

# AMHERST



## 2023 GIRLS TRACK AND FIELD

## 2023 Girls Team Results

January 6th	<b>NEOITC White Division Meet 1</b>	5th of 11 teams	* 58 Points
January 20th	<b>NEOITC White Division Meet 2</b>	9th of 11 teams	* 46 Points
February 3rd	<b>NEOITC White Division Meet 3</b>	8th of 11 teams	* 41 Points
February 10th	<b>Eastern States Indoor Meet</b>	No Team Scores	*
February 17th	<b>NEOITC All-Star Meet</b>	No Team Scores	*
March 4th	<b>OATCCC Indoor State Championship</b>	37th of 54 Scoring	* 5 Points
April 5th	<b>Avon Lake</b>	Amherst Avon Lake	* Cancelled *
April 12th	<b>At North Ridgeville</b>	Amherst North Ridgeville	* 70 Points * 67 Points
April 14th	<b>Lorain County Invitational</b>	2nd of 16 teams	* 102.5 Points
April 19th	<b>Berea-Midpark</b>	Amherst Berea-Midpark	* 98 Points * 38 Points
April 22nd	<b>67th Comet Relays</b>	7th of 26 teams	* 43 Points
April 26th	<b>At Olmsted Falls</b>	Olmsted Falls Amherst	* 84 Points * 44 Points
April 28th	<b>Avon Invitational</b>	7th of 12 teams	* 47 Points
May 3rd	<b>SWC Preview Meet</b>	No Team Scores	*
May 5th	<b>Medina Last Chance Meet</b>	4th of 8 teams	* 71 Points
May 8th	<b>Avon and Avon Lake JV</b>	No Team Scores	*
May 10 - 12th	<b>Southwestern Conference Meet</b>	4th of 8 teams	* 101.5 Points
May 17 - 19th	<b>Northeast District Meet</b>	9th of 16 teams	* 55.3 Points
May 24 - 26th	<b>Northwest Ohio Regional Meet</b>	7th of 40 teams	* 28 Points
June 2 - 3rd	<b>Ohio State Championships</b>	45th of 72 teams	* 4 Points

## ***Amherst Girls Outdoor School Records***

100 Meter Dash	11.98	<i>Ella Baker</i>	District Meet	2023
200 Meter Dash	24.92	<i>Taylor Hooks</i>	Regional Meet	2016
400 Meter Dash	55.21	<i>Ella Baker</i>	Regional Meet	2023
800 Meter Run	2:10.05	<i>Theresa Feldkamp</i>	State Meet	2001
1600 Meter Run	4:54.23	<i>Amy McKinley</i>	State Meet	1993
3200 Meter Run	10:42.5	<i>Amy McKinley</i>	Regional Meet	1993
100 Meter Hurdles	14.2	<i>Kristi Keplinger</i>	Vermillion Invitational	1987
300 Meter Hurdles	43.73	<i>Sara Moore</i>	SWC Meet	2013
400 Meter Hurdles	1:21.38	<i>Madison Reynolds</i>	Beach Run Invitational	2015
2000 M Steeplechase	8:19.20	<i>Kayla Snowden</i>	Tri-Cities Classic	2018
4 x 100 M. Relay	48.71	<i>Taylor Hooks, Audrey Fayer, Brooke Armbruster, Madison Reynolds</i>	Regional Meet	2016
4 x 200 M. Relay	1:41.40	<i>Brianna Shagovac, Lindsay Sands, Becky Stuckart, Sher Champe</i>	State Meet	2013
4 x 400 M. Relay	3:52.94	<i>Lindsay Sands, Alexis Szivan, Brianna Shagovac, Sher Champe</i>	State Meet	2013
4 x 800 M. Relay	9:24.65	<i>Alexis Szivan, Cara Giannuzzi, Megan Parker, Sher Champe</i>	Regional Meet	2014
4 x 1600 M. Relay	22:06.6	<i>Heather Skeeles, Kelly Nye, Jenny Luca, Christine Thompson</i>	Westlake Relays	1997
Sprint Medley	1:49.63	<i>Bakita Hill, Becki Stuckart, Briana Shagovac, Lindsey Sands</i>	Berea Relays	2013
Distance Medley	12:30.97	<i>Sher Champe, Undrea Ballard, Alexis Szivan, Megan Parker</i>	Berea Relays	2014
Shuttle Hurd. (low)	1:06.56	<i>Erin Kasper, Amber Slavik, Gaby Northeim, Sara Moore</i>	Berea Relays	2013
Shuttle Hurd. (high)	1:09.10	<i>Erin Kasper, Amber Slavik, Gaby Northeim, Sara Moore</i>	Comet Relays	2013
High Jump	5'6	<i>Erin Kasper</i>	SWC Meet	2013
	5'6	<i>Chaley Younkin</i>	SWC Meet	2021
High Jump Relay	15'4	<i>Erin Kasper, Amber Slavik, Madison Reynolds</i>	Comet Relays	2013
Long Jump	17'11	<i>Madison Reynolds</i>	Vs. Midview-N. Olmsted	2016
Long Jump Relay	49' 1/4	<i>Madison Reynolds, Audrey Fayer, Gracen Siegenthaler</i>	Comet Relays	2008
Triple Jump	32'11 1/2	<i>Gabriela Giannuzzi</i>	Tri-Cities Classic	2018
Shot Put	40'10 1/2	<i>Emily King</i>	Regional Meet	2018
Shot Put Relay	96'10 1/2	<i>Abby Burgdorf, Katie Schuster, Shannon Theobald</i>	Comet Relay	2009
Discus	127'7	<i>Amy Lackner</i>	State Meet	1989
Discus Relay	309'5	<i>Lori Betchker, Shannon Mixon, Nicole Richardson</i>	Vs. Olm. Falls-Westlake	1999
Pole Vault	11'6	<i>Sydney Walker</i>	State Meet	2019
Pole Vault Relay (2)	20'6	<i>Sydney Walker, Allison Takacs</i>	Comet Relays	2018
Pole Vault Relay (3)	24'0	<i>Caitlin Camp, Kayla Nunez, Alex Forneris</i>	Comet Relays	2011

## ***Amherst Girls Indoor School Records***

60 Meter Dash	7.60	<i>Taylor Hooks</i>	State Indoor Meet	2019
60 Meter Hurdles	9.25	<i>Sara Moore</i>	State Indoor Meet	2013
	9.25	<i>Michal McFall</i>	State Indoor Meet	2020
200 Meter Dash	25.24	<i>Taylor Hooks</i>	State Indoor Meet	2019
400 Meter Dash	56.86	<i>Ella Baker</i>	New Balance Nat. Indoor	2023
800 Meter Run	2:14.70	<i>Theresa Feldkamp</i>	Nike Indoor Classic	2000
1600 Run	5:14.9	<i>Christine Thompson</i>	Berea Kiwanis Indoor	1997
3200 Run	11:25.11	<i>Cassie Vince</i>	State Indoor Meet	2013
4x200 Meter Relay	1:45.95	<i>Taylor Hooks, Tori Kubasak, Leah Drost, Gracen Siegenthaler</i>	State Indoor Meet	2018
4x400 Meter Relay	4:09.15	<i>Undrea Ballard, Alexis Szivan, Lauren Sturgeon, Gracen Siegenthaler</i>	State Indoor Meet	2015
4x800 Meter Relay	9:54.54	<i>Cassie Vince, Riley Schenk, Lauren Sturgeon, Alexis Szivan</i>	State Indoor Meet	2013
Long Jump	17'3	<i>Madison Reynolds</i>	State Indoor Meet	2016
High Jump	5'6	<i>Erin Kasper</i>	Akron Indoor	2013
Triple Jump	33'1	<i>Gabriela Giannuzzi</i>	State Indoor Meet	2018
Shot Put	36'10 1/2	<i>Emily King</i>	Oberlin Indoor 4	2018
Weight Throw	44'0 1/4	<i>Emily King</i>	State Indoor Meet	2018
Pole Vault	11'0	<i>Sydney Walker</i>	State Indoor Meet	2018



## All-Time Top 10 Girls by Event

100 Meter Dash			
1.	<b>Ella Baker</b>	<b>12</b>	<b>11.98</b> 2023
2.	Taylor Hooks	12	12.20 2019
3.	Sher Champe	11	12.24 2013
4.	Kristi Keplinger	12	12.4 1987
5.	Brooke Ambruster	10	12.68 2016
6.	Mary Odafe	9	12.69 2007
7.	Briana Shagovac	12	12.72 2013
8.	Audrey Fayer	9	12.76 2015
9.	Roxann Smith	9	12.7 1998
10.	Tiffany Dziak	11	12.7 2006
11.	Haley Dziak	9	12.7 2008

200 Meter Dash			
1.	Taylor Hooks	9	24.92 2016
2.	Ella Baker	11	25.32 2022
3.	Alexis Alston	10	25.36 2018
4.	Sher Champe	12	25.53 2014
5.	Erin Justice	12	26.01 2015
6.	Mary Odafe	9	26.15 2007
7.	Tiffany Dziak	11	26.17 2006
8.	Undrea Ballard	12	26.22 2016
9.	Janine Trinski	11	26.2 1985
10.	Janice Evanish	9	26.2 c 1975

Long Jump			
1.	Madison Reynolds	12	17'11 2016
2.	Brooke Arthur-Mensah	11	17'5 2008
3.	Heather Engle	11	17'0 1989
4.	Stephanie Tear	12	16'11 2001
5.	Haley Dziak	9	16'9 2008
6.	Taylor Hooks	10	16'8 3/4 2017
7.	Jade Garcia	11	16'8 1/4 2021
8.	Erin Kasper	12	16'8 2013
9.	Cameron Dumais	11	16'7 1/2 2019
10.	Gracen Siegenthaler	9	16'5 1/2 2015

400 Meter Dash			
1.	<b>Ella Baker</b>	<b>12</b>	<b>55.21</b> 2023
2.	Sher Champe	11	55.75 2013
3.	Alexis Alston	10	56.12 2018
4.	Lindsay Sands	9	57.61 2012
5.	Theresa Feldkamp	10	58.0 1999
6.	Gracen Siegenthaler	12	58.57 2018
7.	Undrea Ballard	12	58.88 2016
8.	Annabelle Stewart	9	59.51 2021
9.	Alexis Szivan	11	59.7 2014
10.	Jane Kocak	12	59.9 1980

800 Meter Run			
1.	Theresa Feldkamp	12	2:10.05 2001
2.	Alexis Szivan	12	2:10.32 2015
3.	Christine Thompson	10	2:13.53 1995
4.	Sher Champe	12	2:14.03 2014
5.	Colleen Young	12	2:17.5 1992
6.	<b>Aurora Wilson</b>	<b>12</b>	<b>2:18.19</b> 2023
7.	Kasey Schuler	11	2:18.80 2010
8.	Kalyn Potyrala	12	2:19.07 2019
9.	Amy McKinley	12	2:19.7 1993
10.	Heather Skeeles	12	2:19.79 1997

Shot Put			
1.	Emily King	12	40'10 1/2 2018
2.	Maureen Eastaugh	12	40'10 2003
3.	Abby Burgdorf	11	39'8 2009
4.	Katie Schuster	12	38'10 2009
5.	Michelle Stark	12	37'10 1/2 2005
6.	Lori Betchker	12	37'9 1/4 1999
7.	Shannon Roberts	12	36'7 1998
8.	Melissa Overman	12	35'4 1/2 2008
9.	Linze Zehel	12	34'11 1/2 2001
10.	Amy Lackner	12	34'0 1989

1600 Meter Run			
1.	Amy McKinley	12	4:54.23 1993
2.	Christine Thompson	12	5:00.6 1997
3.	Theresa Feldkamp	12	5:03.0 2001
4.	Kyle Dandrea	12	5:05.23 2004
5.	Alexis Szivan	11	5:08.86 2014
6.	Beth Huffman	11	5:09.4 1981
7.	Sue Dziama	10	5:12.4 1992
8.	Betsy Melick	10	5:14.35 2005
9.	Cassie Vince	12	5:14.82 2013
10.	Kim Welte	10	5:15.3 c 1977

3200 Meter Run			
1.	Amy McKinley	12	10:42.5 1993
2.	Cassie Vince	12	10:56.45 2013
3.	Sue Dziama	12	11:06.09 1994
4.	Brittnee Baris	9	11:18.94 2000
5.	Christine Thompson	12	11:19.6 1997
6.	Emily Johnson	11	11:26.89 2012
7.	Jessica Bartholomew	9	11:27.39 2006
8.	Kyle Dandrea	12	11:30.6 2004
9.	Shannon McDonald	12	11:30.86 2006
10.	Jane Lehman	12	11:40.14 2009

Discus			
1.	Amy Lackner	12	127'9 1989
2.	Michelle Stark	12	121'6 2005
3.	Abby Burgdorf	11	120'9 2009
4.	Emily King	12	120'5 2018
5.	Lori Betchker	12	119'8 1999
6.	Nicole Sprenger	12	105'5 1996
7.	Shannon Mixon	12	104'8 1999
8.	Autumn Hunter	11	102'5 2021
9.	Nicole Richardson	10	101'10 1998
10.	Destiny Champe	12	101'4 2017

100 Meter Hurdles (33 Inch)			
1.	Kristi Keplinger	12	14.2 1987
2.	Madison Reynolds	12	14.90 2016
3.	<b>Natalie Pleban</b>	<b>11</b>	<b>15.04</b> 2023
4.	Kara Kasper	12	15.07 2008
5.	Sara Moore	12	15.09 2013
6.	Chaley Younkin	12	15.12 2021
7.	Tessa Shagovac	12	15.31 2001
8.	Mariah Shorts	11	15.9 2017
9.	Erin Kasper	12	16.20 2013
10.	Gretchen Ruth	11	16.1 1990

300 Meter Hurdles			
1.	Sara Moore	12	43.73 2013
2.	Kristi Keplinger	12	44.3 1987
3.	Tessa Shagovac	12	45.09 2001
4.	Jordan Templeton	10	46.04 2004
5.	Michelle Przytulski	12	46.19 1990
6.	<b>Alex Vargo</b>	<b>11</b>	<b>47.12</b> 2023
7.	Sarah Fisher	10	47.28 2010
8.	Gabi Northeim	11	47.31 2013
9.	Kara Kasper	12	47.34 2008
10.	Gretchen Ruth	12	47.60 1994

