

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### FOUR-TIME EVENT WINNERS

**Kara Millhouse, Boiling Springs**  
2005-2008 Class AA 3200

**Abby Huber, Cumberland Valley**  
2004-2008 Class AAA 4x800 relay

**Angie Saterstad, Hershey / Upper Dauphin**  
2000-2003 Class AAA 3200

**Lindsay Incorvati, Manheim Twp.**  
2000-2003 Class AAA 4x800 meter relay

**Mallory Weiss, Manheim Twp.**  
2000-2003 Class AAA 4x800 meter relay

**Kandance Ferguson, Milton Hershey**  
2000-2003 Class AA 4x400 relay

**Dominique Darden, Harrisburg**  
1999-2002 Class AAA 400

**Miriam Barnes, Harrisburg**  
1998-2001 Class AAA 4x400 meter relay

**Fonati Ward, Milton Hershey**  
1998-2001 Class AA 4x400 meter relay

**Aisha Granville, Milton Hershey**  
1997-2000 Class AA 4x100 meter relay

**Korto Dunbar, Milton Hershey**  
1997-2000 Class AA 4x100 meter relay

**Sheri Calhoun, Kutztown**  
1996-1999 Class AA 100 meters  
1996-1999 Class AA 200 meters

**Heather Colyer, East Juniata**  
1995-1998 Class AA shot  
1995-1998 Class AA discus

**Rebecca Arugunes, York Catholic**  
1992-1995 Class AA 100 meters

**Amy Debor, Milton Hershey**  
1991-1994 Class AA 3200

**Jennifer Sloane, Milton Hershey**  
1990-1993 Class AA 4x400 meter relay

**Chris Robertson, Reading**  
1989-1992 Class AAA 100 meters

### GIRLS MULTIPLE CHAMPIONS

#### FOUR-TIME EVENT WINNERS

**Leslie Hummer, Annville-Cleona**  
1984-1987 Class AA long jump

**Donna McLain, Eastern York**  
1977-1978 Class AA mile and 1979-80 Class AA 1600 meters  
1977-1978 Class AA two-mile and 1979-80 Class AA 3200 meters

- - - - -

#### THREE-TIME EVENT WINNERS

##### **METRIC**

##### **100 meters**

Anyssa Barbour, Chambersburg, Class AAA, 2006-2008  
Hyleas Fountain, CD East, Class AAA 1998-2000  
Liz Giering, Manheim Twp., Class AAA 1983-1985  
Rose Gilmore, Reading, Class AAA 1980-1982

##### **200 meters**

Rebecca Arugunes, York Catholic, Class AA 1993-1995  
Liz Giering, Manheim Twp., Class AAA 1982, 1984-1985

##### **400 meters**

Maggie Borden, Delone Catholic, Class AA 2001-2003  
Sheri Calhoun, Kutztown, Class AA 1997-1999  
Aisha Stroop, Milton Hershey, Class AA 1997-1999  
Kim Schlemmer, Penn Manor, Class AAA 1988-1990  
Angie Bowie, West York, Class AA 1986 and 1989, Class AAA 1987

##### **800 meters**

Lisa Nagorny, York Suburban, Class AA 1998-2000  
Jessica Lentz, Lebanon, Class AAA 1996-1998  
Jennie Abolins, Camp Hill, Class AA 1985-1987

##### **1600 meters**

Debbie Huss, Wyomissing, Class AA 2001-2003  
Lisa Nagorny, York Suburban, Class AA 1998-2000  
Amy DeBor, Milton Hershey, Class AA 1992-1994  
Tracy Sollenberger, Eastern, Class AA 1988-1990  
Tracey Bowers, Greencastle-Antrim, Class AA 1984-1986

##### **3200 meters**

Vicki Boyer, Cocalico, Class AA 1988-1990

##### **100-meter hurdles**

Crystal Polite, Milton Hershey, Class AA, 2004-2006  
Sheree Butts, Harrisburg, Class AAA 1989-1991

##### **300-meter hurdles**

Braquel Hoff, Spring Grove, Class AAA 1986-1988

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### THREE-TIME EVENT WINNERS

##### **METRIC**

##### **4x100 relay**

Deme'shia Davis, CD East, Class AAA, 2009, 2001-2012  
Claudia Benjamin, Milton Hershey, Class AA, 2002-2004  
Judith Agyepong, Milton Hershey, Class AA 2000-2002  
Tiffany Sheppard, Milton Hershey, Class AA 1996-1998  
Shasha Jones, Milton Hershey, Class AA 1990-1992  
Jennifer Sloane, Milton Hershey, Class AA 1990-1992  
Celeta Carter, Milton Hershey, Class AA 1989-1991  
Alisa Freeman, Milton Hershey, Class AA 1989-1991

##### **4x400 relay**

Abigail Johnson, Milton Hershey, Class AA 2004-2006  
Ruth Brown, Milton Hershey, Class AA, 2004-2006  
Dominique Darden, Harrisburg, Class AAA 1999-2001  
Korto Dunbar, Milton Hershey, Class AA 1998-2000  
Tamika Scott, Harrisburg, Class AAA 1995-96, 1998  
Edith Hutchins, Milton Hershey, Class AA 1993-1995  
Aisha Stroop, Milton Hershey, Class AA 1992-1994  
Alisa Freeman, Milton Hershey, Class AA 1989-1991

