

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

## RECORDS PROGRESSIONS

### METRIC

#### 100 METERS

##### CLASS AAA

(1)	11.95	Sheila Mellinger	Ephrata	1979
(2)	11.7	Chris Robertson	Reading	1991
		Laurena White	Governor Mifflin	1995

##### CLASS AA

(1)	12.35	Monica Beard	Twin Valley	1979
(2)	12.25	Carol High	Lampeter-Strasburg	1981
(3)	11.9	Leslie Hummer	Annville-Cleona	1985

#### 200 METERS

##### CLASS AAA

(1)	25.05	Vivian Murray	Solanco	1979
(2)	24.76	Jennifer Ladson	J.P. McCaskey	1993
(3)	24.67	Hyleas Fountain	CD East	1998
(4)	24.44	Dominique Darden	Harrisburg	2002
(5)	24.42	Deme'shia Davis	CD East	2012

##### CLASS AA

(1)	25.85	Ramona Lattany	Scotland	1979
(2)	25.7	Angie Bowie	West York	1986
		Phillipa Ashby	Milton Hershey	1987 / 1989
(3)	25.34	Rebecca Arugunes	York Catholic	1994
(4)	25.33	Judith Agyepong	Milton Hershey	2002 (trials)
(5)	25.12	Kandance Ferguson	Milton Hershey	2003
(6)	25.11	Mary Dell	Boiling Springs	2006

#### 400 METERS

##### CLASS AAA

(1)	57.67	Monica Woodward	York (William Penn)	1979
(2)	57.49	Clara Roy	Middletown	1983
(3)	57.2	Tammi Stewart	Hempfield	1991
(4)	56.55	Jennifer Ladson	J.P. McCaskey	1993
(5)	55.4	Nzinga Poteat	Harrisburg	1994
(6)	55.38	Dominique Darden	Harrisburg	2001

##### CLASS AA

(1)	57.48	Ramona Lattany	Scotland	1979
(2)	57.4	Angie Bowie	West York	1986
(3)	57.0	Raquel Beverly	Susquehanna Twp.	1987
(4)	56.8	Sheri Calhoun	Kutztown	1998
(5)	55.39	Sheri Calhoun	Kutztown	1999

#### 800 METERS

##### CLASS AAA

(1)	2:17.33	Judy Cassel	Lower Dauphin	1979
(2)	2:16.84	Joann Zierdt	Carlisle	1980
(3)	2:16.6	Alison Smith	Carlisle	1984
(4)	2:15.2	Heather Moul	Red Lion	1994
(5)	2:13.26	Ganne Way	Warwick	2002
(6)	2:12.52	Libby Nolan	Hershey	2013

##### CLASS AA

(1)	2:18.20	Theresa Kauffman	East Pennsboro	1979
(2)	2:17.0	Gena Korrell	Greencastle-Antrim	1984
(3)	2:14.73	Shannon Quinn	Trinity	2013

### METRIC

#### 1600 METERS

##### CLASS AAA

(1)	5:08.39	Cindy Fabian	Muhlenberg	1979
(2)	5:02.98	Lois Brommer	Mechanicsburg	1980
(3)	4:53.98	Lois Brommer	Mechanicsburg	1981
(4)	4:50.23	Neely Spence	Shippensburg	2008

##### CLASS AA

(1)	5:01.61	Donna McLain	Eastern York	1979
(2)	5:00.31	Donna McLain	Eastern York	1980

#### 3200 METERS

##### CLASS AAA

(1)	10:52.36	Cyndi Fabian	Muhlenberg	1979
(2)	10:22.33	Lois Brommer	Mechanicsburg	1981

##### CLASS AA

(1)	11:00.73	Donna McLain	Eastern York	1979
(2)	10:59.00	Donna McLain	Eastern York	1980
(3)	10:58.23	Debbie Huss	Wyomissing	2003
(4)	10:39.92	Kara Millhouse	Boiling Springs	2007

#### 100-METER HURDLES (30-inch height)

##### CLASS AAA

(1)	14.58	Deb Garland	Penn Manor	1979
(2)	14.39	Amy Martin	Penn Manor	1980
(3)	14.30	Leslie Martin	Reading	1981

##### CLASS AA

(1)	15.08	Steve Ann Nork	Susquehanna Twp	1979
(2)	14.86	Kathy Heinbach	Garden Spot	1980

#### 100-METER HURDLES (33-inch height)

##### CLASS AAA

(1)	15.61	Angela Johnson	Reading	1983
(2)	15.4	Justine Spece	Garden Spot	1984
(3)	14.9	Claudia Thomas	Dover	1985
(4)	14.5	Sheree Butts	Harrisburg	1990
		Brooke Gilliford	Manheim Twp.	1998
(5)	14.09	Dominique Darden	Harrisburg	2002