Pole Vault			
1.	Sydney Walker	12	11'6 2019
2.	Alyssa Beach	10	10'0 2009
3.	Kayla Nunez	12	10'0 2013
4.	Maggie Fada	12	10'0 2016
5.	Allison Takacs	12	10'0 2018
6.	Alex Fomaris	12	9'6 2014
7.	Justine Prete	11	9'6 2021
8.	Caitlin Camp	11	9'0 2010
9.	Monica Morrell	12	9'0 2004
10.	Meghan Acierto	11	9'0 2012
	<b>Carmela Rivera</b>	<b>10</b>	<b>9'0</b> 2023
	Elise Jennings	11	9'0 2015

100 Meter Hurdles (30 Inch)			
1.	Kim Sadowski	11	15.5 1981
2.	Paula Wetzel	10	15.7 1980
3.	Missy Welte	10	15.7 1986
4.	Janet Erdy	10	16.1 1978
5.	Janet Erdy	10	16.1 1978
6.	Shery Van Niel	12	16.1 1981
7.	Liz Bonner	11	16.2 1982
8.	Kim Thorley	12	16.7 1985
9.	Bridgett Fiala	11	16.9 1984
10.	Brenda Mathes	10	17.2 1979
11.	Laurie Sholtz	10	17.2 1979
	Paula Wetzel	10	17.2 1981
	Kim Sadowski	10	17.2 1980

High Jump			
1.	Erin Kasper	12	5'6 2013
2.	Chaley Younkin	12	5'6 2021
3.	Madison Reynolds	12	5'4 2016
4.	Kim Thorley	12	5'3 1985
5.	Jeni Marr	11	5'3 1988
6.	Jodi Wilson	12	5'3 2002
7.	Kelly Muzquiz	12	5'2 1981
8.	Jordan Templeton	9	5'2 2003
9.	Natalie Pleban	10	5'1 2022
10.	Faith Rico	11	5'0 2017
	Samantha Shagovac	9	5'0 1999
	Jessica Diaz	10	5'0 2002
	Amber Slavik	12	5'0 2013



## All - Time Best Relays

4 X 100 METER RELAY				4 X 400 METER RELAY			
Hooks, Fayer, Armbruster, Reynolds	48.95	Regional Meet	2016	Sands, Szivan, Shagovac, Champe	3:52.94	State Meet	2013
Kubasak, Fayer, Armbruster, Siegenthaler	49.24	Regional Meet	2017	Siegenthaler, Kubasak, Fayer, Alston	3:53.78	State Meet	2018
T. Hooks, S. Hooks, Oney, Dudziak	49.28	Regional Meet	2019	Ballard, O'Connor, Champe, Szivan	3:54.72	Regional Meet	2014
Champe, Hill, Keene, Given	49.50	District Meet	2012	Ballard, Gillam, Szivan, Siegenthaler	3:56.67	Regional Meet	2015
Oney, Fayer, Armbruster, Kubasak	49.59	Regional Meet	2018	Wilson, Stewart, Turner, Baker	3:58.13	State Meet	2022
Hill, Sands, Stuckart, Shagovac	49.70	District Meet	2013	<b>Cruz, Turner, Wilson, Baker</b>	<b>3:59.69</b>	<b>Regional Meet</b>	<b>2023</b>
Justice, Fayer, Armbruster, Northheim	50.08	District Meet	2015	Hoagland, Feldkamp, Shagovac, Feldkamp	3:59.72	District Meet	2001
Myosky, Odafe, Sofia, Dziak	50.30	District Meet	2007	Siegenthaler, Kubasak, Fayer, Alston	4:01.36	Regional Meet	2017
Dziak, Meyers, Kinzel, Templeton	50.40	Regional Prelims	2004	Hoagland, Britt, T. Shagovac, T. Feldkamp	4:02.15	Regional Meet	2000
Justice, P. Hicks, Songer, E. Northheim	50.90	District Meet	2014	Ballard, Clark, Fayer, Siegenthaler	4:02.43	Regional Meet	2016
4 X 200 METER RELAY				4 X 800 METER RELAY			
Shagovac, Sands, Stuckart, Champe	1:41.40	State Meet	2013	Szivan, Parker, Giannuzzi, Champe	9:24.65	Regional Meet	2014
Siegenthaler, Fayer, Alston, Hooks	1:42.25	Regional Meet	2017	C. Young, Dziama, Horey, McKinley	9:26.07	State Meet	1992
Siegenthaler, Armbruster, Alston, Kubasak	1:43.10	Regional Meet	2018	Szivan, Gillam, Sekerak, Giannuzzi	9:30.84	Regional Meet	2015
Armbruster, Siegenthaler, Ballard, Hooks	1:43.30	SWC Meet	2016	H. Skeeles, K. Nye, Luca, C. Thompson	9:31.65	State Meet	1997
Champe, Given, Stuckart, Sands	1:43.75	Regional Meet	2012	Brinkley, Barris, Hipp, T. Feldkamp	9:34.65	Regional Meet	2001
Ciura, Woodworth, Stewart, Baker	1:44.12	Regional Meet	2022	H. Skeeles, K. Nye, Luca, C. Thompson	9:36.01	State Meet	1996
Younkin, A. Woodworth, Stewart, Baker	1:45.21	District Meet	2021	<b>Wilson, Alfien, Pecora, Miller</b>	<b>9:37.15</b>	<b>District Meet</b>	<b>2023</b>
Keplinger, Higgins, Bauer, Trinski	1:46.1	Regional Meet	1985	Marshall, Sirb, Huffman, Zilch	9:37.3	Regional Meet	1982
T. Hooks, S. Hooks, Oney, Kubasak	1:46.81	SWC Meet	2019	Brinkley, Barris, Hipp, T. Feldkamp	9:40.29	District Meet	2000
Justice, Fayer, Armbruster, U. Ballard	1:47.07	SWC Meet	2015	Schenk, Bucci, Johnson, Szivan	9:41.48	SWC Meet	2012
4 X 1600 METER RELAY				DISTANCE MEDLEY RELAY			
H. Skeeles, K. Nye, Luca, C. Thompson	22:06.6	Westlake Relays	1997	Sh. Champe, Ballard, Szivan, Parker	12:30.97	Berea Relays	2014
A. Thompson, Young, Dziama, McKinley	22:12.9	Berea Relays	1992	Schenk, Champe, Szivan, Vince	12:32.94	Berea Relays	2013
Hanna, Ross, Spellman, McKinley	22:13.3	Westlake Relays	1993	H. Skeeles, L. Britt, K. Nye, C. Thompson	12:38.6	Berea Relays	1997
Stavole, Dorsch, Dziama, C. Young	22:17.0	Comet Relays	1991	Hanna, Watson, Dziama, McKinley	12:44.6	Berea Relays	1993
Paine, Ross, K. Nye, C. Thompson	22:18.2	Westlake Relays	1995	K. Nye, Frabotta, Ross, C. Thompson	12:45.5	Berea Relays	1995
Leonard, Haff, Potyrala, DelValle	22:24.3	Berea Relays	2018	Szivan, U. Ballard, Siegenthaler, C. Giannuzzi	12:48.08	Berea Relays	2015
Penton, Townner, Wagner, Huffman	22:27.2	Bay Relays	1981	H. Skeeles, K. Nye, Luca, C. Thompson	12:56.8	Berea Relays	1996
Brinkley, Hipp, Rhoades, Barris	22:28.0	Westlake Relays	2001	Horey, Ramey, McKinley, C. Young	13:00.3	Berea Relays	1990
Giannuzzi, L. Johnson, A. Hill, K. Potyrala	22:29.32	Comet Relays	2016	Haff, Bailey, Potyrala, DelValle	13:01.48	Comet Relays	2018
Bartholomew, B. Melick, Gosses, Scrofano	22:35.70	Lakewood Relays	2006	Barris, Houglan, Britt, T. Feldkamp	13:03.05	Comet Relays	2000
SPRINT MEDLEY RELAY				LONG JUMP RELAY			
Stuckart, B. Hill, B. Shagovac, Sands	1:49.63	Berea Relays	2013	Reynolds, Siegenthaler, Fayer	49 1/4	Comet Relays	2016
Tear, Smith, Hoagland, T. Feldkamp	1:49.97	Berea Relays	2001	Kasper, Dziak, B. Arthur-Mensah	48 1/2	Comet Relays	2008
Oney, S. Hooks, T. Hooks, Kubasak	1:50.31	Berea Relays	2019	Reynolds, Siegenthaler, Fayer	47 1/4	Comet Relays	2015
<b>Rivera, Hicks, Cruz, Baker</b>	<b>1:50.38</b>	<b>Comet Relays</b>	<b>2023</b>	Kocak, Erdy, Firago	46 11 3/4		1978
Tear, Smith, Hoagland, T. Feldkamp	1:50.5	Berea Relays	2000	E. Kasper, Moore, Reynolds	46 11	Comet Relays	2013
B. Hill, Given, Champe, Sands	1:51.28	Comet Relays	2012	Sofia, Marty, Kasper	45 8	Lakewood Relays	2005
Ciura, Woodworth, Stewart, Baker	1:51.56	Comet Relays	2022	Sirb, Wetzel,	45 3/4		1981
Armbruster, Fayer, Kubasak, Siegenthaler	1:51.78	Berea Relays	2018	Bauer, Engle, Pisegna	45 3/4		1988
Armbruster, Fayer, Hooks, U. Ballard	1:51.95	Comet Relays	2016	Kocak,	45 2 1/2		1979
Hagerman, Smith, Hoagland, T. Feldkamp	1:52.2	Berea Relays	1999	Kocak, Wetzel, Sirb	45 1 1/2	Comet Relays	1980
SHUTTLE HURDLE RELAY (33 IN)				SHUTTLE HURDLE RELAY (30 IN)			
E. Kasper, Slavik, G. Northheim, Moore,	1:09.10	Comet Relays	2013	E. Kasper, Slavik, G. Northheim, Moore	1:06.56	Berea Relays	2013
Welte, Ramos Richi, Keplinger	1:09.6	Comet Relays	1987	Van Niel, Sadowski, Shotz, Wetzel	1:07.3	Comet Relays	1980
Keplinger, Richi, Ramos, Welte	1:10.1	Comet Relays	1986	J. Feldkamp, Moore, T. Smith, Shagovac	1:10.0	Berea Relays	2001
Moore, E. Kasper, Slavik, Fisher	1:10.61	Comet Relays	2012	Ruth, Mazur, Mackert, Dziubek	1:11.2	Berea Relays	1993
Deshuk, Shorts, Hardwick, Reynolds	1:10.95	Comet Relays	2016	Sadowski, Shotz, Wetzel, Mathes	1:12.8	Comet Relays	1979
<b>Vargo, Grapes, Kimmich, Pleban</b>	<b>1:11.65</b>	<b>Comet Relays</b>	<b>2023</b>	Aschenmeier, Twining, Hazelgrove, Dimacchia	1:13.13	Berea Relays	2018
Ruth, Mazur, Mackert, Dziubek	1:11.8	Comet Relays	1993	Shagovac, Moore, Smith, Feldkamp	1:13.3	Westlake Relays	2000
Moore, E. Kasper, Slavik, Fisher	1:11.99	Comet Relays	2011	Betchker, Sas, Stitak, Shagovac	1:14.0	Westlake Relays	1998
Marty, Sosso, Myosky, Kasper	1:12.80	Lakewood Relays	2005	Dziubek, Mazur, Drage, Ruth	1:15.2	Berea Relays	1994
Smith, Garica, Pleban, Younkin	1:13.24	Comet Relays	2019	Deshuk, Monschein, Sliman, E. Hicks	1:15.90	Berea Relays	2014
DISCUS RELAY				SHOT PUT RELAY			
Betchker, Mixon, Richardson	309'5	Berea Relays	1999	Eastaugh, Van Curan, Stark	96'1 1/2	Westlake Relays	2003
Richardson, Makay, Betchker	295'8	Comet Relays	1999	Burgdorf, Schuster, S. Theobald	95'8 3/4	Comet Relays	2009
Richardson, Makay, Betchker	294'10	Comet Relays	1998	Betchker, Makay, Boroff	94'6 1/2	Westlake Relays	1999
Burgdorf, Schuster, Loushin	283'6	Comet Relays	2009	Zehel, Eastaugh, Higgins	93'10 1/2	Comet Relays	2001
Richardson, Mixon, Betchker	276'3	Comet Relays	1997	Roberts, Betchker, Salvo	93'3 1/2	Comet Relays	1998
Burgdorf, Loushin, Theobald	271'4	Comet Relays	2010	Overman, Burgdorf, Schuster	93'1	Comet Relays	2008
N. Sprenger, Mathewson, Betchker	268'2	Westlake Relays	1996	Eastaugh, Higgins, Van Curan	91'5	Comet Relays	2002
Stark, Stark, Dick	265'9	Berea Relays	2005	Roberts, Betchker, Salvo	90'4	Comet Relays	1997
Eastaugh, Simon, Stark	265'1	Berea Relays	2003	Overman, K. Stark, J. Stark	90'0 1/2	Comet Relays	2007
Lackner, Ticich, Henry	264'5		1987	Roberts, Molnar, Salvo	88'7	Berea Relays	1996
HIGH JUMP RELAY				POLE VAULT RELAY			
E. Kasper, Slavik, Reynolds	15'4	Comet Relays	2013	Walker, Takacs	20'6	Comet Relays	2018
Marr, Engle, Richi	14'6		1988	Nunez, Forneris	17'6	Berea Relays	2013
S. Shagovac, Wilson, Crowther	14'6	Westlake Relays	2000	Fada, Walker	17'6	Comet Relays	2016
E. Kasper, Slavik, Acierio	14'6	Comet Relays	2012	Walker, Prete	17'6	Comet Relays	2019
Marr, Engle, Richi	14'3		1987	Forneris, Jennings	15'0	Berea Relays	2014
Muzquiz, Irwin, Firago	14'2	Comet Relays	1978				
Wilson, Diaz, Strohacker	14'2	Comet Relays	2002				
Templeton, Srokowski, Sofia	14'2	Lakewood Relays	2005				
Pleban, Van Neil, Ciura	14'2	Comet Relays	2022				
				<b>3 Person:</b>			
				Camp, Forneris, Nunez	24'0	Comet Relays	2011
				R. Templeton, Morell, K. Feldkamp	22'0	Comet Relays	2003