##### **4x800 relay**

Amy DeBor, Milton Hershey, Class AA 1991, 1993-1994  
Brenda Pennell, Solanco, Class AAA 1990-1992  
Julie Bowers, Carlisle, Class AAA 1979-1981  
Joann Zierdt, Carlisle, Class AAA 1979-1981

- - - - -

##### **FIELD**

##### **High jump**

Beth Chinnick, Biglerville, Class AA 1999-2001  
Hyleas Fountain, CD East, Class AAA 1998-2000  
Beth Loretz, Lancaster Catholic, Class AAA 1996, Class AA 1997-1998  
Kelli Straussner, Greencastle-Antrim, Class AA 1986-1988  
Yvonne Heinrich, York Suburban, Class AAA 1978-1980  
Sonya Slms, Twin Valley, single class 1976, Class AA 1977-1978

##### **Pole vault**

None

##### **Long jump**

Marissa McDonald, CD East, Class AAA, 2007-2009

##### **Triple jump**

Krystal Baker, Bermudian Springs, Class AA, 2006-2008  
Jen Thompson, Red Lion, Class AAA 1994-1995, 1997  
Rhonda Witmer, Greenwood, Class AA 1992-1994

##### **Shot**

Eliese Mitchell, Garden Spot, Class AAA 1997-1999  
Anne Mielnik, Ephrata, Class AAA 1994-1996

### GIRLS MULTIPLE CHAMPIONS

#### THREE-TIME EVENT WINNERS

##### **METRIC**

##### **Discus**

Jessica Kratzer, Greenwood, Class AA 2002, 2004-2005  
Wanda Ferster, East Juniata, Class AA 1986-1988

##### **Javelin**

Amy Westerman, Donegal, Class AA 1982-1984

- - - - -

##### **LINEAR**

##### **100 yards**

Angel Doyle, CD East, 1974-1976

##### **220 yards**

Angel Doyle, CD East, 1974-1976

##### **440 yards**

None

##### **880 yards**

Mary Rawe, Camp Hill, 1974-1976

##### **Mile**

Mary Rawe, Camp Hill, 1974-1976

##### **Two-mile**

None (competed in 1977 and 1978 only)

##### **80-yard-hurdles**

None

##### **110-yard hurdles**

None (competed in 1977 and 1978 only)

##### **440-yard relay**

Blondie Jackson, Harrisburg, Class AAA, 1976-1978  
Harriet Harbison, Harrisburg, Class AAA, 1976-1978

##### **Mile relay**

None

##### **880 medley relay**

None

##### **880 relay**

None

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### FOUR GOLDS IN A SINGLE MEET (LISTED CHRONOLOGICALLY, MOST RECENT FIRST)

**Deme'shia Davis, CD East**

2012 Class AAA 100m, 200, 4x100 anchor, 4x400 anchor

**Kara Millhouse, Boiling Springs**

2008 Class AA 800, 1600, 3200, 4x400 3rd leg

**Crystal Polite, Milton Hershey**

2006 Class AA 100H, 300H, 4x100 anchor, 4x400 3rd leg

**Kandance Ferguson, Milton Hershey**

2003 Class AA 100m, 200, 4x100 anchor, 4x400 anchor

**Dominique Darden, Harrisburg**

2001 Class AAA 200, 400, 100H, 4x400 anchor

**Hyleas Fountain, CD East**

2000 Class AAA 100m, 200, 100H, high jump

**Korto Dunbar, Milton Hershey**

2000 Class AA 100m, 100H, 4x100 anchor, 4x400 3rd leg

**Tamika Scott, Harrisburg**

1998 Class AA 200, 400, 4x100 anchor, 4x400 anchor

**Amy Debor, Milton Hershey**

1994 Class AA 1600, 3200, 4x400 2nd leg, 4x800 anchor

1993 Class AA 1600, 3200, 4x400 3rd leg, 4x800 anchor

**Jennifer Ladson, J.P. McCaskey**

1993 Class AAA 200, 400, 4x400 anchor, triple jump

**Chris Robertson, Reading**

1991 Class AAA 100m, 200, 4x100 anchor, long jump

**Brooke Walls, J.P. McCaskey**

1989 Class AAA 300H, 4x100 3rd leg, 4x400 leadoff, 4x800 3rd leg

**Stefanie Caradine, Carlisle**

1986 Class AAA 200, 400, 4x100 anchor, 4x400 anchor

**Leslie Hummer, Annville-Cleona**

1985 Class AA 100m, 4x100 2nd leg, long jump, triple jump

CONTINUES ON NEXT PAGE  
WITH TOTAL GOLD MEDALS

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 13 GOLDS

##### Dominique Darden, Harrisburg

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)	

- - - - -

#### 12 GOLDS

##### Sheri Calhoun, Kutztown

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)

##### Amy Debor, Milton Hershey

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)

