Maggie Borden (3)

2003 AA 400 (57.56)
2002 AA 400 (57.38)
2001 AA 400 (58.77)

DONEGAL

Kelsey Buffenmyer (2)

2005 AA high jump (5-5)
2005 AA long jump (18-1)

Steph Derr (2)

1992 AA javelin (128-4)
1991 AA javelin (133-0)

Amy Westerman (5)

1984 AA discus (128-3)
1984 AA javelin (141-9)
1983 AA discus (119-10)
1983 AA javelin (148-4)
1982 AA javelin (127-11)

Beth Gainer (2)

1981 AA 1600 (5:14.75)
1981 AA 3200 (11:35.45)

Pamela Kolp (2)

1978 AA javelin (128-10)
1977 AA javelin (116-1)

DOVER

Wendy Hutchinson (2)

2008 AAA 800 (2:15.61)
2008 AAA 4x400 (2nd leg)

Kelly Bosserman (2)

1985 AAA 4x100 (leadoff)
1984 AAA 4x100 (2nd leg)

Kelly Kemper (2)

1985 AAA 4x100 (2nd leg)
1984 AAA 4x100 (2nd leg)

Renee Killinger (2)

1985 AAA 4x100 (anchor)
1984 AAA 4x100 (anchor)

Molly Jones (4)

1982 AAA 800 (2:18.0)
1981 AA 800 (2:20.54)
1981 AA 4x800 (3rd leg)
1980 AA 4x800 (3rd leg)

Sue Pickerell (2)

1981 AA 4x800 (3rd leg)
1980 AA 4x800 (3rd)

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

MULTIPLE CHAMPIONS (relay runners included)

EASTERN YORK

Libby Haas (2)

2003 AAA high jump (5-4)
2002 AAA high jump (5-4)

Tracy Sollenberger (5)

1990 AA 1600 (5:14.7)
1990 AA 4x800 (anchor)
1989 AA 1600 (5:16.0)
1989 AA 4x800 (anchor)
1988 AA 1600 (5:13.0)

Laurie Mazur (2)

1990 AA 4x800 (leadoff)
1989 AA 4x800 (leadoff)

Ethel Smith (2)

1990 AA 4x800 (3rd leg)
1989 AA 4x800 (3rd leg)

Carena Winters (2)

1987 AA 1600 (5:11.6)
1987 AA 3200 (11:29.2)

Carol Forry (2)

1985 AA 100H (15.2)
1984 AA 100H (15.2)

Donna McLain (8)

1980 AA 1600 (5:00.31)
1980 AA 3200 (10:59.00)
1979 AA 1600 (5:01.61)
1979 AA 1600 (11:00.73)
1978 AA mile (5:03.04)
1978 AA 2-mile (11:15.05)
1977 AA mile (5:13.5)
1977 AA two-mile (11:38.8)

EAST JUNIATA

Heather Colyer (8)

1998 AA shot (47-10)
1998 AA discus (158-6)
1997 AA shot (46-10 1/2)
1997 AA discus (158-0)
1996 AA shot (42-1)
1996 AA discus (151-0)
1995 AA shot (43-6)
1995 AA discus (139-8)

Kim Sellers (4)

1993 AA shot (40-6 1/4)
1993 AA discus (127-9)
1992 AA shot (39-10 1/2)
1992 AA discus (125-6)

Beth Conrad (3)

1991 AA discus (119-7)
1990 AA javelin (127-9)
1989 AA javelin (130-10)

Wanda Ferster (5)

1988 AA discus (152-8)
1987 AA shot (40-9 1/2)
1987 AA discus (125-3)
1987 AA javelin (141-0)
1986 AA discus (119-9)

EAST PENNSBORO

Theresa Kauffman (4)

1979 AA 800 (2:18.20)
1979 AA 4x400 (anchor)
1978 AA 880 (2:17.24)
1978 AA mile relay (anchor)

Donna Barton (2)

1979 AA 4x400 (3rd leg)
1978 AA mile relay (2nd leg)

Kerry Haertsch (2)

1979 AA 4x400 (leadoff)
1978 AA mile relay (leadoff)

ELCO

Kayleigh Perry (2)

2010 AAA 1600 (5:03.76)
2010 AAA 3200 (10:54.84)

Lauren Chatwick (2)

1997 AA 300H (47.3)
1996 AA 4x800 (anchor)

ELIZABETHTOWN

Sarah Fairbanks (2)

2012 AAA shot (41-8 1/2)
2012 AAA discus (128-2)

EPHRATA

Mary Witmer (2)

2013 AAA 300 hurdles (42.11)
2012 AAA 300 hurdles (43.80)

Anne Mielnik (5)

1996 AAA shot (41-5 1/2)
1996 AAA discus (134-0)
1995 AAA shot (38-9)
1995 AAA discus (127-7)
1994 AAA shot (38-5 1/2)

EXETER

Jane Strouse (2)

1977 AA 880 (2:18.93)
1977 AA mile relay (leadoff)

FAIRFIELD

Sarah Hunt (3)

2013 AA triple jump (36-3 1/2)
2012 AA long jump (16-10 1/4)
2012 AA triple jump (35-3 1/2)

FLEETWOOD

Susan Weidner (2)

1986 AA javelin (136-7)
1985 AA javelin (125-8)

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

MULTIPLE CHAMPIONS (relay runners included)

GARDEN SPOT

Liz Martin (2)

2010 AAA 100H (15.32)
2010 AAA 300H (44.94)

Kirsten Andrews (2)

2003 AAA pole vault (11-6)
2002 AAA long jump (17-4 1/2)

Eliese Mitchell (5)

1999 AAA shot (45-5 1/2)
1999 AAA discus (156-11)
1998 AAA shot (44-7)
1997 AAA shot (42-8)
1997 AAA discus (136-10)

Justine Spence (3)

1984 AAA 100H (15.4)
1984 AAA 300H (44.8)
1983 AAA 300H (45.33)

Kerry Keipers (2)

1975 shot (40-9 3/4)
1974 AAA shot (38-10 1/4)

GOVERNOR MIFFLIN

Ruth Chege (3)

1999 AAA 800 (2:16.9)
1999 AAA 1600 (5:11.2)
1998 AAA 1600 (5:10.5)

Laurena White (6)

1996 AAA 100m (12.3)
1996 AAA 200 (25.4)
1996 AAA 4x100 (anchor)
1995 AAA 100m (11.7)
1995 AAA 200 (25.4)
1995 AAA 4x100 (anchor)