## Girls Top 10 Indoor Performances

60 METER DASH				60 METER HURDLES				4 x 200 METER RELAY					
1.	Taylor Hooks	12	7.60	2019	1.	Sara Moore	12	9.25	2013	1.	Hooks, Kubasak, Drost, Siegenthaler	1:45.95	2018
2.	<b>Ella Baker</b>	<b>12</b>	<b>7.83</b>	<b>2023</b>	2.	Michal McFall	12	9.25	2020	2.	Stuckart, Hill, Champe, Sands	1:47.41	2013
3.	Alexis Alston	10	8.07	2018	3.	Chaley Younkin	12	9.44	2021	3.	Phillips, Ciura, Woodworth, Baker	1:49.99	2022
4.	Gracen Siegenthaler	12	8.23	2018	4.	Madison Reynolds	12	9.58	2016	4.	Hooks, Siegenthaler, Fayer, Ambruster	1:50.33	2017
5.	Lindsay Sands	10	8.24	2013	5.	Erin Kasper	12	9.84	2013	5.	Champe, Fisher, Moore, Stuckart	1:50.44	2012
6.	Sher Champe	10	8.32	2012	6.	Tia Deshuk	12	10.23	2016	6.	Hooks, Drost, Dudziak, Kubasak	1:51.94	2019
7.	Audrey Fayer	11	8.32	2017	7.	Mariah Shorts	10	10.50	2016	7.	Siegenthaler, Ballard, Ambruster, Reynolds	1:52.07	2016
8.	Anna Dudziak	11	8.40	2019	8.	Sarah Fisher	12	10.60	2012	8.	Woodworth, Ciura, Younkin, Baker	1:53.10	2021
9.	Bakita Hill	12	8.47	2013	9.	Courtney Hardwick	10	10.60	2016	9.	Younkin, Baker, McFall, Stotts	1:54.25	2020
10.	Madison Reynolds	12	8.49	2016	10.	Tessa Shagovac	12	10.63	2001	10.	Justice, E. Northeim, Reynolds, Songer	1:56.53	2014

200 METER DASH				400 METER DASH				4 x 400 METER RELAY					
1.	Taylor Hooks	12	25.24	2018	1.	<b>Ella Baker</b>	<b>12</b>	<b>56.86</b>	<b>2023</b>	1.	Ballard, Sturgeon, Szivan, Siegenthaler	4:09.15	2015
2.	<b>Ella Baker</b>	<b>12</b>	<b>25.40</b>	<b>2023</b>	2.	Undrea Ballard	12	58.73	2016	2.	Sands, Stuckart, Szivan, Schenk	4:10.64	2013
3.	Undrea Ballard	12	26.69	2016	3.	Lindsay Sands	10	59.53	2013	3.	Kubasak, Snowden, Bailey, Hooks	4:12.94	2019
4.	Lindsay Sands	10	27.24	2013	4.	Gracen Siegenthaler	12	59.71	2018	4.	<b>Wilson, Kukucka, Baker, Anderson</b>	<b>4:18.92</b>	<b>2023</b>
5.	Gracen Siegenthaler	12	27.31	2018	5.	Alexis Alston	10	1:00.19	2018	5.	Baker, Haff, Wilson, Turner	4:20.13	2020
6.	Haley Dziak	9	27.86	2008	6.	Victoria Kubasak	11	1:01.25	2019	6.	Ciura, Turner, Woodworth, Baker	4:20.31	2022
7.	Audrey Fayer	11	28.09	2017	7.	Christine Thompson	10	1:02.8	1995	7.	Alston, Drost, Fayer, Bailey	4:23.31	2018
8.	Leah Drost	10	28.15	2019	8.	Kayla Snowden	12	1:04.3	2019	8.	C. Young, K. Young, Raesler, Richi	4:24.5	1989
9.	Brooke Ambruster	11	28.25	2017	9.	Kaitlyn Given	10	1:04.36	2011	9.	Ciura, Gerke, Haff, Baker	4:24.98	2021
10.	Alanna Woodworth	11	28.27	2021	10.	Jeannine Feldkamp	12	1:04.78	2001	10.	Ballard, Siegenthaler, Giannuzzi, Potyrala	4:26.89	2016

800 METER RUN				1600 METER RUN				4 x 800 METER RELAY					
1.	Theresa Feldkamp	11	2:14.70	2000	1.	Christine Thompson	12	5:14.9	1997	1.	Vince, Schenk, Sturgeon, Szivan	9:54.54	2013
2.	Alexis Szivan	12	2:18.13	2015	2.	<b>Aurora Wilson</b>	<b>12</b>	<b>5:20.06</b>	<b>2023</b>	2.	Potyrala, Snowden, Del Valle, Bailey	9:57.07	2019
3.	Christine Thompson	12	2:19.8	1997	3.	Alexis Szivan	11	5:22.91	2014	3.	Wilson, Del Valle, Gerke, Turner	9:58.97	2020
4.	<b>Aurora Wilson</b>	<b>12</b>	<b>2:22.36</b>	<b>2023</b>	4.	Cassie Vince	12	5:22.94	2013	4.	Ka. Schuler, Kelly, Kurish, Lehman	10:04.48	2009
5.	Kalyn Potyrala	12	2:25.4	2019	5.	Jessica Bartholomew	9	5:27.92	2006	5.	Wilson, Del Valle, Gerke, Turner	10:06.40	2021
6.	Kasey Schuler	12	2:25.61	2011	6.	Emily Johnson	10	5:28.55	2011	6.	H. Skeeles, K. Nye, Luca, C. Thompson	10:08.67	1997
7.	Heather Skeeles	12	2:26.2	1997	7.	Brittnee Baris	10	5:29.8	2001	7.	Wilson, Del Valle, Gerke, Turner	10:10.31	2022
8.	Kayla Snowden	12	2:28.08	2019	8.	<b>Alaina Alfien</b>	<b>9</b>	<b>5:31.08</b>	<b>2023</b>	8.	Bucci, Szivan, Beal, Johnson	10:12.92	2012
9.	<b>Alaina Alfien</b>	<b>9</b>	<b>2:28.14</b>	<b>2023</b>	9.	Marisa Del Valle	11	5:31.55	2021	9.	Johnson, Bucci, Sooy-Schultz, Schuler	10:15.30	2011
10.	Catherine Turner	10	2:28.18	2021	10.	Kasey Schuler	12	5:31.99	2011	10.	Dziana, Mackert, Watson, C. Thompson	10:15.5	1994

3200 METER RUN				LONG JUMP				POLE VAULT						
1.	Cassie Vince	12	11:25.11	2013	1.	Madison Reynolds	12	17'2	2016	1.	Sydney Walker	11	11'0	2018
2.	Jane Lehman	12	11:45.41	2009	2.	Erin Kasper	12	16'4 1/2	2013	2.	Kayla Nunez	12	9'2 1/2	2013
3.	Emily Johnson	10	11:49.38	2011	3.	Heather Engle	12	16'3	1990	3.	Alyssa Beach	11	9'0	2010
4.	Brittnee Baris	10	11:52.58	2001	4.	Sara Moore	12	16'0 1/2	2012	4.	Allison Takacs	11	9'0	2018
5.	Marisa Del Valle	12	11:57.45	2022	5.	Stephanie Tear	12	16'0	2001	5.	Maggie Fada	12	8'6	2016
6.	<b>Katherine Low</b>	<b>10</b>	<b>11:58.65</b>	<b>2023</b>	6.	Audrey Fayer	12	15'9 1/2	2018	6.	Justine Prete	10	8'6	2020
7.	Shannon McDonald	12	11:58.79	2006	7.	Maddie Sofia	10	15'9	2005	7.	Caitlin Camp	11	8'0	2010
8.	Leah Gerke	11	12:10.87	2021	8.	Taylor Hooks	11	15'5 3/4	2018	8.	<b>Carmen Rivera</b>	<b>10</b>	<b>8'0</b>	<b>2023</b>
9.	Cassidy Hill	12	12:11.42	2019	9.	Gabreila Giannuzzi	12	14'8	2018	9.	Kaye Feldkamp	10	7'6	2004
10.	Lindsey Hipp	11	12:12.5	2001	10.	Jeannine Feldkamp	9	14'5 1/2	1998	10.	<b>Marin Teller</b>	<b>10</b>	<b>7'6</b>	<b>2023</b>

HIGH JUMP				SHOT PUT				WEIGHT THROW						
1.	Erin Kasper	12	5'6	2013	1.	Emily King	12	36'10 1/2	2018	1.	Emily King	12	44'0 1/4	2018
2.	Chaley Younkin	12	5'2	2021	2.	Abby Burgdorf	11	36'9 1/2	2009	2.	Abby Burgdorf	12	35'0	2010
3.	Faith Rico	11	5'1	2017	3.	Maureen Eastaugh	11	36'7	2003	3.	Katie Schuster	12	34'10	2009
4.	Jodi Wilson	11	5'0	2001	4.	Shannon Roberts	11	35'3 1/2	1997	4.	Jessica Hamrick	12	33'6	2020
5.	Jordan Templeton	12	5'0	2006	5.	Katie Schuster	12	34'10	2009	5.	<b>Claire Bedo</b>	<b>11</b>	<b>31'3 1/2</b>	<b>2023</b>
6.	Jeni Marr	11	4'10	1988	6.	Michele Stark	12	34'9	2005	6.	Destiny Champe	12	30'6	2017
7.	Angie Skeeles	10	4'10	1996	7.	Lori Betchker	11	32'5	1998	7.	Autumn Hunter	12	27'3	2022
8.	Amber Slavik	12	4'10	2013	8.	Melissa Overman	11	32'4	2007	8.	<b>Meghan Glahn</b>	<b>12</b>	<b>27'3</b>	<b>2023</b>
9.	Madison Reynolds	9	4'10	2013	9.	Linze Zehel	12	31'10	2001	9.	<b>Capri Poulton</b>	<b>9</b>	<b>21'9</b>	<b>2023</b>
10.	Tealla Scrofano	9	4'6	2005	10.	Rachel Salvo	11	29'9 1/4	1997	10.	Jessica Fernandez	10	15'3	2017
	Alana Carion	11	4'6	2017										

TRIPLE JUMP				
1.	Gabriella Giannuzzi	12	33'1	2018
2.	Erin Kasper	12	32'2 1/2	2013
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

## State Meet Track Qualifiers

1977	Mile Run	Kim Welte	5:21.8	Seventh			
1978	Mile Run	Kim Welte	5:23.5	Sixth			
1979	4 x 400 Relay	Jane Kocak, Paula Whetzel, Kim Sadowski, Kim Welte					
1980		Jane Kocak, Patti Sirb, Paula Whetzel, Kim Sadowski					
1981	1600 Meter Run	Beth Huffman					
1982							
1983	4 x 800 Relay	Carmen Marshall, Patti Sirb, Beth Huffman, Carol Zilch					
1984							
1985							
1986	100 M. Hurdles	Kristi Keplinger	14.60				
1987	100 M. Hurdles 300 M. Hurdles	Kristi Keplinger Kristi Keplinger	14.43	Second			
1988							
1989	Discus	Amy Lackner	127.9	Fourth			
1990	3200 Meter Run	Amy McKinley	11:34.38	Seventh			
1991	4 x 800 Relay	Amy McKinley, Sue Dziama, Jill Stavole, Colleen Young	9:45.0	Twelfth			
	3200 Meter Run	Amy McKinley	11:06.09	Fourth			
1992	4 x 800 Relay	Colleen Young, Sue Dziama, Jean Horey, Amy McKinley	9:25.06	Fifth			
	800 Meter Run	Colleen Young	2:19.20	Eighth			
	1600 Meter Run	Sue Dziama	5:24.8	Twelfth			
	3200 Meter Run	Amy McKinley	10:54.67	Fifth			
1993	1600 Meter Run	Amy McKinley	4:54.23	First			
	3200 Meter Run	Amy McKinley	10:46.50	Second			
1994	300 M. Hurdles 3200 Meter Run	Gretchen Ruth Sue Dziama	48.53 11:06.09	Second			
1995	800 Meter Run	Christine Thompson	2:13.53	Second			
1996	4 x 800 Relay	Heather Skeeles, Kelly Nye, Jenny Luca, Christine Thompson	9:36.01	Eighth			
	800 Meter Run	Christine Thompson	2:18.46	Tenth			
1997	4 x 800 Relay	Heather Skeeles, Kelly Nye, Jenny Luca, Christine Thompson	9:31.65	Sixth			
	1600 Meter Run	Christine Thompson	5:03.95	Third			
	800 Meter Run	Christine Thompson	2:21.26	Twelfth			
1998	800 Meter Run	Theresa Feldkamp	2:12.64	Fourth			
1999	800 Meter Run	Theresa Feldkamp	2:12.20	Third			
2000	800 Meter Run 4 x 400 Relay	Theresa Feldkamp Whitney Houglund, Lindsey Britt, Tessa Shagovac, Theresa Feldkamp	2:11.31 4:07.30	First			
	Long Jump	Stephanie Tear	15'11 1/4				
2001	100 M. Hurdles 300 M. Hurdles	Tessa Shagovac Tessa Shagovac	16.15 46.43				
	800 Meter Run	Theresa Feldkamp	2:10.05	First			
	4 x 400 Relay	Whitney Houglund, Lindsey Britt, Tessa Shagovac, Theresa Feldkamp	4:01.20	Seventh			
	4 x 800 Relay	Laura Brinkley, Lindsey Hipp, Brittnee Barris, Gretchen Gilder	10:08.56	Sixteenth			
2002							
2003	Shot Put	Maureen Eastaugh	37.10	Twelfth			
2004	1600 Meter Run	Kyle Dandrea	5:15.48	Twelfth			
2005							
2006							
2007							
2008							
2009							
2010							
2011							
2012	High Jump 300 M. Hurdles 4x200 Relay	Erin Kasper Sara Moore Sher Champe, Kaitlin Given, Becky Stuckart, Lindsay Sands	5'4 45.60 1:45.76	Sixth			
2013	High Jump 100 M. Hurdles 300 M. Hurdles 400 Meter Run 800 Meter Run 3200 Meter Run 4x200 Relay 4x400 Relay	Erin Kasper Sara Moore Sara Moore Sher Champe Alexis Szivan Cassie Vince Brianna Shagovac, Lindsay Sands, Becky Stuckart, Sher Champe Lindsay Sands, Alexis Szivan, Brianna Shagovac, Sher Champe	5'6 15.17 44.99 55.57 2:19.76 11:15.3 1:41.40 3:52.94	Second			
2014	800 Meter Run 4x400 Relay 4 x 800 Relay	Alexis Szivan Sher Champe Undrea Ballard, Lexi O'Connor, Alexis Szivan, Sher Champe Alexis Szivan, Cara Giannuzzi, Megan Parker, Sher Champe	2:13.78 2:16.23 3:55.45 9:31.24	Seventh Thirteenth Sixth Thirteenth			
2015	800 Meter Run 4x400 Relay 4 x 800 Relay	Alexis Szivan Undrea Ballard, Alexis Szivan Marisa Gillam, Gracen Siegenthaler Alexis Szivan, Marisa Gillam, Brianna Sekerak, Cara Giannuzzi	2:10.32 3:58.13 9:40.38	Fourth Sixteenth			
2016	100 Meter Dash 200 Meter Dash 100 M. Hurdles Long Jump 4x100 Relay 4 x 200 Relay	Taylor Hooks Taylor Hooks Madison Reynolds Madison Reynolds Taylor Hooks, Audrey Fayer, Brooke Armbruster, Madison Reynolds Taylor Hooks, Gracen Siegenthaler, Brooke Armbruster, Undrea Ballard	12.63 26.11 15.05 16'6 49.24 1:43.72			Thirteenth	
2017	100 Meter Dash 200 Meter Dash 400 Meter Dash 4x100 Relay 4 x 200 Relay	Taylor Hooks Taylor Hooks Alexis Alston Victoria Kubasak, Audrey Fayer, Brooke Armbruster, Gracen Siegenthaler Gracen Siegenthaler, Audrey Fayer, Alexis Alston, Taylor Hooks	12.41 25.55 58.03 50.31 1:43.96				
2018	Shot Put Discus 400 Meter Dash 4 x 200 Relay 4x400 Relay	Emily King Emily King Alexis Alston Gracen Siegenthaler, Brooke Armbruster, Alexis Alston, Victoria Kubasak, Gracen Siegenthaler, Victoria Kubasak, Audrey Fayer, Alexis Alston	39.4 1/4 108'3 57.28 1:45.60 3:53.78	Eighth Fifteenth Seventh Seventh Seventh			
2019	100 Meter Dash 200 Meter Dash Pole Vault	Taylor Hooks Taylor Hooks Sydney Walker	12.39 DNS 11'6	Seventh Tenth			
2020	No Meet Held						
2021	High Jump 100 M. Hurdles	Chaley Younkin Chaley Younkin	50	Fifteenth			
2022	400 Meter Dash 4x200 Relay 4x400 Relay	Ella Baker Megan Ciura, Alana Woodworth, Annabelle Stewart, Ella Baker Aurora Wilson, Annabelle Stewart, Catherine Turner, Ella Baker	57.84 1:44.62 3:59.68	Eighth Eighth Eighth			
2023	100 M. Hurdles 100 Meter Dash 400 Meter Dash 4x400 Relay	Natalie Pleban Ella Baker Ella Baker Jayla Cruz, Catherine Turner, Aurora Wilson, Ella Baker	15.25 12.08 55.57 4:01.12	Fifth			