- - - - -

#### 11 GOLDS

##### Kara Millhouse, Boiling Springs

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

- - - - -

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 10 GOLDS

##### Korto Dunbar, Milton Hershey

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)

##### Hyleas Fountain, CD East

2000 AAA 100m (12.02)	2000 AAA 200 (24.42)
2000 AAA 100H (13.87)	2000 AAA high jump (5-6)
1999 AAA 100m (12.0)	1999 AAA 200 (24.5)
1999 AAA high jump (5-5)	1998 AAA 100m (12.0)
1998 AAA high jump (5-8)	1997 AAA 4x100 (anchor)

##### Leslie Hummer, Annville-Cleona

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)

##### Chris Robertson, Reading

1992 AAA 100m (11.7)	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)

- - - - -

#### 9 GOLDS

##### Kandance Ferguson, Milton Hershey

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)	

##### Jennifer Sloane, Milton Hershey

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)	

- - - - -

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 8 GOLDS

##### Heather Colyer, East Juniata

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)

##### Yaneshia Gaston, Bishop McDevitt

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)

##### Abigail Johnson, Milton Hershey

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)

##### Donna McLain, Eastern York

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)

##### Aishia Stroop, Milton Hershey

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)

- - - - -

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 7 GOLDS

##### Rebecca Arugunes, York Catholic

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)	

##### Angie Bowie, West York

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)	

##### Celeta Carter, Milton Hershey

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

##### Deme'shia Davis, CD East

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 (2 <sup>nd</sup> leg)	

##### Angel Doyle, CD East

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)	

##### Liz Giering, Manheim Twp.

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)	

##### Blondie Jackson, Harrisburg

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)	

##### Jessica Kratzer, Greenwood

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)	

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 7 GOLDS

##### Ashley Mondie, Milton Hershey

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)

##### Lisa Nagorny, York Catholic

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)

##### Crystal Polite, Milton Hershey

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)

##### Marilyn Senz, Hempfield

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)

##### Tamika Scott, Harrisburg

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)

- - - - -

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 6 GOLDS

##### Judith Agyepong, Milton Hershey

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)

##### Stefanie Caradine, Carlisle

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)

##### Alisa Freeman, Milton Hershey

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)

##### Abby Huber, Cumberland Valley

2007 AAA 800 (2:14.52)      2007 AAA 4x800 anchor (9:33.65)  
2006 AAA 4x800 (anchor)      2005 AAA 4x800 (anchor)  
2004 AAA 4x400 (3rd)      2004 AAA 4x800 (3rd)

##### Debbie Huss, Wyomissing

2003 AA 800 (2:21.85)      2003 AA 1600 (5:08.88)  
2003 AA 3200 (10:58.23)      2002 AA 1600 (5:09.35)  
2001 AA 1600 (5:14.81)      2001 AA 4x800 (leadoff)

##### Jennifer Ladson, J.P. McCaskey

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)

##### Mary Rawe, Camp Hill

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)

##### Tiera Smith, CD East / Harrisburg

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

##### Stacy Stoner, Northern Lebanon

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)

##### Laurena White, Governor Mifflin

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)

- - - - -

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 5 GOLDS

##### Phillipa Ashby, Milton Hershey

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

##### Tracey Bowers, Greencastle-Antrim

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)

##### Ruth Brown, Milton Hershey

2006 AA 4x100 (leadoff)      2006 AA 4x400 (leadoff)  
2005 AA 300H (45.54)      2005 AA 4x400 (2nd leg)  
2004 AA 4x400 (2nd leg)

##### Sheree Butts, Harrisburg

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

##### Laura Carroll, Central York

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)

##### Alysha Cook, Harrisburg

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

##### Devan Coon, Schuylkill Valley

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)

##### Wanda Ferster, East Juniata

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)

##### Rose Gilmore, Reading

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)

##### Aisha Granville, Milton Hershey

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)

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 5 GOLDS

##### Shasha Jones, Milton Hershey

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

##### Ramona Lattany, Scotland

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

##### Marissa McDonald, CD East

2009 AAA 100m (12.63)      2009 AAA 4x100 (anchor)  
2009 AAA long jump (18-3 1/4)      2008 AAA long jump (18-5 1/2)  
2007 AAA long jump (17-11)

##### Anne Mielnik, Ephrata

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)

##### Eliese Mitchell, Garden Spot

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)

##### Laura O'Donnell, Lancaster Catholic

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)

##### Tessie Palmer, Carlisle

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)

##### Leah Peiffer, Solanco

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)

##### Shannon Quinn, Trinity

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

##### Aubree Ray, Middletown

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)

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 5 GOLDS

##### Sonya Sims, Twin Valley

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

##### Alison Smith, Carlisle

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)

##### Tracy Sollenberger, Eastern York

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)

##### Nan Strawbridge, Red Lion

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)

##### Jen Thompson, Red Lion

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)

##### Brooke Walls, J.P. McCaskey

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

##### Fonati Ward, Milton Hershey

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

##### Amy Westerman, Donegal

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)

- - - - -

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 4 GOLDS

##### Jennie Abolins, Camp Hill

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

##### Claire Abribat, Wyomissing

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

##### Krystal Baker, Bermudian Springs

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)