Anne Stanislawczyk (3)

1996 AAA 4x100 (2nd leg)
1995 AAA 300H (45.2)
1995 AAA 4x100 (2nd leg)

Jenn Comtois (2)

1993 AAA 100H (14.7)
1993 AAA 300H (44.8)

Lauren Keefer (2)

1975 discus (113-6)
1974 discus (116-0 1/4)

GREENCASTLE-ANTRIM

Kelli Straussner (3)

1988 AA high jump (5-6)
1987 AA high jump (5-1)
1986 AA high jump (5-5)

Tracey Bowers (5)

1986 AA 1600 (5:10.6)
1986 AA 3200 (11:34.2)
1985 AA 1600 (5:13.0)
1984 AA 1600 (5:07.9)
1984 AA 3200 (11:05.4)

GREENWOOD

Jessica Kratzer (7)

2005 AA discus (125-3)
2005 AA javelin (126-5)
2004 AA discus (136-8)
2003 AA javelin (117-3)
2002 AA shot (38-7)
2002 AA javelin (124-5)
2002 AA discus (119-5)

Jody Kratzer (2)

2000 AA discus (120-1)
1999 AA discus (130-2)

Rhonda Witmer (4)

1994 AA TJ (40-3 3/4)
1993 AA long jump (17-2)
1993 AA triple jump (37-0)
1992 AA triple jump (37-4)

HAMBURG

Adriene Beltz (2)

2004 AAA 1600 (5:01.13)
2004 AAA 3200 (10:52.18)

HANOVER

Leandra Golden (2)

2003 AA pole vault (11-0)
2002 AA pole vault (10-3)

HARRISBURG

Alysha Cook (5)

2009 AA 100H (14.28)
2009 AA 300H (44.86)
2008 AAA 400 (56.94)
2008 AAA 100H (15.07)
2008 AAA 300 H (43.53)

Tiera Smith (3)

2007 AAA 200 (25.32)
2007 AAA 400 (57.29)
2007 AAA 4x100 anchor (48.82)

Lhayana Dallas (2)

2007 AAA 300H (44.75)
2007 AAA high jump (5-4)

Dominique Darden (13)

2002 AAA 200 (24.44)
2002 AAA 400 (56.48)
2002 AAA 100H (14.09)
2001 AAA 200 (24.84)
2001 AAA 400 (55.38)
2001 AAA 100H (14.63)
2001 AAA 4x400 (anchor)
2000 AAA 400 (56.02)
2000 AAA 300H (45.74)
2000 AAA 4x400 (2nd leg)
1999 AAA 400 (56.6)
1999 AAA long jump (17-3 3/4)
1999 AAA 4x400 (2nd leg)

Dreamer Patterson (2)

2001 AAA 4x400 (2nd leg)
1999 AAA 4x100 (leadoff)

Miriam Barnes (4)

2001 AAA 4x400 (leadoff)
2000 AAA 4x400 (anchor)
1999 AAA 4x400 (leadoff)
1998 AAA 4x400 (3rd leg)

Kynisha Windham (2)

2001 AAA 4x400 (3rd leg)
1998 AAA 4x100 (leadoff)

Brianne Johnson (2)

1999 AAA javelin (161-5)
1998 AAA javelin (145-10)

Bernadette Gray (3)

2000 AAA 4x400 (leadoff)
1999 AAA 4x100 (3rd leg)
1999 AAA 4x400 (anchor)

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

MULTIPLE CHAMPIONS (relay runners included)

HARRISBURG (cont.)

April Swanson (3)

1999 4x100 (anchor)
1999 4x400 (3rd leg)
1998 AAA 4x100 (second leg)

Tamika Scott (7)

1998 AAA 200 (24.4)
1998 AAA 400 (56.1)
1998 AAA 4x100 (anchor)
1998 AAA 4x400 (anchor)
1997 AAA 200 (26.0)
1996 AAA 4x400 (3rd leg)
1995 AAA 4x400 (2nd leg)

Tammy Davis (3)

1998 AAA 4x100 (3rd leg)
1998 AAA 4x400 (leadoff)
1996 AAA 4x400 (leadoff)

Leslie Miller (2)

1997 AAA 100m (12.5)
1997 AAA 400 (57.5)

Christine Hayden (2)

1989 AAA long jump (18-5)
1987 AAA 4x100 (3rd leg)

Penda Powell (2)

1996 AAA 4x400 (anchor)
1995 AAA 4x400 (3rd leg)

Kiandra Poteat (2)

1996 AAA 4x400 (2nd leg)
1995 AAA 4x400 (leadoff)

Sheree Butts (5)

1991 AAA 100H (14.2 - wind)
1991 AAA 300H (44.8)
1990 AAA 100H (14.5)
1990 AAA 300H (44.8)
1989 AAA 100H (15.5)

Lisa Kennedy (3)

1982 AAA 400 (58.14)
1980 AAA 4x100 (2nd leg)
1980 AAA 4x400 (leadoff)

Gina Johnson (2)

1980 AAA 4x100 (anchor)
1980 AAA 4x400 (2nd leg)

Kelly Oliver (3)

1980 AAA 4x100 (3rd leg)
1980 AAA 4x400 (3rd leg)
1978 AAA 440 relay (leadoff)

HARRISBURG (cont.)

Blondie Jackson (7)

1978 AAA 100y (10.99)
1978 AAA 220 (25.05)
1978 AAA 440 relay (anchor)
1977 AAA 100y (10.93)
1977 AAA 220 (24.94)
1977 AAA 440 relay (anchor)
1976 440 relay (leadoff)

Rhonda Fernister (2)

1978 AAA 440 relay (2nd leg)
1977 AAA 440 relay (3rd leg)

Harriet Harbison (3)

1978 AAA 440 relay (3rd leg)
1977 AAA 440 relay (2nd leg)
1976 440 relay (2nd leg)

Veda Rankin (3)

1976 440 (56.8)
1976 440 relay (anchor)
1975 880 relay (anchor)

HEMPFIELD

Megan Ryan (3)

2003 AAA 100H (14.72)
2003 AAA 300H (44.57)
2001 AAA 4x100 (2nd leg)

Tammi Stewart (2)

1993 AAA 100m (12.2)
1991 AAA 400 (57.2)

Jodi Heistand (3)