## Indoor State Meet Qualifiers

2005	Shot Put	Michelle Stark	34'2 1/2	Fifteenth
2006	4 x 800 Relay	Tealla Scrofano, Betsy Melick, Kaitlyn Lyghtel, Shannon McDonald	10:29.05	Twelfth
	1600 Meter Run	Jessica Bartholomew	5:27.92	Eighth
	3200 Meter Run	Shannon McDonald	11:58.79	Fourteenth
2007	4 x 800 Relay	Tealla Scrofano, Erica Kelly, Megan Byme, Betsy Melick	10:26.9	Twelfth
2008	3200 Meter Run	Jane Lehman	12:27.34	Fourteenth
2009	4 x 800 Relay	Kasey Schuler, Erica Kelly, Carrie Kurish, Jane Lehman	10:04.48	Twelfth
	800 Meter Run	Kasey Schuler		
	3200 Meter Run	Jane Lehman	11:45.41	Eighth
	Shot Put	Abby Burgdorf	36'9 1/4	Seventh
	Shot Put	Katie Schuster	33'7 1/2	Twelfth
	Weight Throw	Katie Schuster	34'10	Tenth
2010	4 x 800 Relay	Angelica Bucci, Emily Johnson, Abbie Homyak, Carrie Kurish	10:43.12	Sixteenth
	Weight Throw	Abby Burgdorf	35'0	Eleventh
2011	4 x 800 Relay	Kasey Schuler, Angelica Bucci, Katie Sooy-Schultz, Emily Johnson	10:18.60	Sixteenth
	800 Meter Run	Kasey Schuler	2:31.35	Fourteenth
	3200 Meter Run	Emily Johnson	12:03.87	Sixteenth
2012	4 x 800 Relay	Angelica Bucci, Alexis Szivan, Megan Beal, Emily Johnson	10:12.92	Fifteenth
	High Jump	Erin Kasper	5'0	Ninth
2013	4 x 800 Relay	Cassie Vince, Riley Schenk, Lauren Sturgeon, Alexis Szivan	9:54.54	Thirteenth
	4 x 200 Relay	Sara Moore, Becki Stuckart, Bakita Hill, Lindsay Sands	1:47.41	Twelfth
	60 M Hurdles	Sara Moore	9.35	Sixth
	400 Meter Dash	Lindsay Sands		
	3200 Meter Run	Cassie Vince	11:25.11	Fourth
	4 x 400 Relay	Lindsay Sands, Becki Stuckart, Riley Schenk, Alexis Szivan	4:14.96	Sixteenth
	High Jump	Erin Kasper	5'5	First
	Long Jump	Erin Kasper	15'4 1/2	Eleventh
	Triple Jump	Erin Kasper	30'11	Fifteenth
2014	800 Meter Run	Alexis Szivan	2:23.69	Seventh
2015	800 Meter Run	Alexis Szivan	2:21.54	Tenth
	4 x 400 Relay	Undrea Ballard, Alexis Szivan, Lauren Sturgeon, Graycen Siegenthaler	4:14.96	Sixteenth
2016	Long Jump	Madison Reynolds	17'3	Third
	60 M Hurdles	Madison Reynolds	9.60	Sixth SF
	400 Meter Run	Undrea Ballard	58.73	Eleventh
2017	60 Meter Dash	Taylor Hooks	7.89	Eleventh
	200 Meter Dash	Taylor Hooks	25.67	Tenth
2018	60 Meter Dash	Taylor Hooks	7.76	Seventh
	200 Meter Dash	Taylor Hooks	25.55	Eighth
	400 Meter Dash	Gracen Siegenthaler	59.71	Fifteenth
		Alexis Alston		
	4 x 200 Relay	Taylor Hooks, Tori Kubasak, Leah Drost, Gracen Siegenthaler	1:45.95	Seventh
	Weight Throw	Emily King	44'0 1/4	Fourth
	Shot Put	Emily King	34'1 1/2	Fourteenth
	Pole Vault	Sydney Walker	11'0	Ninth
	Triple Jump	Gabriela Giannuzzi	33'1 1/4	Fourth
	Long Jump	Audrey Fayer	15'7 1/2	Seventeenth
2019	60 Meter Dash	Taylor Hooks	7.70	Fourth
	200 Meter Dash	Taylor Hooks	25.24	Sixth
	400 Meter Dash	Tori Kubasak	1:01.25	Twenty-first
	4 x 400 Relay	Tori Kubasak, Kayla Snowden, Victoria Bailey, Taylor Hooks	4:18.31	Twenty-first
	4 x 800 Relay	Kalyn Potyrala, Kayla Snowden, Marisa Del Valle, Victoria Bailey	9:57.07	Twenty-first
	Pole Vault	Sydney Walker	10'6	Fourteenth
2020	60 M Hurdles	Michal McFall	9.25	Tenth
	4 x 800 Relay	Aurora Wilson, Marisa Del Valle, Leah Gerke, Catherine Turner	9:58.97	Seventeenth
	High Jump	Chaley Younkin	5'2	Tie Sixth
	Weight Throw	Jessica Hamrick	44'0 1/4	Twenty-First
2021	60 M Hurdles	Chaley Younkin	9.48	Eighth
	800 Meter Run	Aurora Wilson	2:31.14	Twenty-Second
		Catherine Turner	2:44.49	Twenty-Third
	4 x 200 Relay	Zoey Roy, Megan Ciura, Morgan Bosworth, Ella Baker	1:54.60	Twentieth
	4 x 400 Relay	Megan Ciura, Leah Gerke, Kaylee Haff, Ella Baker	4:24.98	Nineteenth
	4 x 800 Relay	Aurora Wilson, Marisa Del Valle, Leah Gerke, Catherine Turner	10:06.40	Twelfth
	High Jump	Chaley Younkin	5'2	Eighth
2022	60 Meter Dash	Ella Baker		
	400 Meter Dash	Ella Baker	58.75	Fourth
	4 x 200 Relay	Jazzara Phillips, Megan Ciura, Alana Woodworth, Ella Baker	1:49.99	Eighteenth
	4 x 400 Relay	Megan Ciura, Catherine Turner, Alana Woodworth, Ella Baker	4:20.31	Twentieth
	4 x 800 Relay	Aurora Wilson, Marisa Del Valle, Leah Gerke, Catherine Turner	10:23.88	Twenty-Fourth
2023	200 Meter Dash	Ella Baker	25.69	Fifteenth
	400 Meter Dash	Ella Baker	56.89	Fourth
	800 Meter Run	Aurora Wilson	2:22.33	Twelfth

# Girls Class Records

\*Hand times are .24 slower than FAT times

## 100 METER DASH

(\*c" = converted from 100 yards)

Seniors			Juniors			Sophomores			Freshmen		
<b>Ella Baker</b>	<b>11.98</b>	<b>2023</b>	Taylor Hooks	12.23	2018	Taylor Hooks	12.44	2017	Taylor Hooks	12.30	2016
Sher Champe	12.29	2014	Sher Champe	12.24	2013	Sher Champe	12.5	2012	Mary Odafe	12.69	2007
Taylor Hooks	12.20	2019	Audrey Fayer	12.79	2017	Brooke Ambruster	12.68	2016	Audrey Fayer	12.76	2015
Kristi Keplinger	12.4	1987	Roxann Smith	12.89	2000	Lindsay Sands	12.93	2013	Sher Champe	12.79	2011
Briana Shagovac	12.72	2013	Tiffany Dziak	12.7	2006	Audrey Fayer	12.7	2016	Hailey Dziak	12.7	2008
Gracen Siegenthaler	12.87	2018	Brooke Arthur-Mensal	12.7	2008	Janine Trinski	12.8	1984	Roxann Smith	12.7	1998
Roxann Smith	12.7	2001	Janine Trinski	12.8	1985	Kaitlyn Given	12.8	2011	Alexis Alston	12.7	2017
Audrey Fayer	12.7	2018	Heidi Angelkorte	12.9	1982	<b>Jayla Cruz</b>	<b>12.8</b>	<b>2023</b>	Janine Trinski	13.0	1983
Brooke Ambruster	12.8	2018	Bakita Hill	13.22	2012	Tiffany Dziak	13.11	2005	Sydney Clark	13.0	2016
Chaley Younkin	13.06	2021	Carolyn Odelli	13.1	1983	Ella Baker	13.13	2021	Anna Dudziak	13.27	2017
Tiffany Dziak	12.9	2007	Kristi Keplinger	13.1	1986	Heidi Angelkorte	12.9	1981	Jordan Templeton	13.1	2003
Undrea Ballard	12.9	2016	Carrie Kinzel	13.1	2003	Carrie Kinzel	13.0	2002	Hannah Aschenmeier	13.1	2018
Charmane Ferguson	13.22	2002	Hailey Dziak	13.1	2010	Gracen Siegenthaler	13.0	2016	Jayla Cruz	13.1	2022
Hailey Dziak	13.0	2011	Brooke Ambruster	13.1	2017	Victoria Kubasak	13.0	2018	Kaitlin Given	13.2	2010
Erin Justice	13.0	2015	Anna Dudziak	13.1	2019	Roxann Smith	13.1	1999	Lindsay Sands	13.2	2012
Denise Higgins	13.25	1985	Kylie Olney	13.1	2019	<b>Carmela Rivera</b>	<b>13.1</b>	<b>2023</b>	Dominique Ballard	13.2	2015
Peyton Hicks	13.30	2014	Elizabeth Northeim	13.2	2015	Elizabeth Northeim	13.40	2014	Sydney Hooks	13.2	2019
Jane Kocak	13.1	1980	Undrea Ballard	13.2	2015	Paula Horten	13.2	1991	Charly Hicks	13.2	2021
Carli DeCarlo	13.1	2000	Dominique Ballard	13.2	2017	Monika Sommers	13.2	1991	Sydney Shaeffer	13.3	2018
Lauren Keene	13.1	2012	Jade Garcia	13.47	2021	Carly DeCarlo	13.2	1998	Tiffany Dziak	13.4	2004
Carolyn Odelli	13.2	1984	Becki Stuckart	13.49	2012	Kylie Olney	13.2	2018	Brooke Ambruster	13.4	2015
Paula Horten	13.2	1993	Debbie Pulgine	13.3	1981	Kathy Aros	13.3	1991	Amanda Milks	13.68	2004
Stephanie Tear	13.2	2001	Kaitlin Given	13.3	2012	Allison Glovac	13.3	2002	Shelly Sweatt	13.5	1983
Gabriela Giannuzzi	13.2	2018	Alana Woodworth	13.61	2021	Hailey Dziak	13.3	2009	Beth Januzzi	13.5	1984
Kristy Bauer	13.3	1988	Savannah Songer	13.4	2015	Katie Cole	13.4	1998	Leah Drost	13.5	2018
Elizabeth Northeim	13.3	2016	Victoria Kubasak	13.4	2019	Anna Dudziak	13.4	2018	<b>Giada Cioffi</b>	<b>13.5</b>	<b>2023</b>
Maddie Sofia	13.3	2007	<b>Carolina Sponga</b>	<b>13.4</b>	<b>2023</b>	Jodi Wilson	13.64	2000			
Hannah Ruth	13.3	2018									
<b>Charly Hicks</b>	<b>13.3</b>	<b>2023</b>									

\*Hand times are .24 slower than FAT times

## 200 METER DASH

(\*c" = converted from 220 yards)