##### Anyssa Barbour, Chambersburg

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

##### Miriam Barnes, Harrisburg

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

##### Claudia Benjamin, Milton Hershey

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

##### Lois Brommer, Mechanicsburg

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

##### Ashley Byrd, Milton Hershey

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)

##### Jessica Corrado, Milton Hershey

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

##### Ashley Corum, Carlisle

2010 AAA long jump (17-10)      2010 AAA triple jump (40-0 1/2)  
2009 AAA triple jump (37-7 1/4)      2008 AAA triple jump (38-6)

##### Jill Cypress, J.P. McCaskey

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

##### Mary Dell, Boiling Springs

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

##### Kim Deppen, Camp Hill

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



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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 4 GOLDS

##### Kellie Dowling, Boiling Springs

2008 AA 4x400 (2nd leg)      2008 AA 4x800 (3rd leg)  
2007 AA 4x400 (anchor)      2007 AA 4x800 (leadoff)

##### Jen Gray, Cumberland Valley

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

##### Carol High, Lampeter-Strasburg

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

##### Braquel Hoff, Spring Grove

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

##### Lindsay Incorvati, Manheim Twp.

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

##### Karen Johnson, Carlisle

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

##### Molly Jones, Dover

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

##### Theresa Kauffman, East Pennsboro

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

##### Greta Lindsley, Penn Manor

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

##### Amber McCoy, Bishop McDevitt

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

##### Melissa Moser, Wyomissing

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)

##### Wendy Nelson, Cedar Crest

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

##### Brenda Pennell, Solanco

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

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 4 GOLDS

##### Mariah Robertson, Delone Catholic

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

##### Marshay Ryan, Chambersburg

2013 AAA long jump (19-3 1/4)      2013 AAA triple jump (40-9 3/4)  
2012 AAA long jump (18-9 1/4)      2012 AAA triple jump (39-8 1/2)

##### Angie Saterstad, Hershey / Upper Dauphin

2003 AAA 3200 (10:43.72)      2002 AAA 3200 (10:56.2)  
2001 AAA 3200 (10:54.82)      2000 AAA 3200 (11:04.78)  
Saterstad ran for Hershey in 2002 and 2003, for Upper Dauphin in 2000 and 2001

##### Kim Sellers, East Juniata

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

##### Morgan Sheaffer, West Perry

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

##### Ganne Way, Warwick

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

##### Kameko Webb, Bishop McDevitt

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

##### Mallory Weiss, Manheim Twp.

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

##### Rhonda Witmer, Greenwood

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

- - - - -

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 3 GOLDS

##### A

None

---

##### B

#### **Amy Backel, Northern**

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

#### **Sandy Barnhart, Camp Hill**

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

#### **Janet Beasley, Red Land**

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

#### **Maggie Borden, Delone Catholic**

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

#### **Julie Bowers, Carlisle**

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

#### **Vicki Boyer, Cocalico**

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

#### **Missy Brazee, Solanco**

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

#### **Lillie Brown, Boiling Springs**

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

---

##### C

#### **Nichole Campbell, Trinity**

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

#### **Adrena Carter, J.P. McCaskey**

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

#### **Rachel Casciano, Holy Name**

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

---

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 3 GOLDS

##### C

#### **Ruth Chege, Governor Mifflin**

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

#### **Beth Chinnick, Biglerville**

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

#### **Beth Conrad, East Juniata**

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

#### **Karen Cotton, J.P. McCaskey**

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

---

##### D

#### **Tammy Davis, Harrisburg**

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

#### **Shawna Dixon, Scotland**

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

---

##### E

#### **Janice Erbe, Delone Catholic**

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

---

##### F

#### **Sarah Frenette, Cumberland Valley**

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

---

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 3 GOLDS

##### G

###### **Deb Garland, Penn Manor**

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

###### **Maimedee George, Milton Hershey**

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

###### **Karen Gooch, Reading**

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

###### **Shellouise Grant, Susquehanna Twp.**

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

###### **Aliyah Graves-Brown, Trinity**

2013 AA 4x400 (anchor)      2012 AA 4x100 (2<sup>nd</sup> leg)  
2012 AA 4x400 (anchor)

###### **Bernadette Gray, Harrisburg**

2000 AAA 4x400 (leadoff)      1999 AAA 4x100 (3<sup>rd</sup> leg)  
1999 AAA 4x400 (anchor)

###### **Kristine Gutshall, Warwick**

2010 AAA 4x800 (3<sup>rd</sup> leg)      2009 AAA 4x800 (2<sup>nd</sup> leg)  
2008 AAA 4x800 (2<sup>nd</sup> leg)

###### **Erin Guty, Trinity**

2008 AA long jump (17-5)      2007 AA 100m (12.45)  
2007 AA 4x100 (2<sup>nd</sup> leg)

---

##### H

###### **Harriet Harbison, Harrisburg**

1978 AAA 440 relay (3<sup>rd</sup> leg)      1977 AAA 440 relay (2<sup>nd</sup> leg)  
1976 440 relay (2<sup>nd</sup> leg)