1989 AAA high jump (5-2)
1989 AAA long jump (17-2 3/4)
1989 AAA triple jump (37-3 1/2)

Traci Fisher (2)

1987 AAA 4x800 (leadoff)
1986 AAA 4x800 (leadoff)

Pam Neiss (2)

1987 AAA 4x800 (anchor)
1986 AAA 4x800 (3rd leg)

Marilyn Senz (7)

1980 AAA shot (43-10)
1980 AAA discus (130-10)
1980 AAA javelin (150-0)
1979 AAA shot (42-5)
1979 AAA discus (124-5)
1978 AAA javelin (143-5)
1977 AAA mile relay (2nd leg)

Meryl Schmidt (2)

1978 AAA mile (5:13.53)
1977 AAA mile relay (3rd leg)

Sue Strait (2)

1975 880 medley relay (leadoff)
1974 880 medley relay (3rd)

Marilyn Ott (2)

1975 880 medley relay (anchor)
1974 880 medley relay (2nd leg)

Pat Wickenhiser (2)

1975 880 medley relay (3rd leg)
1974 880 medley relay (anchor)

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

MULTIPLE CHAMPIONS (relay runners included)

HERSHEY

Angie Saterstad (2)

2003 AAA 3200 (10:43.72)
2002 AAA 3200 (10:56.2)

Jessica Totaro (2)

1995 AAA 800 (2:17.7)
1995 AAA 1600 (5:13.0)

Nikki Hendricks (2)

1982 AA 100H (15.24)
1982 AA high jump (5-5)

Beth Naylor (2)

1982 AA long jump (17-2 3/4)
1982 AA triple jump (37-2)

HOLY NAME

Rachel Casciano (3)

2010 AA 800 (2:23.71)
2010 AA 1600 (5:21.67)
2010 AA 3200 (11:36.69)

Hillary Monger (3)

2008 AA 100H (16.01)
2008 AA 300H (45.59)
2007 AA 100H (15.21)

Kelly McElroy (2)

2005 AA 800 (2:18.50)
2004 AA 800 (2:20.89)

KUTZTOWN

Laura Mohler (2)

2004 AA 1600 (5:09.50)
2004 AA 3200 (11:21.22)

Sheri Calhoun (12)

1999 AA 100m (12.2)
1999 AA 200 (25.3)
1999 AA 400 (55.39)
1998 AA 100m (12.1)
1998 AA 200 (25.3)
1998 AA 400 (56.8)
1997 AA 100m (12.9)
1997 AA 200 (25.9)
1997 AA 400 (57.2)
1996 AA 100m (12.6)
1996 AA 200 (25.7)
1996 AA 300H (45.8)

LAMPETER-STRASBURG

Amy Kopf (2)

1990 AA 800 (2:18.7)
1989 AA 800 (2:20.0)

Tina Herman (2)

1983 AA 4x100 (3rd leg)
1981 AA 4x100 (2nd)

Carol High (4)

1981 AA 100m (12.25)
1981 AA 200 (26.73)
1981 AA 4x100 (leadoff)
1979 AA 4x100 (3rd)

Melanie Basciotti (2)

1981 AA 4x100 (anchor)
1979 AA 4x100 (anchor)

LANCASTER CATHOLIC

Beth Loretz (3)

1998 AA high jump (5-3)
1997 AA high jump (5-3)
1996 AAA high jump (5-5)

Laura O'Donnell (5)

1989 AAA 1600 (5:18.6)
1988 AA 800 (2:18.5)
1988 AA 4x800 (leadoff)
1987 AA 4x400 (3rd leg)
1987 AA 4x800 (leadoff)

Lori Land (2)

1988 AA 4x800 (3rd leg)
1987 AA 4x800 (3rd leg)

Kelly Tuinstra (3)

1988 AA 4x800 (anchor)
1987 AA 4x400 (anchor)
1987 AA 4x800 (anchor)

Christine O'Donnell (3)

1985 AAA 1600 (5:12.7)
1985 AAA 3200 (11:21.7)
1984 AAA 3200 (11:17.3)

LANCASTER MENNONITE

Lindsey Kreider (2)

2012 AA 100m (12.69)
2012 AA 200 (26.09)

LEBANON

Jessica Lentz (3)

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

LOWER DAUPHIN

Chris Quimby (2)

1991 AAA 3200 (11:12.01)
1990 AAA 3200 (11:18.7)

Michelle Mattson (3)

1984 AAA 1600 (5:09.0)
1983 AAA 800 (2:17.7)
1982 AAA 1600 (5:10.50)

MANHEIM CENTRAL

Andrea Ebersole (2)

1988 AAA 4x400 (3rd leg)
1988 AAA 4x800 (leadoff)

Tammi Hessen (2)

1988 AAA 4x400 (leadoff)
1988 AAA 4x800 (3rd leg)

MANHEIM TWP.

Lindsey Incorvati (4)

2003 AAA 4x800 (anchor)
2002 AAA 4x800 (anchor)
2001 AAA 4x800 (anchor)
2000 AAA 4x800 (anchor)

Mallory Weiss (4)

2003 AAA 4x800 (leadoff)
2002 AAA 4x800 (leadoff)
2001 AAA 4x800 (leadoff)
2000 AAA 4x800 (leadoff)

Laura Werner (2)

2003 AAA 4x800 (2nd leg)
2002 AAA 4x800 (2nd leg)

Danielle Mousley (2)

2001 AAA 4x800 (2nd leg)
2000 AAA 4x800 (3rd leg)

Kathianne Sellers (2)

1992 AAA high jump (5-8 3/4)
1991 AAA high jump (5-4)

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

MULTIPLE CHAMPIONS (relay runners included)

MANHEIM TWP. (cont.)

Liz Giering (7)

1985 AAA 100m (12.0)
1985 AAA 200 (25.6)
1985 AAA 400 (57.7)
1984 AAA 100m (12.4)
1984 AAA 200 (25.5)
1983 AAA 100m (12.34)
1982 AAA 200 (25.21)

Joy Swisher (2)

1974 440 relay (3rd leg)
1974 880 relay (3rd leg)
1974 440 relay (anchor)
1974 880 relay (anchor)

McCASKEY, J.P.