Seniors			Juniors			Sophomores			Freshmen		
Taylor Hooks	24.93	2019	Taylor Hooks	25.20	2018	Taylor Hooks	25.13	2017	Taylor Hooks	24.92	2016
<b>Ella Baker</b>	<b>25.10</b>	<b>2022</b>	Ella Baker	25.32	2022	Alexis Alston	25.36	2018	Alexis Alston	25.77	2017
Sher Champe	25.53	2014	Sher Champe	25.58	2013	Sher Champe	25.4	2012	Sher Champe	26.08	2011
Erin Justice	26.01	2015	Tiffany Dziak	26.17	2006	Brooke Ambruster	26.39	2016	Mary Odafe	26.15	2007
Undrea Ballard	26.22	2016	Stephanie Tear	26.86	2000	Whitney Hoagland	26.57	2000	Lindsay Sands	26.44	2012
Briana Shagovac	26.47	2013	Undrea Ballard	26.7	2015	Allison Glovac	26.85	2002	Janice Evanish	26.2c	1975
Gracen Siegenthaler	26.58	2018	Erin Justice	27.10	2014	Erin Justice	27.00	2013	Hailey Dziak	26.6	2008
Tiffany Dziak	26.70	2007	Audrey Fayer	26.9	2017	<b>Jayla Cruz</b>	<b>27.06</b>	<b>2023</b>	Ella Baker	27.00	2020
Jane Kocak	26.5	1980	Whitney Hoagland	27.24	2001	Audrey Fayer	27.22	2016	Sydney Hooks	26.8	2019
Denise Higgins	26.5	1985	Hailey Dziak	27.33	2010	Lindsay Sands	27.24	2013	Roxann Smith	27.0	1998
Chaley Younkin	26.6	2021	Gracen Siegenthaler	27.44	2017	Hailey Dziak	27.0	2009	Lexi O'Connor	27.2	2011
Tessa Shagovac	26.85	2001	Lindsay Sands	27.54	2014	Gracen Siegenthaler	27.1	2016	Annabelle Stewart	27.2	2021
Tammy Marshall	26.8	1982	Carolyn Odelli	27.3	1983	Janine Trinski	27.2	1984	Becki Stuckart	27.54	2010
Kristi Keplinger	26.8	1987	Brooke Ambruster	27.3	2017	Victoria Kubasak	27.2	2018	Audrey Fayer	27.3	2015
Kristy Bauer	27.1	1988	Kylie Olney	27.3	2019	Alexandrea Vargo	27.2	2022	Gracen Siegenthaler	27.4	2015
Brooke Ambruster	27.36	2018	Faith Rico	27.4	2017	Janice Evanish	27.2c	1976	Patti Sirb	27.6	1980
Hailey Dziak	27.2	2011	Becki Stuckart	27.4	2012	Carrie Kinzel	27.50	2002	Theresa Feldkamp	27.6	1998
Becki Stuckart	27.2	2013	Victoria Kubasak	27.5	2019	Kathy Aros	27.3	1991	Victoria Kubasak	27.6	2017
Whitney Hoagland	27.2	2002	<b>Carolina Sponga</b>	<b>27.5</b>	<b>2023</b>	Kristy Bauer	27.4	1986	Dominique Ballard	27.91	2015
Carolyn Odelli	27.5	1984	Missy Welte	27.6	1987	Annabelle Stewart	27.5	2022	Kathy Aros	27.8	1990
Stephanie Tear	27.6	2001	Heidi Angelkorte	27.7	1982	Jane Kocak	27.5 c	1978	Whitney Hoagland	27.8	1999
Roxann Smith	27.6	2001	Kristi Keplinger	27.8	1986	Tiffany Dziak	27.78	2005	Janine Trinski	27.9	1983
Shelly Sweatt	27.7	1986	Kristy Bauer	27.8	1987	Becki Stuckart	27.6	2011	Jayla Hall	28.0	2014
Paula Horten	27.7	1993	Alana Woodworth	28.09	2021	<b>Jocelyn Anderson</b>	<b>27.6</b>	<b>2023</b>	Leah Drost	28.0	2018
Sarah Fisher	27.8	2012	Chris Pisegna	27.9	1987	Ella Baker	27.7	2021	Heather Engle	28.1	1987
Deanne Flock	27.9c	1978	Carrie Kinzel	27.9	2002	Kylie Olney	28.01	2018	Brooke Ambruster	28.1	2015
Jordan Templeton	28.0	2006	Brooke Arthur-Mensal	28.2	2008	Monika Sommers	27.9	1991	Charly Hicks	28.1	2021
			Jane Kocak	28.3 c	1979	Katie Cole	27.9	1998			
						Roxann Smith	27.9	1999			

\*Hand times are .24 slower than FAT times

**400 METER DASH**

(\*c" = converted from 440 yards)

Seniors			Juniors			Sophomores			Freshmen		
<b>Ella Baker</b>	<b>55.21</b>	<b>2023</b>	Sher Champe	55.75	2013	Alexis Alston	56.12	2018	Alexis Alston	56.92	2017
Sher Champe	57.75	2014	Ella Baker	56.36	2022	Theresa Feldkamp	58.0	1999	Lindsay Sands	57.61	2012
Gracen Siegenthaler	58.57	2018	Undrea Ballard	59.04	2015	Lindsay Sands	59.53	2013	Theresa Feldkamp	58.8	1998
Undrea Ballard	58.73	2016	Theresa Feldkamp	59.3	2000	Ella Baker	1:00.14	2021	Annabelle Stewart	59.51	2021
Theresa Feldkamp	58.8	2001	Alexis Szivan	59.7	2014	Alexis Szivan	1:00.2	2013	Gracen Siegenthaler	1:00.29	2015
Jane Kocak	59.9	1980	Gracen Siegenthaler	59.83	2017	Christine Thompson	1:00.4	1995	Whitney Hoagland	1:01.7	1999
Tammy Marshall	1:00.1	1982	Victoria Kubasak	1:00.56	2019	Whitney Hoagland	1:00.60	2000	Alexis Szivan	1:02.2	2012
Kristi Keplinger	1:00.5	1987	Carolyn Odelli	1:00.6	1983	Annabelle Stewart	1:01.01	2022	Ella Baker	1:02.50	2020
Christine Thompson	1:00.6	1997	Whitney Hoagland	1:01.15	2001	Undrea Ballard	1:01.03	2014	Sydney Clark	1:02.60	2016
Carolyn Odelli	1:00.8	1984	Missy Welte	1:01.6	1987	Paula Wetzel	1:01.1	1980	Hailey Dziak	1:02.7	2008
Tessa Shagovac	1:01.6	2001	Lindsay Sands	1:02.14	2014	Kathy Aros	1:01.3	1991	Victoria Kubasak	1:02.8	2017
Kayla Snowden	1:01.6	2019	Heather Richi	1:02.1	1988	Gracen Siegenthaler	1:01.75	2016	Angie Frabotta	1:03.0	1995
Lindsey Britt	1:01.94	2000	Jane Kocak	1:02.2 c	1979	Patti Sirb	1:01.8	1981	Janine Trinski	1:03.1	1983
Kathy Aros	1:02.1	1992	Carol Zilch	1:02.9	1982	Kim Sadowski	1:02.0	1980	Lauren Percival	1:03.47	2006
Whitney Hoagland	1:02.1	2002	Kasey Schuler	1:03.2	2010	Colleen Young	1:02.5	1990	Lexi O'Connor	1:03.59	2011
Kim Welte	1:02.5 c	1980	Chris Piseгна	1:03.3	1987	Sarah Fisher	1:02.5	2010	Lindsey Britt	1:03.6	1997
Patti Sirb	1:02.8	1983	Marisa Gillam	1:03.4	2017	Carolyn Odelli	1:02.6	1982	Heather Engle	1:03.8	1987
Amanda Taylor	1:02.96	2010	Lindsey Britt	1:03.5	1999	Lexi O'Connor	1:02.6	2012	Beth Sadowski	1:04.0	1981
Colleen Young	1:03.3	1991	Meredith Ramey	1:03.8	1990	Heather Richi	1:02.8	1987	Christine Thompson	1:04.0	1994
Heidi Angelkorte	1:04.1	1983	Kristi Keplinger	1:03.9	1986	Riley Schenk	1:03.1	2012	Kim Sadowski	1:02.9 c	1979
<b>Aurora Wilson</b>	<b>1:04.1</b>	<b>2023</b>	<b>Lauren Kukucka</b>	<b>1:04.34</b>	<b>2023</b>	Hailey Dziak	1:03.30	2009	Carolyn Odelli	1:04.5	1981
Jordan Templeton	1:04.12	2006	Denise Higgins	1:04.2	1984	Kim Sadowski	1:03.2 c	1980	Kaitlin Given	1:04.5	2010
Jeannine Feldkamp	1:04.78	2001	Sharon Livingston	1:04.2 c	1978	Victoria Kubasak	1:03.54	2018	Allison Glovac	1:04.85	2001
Denise Higgins	1:04.8	1985	Heather Skeeles	1:04.5	1996	Halie Vilagi	1:03.62	2011	Marisa Gillam	1:04.6	2015
<b>Catherine Turner</b>	<b>1:04.8</b>	<b>2023</b>	Allison Glovac	1:05.1	2003	Lauren Percival	1:03.71	2007	Audrey Fayer	1:04.6	2015
Kalyn Potyrala	1:04.9	2019	Hailey Dziak	1:05.2	2010	Lauren Sturgeon	1:03.84	2013	Angelica Meggitt	1:05.2	2006

\*Hand times are .24 slower than FAT times

**800 METER RUN**

(\*c" = converted from 880 yards)

Seniors			Juniors			Sophomores			Freshmen		
Theresa Feldkamp	2:10.05	2001	Theresa Feldkamp	2:11.31	2000	Theresa Feldkamp	2:12.20	1999	Theresa Feldkamp	2:12.64	1998
Alexis Szivan	2:10.32	2015	Alexis Szivan	2:12.48	2014	Christine Thompson	2:13.53	1995	Alexis Szivan	2:16.70	2012
Sher Champe	2:14.03	2014	Christine Thompson	2:18.16	1996	Alexis Szivan	2:15.58	2013	Kasey Schuler	2:22.02	2008
Christine Thompson	2:16.80	1997	Kasey Schuler	2:18.8	2010	Kasey Schuler	2:19.52	2009	Kalyn Potyrala	2:23.69	2016
Colleen Young	2:17.5	1992	Aurora Wilson	2:19.31	2022	Aurora Wilson	2:21.43	2021	Colleen Young	2:24.9	1989
<b>Aurora Wilson</b>	<b>2:18.19</b>	<b>2023</b>	Amy McKinley	2:21.6	1992	Kim Welte	2:22.2 c	1977	<b>Paige Miller</b>	<b>2:25.00</b>	<b>2023</b>
Kalyn Potyrala	2:19.07	2019	Kalyn Potyrala	2:21.86	2018	Riley Schenk	2:23.85	2012	Marisa Gillam	2:25.67	2015
Amy McKinley	2:19.7	1993	Laura Brinkley	2:23.45	2000	Kalyn Potyrala	2:24.4	2017	Aurora Wilson	2:27.3	2020
Heather Skeeles	2:19.79	1997	Colleen Young	2:23.5	1991	Brianna Sekerak	2:25.04	2015	Erica Kelly	2:27.65	2007
Tealla Scrofano	2:20.84	2007	Emily Johnson	2:24.3	2012	Colleen Young	2:25.4	1990	<b>Alaina Alfien</b>	<b>2:28.14</b>	<b>2023</b>
Patti Sirb	2:20.9	1983	Heather Skeeles	2:24.5	1996	Emily Johnson	2:25.8	2011	Joyce Towner	2:28.2	1982
Alicia DelValle	2:22.1	2018	Carol Zilch	2:25.4	1982	Patti Sirb	2:26.0	1981	Brittnee Barris	2:28.5	2000
Ally Potyrala	2:22.83	1982	Tealla Scrofano	2:25.7	2006	Tealla Scrofano	2:26.60	2005	Gracen Siegenthaler	2:28.8	2015
Tammy Marshall	2:22.9	2019	Kim Welte	2:24.6 c	1978	Krystina Bove	2:26.70	2003	Jessica Bartholomew	2:28.9	2006
Kayla Snowden	2:23.15	2013	Krystina Bove	2:27.12	2004	Catherine Turner	2:27.64	2021	Kaylee Haff	2:29.1	2018
Cassie Vince	2:24.60	1994	Patti Sirb	2:27.2	1982	Erica Kelly	2:27.90	2008	Brianna Sekerak	2:29.39	2014
Kristen Mackert	2:24.8	2011	Cara Giannuzzi	2:27.3	2016	Sue Dziama	2:29.2	1992	Leah Johnson	2:29.57	2016
Kasey Schuler	2:25.61	2012	Beth Huffman	2:27.5	1981	Cara Giannuzzi	2:29.34	2015	Catherine Turner	2:29.60	2020
Angelica Bucci	2:26.38	1992	Angelica Bucci	2:28.54	2011	Connie Wagner	2:29.6	1981	Emily Johnson	2:29.7	2010
Jean Horey	2:26.4	2009	Marisa Gillam	2:26.73	2017	Jean Horey	2:29.6	1990	Angelica Bucci	2:30.45	2009
Jane Lehman	2:26.9	2010	Kaye Feldkamp	2:28.89	2005	Betsy Melick	2:29.6	2005	Tealla Scrofano	2:30.54	2004
Erica Kelly	2:27.58	2001	Kayla Snowden	2:29.02	2018	Victoria Bailey	2:30.1	2018	Victoria Bailey	2:31.1	2017
Laura Brinkley	2:27.89	1980	Kyle Dandrea	2:29.4	2003	Beth Sadowski	2:30.2	1982	Melanie Watling	2:31.4	1987
Kim Welte	2:27.6 c	1977	Riley Schenk	2:29.30	2013	Leah Johnson	2:30.3	2017	Krystina Bove	2:31.65	2002
Lori Smith	2:28.0 c	2002	Alicia DelValle	2:29.5	2017	Abbie Homyak	2:30.84	2008	Cara Giannuzzi	2:31.8	2014

\*Hand times are .24 slower than FAT times

**1600 METER RUN**

(\*c" = converted from 1 Mile)