##### CLASS AA

(1)	16.02	Laurie Smith	Boiling Springs	1983
(2)	15.2	Carol Forry	Eastern York	1984 / 1985
		Jessica Corrado	Milton Hershey	1988
		Leanne Kling	Shippensburg	1989
(3)	14.9	Celeta Carter	Milton Hershey	1990
(4)	14.8	Maimedee George	Milton Hershey	1995
(5)	14.68	Korto Dunbar	Milton Hershey	2000

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

## RECORDS PROGRESSIONS

### METRIC

#### 300-METER HURDLES

CLASS AAA				
(1)	46.28	Sandy Bartle	Chambersburg	1982
(2)	45.53	Justine Spece	Garden Spot	1983
(3)	44.8	Justine Spece	Garden Spot	1984 / 1985
		Braquel Hoff	Spring Grove	1988
(4)	44.4	Brooke Walls	J.P. McCaskey	1989
(5)	43.53	Alysha Cook	Harrisburg	2008
(6)	42.11	Mary Witmer	Ephrata	2013

#### CLASS AA

(1)	46.02	Steph Berger	Greenwood	1979
(2)	45.2	Tawny Petrick	West Perry	1984
(3)	44.5	Leanne Kling	Shippensburg	1989

#### 4x100-METER RELAY

CLASS AAA				
(1)	49.84	Penn Manor		1979
(2)	48.90	Harrisburg		1980
(3)	48.7	J.P. McCaskey		1988
(4)	48.6	J.P. McCaskey		1989
(5)	48.5	J.P. McCaskey		1992
(6)	47.81	Harrisburg		1998
(7)	47.58	CD East		2012

#### CLASS AA

(1)	50.30	Lampeter-Strasburg		1979
(2)	50.08	Scotland		1980
(3)	49.7	York Catholic		1988
		Milton Hershey		1989
(4)	49.5	Milton Hershey		1991
(5)	49.15	Milton Hershey		1998
(6)	49.07	Milton Hershey		2008

#### 4x400-METER RELAY

CLASS AAA				
(1)	3:58.15	J.P. McCaskey		1979
(2)	3:55.11	Harrisburg		1980

#### CLASS AA

(1)	4:07.98	East Pennsboro		1979
(2)	4:06.56	Susquehanna Twp.		1980
(3)	4:05.5	Trinity		1984
(4)	4:03.6	Wyomissing		1988
		Milton Hershey		1989
(5)	4:02.54	Milton Hershey		1999
(6)	4:01.60	Milton Hershey		2006
(7)	4:00.03	Trinity		2013

### METRIC

#### 4x800-METER RELAY

CLASS AAA				
(1)	9:38.28	Carlisle		1979
(2)	9:34.75	Carlisle		1980
(3)	9:28.02	Lancaster Catholic		1983
(4)	9:25.49	Manheim Twp.		2002
(5)	9:18.68	Cumberland Valley		2005
(6)	9:13.65	Palmyra		2013

#### CLASS AA

(1)	9:41.80	Camp Hill		1979
(2)	9:41.55	Wyomissing		2003
(3)	9:38.66	Boiling Springs		2005
(4)	9:38.53	Boiling Springs		2007
(5)	9:29.73	Boiling Springs		2011

### FIELD

#### HIGH JUMP

CLASS AAA				
(1)	5-3	Pat Daley	Susquehanna Twp	1974
(2)	5-6	Sonya Sims	Twin Valley	1976
		Judene Fahnstock	Ephrata	1977
(3)	5-10	Yvonne Heinrich	York Suburban	1978

#### CLASS AA

(1)	5-6	Sonya Sims	Twin Valley	1977
(2)	5-9	Sonya Sims	Twin Valley	1978

#### POLE VAULT

CLASS AAA				
(1)	10-0	Sarah Price	South Western	1999
(2)	10-6	Tracie Saunders	Manheim Twp.	2001
(3)	10-9	Jessyca Jackson	Central Dauphin	2002
		Kimberlee Peifer	Cedar Cliff	2002
(4)	11-3	Tory Toso	Wilson	2006
(5)	11-7	Jocelyn Witmer	Penn Manor	2007
		Melissa Fellenbaum	Hempfield	2007
(6)	12-3	Jocelyn Witmer	Penn Manor	2008

#### CLASS AA

(1)	9-9	Sarah Shatto	Susquenita	1999
(2)	10-3	Leandra Golden	Hanover	2002
(3)	11-0	Leandra Goldren	Hanover	2003
		Madison Depner	Trinity	2012
(4)	11-6	Madison Depner	Trinity	2013
		Bre Manzollilo	Schuylkill Valley	2013