Jennifer Ladson (6)

1993 AAA 200 (24.7)
1993 AAA 400 (56.55)
1993 AAA 4x400 (anchor)
1993 AAA triple jump (37-6 1/4)
1992 AAA 4x100 (3rd leg)
1992 AAA 4x400 (leadoff)

Ann Cross (2)

1993 AAA 4x400 (leadoff)
1992 AAA 4x400 (2nd leg)

Florine Holmes (3)

1993 AAA 4x400 (3rd leg)
1992 AAA 4x100 (3rd leg)
1992 AA 4x400 (3rd leg)

Adrena Carter (3)

1992 AAA shot (37-1)
1992 AAA discus (116-6)
1991 AAA shot (38-9 3/4)

Rhasheda Bailey (2)

1992 AAA 4x100 (anchor)
1992 AAA 4x400 (anchor)

Jill Cypress (4)

1990 AAA triple jump (39-5)
1989 AAA 4x100 (2nd leg)
1989 AAA 4x400 (2nd leg)
1988 AAA 4x100 (2nd leg)

Roxanne Morton (2)

1989 AAA 200 (25.8)
1988 AAA 100m (12.1)
1988 AAA 200 (25.3)

McCASKEY, J.P. (cont.)

Brooke Walls (5)

1989 AAA 300H (44.4)
1989 AAA 4x100 (3rd leg)
1989 AAA 4x400 (leadoff)
1989 AAA 4x800 (3rd leg)
1988 AAA 4x100 (3rd leg)

Beth Brown (2)

1989 AAA 4x800 (leadoff)
1987 AAA 800 (2:22.2)

Trysa Cameron (2)

1989 AAA 4x100 (leadoff)
1988 AAA 4x100 (leadoff)

Sherry Gearhart (2)

1989 AAA 4x400 (3rd leg)
1989 AAA 4x800 (anchor)

Linda Butts (2)

1987 AAA shot (41-6)
1986 AAA shot (41-3 1/2)

Karen Cotton (3)

1981 AAA 400 (57.96)
1981 AAA 4x400 (2nd leg)
1979 AAA 4x400 (2nd leg)

Lisa Felder (2)

1981 AAA 4x400 (leadoff)
1979 AAA 4x400 (leadoff)

Niecy Houston (2)

1981 AAA shot (41-3)
1981 AAA discus (133-10)

MECHANICSBURG

Lois Brommer (4)

1981 AAA 800 (2:17.84)
1981 AAA 1600 (4:53.98)
1981 AAA 3200 (10:22.33)
1980 AAA 1600 (5:02.98)

MIDDLETOWN

Aubree Ray (5)

2011 AA shot (40-3)
2011 AA discus (139-3)
2010 AA shot (39-8)
2010 AA discus (128-2)
2009 AA discus (131-7)

Melissa Stewart (2)

1983 AAA 1600 (4:57.83)
1983 AAA 3200 (10:56.95)

MILLERSBURG

Tonia Matter (2)

1992 AA long jump (17-2 3/4)
1991 AA long jump (17-5 1/4)

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

MULTIPLE CHAMPIONS (relay runners included)

MILTON HERSHEY

Ahmenah Richardson (3)

2012 AAA high jump (5-4)
2011 AAA 4x400 (leadoff)
2011 AA high jump (5-4)

Kiara Carter (2)

2011 AAA 4x400 (2nd leg)
2010 AAA 4x100 (anchor)

Brittne' Perkins (3)

2008 AA 100m (12.75)
2008 AA 4x100 3rd leg (49.07)
2007 AA 4x100 3rd leg (49.93)

Anna-Christine Scull (3)

2007 AA 800 (2:18.02)
2006 AA 800 (2:17.73)
2006 AA 4x400 (2nd leg)

Jackqualain Williams (2)

2006 AA shot (39-6)
2005 AA shot (37-9)

Abigail Johnson (8)

2006 AA 400 (56.35)
2006 AA 4x100 (2nd leg)
2006 AA 4x400 (anchor)
2005 AA 200 (25.03)
2005 AA 400 (56.84)
2005 AA 4x400 (anchor)
2003 AA 4x100 (leadoff)
2003 AA 4x400 (leadoff)

Crystal Polite (7)

2006 AA 100H (14.90)
2006 AA 300H (45.52)
2006 AA 4x100 (anchor)
2006 AA 4x400 (3rd leg)
2005 AA 100H (15.13)
2004 AA 100H (15.56)
2004 AA 4x100 (anchor)

Ruth Brown (5)

2006 AA 4x100 (leadoff)
2006 AA 4x400 (leadoff)
2005 AA 300H (45.54)
2005 AA 4x400 (2nd leg)
2003 AA 4x400 (2nd leg)

MILTON HERSHEY (cont.)

Kandance Ferguson (9)

2003 AA 100m (12.55)
2003 AA 200 (25.12)
2003 AA 4x100 (anchor)
2003 AA 4x400 (anchor)
2002 AA 200 (25.39)
2002 AA 4x400 (anchor)
2001 AA 4x100 (leadoff)
2001 AA 4x400 (anchor)
2000 AA 4x400 (leadoff)

Ashley Mondie (7)

2003 AA 4x100 (2nd leg)
2003 AA long jump (17-1 1/2)
2003 AA triple jump (37-1 1/2)
2002 AA 4x400 (leadoff)
2002 AA long jump (17-1 1/2)
2002 AA triple jump (36-5 1/2)
2001 AA 4x400 (3rd leg)

Claudia Benjamin (4)

2004 AA 4x100 (3rd leg)
2003 AA 4x100 (3rd leg)
2003 AA 4x400 (3rd leg)
2002 AA 4x100 (3rd leg)

Crystal Griffin (2)

2003 AA shot (38-2 1/4)
2000 AA shot (38-10 1/4)

Jalilla Harvey (2)

2002 AA 4x100 (2nd leg)
2001 AA 4x100 (2nd leg)

Judith Agyepong (6)

2002 AA 4x100 (anchor)
2002 AA 4x400 (3rd leg)
2001 AA 100m (12.80)
2001 AA 200 (26.38)
2001 AA 4x100 (anchor)
2000 AA 4x100 (leadoff)

Fonati Ward (5)

2001 AA 300H (46.33)
2001 AA 4x400 (leadoff)
2000 AA 4x400 (anchor)
1999 AA 4x400 (3rd leg)
1998 AA 4x400 (2nd leg)

Ashley Byrd (4)

2001 AA 4x100 (3rd leg)
2001 AA triple jump (36-1 1/4)
2000 AA 4x100 (3rd leg)
2000 AA long jump (16-11 1/4)

MILTON HERSHEY (cont.)