Seniors			Juniors			Sophomores			Freshmen		
Amy McKinley	4:54.23	1993	Alexis Szivan	5:08.86	2014	Christine Thompson	5:08.1	1995	Kaylee Haff	5:21.49	2018
Christine Thompson	5:00.6	1997	Amy McKinley	5:08.9	1992	Sue Dziama	5:12.4	1992	Brittnee Barris	5:24.8	2000
Theresa Feldkamp	5:03.0	2001	Beth Huffman	5:09.4	1981	Betsy Melick	5:14.35	2005	Alexis Szivan	5:24.9	2012
Kyle Dandrea	5:05.23	2004	Christine Thompson	5:09.6	1996	Kim Welte	5:15.3 c	1977	Christine Thompson	5:26.8	1994
Alexis Szivan	5:11.8	2015	Theresa Feldkamp	5:15.2	2000	Alexis Szivan	5:17.1	2013	Leah Johnson	5:26.87	2016
Sue Dziama	5:12.6	1994	Kyle Dandrea	5:17.23	2003	Amy McKinley	5:17.9	1991	Joyce Towner	5:27.0	1981
Cassie Vince	5:14.82	2013	Cara Giannuzzi	5:23.29	2016	Brittnee Barris	5:18.16	2001	Jessica Bartholomew	5:27.2	2006
<b>Aurora Wilson</b>	<b>5:15.56</b>	<b>2023</b>	Emily Johnson	5:25.02	2012	Beth Huffman	5:20.6 c	1980	<b>Alaina Alfien</b>	<b>5:28.02</b>	<b>2023</b>
Alicia Del Valle	5:18.70	2018	Erica Kelly	5:25.45	2009	Theresa Feldkamp	5:21.00	1999	Amy McKinley	5:28.4	1990
Kim Welte	5:23.9 c	1979	Colleen Young	5:28.0	1991	Colleen Young	5:23.8	1990	Emily Johnson	5:30.01	2010
Shannon McDonald	5:24.80	2006	Catherine Turner	5:28.19	2022	Erica Kelly	5:26.3	2008	Cara Giannuzzi	5:32.65	2014
Heather Skeeles	5:25.8	1997	Alicia Del Valle	5:28.41	2017	Megan Parker	5:27.3	2014	Krystina Bove	5:32.8	2002
Beth Huffman	5:27.1	1982	Kasey Schuler	5:29.1	2010	Catherine Turner	5:27.47	2021	Kelly Nye	5:35.5	1994
Patti Sirb	5:27.9	1983	Marisa Del Valle	5:31.55	2021	Kasey Schuler	5:28.3	2009	Kalyn Potyrala	5:36.0	2016
Jane Lehman	5:29.22	2009	Leah Gerke	5:31.93	2021	Emily Johnson	5:28.55	2011	Sue Dziama	5:38.8	1991
Kalyn Potyrala	5:29.3	2019	Kalyn Potyrala	5:32.6	2017	<b>Sophia Pecora</b>	<b>5:28.76</b>	<b>2023</b>	Erica Kelly	5:38.88	2007
Lori Smith	5:29.5c	1977	Karla Spontik	5:32.71	1999	Karla Spontik	5:29.4	1998	Sophia Pecora	5:38.91	2022
Michelle Greussner	5:29.5c	1979	Megan Byrne	5:32.95	2007	Cara Giannuzzi	5:30.72	2015	Leslie Paine	5:39.9	1994
Kelly Nye	5:29.6	1997	Rachel Dorsch	5:33.0	1991	Kalyn Potyrala	5:32.51	2017	Catherine Turner	5:40.35	2020
Cara Giannuzzi	5:31.51	2017	Sue Dziama	5:33.5	1993	Leah Johnson	5:33.43	2017	Shannon McDonald	5:40.4	2003
Colleen Young	5:31.8	1992	Jess. Bartholomew	5:33.5	2008	Joyce Towner	5:33.5	1982	Marisa Del Valle	5:40.72	2019
Kasey Schuler	5:31.99	2011	Kelly Nye	5:33.8	1996	Jill Stavole	5:34.5	1989	Sara Gosses	5:40.82	2003
Sara Gosses	5:32.60	2006	Lindsey Hipp	5:33.8	2001	Ria Ross	5:34.9	1993	Britt Ericson	5:40.8	1996
Tealla Scrofano	5:32.7	2007	Ashley Hill	5:34.5	2016	Kyle Dandrea	5:35.22	2002	Kim Welte	5:41.5c	1976
Megan Byrne	5:33.69	2008	Ria Ross	5:34.6	1994	Kelly Nye	5:35.4	1995	Christina Kallas	5:41.69	2001
Devan Molnar	5:33.89	2011	Tealla Scrofano	5:34.8	2006	Aurora Wilson	5:35.78	2021	Ashley Hill	5:41.76	2014
									<b>Paige Miller</b>	<b>5:41.7</b>	<b>2023</b>

\*Hand times are .24 slower than FAT times

**3200 METER RUN**

(\*c" = converted from 2 Miles)

Seniors			Juniors			Sophomores			Freshmen		
Amy McKinley	10:42.5	1993	Amy McKinley	10:54.67	1992	Amy McKinley	11:09.82	1991	Brittnee Barris	11:18.94	2000
Cassie Vince	10:56.45	2013	Emily Johnson	11:26.89	2012	Christine Thompson	11:20.5	1995	Jessica Bartholomew	11:27.39	2006
Sue Dziama	11:06.09	1994	Alicia Del Valle	11:43.01	2017	Brittnee Barris	11:22.61	2001	Amy McKinley	11:34.38	1990
Christine Thompson	11:19.6	1997	Lindsey Hipp	11:44.34	2001	Megan Parker	11:43.00	2014	Shannon McDonald	11:47.87	2003
Kyle Dandrea	11:30.60	2004	Jane Lehman	11:45.22	2008	Emily Johnson	11:49.38	2011	Emily Johnson	11:56.80	2010
Shannon McDonald	11:30.86	2006	Jessica Bartholomew	11:45.59	2008	Betsy Melick	11:52.9	2005	Christine Shumyla	11:58.06	1999
Jane Lehman	11:40.14	2009	Marisa Del Valle	11:45.76	2021	<b>Katherine Low</b>	<b>11:58.65</b>	<b>2023</b>	Leah Gerke	11:59.92	2019
Alicia Del Valle	11:43.20	2018	Antonia Monteleone	11:54.81	2018	Leah Johnson	12:07.47	2017	Sue Dziama	12:11.3	1991
Jenny Luca	11:45.6	1997	Kyle Dandrea	11:54.85	2003	Jane Lehman	12:09.85	2007	Leah Johnson	12:18.08	2016
Marisa Del Valle	11:57.45	2022	Kelli Meyers	12:02.7	1997	Erica Kelly	12:10.60	2008	Megan Parker	12:20.14	2013
Ria Ross	11:57.5	1995	Beth Huffman	12:03.3	1981	Rachel Dorsch	12:10.9	1990	Connie Wagner	12:21.4	1980
Rachel Dorsch	11:58.1	1992	Leah Gerke	12:05.95	2021	Sue Dziama	12:11.7	1992	Amy Thompson	12:21.9	1990
Cassidy Hill	12:02.12	2019	Ria Ross	12:06.5	1994	Jessica Bartholomew	12:13.60	2007	Katherine Low	12:28.83	2022
Kelly Nye	12:06.0	1997	Cassidy Hill	12:06.95	2018	Colleen Young	12:14.2	1990	Kaylee Haff	12:31.7	1996
Lindsey Hipp	12:08.25	2002	Kim Rhoades	12:07.91	2000	<b>Nora Darkow</b>	<b>12:17.33</b>	<b>2023</b>	Britt Ericson	12:31.9	2014
Erin Daniels	12:08.29	1999	Christy Melick	12:08.85	2003	Sarah Walters	12:18.76	2010	Rachel Szczodrowski	12:32.04	2009
Heather Skeeles	12:08.3	1997	Shannon McDonald	12:09.9	2005	<b>Winter Carrell</b>	<b>12:20.12</b>	<b>2023</b>	Alison Gillam	12:35.37	1999
Katie Hanna	12:12.0	1993	Brittnee Barris	12:10.5	2002	Kelly Nye	12:21.3	1995	Kelli Spontik	12:37.9	2001
Sarah Walters	12:12.64	2012	Sue Dziama	12:10.7	1993	Antonia Monteleone	12:21.3	2017	Christina Kallas	12:39.4	2006
Leslie Paine	12:14.4	1997	Cara Giannuzzi	12:13.7	2016	Ria Ross	12:22.5	1993	Jane Lehman	12:41.00	2001
Alexis Szivan	12:15.2	2015	Ashley Hill	12:14.60	2016	Leah Gerke	12:22.96	2020	Christy Melick	12:41.5	2016
Ashley Hill	12:16.5	2017	Megan Beal	12:15.50	2012	Christine Shumyla	12:25.2	2000	Antonia Monteleone	12:42.5	1979
Nina Hill	12:17.20	2012	Sarah Walters	12:17.10	2011	Karla Spontik	12:26.2	1998	Kirsten Penton	12:44.2 c	2009
Christine Shumyla	12:19.87	2012	Rachel Dorsch	12:19.9	1992	Amy Thompson	12:28.2	1991	Sarah Walters	12:47.87	1999
Kim Rhoades	12:21.65	2002	Nina Hill	12:20.28	2011	Michele Molnar	12:30.93	2006	Heather Stay	12:48.0	1994

\*Hand times are .24 slower than FAT times

**100 METER HURDLES**

<b>Seniors</b>			<b>Juniors</b>			<b>Sophomores</b>			<b>Freshmen</b>		
Kristi Keplinger	14.2	1987	<b>Natalie Pleban</b>	<b>15.04</b>	<b>2023</b>	Natalie Pleban	15.91	2022	Kara Kasper	16.11	2005
Madison Reynolds	14.90	2016	Sarah Moore	15.75	2012	Chaley Younkin	16.27	2019	Macy Dimacchia	16.66	2017
Kara Kasper	15.07	2008	Kara Kasper	16.06	2007	Macy Dimacchia	16.49	2018	Hannah Aschemeier	16.92	2018
Sarah Moore	15.09	2013	Mariah Shorts	15.9	2017	Mariah Shorts	16.6	2016	Tessa Shagovac	16.7	1998
Chaley Younkin	15.12	2021	Erin Kasper	16.26	2012	Allison Marty	16.98	2004	Natalie Pleban	16.9	2021
Tessa Shagovac	15.31	2001	Macy Dimacchia	16.59	2018	Erin Kasper	17.12	2011	Mariah Shorts	17.2	2015
Erin Kasper	16.20	2013	Erin Myosky	16.61	2006	Sarah Moore	17.19	2011	Sarah Moore	17.74	2010
Gretchen Ruth	16.1	1994	<b>Alexandrea Vargo</b>	<b>16.80</b>	<b>2023</b>	Christie Dziubek	17.2	1992	Christie Dziubek	17.5	1991
Diane Gramer	16.2	1990	Tia Deshuk	16.82	2015	Jeannine Feldkamp	17.2	1999	Sarah Fisher	17.99	2009
Tia Deshuk	16.59	2016	Tessa Shagovac	16.89	2000	Tia Deshuk	17.44	2014	Katelyn Hazelgrove	18.1	2018
Missy Welte	16.5	1988	Missy Welte	16.8	1987	Alexandrea Vargo	17.66	2022	Allison Marty	18.50	2003
Erin Myosky	16.83	2007	Diane Gramer	16.8	1989	Heather Richi	17.4	1987	Erin Kasper	18.4	2010
Michelle Przytulski	16.7	1990	Allison Marty	17.10	2005	Sarah Fisher	17.5	2010	Gaby Norheim	18.4	2011
Amber Slavik	17.32	2013	Jeannine Feldkamp	17.14	2000				Katie Sasso	18.5	2005
Jeannine Feldkamp	17.2	2001	Heather Richi	17.0	1988				Kendall Twining	18.5	2018
Melissa Mazur	17.3	1992	Gretchen Ruth	17.2	1993				Courtney Hardwick	18.76	2015
Gaby Norheim	17.57	2014							Katie Moore	18.80	2000
Christie Dziubek	17.4	1994							Amber Slavik	18.6	2010
Heather Richi	17.7	1989							Sakiya Robbins	18.83	2019
Mariah Shorts	17.66	2018							Shannon Mazur	18.7	1993
Meggie DeFilippo	18.02	2002							Meggie DeFilippo	18.7	1999
Kerey Babinsky	18.0	2017							Erin Myosky	18.96	2004
									Emily Monschein	18.9	2014
									Alyseea Gillespie	19.0	2009
									Emery Hicks	19.0	2014
									Payton Jackson	19.0	2015
									Allison Takacs	19.0	2015
									Charly Hicks	19.0	2021