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

## RECORDS PROGRESSIONS

### FIELD

#### LONG JUMP

##### CLASS AAA

(1)	17-4 ¼	Janice Guyll	Solanco	1974
(2)	18-2 ½	Sue Shirk	Garden Spot	1975
(3)	18-3 ¾	Laura Carroll	Central York	1978
(4)	18-6	Douglenia Smallwood	York (William Penn)	1990
(5)	18-9 ½	Marshay Ryan	Chambersburg	2012
(6)	19-3 ¾	Marshay Ryan	Chambersburg	2013

##### CLASS AA

(1)	16-9 ¾	Sonya Sims	Twin Valley	1977
(2)	17-11 ¾	Sonya Sims	Twin Valley	1978

#### TRIPLE JUMP

##### CLASS AAA

(1)	38-11	Laura Carroll	Central York	1977
(2)	39-5	Jill Cypress	J.P. McCaskey	1990
(3)	40-0 ½	Ashley Corum	Carlisle	2010
(4)	40-9 ¾	Marshay Ryan	Chambersburg	2013

##### CLASS AA

(1)	36-2 ½	Steve Ann Nork	Susquehanna Twp.	1977
(2)	36-3 ½	Mandy Truitt	East Juniata	1979
(3)	37-2	Beth Naylor	Hershey	1982
(4)	37-5 ½	Leslie Hummer	Annville-Cleona	1985
(5)	37-6 ¼	Beverly Burkey	Tulpehocken	1986
(6)	37-10 ½	Kim Brassfield	Milton Hershey	1988
(7)	37-11	Jennifer Taylor	Kennard-Dale	1989
(8)	40-3 ¾	Rhonda Witmer	Greenwood	1994

#### SHOT (8 lb., 0 oz.)

##### CLASS AAA

(1)	38-10 ¼	Kerry Keipers	Garden Spot	1974
(2)	40-9 ¾	Kerry Keipers	Garden Spot	1975
(3)	41-8 ¼	Sandee Thompkins	Red Land	1977
(4)	42-2 ¼	Sandee Thompkins	Red Land	1978
(5)	42-5	Marilyn Senz	Hempfield	1979

##### CLASS AA

(1)	39-1	Jerriann Howe	Oley Valley	1977
(2)	39-11	Jerriann Howe	Oley Valley	1978

#### SHOT (8 lb., 6 oz.)

##### CLASS AAA

(1)	43-10	Marilyn Senz	Hempfield	1980
(2)	44-7	Eliese Mitchell	Garden Spot	1998
(3)	45-5 ½	Eliese Mitchell	Garden Spot	1999

##### CLASS AA

(1)	36-1 ½	Cassandra Jackson	Scotland	1980
(2)	36-5 ½	Dawn Williams	Milton Hershey	1981
(3)	36-10	Jody Shuler	East Pennsboro	1982
(4)	38-6	Bess Simmons	Lampeter-Strasburg	1983
(5)	38-11 ¾	Lisa Shockley	Milton Hershey	1984 / 1985
(6)	40-9 ½	Wanda Ferster	East Juniata	1987
(7)	42-1 ¼	Diane Ferrari	Cocalico	1988
(8)	43-6	Heather Colyer	East Juniata	1995
(9)	46-10 ½	Heather Colyer	East Juniata	1997
(10)	47-10	Heather Colyer	East Juniata	1998

### FIELD

#### DISCUS

##### CLASS AAA

(1)	116-0 ¼	Lauren Keefer	Governor Mifflin	1974
(2)	121-2	Linda Millman	Central Dauphin	1976
(3)	124-5	Marilyn Senz	Hempfield	1979
(4)	130-10	Marilyn Senz	Hempfield	1980
(5)	133-10	Niecy Houston	J.P. McCaskey	1981
(6)	134-0	Anne Mielnik	Ephrata	1995
(7)	136-10	Eliese Mitchell	Garden Spot	1997
(8)	156-11	Eliese Mitchell	Garden Spot	1999

##### CLASS AA

(1)	105-3	Mary Hoover	Lampeter-Strasburg	1977
(2)	115-3	Catherine Heistand	Kennard-Dale	1979
(3)	123-9	Dana Boyle	York Catholic	1980
(4)	129-2	Dana Boyle	York Catholic	1981
(5)	152-8	Wanda Ferster	East Juniata	1988
(6)	158-0	Heather Colyer	East Juniata	1997
(7)	158-6	Heather Colyer	East Juniata	1998

#### NEW JAVELIN

##### CLASS AAA

(1)	129-11	Davita Johnson	Conrad Weiser	2002
(2)	136-8	Meghan Briggs	Palmyra	2004
(3)	140-0	Meghan Briggs	Palmyra	2005
(4)	140-6	Lorraine Hill	Chambersburg	2006