Korto Dunbar (10)

2000 AA 100m (12.53)
2000 AA 100H (14.68)
2000 AA 4x100 (anchor)
2000 AA 4x400 (3rd leg)
1999 AA 100H (15.0)
1999 AA 4x100 (anchor)
1999 AA 4x400 (2nd leg)
1998 AA 4x100 (3rd leg)
1998 AA 4x400 (3rd leg)
1997 AA 4x100 (3rd leg)

Aisha Granville (5)

2000 AA 4x100 (2nd leg)
2000 AA 4x400 (2nd leg)
1999 AA 4x100 (2nd leg)
1998 AA 4x100 (2nd leg)
1997 AA 4x100 (2nd leg)

Jowharah Haddad (2)

1999 AA 4x400 (leadoff)
1998 AA 4x400 (leadoff)

Abie Boima (2)

1999 AA 4x100 (3rd leg)
1996 AA 4x100 (leadoff)

Bernadette Robinson (2)

1999 AA 4x400 (anchor)
1998 AA 4x400 (anchor)

Tiffany Sheppard (3)

1998 AA 4x100 (anchor)
1997 AA 4x100 (anchor)
1996 AA 4x100 (2nd leg)

Angela Szumowski (2)

1996 AA 4x100 (anchor)
1995 AA 4x400 (2nd leg)

Maimedee George (3)

1995 AA 100H (14.8)
1995 AA 300H (45.1)
1995 AA 4x400 (leadoff)

Edith Hutchins (3)

1995 AA 4x400 (3rd leg)
1994 AA 4x400 (3rd leg)
1993 AA 4x400 (2nd leg)

Tamalia Christian (2)

1995 AA 4x400 (anchor)
1994 AA 4x400 (leadoff)

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

MULTIPLE CHAMPIONS (relay runners included)

MILTON HERSHEY (cont.)

Aishia Stroop (8)

1994 AA 400 (58.0)
1994 AA 4x400 (anchor)
1994 AA 4x800 (leadoff)
1993 AA 400 (58.48)
1993 AA 4x400 (anchor)
1993 AA 4x800 (leadoff)
1992 AA 400 (59.7)
1992 AA 4x400 (3rd leg)

Amy Debor (12)

1994 AA 1600 (5:12.4)
1994 AA 3200 (11:25.5)
1994 AA 4x400 (2nd leg)
1994 AA 4x800 (anchor)
1993 AA 1600 (5:17.90)
1993 AA 3200 (11:27.4)
1993 AA 4x400 (3rd leg)
1993 AA 4x800 (anchor)
1992 AA 1600 (5:12.9)
1992 AA 3200 (11:21.6)
1991 AA 3200 (11:21.6)
1991 AA 4x800 (leadoff)

Jennifer Sloane (9)

1993 AA 4x400 (leadoff)
1992 AA 200 (26.1)
1992 AA 4x100 (anchor)
1992 AA 4x400 (leadoff)
1991 AA 100m (12.5)
1991 AA 4x100 (leadoff)
1991 AA 4x400 (leadoff)
1990 AA 4x100 (leadoff)
1990 AA 4x400 (3rd leg)

Shasha Jones (5)

1992 AA 4x100 (3rd leg)
1992 AA 4x400 (anchor)
1991 AA 4x100 (2nd leg)
1991 AA 4x400 (2nd leg)
1990 AA 4x100 (2nd leg)

Celeta Carter (7)

1991 AA 200 (25.2)
1991 AA 100H (14.2 - wind-aided)
1991 AA 4x100 (anchor)
1990 AA 200 (26.1)
1990 AA 100H (14.9)
1990 AA 4x100 (anchor)
1989 AA 4x100 (anchor)

MILTON HERSHEY (cont.)

Alisa Freeman (6)

1991 AA 4x100 (3rd leg)
1991 AA 4x400 (anchor)
1990 AA 4x100 (3rd leg)
1990 AA 4x400 (anchor)
1989 AA 4x100 (3rd leg)
1989 AA 4x400 (3rd)

Cathy Kanya (2)

1991 AA 4x400 (3rd leg)
1991 AA 4x800 (anchor)

Jessica Corrado (4)

1990 AA 300H (46.3)
1990 AA 4x400 (2nd leg)
1988 AA 100H (15.2)
1988 AA 300H (46.0)

Phillipa Ashby (5)

1989 AA 100m (12.6)
1989 AA 200 (25.7)
1989 AA 4x400 (anchor)
1987 AA 200 (25.7)
1987 AA 4x100 (anchor)

Trina Poole (2)

1989 AA 4x400 (leadoff)
1987 AA 4x100 (leadoff)

Kim Brassfield (2)

1989 AA triple jump (37-10 1/2)
1989 AA 4x400 (2nd leg)

Vern Williams (2)

1989 AA 4x100 (2nd leg)
1987 AA 4x100 (2nd leg)

Joanne Troischt (2)

1985 AA 3200 (11:25.2)
1985 AA 4x800 (anchor)

Lisa Shockley (3)

1985 AA shot (38-11 3/4)
1985 AA discus (123-3)
1984 AA shot (38-11 3/4)

MUHLENBERG

Cindy Fabian (2)

1979 AAA 1600 (5:08.39)
1979 AAA 3200 (10:52.36)

NEW OXFORD

Jordan Jenkins (2)

2009 AAA 1600 (5:02.33)
2009 AAA 3200 (10:47.23)

Dawn Richardson (2)

1986 AA 100H (16.2)
1986 AA 300H (47.0)

Kelly Myers (2)

1983 AA high jump (5-1)
1981 AA high jump (5-4)

NORTHERN LEBANON

Stacy Stoner (6)

1997 AA 800 (2:25.38)
1997 AA 1600 (5:20.1)
1997 AA 3200 (11:22.4)
1995 AA 800 (2:24.6)
1995 AA 1600 (5:21.0)
1995 AA 3200 (10:59.2)

NORTHERN YORK

Amy Backel (3)

2005 AAA pole vault (11-0)
2005 AAA shot (42-3)
2004 AAA high jump (5-4)

OLEY VALLEY

Michele Palmertree (3)

1992 AA 800 (2:21.1)
1992 AA 4x800 (anchor)
1991 AA 1600 (5:13.7)

Debbie Stump (2)

1990 AA shot (42-0 3/4)
1989 AA discus (130-10)

Lynn Horch (2)

1984 AA triple jump (36-2)
1983 AA 100m (12.60)

Jerriann Howe (2)