\*Hand times are .24 slower than FAT times

**300 METER HURDLES**

<b>Seniors</b>			<b>Juniors</b>			<b>Sophomores</b>			<b>Freshmen</b>		
Sara Moore	43.73	2013	Sara Moore	45.39	2012	Jordan Templeton	46.04	2004	Jordan Templeton	47.74	2003
Kristi Keplinger	44.3	1987	Jordan Templeton	46.72	2005	Sarah Fisher	47.28	2010	Missy Welte	48.2	1985
Tessa Shagovac	45.09	2001	<b>Alexandrea Vargo</b>	<b>47.12</b>	<b>2023</b>	Jeannine Feldkamp	48.54	1999	Macy Dimacchia	48.97	2017
Michelle Przytulski	46.19	1990	Gabi Norheim	47.31	2013	Heather Richi	49.3	1987	Christie Dziubek	50.1	1991
Jordan Templeton	47.20	2006	Tessa Shagovac	47.65	2000	Sara Moore	49.8	2011	Tessa Shagovac	50.5	1998
Kara Kasper	47.34	2008	Sarah Fisher	47.70	2011	Macy Dimacchia	50.28	2018	Sarah Fisher	50.76	2009
Gretchen Ruth	47.60	1994	Heather Richi	47.8	1988	Mariah Shorts	50.56	2016	Chaley Younkin	51.09	2018
Erin Myosky	47.69	2007	Cameron Dumais	48.11	2019	Missy Welte	50.8	1986	Mariah Shorts	51.29	2015
Missy Welte	47.6	1988	Kristi Keplinger	48.2	1986	Gabi Norheim	51.0	2012	Heather Richi	51.4	1986
Sarah Fisher	47.93	2012	Jeannine Feldkamp	48.96	2000	Gretchen Ruth	51.1	1992	Stephanie Tear	52.2	1998
Madison Reynolds	48.04	2016	Missy Welte	49.3	1987	Christie Dziubek	51.4	1992	Amber Slavik	52.2	2010
Heather Richi	48.5	1989	Gretchen Ruth	49.3	1993	Ashley Grapes	51.84	2022	Sakiya Robbins	52.2	2018
Gaby Norheim	48.80	2014	<b>Ashley Grapes</b>	<b>49.77</b>	<b>2023</b>	Kristi Keplinger	51.7	1985	Emma McGuire	52.5	2009
Kim Thorley	49.1	1985	Allison Marty	50.35	2005	Allison Marty	52.62	2004	Sara Moore	52.6	2010
Jeannine Feldkamp	49.12	2001	Madison Reynolds	50.44	2015	Chaley Younkin	52.4	2018	Kristi Keplinger	53.0	1984
Kerey Babinsky	50.82	2017	Erin Myosky	50.74	2006	Amber Slavik	52.8	2011	Kara Kasper	53.49	2005
Diane Gramer	51.1	1990	Macy Dimacchia	50.93	2018	Bridgett Fialla	52.9	1984	Ashley Grapes	53.77	2021
Melissa Mazur	51.2	1992	Jaidyn McKee	51.40	2021	Kristen Mackert	53.1	1992	Tia Deshuk	54.0	2013
Mallory Sliman	51.47	2014	Sakiya Smith	52.35	2021	Emma McGuire	53.1	2010	Sam. Shagovac	54.1	1999
Jaidyn McKee	51.60	2022	Christie Dziubek	52.2	1993	Alexandrea Vargo	53.6	2022	Alexandrea Vargo	54.5	2021
Christie Dziubek	51.9	1983	Mallory Sliman	52.52	2013	Jessica Diaz	54.9	2002	Allison Takacs	54.6	2015
Patti Sirb	52.8	1997	Teela Smith	52.53	2001	Erin Myosky	54.9	2005	Gabi Norheim	54.7	2011
Jenny Gans	52.9	2016	Diane Gramer	53.5	1989	Tia Deshuk	55.1	2014	Emery Hicks	55.3	2014
Tia Deshuk	53.40	1997	Amber Slavik	53.7	2012	Anna Dudziak	55.5	2018	Allison Marty	55.5	2003
Am. Damasiewicz	55.3	2002	Tia Deshuk	53.9	2015	Teela Smith	55.59	2000	Alyseea Gillespie	56.3	2009



### HIGH JUMP

<b>Seniors</b>			<b>Juniors</b>			<b>Sophomores</b>			<b>Freshmen</b>		
Erin Kasper	5'6	2013	Erin Kasper	5'5	2012	Kim Thorley	5'2	1983	Jordan Templeton	5'2	2003
Madison Reynolds	5'4	2016	Jeni Marr	5'3	1988	Jordan Templeton	5'2	2004	Kelly Muzquiz	5'0	1978
Chaley Younkin	5'4	2021	Kim Thorley	5'2	1984	Natalie Pleban	5'1	2022	Kim Thorley	5'0	1982
Kim Thorley	5'3	1985	Kelly Muzquiz	5'2	1980	Kelly Muzquiz	5'0	1979	Samantha Shagovac	5'0	1999
Jodi Wilson	5'3	2002	Chaley Younkin	5'2	2020	Samantha Shagovac	5'0	2000	Madison Reynolds	5'0	2013
Kelly Muzquiz	5'2	1981	Faith Rico	5'1	2017	Jodi Wilson	5'0	2000	Jeni Marr	4'11	1986
Jeni Marr	5'0	1989	Jodi Wilson	5'0	2001	Jessica Diaz	5'0	2002	Jodi Wilson	4'11	1999
Jordan Templeton	5'0	2006	Madison Reynolds	5'0	2015	Erin Kasper	5'0	2011	Kelly Irwin	4'10	1977
Amber Slavik	5'0	2013	<b>Natalie Pleban</b>	<b>5'0</b>	<b>2023</b>	Kelly Irwin	4'10	1978	Angie Skeeles	4'10	1996
Laurie Schotz	4'10	1980	Jordan Templeton	4'10	2012	Jeni Marr	4'10	1987	Casey Crowther	4'10	2000
Nancy Marr	4'10	1976	Amber Slavik	4'10	2015	Angie Skeeles	4'10	1997	Elise Jennings	4'10	2013
Kristi Keplinger	4'10	1987	Elise Jennings	4'10	1991	Madison Reynolds	4'10	2014	Natalie Pleban	4'10	2021
Ashley Srokowski	4'10	2005	Wendie Sprenger	4'9	1987	Chaley Younkin	4'10	2019	Sarah Wiegand	4'9	2015
Callie Brutchter	4'10	2007	Missy Welte	4'9	1998	Casey Crowther	4'9	2001	Peggy Firago	4'8	1976
Grace Van Niel	4'10	2022	Angie Skeeles	4'9	1988	Demi Morales	4'9	2009	Wendy Sprenger	4'8	1989
Amanda Taylor	4'9	2010	Amy Lackner	4'8	1998	Elise Jennings	4'9	2014	Kathy Aros	4'8	1990
Missy Welte	4'8	1988	Lindsey Hageman	4'8	2012	Denise Clotz	4'8	1982	Jessica Diaz	4'8	2001
Mary Bonner	4'8	1975	Meghan Acieto	4'8	1987	Wendie Sprenger	4'8	1990	Erin Kasper	4'8	2010
Heather Engle	4'8	1990	Chris Pisegna	4'6	1978	Michelle Sas	4'8	1998	Kayla Nunez	4'8	2010
Lindsey Hageman	4'8	1999	Peggy Firago	4'6	1991	Maddie Sofia	4'8	2005	Chris Pisegna	4'7	1985
<b>Kylie Kimmich</b>	<b>4'6</b>	<b>2023</b>	Melissa Mazur	4'6	1995	Sarah Wiegand	4'8	2015	Dawn Kniesel	4'6	1983
Kelly Bauer	4'6	1996	Kelly Bauer	4'6	1996	Maria Rivera	4'6	1976	Brenda Matthes	4'6	1978
Peggy Firago	4'6	1979	Erin Deegan	4'6	2001	Heather Richi	4'6	1987	Heather Engle	4'6	1987
Sue Garra	4'6	1981	Teela Smith	4'6	2004	Kristen Lahetta	4'6	2000	Missy Welte	4'6	1985
Angie Skeeles	4'6	1999	Ashley Srokowski	4'6	2005	Ashley Wallace	4'6	2002	Amy Lugar	4'6	1995
Carli DeCarlo	4'6	2000	Kaye Feldkamp	4'6	2016	Carrie Kinzel	4'6	2002	Michelle Sas	4'6	1997
Lauren Strohacker	4'6	2002	Kerey Babinsky	4'6	2016	Meghan Acieto	4'6	2011	Theresa Feldkamp	4'6	1998
Alana Carrion	4'6	2017	Alana Carrion	4'6	2017	Kayla Nunez	4'6	2011	Carrie Kinzel	4'6	2001
			Sarah Farley	4'6	2017	Christy Cecil	4'6	2017	Kaye Feldkamp	4'6	2003
			Sarah Wiegand	4'6	2021				Tealla Scrofano	4'6	2004
			Grace Van Niel	4'6					Hannah Aschemeier	4'6	2018

### LONG JUMP

<b>Seniors</b>			<b>Juniors</b>			<b>Sophomores</b>			<b>Freshmen</b>		
Madison Reynolds	17'11	2016	Madison Reynolds	17'6 1/4	2015	Brooke Arthur-Mensal	16'11 3/4	2007	Hailey Dziak	16'9	2008
Stephanie Tear	16'11	2001	Brooke Arthur-Mensal	17'5	2008	Taylor Hooks	16'8 3/4	2017	Heather Engle	16'8 3/4	1987
Heather Engle	16'10 1/4	1990	Heather Engle	17'0	1989	Stephanie Tear	16'8	1999	Stephanie Tear	16'7 1/4	1998
Hailey Dziak	16'5	2011	Stephanie Tear	16'9 1/4	2000	Heather Engle	16'4 3/4	1988	Gracen Siegenthaler	16'5 1/2	2015
Erin Kasper	16'5	2013	Jade Garcia	16'8 1/4	2021	Maddie Sofia	16'3	2005	Patti Sirb	16'2	1980
Jane Kocak	16'4 3/4	1980	Cameron Dumais	16'7 1/2	2019	Kristy Bauer	16'2	1986	Missy Welte	15'11	1985
Kara Kasper	16'4 3/4	2008	Merideth Sherman	16'4 3/4	1984	Patti Sirb	15'11 3/4	1981	Taylor Hooks	15'8 1/2	2016
Merideth Sherman	16'3 3/4	1985	Patti Sirb	16'3	1982	Jane Kocak	15'11	1978	Paula Wetzel	15'9 3/4	1979
Sara Moore	16'1 3/4	2013	Allison Marty	16'1 1/2	2005	Audrey Fayer	15'10 1/2	2016	Audrey Fayer	15'8	2015
Allison Marty	16'1 1/2	2006	Paula Wetzel	16'1	1981	Kaitlyn Given	15'10	2011	Jane Kocak	15'7	1977
Patti Sirb	15'11	1983	Peggy Firago	16'1	1978	Madison Reynolds	15'9 1/2	2014	Melissa Mazur	15'7	1989
Brooke Arthur-Mensal	15'10 3/4	2009	Hailey Dziak	16'0	2010	Chris Pisegna	15'9	1986	Kristy Bauer	15'6	1985
Michelle Przytulski	15'9 3/4	1990	Sara Moore	15'11	2012	Lauren Keene	15'8	2010	Wendy Snizek	15'5	1987
Audrey Fayer	15'9	2018	Missy Welte	15'9 3/4	1987	Gracen Siegenthaler	15'7 1/2	2016	Sakiya Robbins	15'4	2019
Gabriela Giannuzzi	15'8 1/2	2018	Kara Kasper	15'9 1/2	2007	Merideth Sherman	15'6 3/4	1983	Jayla Cruz	15'2 1/2	2022
Alana Carrion	15'8 1/4	2017	Erin Kasper	15'9	2012	Paula Wetzel	15'6 1/2	1980	Gabriela Giannuzzi	15'1	2015
Lauren Keene	15'8	2012	Analecia Whitt	15'7 1/2	2003	Jeannine Feldkamp	15'5 1/2	1999	Chaley Younkin	15'1	2018
Melissa Mazur	15'4 1/2	1992	Jeanny Bums	15'6 3/4	1976	Wendy Snizek	15'5	1987	Kelsey Traut	15'1/4	2017
Kristy Bauer	15'3	1988	Melissa Mazur	15'6 3/4	1991	Jordan Templeton	15'5	2004	Erin Justice	14'11	2012
Erin Traut	15'2 3/4	2017	Taylor Hooks	15'5 3/4	2018	Allison Marty	15'4	2004	Chris Pisegna	14'10 1/2	1985
Angela Jolly	15'1 3/4	1994	Angela Jolly	15'4 3/4	1993	Jenny Bonner	15'3 1/4	1975	Mandy Shinsky	14'10 1/2	1980
Peggy Firago	15'0 3/4	1979	Teela Smith	15'4 1/4	2001	Erin Kasper	15'3	2011	Madison Reynolds	14'10 1/2	2013
Maddie Sofia	15'0 1/2	2007	Gabriela Giannuzzi	15'4	2017	Mandy Shinsky	15'2 1/2	1981	Katelyn Hazelgrove	14'9	2018
Paula Wetzel	14'10	1982	Sarah Wiegand	15'3	2017	Elizabeth Norheim	15'2 1/2	2014	Kara Kasper	14'8	2005
			Alex Boyles	15'2 3/4	2019	Analecia Whitt	15'1 1/4	2002	Natalie Pleban	14'7 1/2	2021

**SHOT PUT**

<b>Seniors</b>			<b>Juniors</b>			<b>Sophomores</b>			<b>Freshmen</b>		
Emily King	40'10 1/2	2018	Abby Burgdorf	39'8	2009	Maureen Eastaugh	35'11 1/2	2001	Isabella Bames	33'1 1/2	2015
Maureen Eastaugh	40'10	2003	Michelle Stark	37'7 1/2	2004	Abby Burgdorf	35'9 1/2	2008	Maureen Eastaugh	32'4	2000
Katie Schuster	38'10	2009	Emily King	36'2	2017	Shannon Roberts	33'1	1996	Patti Logar	32'0 3/4	1992
Michelle Stark	37'10 1/2	2005	Maureen Eastaugh	35'11	2002	Amy Lackner	32'4 1/2	1987	Diane Bailor	30'11 1/4	1985
Lori Betchker	37'9 1/4	1999	Shannon Roberts	35'3 1/2	1997	Lori Betchker	32'2 1/2	1997	Rachel Salvo	30'9	1996
Abby Burgdorf	37'2 3/4	2010	Katie Schuster	34'10	2008	Melissa Overman	32'1 1/2	2006	Shannon Roberts	30'2	1995
Shannon Roberts	36'7	1998	Melissa Overman	34'3	2007	Anna Cairns	32'0	2018	Melissa Overman	28'7 1/2	2005
Melissa Overman	35'4 1/2	2008	Lori Betchker	33'11	1998	Patti Logar	31'11	1993	Janet Erdy	28'5 1/2	1976
Linze Zehel	34'11 1/2	2001	Amy Lackner	33'7	1988	Michelle Stark	31'1 1/2	2003	Emily Van Curan	28'4	2002
Amy Lackner	34'0	1989	Linze Zehel	32'7 1/4	2000	Diane Bailor	31'1	1986	Autumn Hunter	28'1	2019
Olivia Rault	31'1	1991	Samantha Torres	32'5	2021	Sydney Young	30'9 1/4	2012	Nancy Del Grosso	28'0	1978
Becky Makay	30'7	1999	Renee George	31'8	1985	Marsha Von Kaenal	30'6 1/2	1976	Nicole Sprenger	27'2 1/2	1993
Destiny Champe	30'7	2017	Becky Makay	29'9 1/2	1998	Rachel Salvo	30'4	1997	Marcia Von Kaenal	27'2	1975
Lisa Elgar	30'5 1/2	1992	Lauren Molnar	29'7	1996	Kristy Hackett	29'8 1/4	1995	Taylor Wargo	26'11 1/2	2007
Dawn Glavan	29'8	1986	Sydney Young	29'5	2013	Lauren Molnar	29'6	1995	Kelly Weinbrandt	26'11	1995
Nancy Del Grosso	29'4	1981	Beth Mathewson	29'4 3/4	1995	Shannon Theobald	29'3	2009	Brenda Balut	26'9	2006
Beth Henry	29'0 1/2	1987	Rachel Salvo	29'3	1998	Emily Van Curan	29'1 1/2	2003	Sharon Rutkowski	26'7	1978
Jessica Hamrick	29'0 1/4	2020	Nancy Del Grosso	29'2 1/2	1980	Janet Erdy	28'5 1/2	1977	Leslie Klingenmeier	26'6	1982
Azzariah Brooks	28'11 1/2	2013	Cori Boroff	28'11 1/2	1999	Julie Stark	28'4 1/2	2007	Lori Betchker	26'6	1996
Hannah Higgins	28'10 1/2	2002	Kristen Stark	28'11	2006	Shelly Trentadue	28'2	1984	Hannah Higgins	26'4 1/2	1999
Kristen Stark	28'9 1/2	2007	Diane Page	28'9 1/2	1984	Beth Mathewson	28'1	1994	Anna Cairns	25'11 1/2	2017
Beth Mathewson	28'7	1996	Amy Norheim	28'6 1/4	1985	Becky Makay	27'11 3/4	1997	Becky Makay	25'10	1996
Kim Speer	28'6 1/2	1987	Adelle Sirow	28'4 1/2	1985	Dawn Wargo	27'11	1990	Julie Stark	25'10	2006
Taylor Gibson	28'3	2013	Missy Welte	28'4	1987	Stacy Loushin	27'9 1/2	2009	Shannon Theobald	25'10	2008
Adrian Sirow	28'	1986	Mariah Quinn	28'1 3/4	2016	Nancy Del Grosso	27'8 1/2	1979	Juliana Butchko	25'8	2014