###### **Catie Hare, South Western**

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

###### **Yvonne Heinrich, York Suburban**

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

###### **Jodi Heistand, Hempfield**

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

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 3 GOLDS

##### H

###### **Ashley Hodge, Carlisle**

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

###### **Florine Holmes, J.P. McCaskey**

1993 AAA 4x400 (3<sup>rd</sup> leg)      1992 AAA 4x400 (3<sup>rd</sup> leg)  
1992 AA 4x400 (3<sup>rd</sup> leg)

###### **Sarah Hunt, Fairfield**

2013 AA triple jump (36-3 1/2)      2012 AA long jump (16-10 1/4)  
2011 AA triple jump (35-3 1/2)

###### **Amy Huss, Wyomissing**

2002 AA 3200 (11:10.26)      2001 AA 3200 (11:20.44)  
2001 AA 4x800 (3<sup>rd</sup> leg)

###### **Edith Hutchins, Milton Hershey**

1995 AA 4x400 (3<sup>rd</sup> leg)      1994 AA 4x400 (3<sup>rd</sup> leg)  
1993 AA 4x400 (2<sup>nd</sup> leg)

---

##### I

None

---

##### J

###### **Sidine Jennings, CD East**

2012 AAA 4x100 (2<sup>nd</sup> leg)      2012 AAA 4x400 (2<sup>nd</sup> leg)  
2011 AAA 4x100 (2<sup>nd</sup> leg)

---

##### K

###### **Lisa Kennedy, Harrisburg**

1982 AAA 400 (58.14)      1980 AAA 4x100 (2<sup>nd</sup> leg)  
1980 AAA 4x400 (leadoff)

---

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 3 GOLDS

L

##### **Lori Land, Lancaster Catholic / Manheim Twp.**

1990 AAA 1600 (5:13.8)\*      1988 AA 4x800 (3rd leg)

1987 AA 4x800 (3rd leg);

\*-Land ran for Manheim Twp. in 1990

##### **Jen Lefever, Solanco**

1992 AAA 1600 (5:12.6)      1992 AAA 4x800 (leadoff)

1991 AAA 4x800 (3rd leg)

##### **Jessica Lentz, Lebanon**

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

1996 AAA 800 (2:18.1)

##### **Kim Lichty, Twin Valley**

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

1977 AA 110yH (15.2)

##### **Beth Loretz, Lancaster Catholic**

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

1996 AAA high jump (5-4)

##### **Ruth Loyer, Red Lion**

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

2000 AAA 800 (2:15.33)

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 3 GOLDS

M

##### **Alli Mannon, Warwick**

2010 AAA 4x800 (leadoff)      2009 AAA 4x800 (3<sup>rd</sup> leg)

2008 AAA 4x800 (anchor)

##### **Michelle Mattson, Lower Dauphin**

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

1982 AAA 1600 (5:10.50)

##### **Jennifer Mitchell, Carlisle**

1993 AAA 800 (2:16.8)      1993 AAA 1600 (5:01.9)

1993 AAA 4x800 (anchor)

##### **Hillary Monger, Holy Name**

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

2007 AA 100H (15.21)

##### **Roxanne Morton, J.P. McCaskey**

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

1988 AAA 200 (25.3)

##### **Bria Mosley, CD East**

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

2011 AAA 4x100 (leadoff)

N

None

O

##### **Christine O'Donnell, Lancaster Catholic**

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

1984 AAA 3200 (11:17.3)

##### **Kelly Oliver, Harrisburg**

1980 AAA 4x100 (3rd leg)      1980 AAA 4x400 (3rd leg)

1978 AAA 440 relay (leadoff)

##### **Stacey Owens, Carlisle**

1983 AAA 4x100 (leadoff)

1982 AAA 4x100 (3rd leg)

1982 AAA 4x400 (2nd leg)

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 3 GOLDS

##### P

#### **Michele Palmertree, Oley Valley**

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

#### **Brittne' Perkins, Milton Hershey**

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

#### **Rachel Pitman, Bishop McDevitt**

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

#### **Lucretia Price, Reading**

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

---

##### Q

None

---

##### R

#### **Veda Rankin, Harrisburg**

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

#### **Stacey Reed, Carlisle**

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

#### **Ahmenah Richardson, Milton Hershey**

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

#### **Megan Ryan, Hempfield**

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

---

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 3 GOLDS

##### S

#### **Joy Santos, Berks Christian**

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

#### **Kim Schlemmer, Penn Manor**

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

#### **Anna-Christine Scull, Milton Hershey**

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

#### **Tiffany Sheppard, Milton Hershey**

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

#### **Lisa Shockley, Milton Hershey**

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

#### **Meredith Speakman, Boiling Springs**

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

#### **Justine Spence, Garden Spot**

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

#### **Neely Spence, Shippensburg**

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

#### **Anne Stanislawczyk, Governor Mifflin**

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

#### **Kelli Straussner, Greencastle-Antrim**

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

#### **April Swanson, Harrisburg**

1999 4x100 (anchor)      1999 4x400 (3rd leg)  
1998 AAA 4x100 (2nd leg)