1978 AA shot (39-11)
1977 AA shot (39-1)

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

MULTIPLE CHAMPIONS (relay runners included)

PALMYRA

Olivia Farabaugh (2)

2013 AAA 4x800 relay (leadoff)
2012 AAA 4x800 relay (leadoff)

Maria Tukis (2)

2013 AAA 4x800 relay (3rd leg)
2012 AAA 4x800 relay (3rd leg)

Katie Dembrowski (2)

2013 AAA 4x800 relay (anchor)
2012 AAA 4x800 relay (anchor)

Meghan Briggs (2)

2005 AAA javelin (140-0)
2004 AAA javelin (136-8)

Sue Shay (2)

1988 AAA shot (42-1 1/2)
1986 AA shot (37-6 1/2)

Lori Shifflett (2)

1982 AAA high jump (5-5)
1981 AAA high jump (5-6 1/4)

PENN MANOR

Greta Lindsley (4)

2013 AAA 1600 (4:56.45)
2012 AAA 800 (2:15.78)
2012 AAA 1600 (4:57.14)
2011 AAA 4x800 relay (anchor)

Jocelyn Witmer (2)

2008 AAA pole vault (12-3)
2007 AAA pole vault (11-7)

Erin Gemmill (2)

1998 AAA 4x800 (leadoff)
1997 AAA 4x800 (leadoff)

Allison Funk (2)

1998 AAA 4x800 (anchor)
1997 AAA 4x800 (2nd leg)

Tess Smith (2)

1998 AAA 4x800 (2nd leg)
1997 AAA 4x800 (anchor)

Kim Schlemmer (3)

1990 AAA 400 (57.9)
1989 AAA 400 (57.7)
1988 AAA 400 (58.5)

Amy Martin (2)

1980 AAA 100H (14.39)
1979 AAA 4x100 (2nd leg)

PENN MANOR (cont.)

Deb Garland (3)

1979 AAA 4x100 (anchor)
1979 AAA 100H (14.58)
1977 AAA 110yH (no time)

READING

Jazmin Hunt (2)

2007 AAA 100H (14.82)
2005 AAA 100H (14.53)

Jessica Forrest (2)

2003 AAA 200 (25.60)
2003 AAA 400 (57.59)

Chris Robertson (10)

1992 AAA 100m (11.7 - wind)
1992 AAA long jump (17-9 1/4)
1991 AAA 100m (11.7)
1991 AAA 200 (24.4)
1991 AAA 4x100 (anchor)
1991 AAA long jump (18-3 1/4)
1990 AAA 100m (12.2)
1990 AAA 200 (25.2)
1990 AAA 4x100 (anchor)
1989 AAA 100m (12.5)

Adrienne Jackson (2)

1991 AAA 4x100 (2nd leg)
1990 AAA 4x100 (2nd leg)

Kathy Randazzo (2)

1991 AAA 4x100 (3rd leg)
1990 AAA 4x100 (3rd leg)

Karen Gooch (3)

1986 AAA 100H (15.0)
1986 AAA triple jump (37-10 3/4)
1985 AAA triple jump (37-1 3/4)

Rose Gilmore (5)

1982 AAA 100m (12.06)
1981 AAA 100m (12.04)
1981 AAA 200 (25.71)
1980 AAA 100m (12.31)
1980 AAA 200 (25.33)

Lucretia Price (3)

1979 AAA long jump (17-8 1/4)
1979 AAA triple jump (37-5 3/4)
1978 AAA triple jump (38-1)

RED LAND

Kristina Kline (2)

2005 AAA triple jump (36-8)
2004 AAA long jump (17-5 1/4)

Janet Beasley (3)

1994 AAA 100m (12.4)
1994 AAA 200 (25.2)
1993 AAA 4x100 (anchor)

Janet Thomas (2)

1983 AAA triple jump (37-10)
1982 AAA triple jump (37-5)

Sandee Thompkins (2)

1978 AAA shot (42-2 1/4)
1977 AAA shot (41-8 1/4)

RED LION

Ruth Loyer (3)

2001 AAA 800 (2:16.27)
2001 AAA 1600 (5:03.11)
2000 AAA 800 (2:15.33)

Jen Thompson (5)

1997 AAA long jump (17-1 1/4)
1997 AAA triple jump (37-5 1/4)
1995 AAA long jump (18-1 1/4)
1995 AAA triple jump (39-0 1/4)
1994 AAA triple jump (36-1 1/2)

Heather Moul (2)

1994 AAA 800 (2:15.2)
1994 AAA 4x800 (anchor)

Nan Strawbridge (5)

1990 AAA shot (40-7 1/2)
1990 AAA discus (127-5)
1990 AAA javelin (126-2)
1989 AAA shot (40-11 3/4)
1989 AAA discus (131-3)

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

MULTIPLE CHAMPIONS (relay runners included)

SCHUYLKILL VALLEY

Devan Coon (5)

2008 AA 200 (25.52)
2008 AA 400 (57.13)
2007 AA 200 (24.71)
2007 AA 400 (56.54)
2005 AA 100m (12.18)

Nikki Lykens (2)

2008 AA discus (116-11)
2007 AA discus (111-0)

Alli Pucul

2008 AA javelin (123-10)
2006 AA javelin (121-1)

Heather Patch (2)

2003 AA 100H (15.05)
2002 AA 100H (14.52)

Liz Staus (2)

2000 AA 200 (26.06)
2000 AA 400 (59.90)

SCOTLAND

Nicole Mangum (2)

1994 AA 100H (14.9)
1994 AA 300H (46.1)

Shanise Bryant (2)

1994 AA 4x100 (leadoff)
1993 AA 4x100 (anchor)

Shawna Dixon (3)

1994 AA 4x100 (2nd leg)
1993 AA 300H (45.87)
1993 AA 4x100 (leadoff)

Chiquita Jones (2)

1994 AA 4x100 (anchor)
1993 AA 4x100 (2nd leg)

Danella Washington (3)

1984 AA 100m (12.5)
1984 AA 4x100 (anchor)
1982 AA 4x400 (2nd leg)

Maria Vangel (2)

1983 AA 300H (46.72)
1982 AA 4x400 (3rd)

Sherri Durricks (2)

1982 AA 4x400 (anchor)
1980 AA 4x100 (leadoff)

SCOTLAND (cont.)