##### CLASS AA

(1)	124-5	Jessica Kratzer	Greenwood	2002
(2)	130-4	Abby Smith	Columbia	2004
(3)	132-2	Rachel Kotula	Bermudian Springs	2010
(4)	137-5	Anna Bailey	Bishop McDevitt	2013

#### OLD JAVELIN

##### CLASS AAA

(1)	127-4	Linda Millman	Central Dauphin	1974
(2)	143-5	Marilyn Senz	Hempfield	1978
(3)	150-0	Marilyn Senz	Hempfield	1980
(4)	161-5	Brianne Johnson	Harrisburg	1999

##### CLASS AA

(1)	116-1	Pamela Kolp	Donegal	1977
(2)	128-10	Pamela Kolp	Donegal	1978
(3)	148-4	Amy Westerman	Donegal	1983

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

## RECORDS PROGRESSIONS

### LINEAR

#### 100 YARDS

**CLASS AAA**  
(1) 10.91 Angel Doyle CD East 1974

**CLASS AA**  
(1) 11.6 Bernie Kowalczyk Trinity 1977

#### 220 YARDS

**CLASS AAA**  
(1) 24.66 Angel Doyle CD East 1974  
(2) 24.2 Angel Doyle CD east 1976

**CLASS AA**  
(1) 26.6 Ramona Lattany Scotland 1977  
(2) 25.98 Bernie Kowalczyk Trinity 1978

#### 440 YARDS

**CLASS AAA**  
(1) 1:00.31 Ann Rickert Garden Spot 1974  
(2) 59.82 Laurie Smith Mechanicsburg 1975  
(3) 56.8 Vada Rankin Harrisburg 1976  
(4) 56.34 Laura Carroll Central York 1978

**CLASS AA**  
(1) 58.09 Raona Lattany Scotland 58.09

#### 880 YARDS

**CLASS AAA**  
(1) 2:21.93 Mary Rawe Camp Hill 1974  
(2) 2:19.59 Mary Rawe Camp Hill 1975  
(3) 2:15.31 Mary Rawe Camp Hill 1976

**CLASS AA**  
(1) 2:18.93 Jane Strouse Exeter 1977  
(2) 2:17.34 Theresa Kauffman East Pennsboro 1978

#### MILE

**CLASS AAA**  
(1) 5:30.47 Mary Rawe Camp Hill 1974  
(2) 5:06.43 Mary Rawe Camp Hill 1975  
(3) 4:58.9 Mary Rawe Camp Hill 1976

**CLASS AA**  
(1) 5:13.5 Donna McClain Eastern York 1977  
(2) 5:03.4 Donna McClain Eastern York 1978

#### TWO-MILE

**CLASS AAA**  
(1) 11:25.65 Angie Ball Chambersburg 1977  
(2) 11:20.51 Eileen Hornberger Muhlenberg 1978

**CLASS AA**  
(1) 11:38.8 Donna McClain Eastern York 1977  
(2) 11:15.05 Donna McClain Eastern York 1978

### LINEAR

#### 110-YARD HURDLES

**CLASS AAA**  
(1) 14.97 Pattie Pierce Harrisburg 1978

**CLASS AA**  
(1) 15.2 Kim Lichty Twin Valley 1977  
(2) 15.07 Kim Lichty Twin Valley 1978

#### 80-YARD HURDLES

**CLASS AAA**  
(1) 11.26 Jamie Palmer Garden Spot 1977  
(2) 11.22 Jane Cartabiano Conestoga Valley 1978  
(3) 11.1 Bonnie Zehler Waynesboro 1979

#### 440 RELAY

**CLASS AAA**  
(1) 50.85 Manheim Twp. 1974  
(2) 50.41 CD East 1975  
(3) 48.6 Harrisburg 1976  
(4) 48.2 Harrisburg 1977  
(5) 47.92 Harrisburg 1978

**CLASS AA**  
(1) 50.55 Susquehanna Twp. 1977

#### MILE RELAY

**CLASS AAA**  
(1) 4:04.87 Hempfield 1977  
(2) 4:02.94 Chambersburg 1978

**CLASS AA**  
(1) 4:07.66 Exeter 1977  
(2) 4:06.86 East Pennsboro 1978

#### 880 MEDLEY RELAY

**CLASS AAA**  
(1) 1:51.6 Hempfield 1974  
(2) 1:50.44 Hempfield 1976  
(3) 1:49.98 Manheim Central 1977

**CLASS AA**  
(1) 1:52.33 Scotland 1977

#### 880 RELAY

**CLASS AAA**  
(1) 1:46.80 Manheim Twp. 1974  
(2) 1:46.74 Harrisburg 1975