---

##### T

#### **Kelly Tuinstra, Lancaster Catholic**

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

---

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 3 GOLDS

##### U

None

---

##### V

None

---

##### W

#### **Danella Washington, Scotland**

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

#### **Jessica Whitmore, Chambersburg**

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

#### **Georgia Williams, Bermudian Springs**

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

#### **Carena Winters, Eastern York / Manheim Central**

1988 AAA 4x800 (anchor)\*      1987 AA 1600 (5:11.6)  
1987 AA 3200 (11:29.2)

\*Winters ran for Manheim Central in 1988

#### **Sue Wolfe, Annville-Cleona**

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

---

##### X

None

---

##### Y

None

---

##### Z

#### **Joann Zierdt, Carlisle**

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

---

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### A

#### **Kelly Allred, Cedar Cliff**

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

#### **Juanita Aney, Scotland**

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

#### **Monica Anderson, Solanco**

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

#### **Paige Anderson, Cumberland Valley**

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

#### **Kirsten Andrews, Garden Spot**

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

#### **Beth Armstrong, Chambersburg**

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

---

##### B

#### **Rhasheda Bailey, J.P. McCaskey**

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

#### **Donna Barton, East Pennsboro**

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

#### **Melanie Basciotti, Lampeter-Strasburg**

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

#### **Lisa Batcheler, Cumberland Valley**

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

#### **Monica Beard, Twin Valley**

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

#### **Adriene Beltz, Hamburg**

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

#### **Raquel Beverly, Susquehanna Twp.**

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

#### **Anna Bixler, Boiling Springs**

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

#### **Abie Boima, Milton Hershey**

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

#### **Kelly Bosserman, Dover**

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

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### B

**Melanie Bow, Annville-Cleona**

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

**Karyn Boyer, Cedar Cliff**

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

**Dana Boyle, York Catholic**

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

**Kim Brassfield, Milton Hershey**

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

**Missy Brazee, Solanco**

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

**Meghan Briggs, Palmyra: 2005**

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

**Beth Brown, J.P. McCaskey**

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

**Shanise Bryant, Scotland**

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

**Kelsey Buffenmyer, Donegal**

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

**Linda Butts, J.P. McCaskey**

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

---

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### C

**Val Calkins, Solanco**

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

**Trysa Cameron, J.P. McCaskey**

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

**Marvarine Campbell, Chambersburg**

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

**Jodi Carter, Solanco**

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

**Kiara Carter, Milton Hershey**

2011 AAA 4x400 (2<sup>nd</sup> leg)      2010 AAA 4x100 (anchor)

**Tammy Cauler, Solanco**

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

**Lauren Chatwick, Elco**

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

**Tamalia Christian, Milton Hershey**

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

**Jess Clark, South Western**

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

**Katie Colburn, South Western**

2007 AAA 4x400 (3rd leg)      2006 AAA 4x400 (3rd leg)

**Jenn Comtois, Governor Mifflin**

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

**Lara Crofford, Big Spring**

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

**Ann Cross, J.P. McCaskey**

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

---

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### D

**Lhayana Dallas, Harrisburg**

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

**Skylar Dantzler, Wilson**

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

**Becki Davis, Chambersburg**

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

**Brianna Davis, Bishop McDevitt**

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

**Brooke Davis, York Suburban**

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

**Lisa Davis, Carlisle**

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

**Katie Dembrowski, Palmyra**

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

**Madison Depner, Trinity**

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

**Steph Derr, Donegal**

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

**Erin Dowling, Boiling Springs**

2008 AA 4x400 (leadoff)      2008 AA 4x800 (leadoff)

**Sherri Durricks, Scotland**

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

---

##### E

**Andrea Ebersole, Manheim Central**

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

**Deb Ellis, Carlisle**

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

**Devyn Emerich, Tulpehocken**

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

**Nicole Erby, Cumberland Valley**

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

**Enita Everett, Scotland**

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

---

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### F

**Cindy Fabian, Muhlenberg**

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

**Sarah Fairbanks, Elizabethtown**

2012 AAA shot (41-8 ½)      2012 AAA discus (128-2)

**Olivia Farabaugh, Palmyra**

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

**Lisa Felder, J.P. McCaskey**

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

**Rhonda Fernister, Harrisburg**

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

**Patty Ferrer, York Catholic**

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

**Traci Fisher, Hempfield**

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

**Jessica Forrest, Reading**

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

**Carol Forry, Eastern York**

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

**Julia Fountain, CD East**

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

**Pam Frey, Manheim Twp.**

1974 440 relay (anchor),      974 880 relay (anchor)

**Allison Funk, Penn Manor**

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

---



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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### G