Enita Everett (2)

1980 AA 100m (12.64)
1980 AA 200 (26.39)

Juanita Amey (2)

1980 AA 4x100 (2nd leg)
1978 AA 440 relay (leadoff)

Ramona Lattany (5)

1979 AA 200 (25.85)
1979 AA 400 (57.48)
1977 AA 220 (26.8)
1977 AA 440 (58.09)
1977 AA 880 med. relay (anchor)

SHIPPENSBURG

Neely Spence (3)

2008 AAA 1600 (4:50.23)
2008 AAA 3200 (10:46.58)
2007 AAA 1600 (4:57.38)

Leanne Kling (2)

1989 AA 100H (15.2)
1989 AA 300H (44.5)

SOLANCO

Leah Peiffer (5)

1997 AAA 1600 (5:20.0)
1997 AAA 3200 (11:19.6)
1996 AAA 1600 (5:11.3)
1996 AAA 3200 (11:10.4)
1996 AAA 4x800 (anchor)

Monica Anderson (2)

1997 AA 300H (45.7)
1996 AAA 100H (15.6)

Tammy Cauler (2)

1996 AAA 4x800 (leadoff)
1995 AAA 4x800 (3rd leg)

Val Calkins (2)

1996 AAA 4x800 (2nd leg)
1995 AAA 4x800 (leadoff)

Melissa Thomas (2)

1996 AAA 4x800 (leadoff)
1995 AAA 4x800 (3rd leg)

Jen Lefever (3)

1992 AAA 1600 (5:12.6)
1992 AAA 4x800 (leadoff)
1991 AAA 4x800 (3rd leg)

SOLANCO (cont.)

Kelly Ryan (2)

1992 AAA 4x800 (2nd leg)
1990 AAA 4x800 (3rd leg)

Jodi Carter (2)

1992 AAA 4x800 (3rd leg)
1991 AAA 4x800 (2nd leg)

Brenda Pennell (4)

1992 AAA 4x800 (anchor)
1991 AAA 1600 (5:13.3)
1991 AAA 4x800 (anchor)
1990 AAA 4x800 (anchor)

Missy Brazee (2)

1991 AAA 4x800 (leadoff)
1990 AAA 4x800 (leadoff)

SOUTH WESTERN

Lynne Mooradian (2)

2013 AAA 100m (12.50)
2013 AAA 4x100 relay (anchor)

Amanda Lehr (2)

2007 AAA 4x400 leadoff (3:59.93)
2006 AAA 4x400 leadoff (4:00.46)

Emily Good (2)

2007 AAA 4x400 2nd leg (3:59.93)
2006 AAA 4x400 2nd leg (4:00.46)

Katie Colburn (2)

2007 AAA 4x400 3rd leg (3:59.93)
2006 AAA 4x400 3rd leg (4:00.46)

Shelly Lobach (2)

2007 AAA 4x400 anchor (3:59.93)
2006 AAA 4x400 anchor (4:00.46)

Catie Hare (3)

2005 AAA 100m (12.26)
2003 AAA 100m (12.47)
2003 AAA 4x100 (anchor)

Trish Kyle (2)

2003 AAA 4x100 (2nd leg)
2002 AAA 4x100 (2nd leg)

Jess Clark (2)

2003 AAA 4x100 (3rd leg)
2002 AAA 4x100 (3rd leg)

Sarah Price (2)

2000 AAA pole vault (9-6)
1999 AAA pole vault (10-0)

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

MULTIPLE CHAMPIONS (relay runners included)

SPRING GROVE

Braquel Hoff (4)

1988 AAA 300H (44.8)
1987 AAA 300H (45.4)
1987 AAA 4x400 (leadoff)
1986 AAA 300H (45.1)

SUSQUEHANNA TWP.

Raquel Beverly (2)

1988 AA 400 (57.7)
1987 AA 400 (57.0)

Tracy Green (2)

1985 AA 200 (26.4)
1984 AA 200 (26.5)

Shellouise Grant (3)

1981 AA 400 (59.1)
1980 AA 4x400 (anchor)
1978 AA 440 (58.36)

Steve Ann Nork (2)

1979 AA 100H (15.08)
1977 AA triple jump (36-2 1/2)

SUSQUENITA

Sarah Shatto (2)

2000 AA pole vault (9-6)
1999 AA pole vault (9-9)

TRINITY

Shannon Quinn (5)

2013 AA 400 (57.00)
2013 AA 800 (2:14.73)
2013 AA 4x400 relay (leadoff)
2012 AA 4x400 relay (leadoff)
2012 AA 4x800 relay (anchor)

Madison Depner (2)

2013 AA pole vault (11-6)
2012 AA pole vault (11-0)

Mary Gronkiewicz (2)

2013 AA 4x400 relay (2nd leg)
2012 AA 4x400 relay (2nd leg)

Aliyah Graves-Brown (3)

2013 AA 4x400 (anchor)
2012 AA 4x100 relay (2nd leg)
2012 AA 4x400 relay (anchor)

Anna Kuntz (2)

2012 AA 100 hurdles (15.50)
2012 AA 4x100 relay (anchor)

Monica Hunter (2)

2012 AA 4x100 relay (leadoff)
2012 AA 4x400 relay (3rd leg)

Erin Guty (3)

2008 AA long jump (17-5)
2007 AA 100m (12.45)
2007 AA 4x100 2nd leg (50.31)

Nichole Campbell (3)

1998 AA long jump (16-11 1/2)
1998 AA triple jump (37-3 1/2)
1997 AA triple jump (36-0 3/4)

Danielle Sciano (2)

1984 AA 400 (58.5)
1984 AA 4x400 (anchor)

Bernie Kowalczyk (2)

1977 AA 100y (11.6)
1977 AA 220 (25.98)

TULPEHOCKEN

Devyn Emerich (2)

2008 AA high jump (5-2)
2007 AA high jump (5-2)

Abby Noll (2)

2001 AA javelin (124-11)
2000 AA javelin (129-1)

Dawn Newman (2)

1980 AA high jump (5-5)
1979 AA high jump (5-1)

TWIN VALLEY

Wendy Komnik (2)

1984 AA 4x800 (leadoff)
1983 AA 4x800 (leadoff)

Deanna Walsh (2)

1984 AA 4x800 (3rd leg)
1983 AA 4x800 (anchor)

Monica Beard (2)

1979 AA 100m (12.35)
1978 AA 100y (11.73)

Kim Lichty (3)

1978 AA 110yH (15.07)
1978 AA triple jump (35-3 1/4)
1977 AA 110yH (15.2)

Sonya Sims (5)