**Beth Gainer, Donegal**

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

**Jen Garman, Dallastown**

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

**Sherry Gearhart, J.P. McCaskey**

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

**Erin Gemmill, Penn Manor**

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

**Beth Getty, Cedar Cliff**

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

**Leandra Golden, Hanover**

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

**Emily Good, South Western**

2007 AAA 4x400 (2nd leg)      2006 AAA 4x400 (2nd leg)

**Emily Graber, Warwick**

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

**Tracy Green, Susquehanna Twp.**

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

**Crystal Griffin, Milton Hershey**

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

**Mary Gronkiewicz, Trinity**

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

**Alyssa Grube, Warwick**

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

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### H

**Libby Haas, Eastern York**

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

**Jowharah Haddad, Milton Hershey**

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

**Kerry Haertsch, East Pennsboro**

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

**Liz Hall, Wyomissing**

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

**Christy Hartman, Cedar Cliff**

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

**Jailia Harvey, Milton Hershey**

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

**Christine Hayden, Harrisburg**

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

**Nikki Hendricks, Hershey**

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

**Karen Henseler, Carlisle**

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

**Martha Henseler, Carlisle**

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

**Carly Hess, Warwick**

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

**Tammi Hessen, Manheim Central**

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

**Tina Herman, Lampeter-Strasburg**

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

**Shannon Holtzinger, Bermudian Springs**

2000 AA triple jump (36-3)      1999 AA long jump (16-11 3/4)

**Lynn Horch, Oley Valley**

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

**Niecy Houston, J.P. McCaskey**

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

**Jerriann Howe, Oley Valley**

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

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### H

**Jazmin Hunt, Reading**

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

**Monica Hunter, Trinity**

2012 AA 4x100 (leadoff)      2012 AA 4x400 (3<sup>rd</sup> leg)

**Wendy Hutchinson, Dover**

2008 AAA 800 (2:15.61)      2008 AAA 4x400 (2<sup>nd</sup> leg)

---

##### I

**Ashley Iwanowski, Wyomissing**

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

---

##### J

**Adrienne Jackson, Reading**

1991 AAA 4x100 (2<sup>nd</sup> leg)      1990 AAA 4x100 (2<sup>nd</sup> leg)

**Ieisha Jackson, Bishop McDevitt**

2011 AA 4x100 (3<sup>rd</sup> leg)      2011 AA 4x400 (2<sup>nd</sup> leg)

**Devi Jagadesan, Wyomissing**

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

**Kris James, Carlisle**

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

**Jordan Jenkins, New Oxford**

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

**Brianne Johnson, Harrisburg**

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

**Gina Johnson, Harrisburg**

1980 AAA 4x100 (anchor)      1980 AAA 4x400 (2<sup>nd</sup> leg)

**Sally Johnson, Camp Hill**

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

**Chiquita Jones, Scotland**

1994 AA 4x100 (anchor),      993 AA 4x100 (2<sup>nd</sup> leg)

**Kristen Jones, Cumberland Valley**

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

---

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### K

**Cathy Kamy, Milton Hershey**

1991 AA 4x400 (3<sup>rd</sup> leg)      1991 AA 4x800 (anchor)

**Lauren Keefer, Governor Mifflin**

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

**Kerry Keipers, Garden Spot**

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

**Patti Kelber, Conrad Weiser**

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

**Kelly Kemper, Dover**

1985 AAA 4x100 (2<sup>nd</sup> leg)      1984 AAA 4x100 (2<sup>nd</sup> leg)

**Renee Killinger, Dover**

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

**Kristina Kline, Red Land**

2005 AAA triple jump (36-8)      2004 AAA long jump

**Leanne Kling, Shippensburg**

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

**Pamela Kolp, Donegal**

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

**Wendy Komnik, Twin Valley**

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

**Amy Kopf, Lampeter-Strasburg**

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

**Tina Kotek, Dallastown**

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

**Rachael Kotula, Bermudian Springs**

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

**Lindsey Kreider, Lancaster Mennonite**

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

**Bernie Kowalczyk, Trinity**

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

**Jody Kratzer, Greenwood**

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

**Anna Kuntz, Trinity**

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

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### K

**Trish Kyle, South Western**

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

---

##### L

**Tunisia Lacy, Chambersburg**

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

**Amanda Lehr, South Western**

2007 AAA 4x400 (leadoff)      2006 AAA 4x400 (leadoff)

**Sharon Leidy, Boiling Springs**

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

**Shelly Lobach, South Western**

2007 AAA 4x400 (anchor), 2006 AAA 4x400 (anchor)

**Krissy Lobaugh, Boiling Springs**

2008 AA 4x800 (anchor)      2007 AA 4x800 (3rd leg)

---

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### M

**Kirsten MacDonald, Wyomissing**

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

**Nicole Mangum, Scotland**

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

**Amy Martin, Penn Manor**

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

**Tonia Matter, Millersburg**

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

**Laurie Mazur, Eastern York**

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

**Kelly McElroy, Holy Name**

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

**Laura McGowan, Cedar Cliff**

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

**Leslie Miller, Harrisburg**

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

**Linda Millman, Central Dauphin**

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

**Courtney Mitchell, CD East**

2012 AAA 4x100 (3<sup>rd</sup> leg)      2011 AAA 4x100 (3<sup>rd</sup> leg)

**Laura Mohler, Kutztown**

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

**Lynne Mooradian, South Western**

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

**Sierra Moore, Delone Catholic**

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

**Caitlin Moser, Wyomissing**

2005 AA 4x100 (anchor)      2004 AA 4x400 (2nd leg)

**Kristie Moser, Boyertown**

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

**Heather Moul, Red Lion**

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

**Danielle Mousley, Manheim Twp.**

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

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### M

#### **Kelly Myers, New Oxford**

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

---

##### N

#### **Dawn Nagle, Annville-Cleona**

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

#### **Kirstin Nanna, Bishop McDevitt**

2010 AA 4x100 (2<sup>nd</sup> leg)      2010 AA 4x400 (leadoff)

#### **Beth Naylor, Hershey**

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

#### **Dawn Newman, Tulpehocken**

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

#### **Steve Ann Nork, Susquehanna Twp.**

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

#### **Pam Neiss, Hempfield**

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

#### **Abby Noll, Tulpehocken**

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

#### **Celeste Noll, Boiling Springs**

2007 AA 4x800 (2<sup>nd</sup> leg)      2005 AA 4x800 (leadoff)

---

##### O

#### **Kaitlyn Oliver, Warwick**

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

#### **Marilyn Ott, Hempfield**

1975 880 medley relay (anchor)      1974 880 medley relay (2<sup>nd</sup> leg)

---

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### P

#### **Tasha Palmer, Carlisle**

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

#### **Heather Patch, Schuylkill Valley**

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

#### **Dreamer Patterson, Harrisburg**

2001 AAA 4x400 (2<sup>nd</sup> leg)      1999 AAA 4x100 (leadoff)

#### **Brooke Paxton, Bermudian Springs**

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

#### **Sue Pickerell, Dover**

1981 AA 4x800 (3<sup>rd</sup> leg)      1980 AA 4x800 (3<sup>rd</sup> leg)

#### **Becky Pitzer, Biglerville**

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

#### **Emily Pitzer, Biglerville**

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

#### **Arielle Placke, Delone Catholic**

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

#### **Trina Poole, Milton Hershey**

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

#### **Kiandra Poteat, Harrisburg**

1996 AAA 4x400 (2<sup>nd</sup> leg)      1995 AAA 4x400 (leadoff)

#### **Penda Powell, Harrisburg**

1996 AAA 4x400 (anchor)      1995 AAA 4x400 (3<sup>rd</sup> leg)

#### **Sarah Price, South Western**

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

---

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### Q

#### **Chris Quimby, Lower Dauphin**

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

---

##### R

#### **Kathy Randazzo, Reading**

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

#### **Liz Reilly, Cumberland Valley**

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

#### **Dawn Richardson, New Oxford**

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

#### **Angie Rideout, Chambersburg**

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

#### **Bernadette Robinson, Milton Hershey**

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

#### **Karen Rogers, Wyomissing**

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

#### **Kelly Ryan, Solanco**

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

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### S

#### **Aaliyah Saunders, CD East**

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

#### **Jessie Schlegel, Wyomissing**

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

#### **Meryl Schmidt, Hempfield**

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

#### **Danielle Sciano, Trinity**

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

#### **Kathianne Sellers, Manheim Twp.**

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

#### **Sarah Shatto, Susquenita**

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

#### **Sue Shay, Palmyra**

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

#### **Lori Shifflett, Palmyra**

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

#### **Stephanie Smallwood, Carlisle**

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

#### **Ethel Smith, Eastern York**

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

#### **Tess Smith, Penn Manor**

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

#### **Liz Staus, Schuylkill Valley**

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

#### **Melissa Stewart, Middletown**

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

#### **Tammi Stewart, Hempfield**

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

#### **Sue Strait, Hempfield**

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

#### **Jane Strouse, Exeter**

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

#### **Debbie Stump, Oley Valley**

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

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

## TOTAL GOLD MEDALS

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### S

**Vicki Stum, Cedar Cliff**

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

**Joy Swisher, Manheim Twp.**

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

**Angela Szumowski, Milton Hershey**

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

---

##### T

**Janet Thomas, Red Land**

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

**Melissa Thomas, Solanco**

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

**Sandee Thompkins, Red Land**

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

**Lauren Thompson, Cumberland Valley**

2007 AAA 4x800 (3rd leg)      2006 AAA 4x800 (anchor)

**Jessica Totaro, Hershey**

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

**Joanne Troischt, Milton Hershey**

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

**Maria Tukis, Palmyra**

2013 AAA 4x800 (3<sup>rd</sup> leg)      2012 AAA 4x800 (3<sup>rd</sup> leg)

---

##### U

**Denise Ulmer, Wyomissing:**

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

---

##### V

**Maria Vangel, Scotland**

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

---

### GIRLS MULTIPLE CHAMPIONS

#### TOTAL GOLD MEDALS

Note: Relay runners are included in this listing

#### 2 GOLDS

##### W

**Deanna Walsh, Twin Valley**

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

**Susan Weidner, Fleetwood**

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

**Laura Werner, Manheim Twp.**

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

**Pat Wickenhiser, Hempfield**

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

**Jackquain Williams, Milton Hershey**

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

**Vern Williams, Milton Hershey**

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

**Kynisha (Kiki) Windham, Harrisburg**

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

**Jocelyn Witmer, Penn Manor**

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

**Mary Witmer, Ephrata**

2013 AAA 300H (42.11)      2013 AAA 300H (43.80)

---

##### X

None

---

##### Y

None

---

##### Z

None

---