1978 AA high jump (5-9)
1978 AA LJ (17-11 3/4)
1977 AA high jump (5-6)
1977 AA long jump (16-9 3/4)
1976 high jump (5-6)

UPPER DAUPHIN

Angie Saterstad (2)

2001 AAA 3200 (10:54.82)
2000 AAA 3200 (11:04.78)

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

MULTIPLE CHAMPIONS (relay runners included)

WARWICK

Alli Mannon (3)

2010 AAA 4x800 (leadoff)
2009 AAA 4x800 (3rd leg)
2008 AAA 4x800 (anchor)

Alyssa Grube (2)

2010 AAA 4x800 (2nd leg)
2008 AAA 4x800 (3rd leg)

Kristine Gutshall (3)

2010 AAA 4x800 (3rd leg)
2009 AAA 4x800 (2nd leg)
2008 AAA 4x800 (2nd leg)

Emily Graber (2)

2010 AAA 4x800 (anchor)
2009 AAA 4x800 (anchor)

Kaitlyn Oliver (2)

2009 AAA 4x800 (leadoff)
2008 AAA 4x800 (leadoff)

Ganne Way (4)

2003 AAA 800 (2:13.97)
2003 AAA 4x400 (3rd leg)
2002 AAA 800 (2:13.26)
2002 AAA 4x400 (anchor)

Carly Hess (2)

2003 AAA 4x400 (anchor)
2002 AAA 4x400 (leadoff)

WEST PERRY

Morgan Sheaffer (4)

2011 AAA 800 (2:18.36)
2011 AAA javelin (134-3)
2010 AAA 400 (56.97)
2010 AAA 800 (2:16.63)

WEST YORK

Angie Bowie (7)

1989 AA 400 (58.7)
1987 AAA 100m (12.3)
1987 AAA 200 (25.9)
1987 AAA 400 (58.2)
1986 AA 100m (12.2)
1986 AA 200 (25.7)
1986 AA 400 (57.4)

WILSON

Skylar Dantzler (2)

2013 AAA 200 (25.22)
2013 AAA 400 (56.97)

WYOMISSING

Devi Jagadesan (2)

2013 AA 1600 (5:12.54)
2013 AA 3200 (11:15.30)

Liz Hall (2)

2005 AA 4x100 (anchor)
2004 AA 4x400 (3rd leg)

Caitlin Moser (2)

2005 AA 4x100 (leadoff)
2005 AA 4x400 (2nd leg)

Claire Abribat (4)

2004 AA 300H (45.41)
2004 AA 4x400 (anchor)
2004 AA triple jump (36-5 1/2)
2002 AA 300H (47.60)

Gillian Goodrich (2)

2004 AA 4x400 (leadoff)
2003 AA 4x800 (anchor)

Debbie Huss (6)

2003 AA 800 (2:21.85)
2003 AA 1600 (5:08.88)
2003 AA 3200 (10:58.23)
2002 AA 1600 (5:14.81)
2001 AA 1600 (5:14.81)
2001 AA 4x800 (leadoff)

Ashley Iwanowski (2)

2003 AA 4x800 (leadoff)
2002 AA 4x800 (anchor)

Jessie Schlegel (2)

2003 AA 4x800 (2nd leg)
2002 AA 4x800 (2nd leg)

Karen Rogers (2)

2003 AA 4x800 (3rd leg)
2002 AA 4x800 (leadoff)

Amy Huss (3)

2002 AA 3200 (11:10.26)
2001 AA 3200 (11:20.44)
2001 AA 4x800 (3rd leg)

Melissa Moser (4)

1996 AA triple jump (36-2 3/4)
1996 AA 4x400 (anchor)
1995 AA long jump (17-2 3/4)
1995 AA triple jump (37-3)

Denise Ulmer (2)

1990 AAA 400 (58.5)
1988 AA 4x400 (anchor)

WYOMISSING (cont.)

Kirsten MacDonald (2)

1989 AA high jump (5-4)
1988 AA 4x400 (2nd leg)

YORK CATHOLIC

Rebecca Arugunes (7)

1995 AA 100m (12.0)
1995 AA 200 (25.8)
1994 AA 100m (12.0)
1994 AA 200 (25.2)
1993 AA 100m (12.19)
1993 AA 200 (25.4)
1992 AA 100m (12.4)

Patty Ferrer (2)

1988 AA 200 (26.4)
1988 AA 4x100 (anchor)

Dana Boyle (2)

1981 AA discus (129-2)
1980 AA discus (123-9)

YORK SUBURBAN

Lisa Nagorny (7)

2000 AA 800 (2:18.65)
2000 AA 1600 (5:13.84)
2000 AA 3200 (11:21.39)
1999 AA 800 (2:22.2)
1999 AA 1600 (5:11.7)
1998 AA 800 (2:19.0)
1998 AA 1600 (5:09.3)

Brooke Davis (2)

1996 AA 100H (15.0)
1996 AA high jump (5-4)

Yvonne Heinrich (3)

1980 AAA high jump (5-8)
1979 AAA high jump (5-5)
1978 AAA HJ (5-10)

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

MULTIPLE CHAMPIONS (relay runners included)

MULTIPLE SCHOOLS

Tiera Smith (6), CD East / Harrisburg

2007 AAA 200 (25.32) for Harrisburg
2007 AAA 400 (57.29) for Harrisburg
2007 AAA 4x100 anchor for Harrisburg
2005 AAA 200 (25.19) for CD East
2005 AAA 400 (57.71) for CD East
2005 AAA 4x400 (anchor) for CD East

Angie Saterstad (4), Upper Dauphin / Hershey

2003 AAA 3200 (10:43.72) for Hershey
2002 AAA 3200 (10:56.2) for Hershey
2001 AAA 3200 (10:54.82) for Upper Dauphin
2000 AAA 3200 (11:04.78) for Upper Dauphin

Lori Land (3), Lancaster Catholic / Manheim Twp.

1990 AAA 1600 (5:13.8) for Manheim Twp.
1988 AA 4x800 (3rd leg) for Lancaster Cath.
1987 AA 4x800 (3rd leg) for Lancaster Cath.

Carena Winters (3), Eastern York / Manheim Central

1988 AAA 4x800 (anchor) for Manheim Cent
1987 AA 1600 (5:11.6) for Eastern York
1987 AA 3200 (11:29.2) for Eastern York