**DISCUS**

<b>Seniors</b>			<b>Juniors</b>			<b>Sophomores</b>			<b>Freshmen</b>		
Amy Lackner	127'9	1989	Abby Burgdorf	120'9	2009	Amy Lackner	113'8	1987	Autumn Hunter	95'2 1/2	2019
Michelle Stark	121'6	2005	Emily King	113'11	2017	Abby Burgdorf	111'3 1/2	2008	Isabella Bames	94'9	2015
Emily King	120'5	2018	Michelle Stark	113'2	2004	Nicole Richardson	101'10	1998	Anna Cairns	92'8	2017
Lori Betchker	119'8	1999	Amy Lackner	113'1	1987	Gena Mason	99'9	1983	Nicole Richardson	92'8	1997
Abby Burgdorf	118'6	2010	Lori Betchker	108'9	1998	Dawn Wargo	99'4	1990	Nicole Sprenger	92'0	1993
Nicole Sprenger	105'5	1996	Autumn Hunter	102'5	2021	Lori Betchker	98'11	1997	Karen Ticich	82'5	1984
Shannon Mixon	104'8	1999	Becky Makay	100'9	1998	Anna Cairns	95'6	2018	Patti Logar	82'3 1/2	1992
Katie Schuster	102'10 1/2	2009	Dawn Wargo	99'10	1991	Beth Mathewson	94'5	1994	Hannah Kordoleski	81'10	2010
Destiny Champe	101'4	2017	Nicole Richardson	98'5	1999	Michelle Stark	93'7	2003	Jenny Arp	81'8	1988
Nicole Richardson	100'0	2000	Destiny Champe	98'3	2016	Stacy Loushin	93'3	2009	Gena Mason	81'0	1982
Dawn Wargo	98'0	1992	Stacy Loushin	97'1	2010	Shannon Mixon	93'2	1997	Lori Betchker	80'2	1996
Karen Ticich	97'1	1987	Beth Mathewson	96'10	1995	Mandy Shinsky	90'4	1981	Leslie Klingenmeier	80'0	1982
Kristen Stark	95'4	2007	Adelle Sirow	95'3	1985	Trisha Simon	86'10	2001	Madeline Jeffries	79'9	2022
Becky Makay	94'8 1/2	1999	Kristen Stark	94'1	2006	Missy Arendash	86'5	2006	Mandy Shinsky	79'5 1/4	1980
Maureen Eastaugh	93'10	2003	Wendie Sprenger	93'5	1991	Leslie Klingenmeier	86'1	1983	Alexis Dick	79'5	2003
Trisha Simon	93'9	2003	Trisha Simon	93'1	2002	Wendie Sprenger	85'5	1990	Juliana Butchko	79'1	2014
Beth Mathewson	93'0 1/2	1996	E. Brumenschenkel	92'4	2006	Karen Ticich	85'4	1985	Dawn Wargo	79'0	1989
Missy Arendash	92'0	2006	Jaidyn McKee	88'5	2021	Ashley Andrews	85'4	2000	Michelle Stark	79'0	2002
Dawn Haering	89'0 1/2	1979	Karen Ticich	88'1	1986	Juliet Rivera	84'5	1991	Hillary Bates	77'8	1995
Alexis Dick	89'0	2006	Shannon Mixon	87'5	1998	Jocelyn George	83'7 1/2	2021	Jessica Pope	77'7	1990
Nancy Delgrosso	88'8	1981	Missy Arendash	87'2	2007	Julie Stark	83'6	2007	Ann-Marie Campbell	77'3	2008
Adelle Sirow	87'4	1986	<b>Claire Bedo</b>	<b>87'0</b>	<b>2023</b>	Sydney Young	83'1	2012	Shannon Mixon	76'11 1/2	1996
E. Brumenschenkel	86'3	2007	Jessica Hamrick	86'10	2019	Patti Logar	82'3 1/2	1993	Rachel Salvo	76'9 1/2	1996
Taylor Gibson	86'0	2013	Gena Mason	86'9	1984	Marsha Von Kaenal	82'10	1986	Shannon Roberts	76'5	1995
Jaidyn McKee	83'0	2022	Ashley Andrews	86'0	2001	Becky Makay	81'0	1997	Sarah Joyce	76'2	2000

POLE VAULT
------------

<b>Seniors</b>			<b>Juniors</b>			<b>Sophomores</b>			<b>Freshmen</b>		
Sydney Walker	11'6"	2019	Sydney Walker	11'0"	2018	Sydney Walker	10'6"	2017	Sydney Walker	10'0"	2016
Kayla Nunez	10'0"	2013	Maggie Fada	9'6"	2015	Alyssa Beach	10'0"	2009	Alyssa Beach	8'6"	2008
Maggie Fada	10'0"	2016	Justine Prete	9'6"	2021	<b>Carmela Rivera</b>	<b>9'0"</b>	<b>2023</b>	Alex Fomeris	8'6"	2011
Allison Takacs	10'0"	2018	Alyssa Beach	9'0"	2010	Caitlin Camp	8'6"	2009	<b>Violet Ambroz</b>	<b>8'6"</b>	<b>2023</b>
Caitlin Camp	9'6"	2011	Caitlin Camp	9'0"	2010	Justine Prete	8'6"	2020	Kaye Feldkamp	8'0"	2003
Alex Fomeris	9'6"	2014	Kayla Nunez	9'0"	2012	Kaye Feldkamp	8'0"	2004	Justine Prete	8'0"	2019
Justine Prete	9'6"	2022	Meghan Acierito	9'0"	2012	Kayla Nunez	8'0"	2011	Brooke Arthur-Mensah	7'6"	2006
Monica Morell	9'0"	2004	Alex Fomeris	9'0"	2013	Elise Jennings	8'0"	2014	Caitlin Camp	7'6"	2008
Alyssa Beach	9'0"	2011	Elise Jennings	9'0"	2015	<b>Marin Tellier</b>	<b>8'0"</b>	<b>2022</b>	Eve Andrijowych	7'6"	2019
Elise Jennings	8'0"	2016	Allison Takacs	9'0"	2017	Allison Glovac	7'6"	2002	<b>Paige Miller</b>	<b>7'6"</b>	<b>2023</b>
Erin Prudoff	6'0"	1994	Ryan Templeton	7'6"	2003	Monica Morell	7'0"	2002	Kara Bisczykowski	7'0"	2005
Ashley Hamrick	6'0"	2016	Monica Morell	7'6"	2003	Katie Skinner	6'6"	2011	Elise Jennings	7'0"	2013
Selena Leyva	6'0"	2017	Kaye Feldkamp	7'0"	2005	Maggie Fada	6'6"	2014	Alayna Johnston	7'0"	2015
Samantha Kachure	6'0"	2018	Gabriela Giannuzzi	6'6"	2017	Tiffany Engstrom	6'0"	2001	Zoey Roy	6'0"	2021
Melissa Lapponi	5'6"	2002	Ashley Hamrick	6'0"	2015	Cassidy Hill	6'0"	2017			
Sarah Hertrick	5'0"	2003	Sarah Hertrick	5'6"	2002	Katy Corbin	5'0"	2002			
Savannah Williams	5'0"	2018	Lindsey Stumpp	5'0"	2017	Ashley Hamrick	5'0"	2014			
Lindsey Stumpp	5'0"	2018									









Friday-Saturday Feb. 10-11, 2023

# Eastern States Indoor

Norton Sports Center, Louisville, KY

No Team Score Kept	60 METER DASH	4 X 800 RELAY				4 X 400 RELAY		
	<i>Final</i>	Alflen	33.3	1:09.5	1:49.4	<b>2:29.8</b>	Wilson	1:02.7
Baker	<b>7.84</b>			36.2	39.9	40.4	Baker	59.4
		Pecora	36.8	1:17.7	1:59.0	<b>2:39.5</b>	Schubert	1:21.5
Kukucka	<b>8.79</b>			40.9	41.3	40.5	Stewart	1:17.1
		Meyer	36.5	1:16.7	2:00.4	<b>2:43.7</b>		
Hicks	<b>8.81</b>			40.2	43.7	43.3		<b>4:41.21</b>
		Wilson	32.7	1:10.0	1:47.3	<b>2:24.5</b>		
Anderson	<b>8.83</b>			37.3	37.3	37.2		
Sponga	<b>9.10</b>	<b>5th</b>				<b>10:17.91</b>		

WEIGHT THROW	60 METER HURDLES	1600 METER RUN				
	<i>Final</i>	Wilson	1:13.3	2:36.0	4:01.8	<b>5:23.49</b>
Bedo	<b>31'3 1/2</b>			1:22.7	1:25.8	1:21.7
<b>4th</b>					<i>Mile:</i>	<b>5:25.12</b>
		Alflen	1:17.8	2:44.4	4:15.8	<b>5:41.64</b>
				1:26.6	1:31.4	1:25.8
					<i>Mile:</i>	<b>5:43.36</b>
		Pecora	1:20.4	2:49.9	4:24.4	<b>5:57.50</b>
				1:29.5	1:34.5	1:33.1
					<i>Mile:</i>	<b>5:59.30</b>
		Meyer	1:23.0	3:01.1	4:37.9	<b>6:10.96</b>
				1:38.1	1:36.8	1:33.1
					<i>Mile:</i>	<b>6:12.82</b>
		Ilcisko	1:25.8	3:09.5	4:55.9	<b>6:40.21</b>
				1:43.7	1:46.4	1:44.3
					<i>Mile:</i>	<b>6:42.22</b>

## SHOT PUT

Bedo **22'9 1/2**

LONG JUMP	200 METER DASH	800 METER RUN				
Baker	<b>25.40</b>	Counts	39.6	1:22.9	2:07.1	<b>2:50.06</b>
<b>4th</b>				43.3	44.2	43.0
		Huston	40.2	1:23.5	2:10.4	<b>2:55.33</b>
				43.3	46.9	44.9
		Breuer	39.2	1:24.9	2:15.6	<b>3:02.80</b>
				45.7	50.7	47.2
		Raesler	42.4	1:32.3	2:25.7	<b>3:17.16</b>
				49.9	53.4	51.5

## HIGH JUMP

POLE VAULT	400 METER DASH	3200 METER RUN										
Rivera	<b>8'0</b>	Ruiz	<b>1:11.80</b>	Low	1:27.0	2:57.7	4:28.6	6:02.0	7:37.5	9:12.7	10:48.3	<b>12:10.41</b>
						1:30.7	1:30.9	1:33.4	1:35.5	1:35.2	1:35.6	1:22.1
Tellier	<b>7'6</b>										<i>2 Mile:</i>	<b>12:14.67</b>
				Carrell	1:33.5	3:09.8	4:46.1	6:24.7	8:04.6	9:44.5	11:25.3	<b>12:52.72</b>
						1:36.3	1:36.3	1:38.6	1:39.9	1:39.9	1:40.8	1:27.4
											<i>2 Mile:</i>	<b>12:57.22</b>



Saturday, March 4, 2023

# Ohio State Indoor Championships

At SPIRE Institute, Geneva

---

---

**FINAL TEAM SCORES**

---

---

---

---

**60 METER DASH**

---

---

*Prelim Final*

---

---

**4 X 800 RELAY**

---

---

---

---

**SHOT PUT**

---

---

---

---

**60 METER HURDLES**

---

---

*Prelim Final*

---

---

**WEIGHT THROW**

---

---

---

---

**200 METER DASH**

---

---

---

---

**1600 METER RUN**

---

---

---

---

**4 X 200 RELAY**

---

---

Baker 25.69

---

---

**400 METER DASH**

---

---

Baker 56.89

**Fourth**

**New School Indoor Record**

---

---

**HIGH JUMP**

---

---

---

---

**800 METER RUN**

---

---

---

---

**4 X 400 RELAY**

---

---

Wilson 34.5 1:10.8 1:47.4 **2:22.33**  
36.3 36.6 34.9

---

---

**LONG JUMP**

---

---

---

---

**POLE VAULT**

---

---

---

---

**3200 METER RUN**

---

---

---

---

**TRIPLE JUMP**

---

---





Friday, April 14th, 2023

# Lorain County Invitational

At North Ridgeville High School

FINAL TEAM SCORE		100 METER DASH			4 X 800 RELAY				4 X 100 RELAY		
			Prelim	Final							
Avon	120	Baker	12.12	12.12	Counts	37.8	1:19.0	2:06.1	2:54.8	Pleban	
<b>Amherst Steele</b>	<b>102.5</b>	<b>2nd</b>					41.2	47.1	48.7	Cruz	
Avon Lake	89	<b>New School Record</b>			Meyer	39.7	1:24.3	2:11.3	2:55.3	Rivera	
Lorain	78	Cruz	13.22				44.6	47.0	44.0	Hicks	
Brookside	60				Turner	39.2	1:19.3	2:03.5	2:41.8		
Firelands	44						40.1	44.2	38.3	<b>3rd</b>	<b>52.35</b>
Midview	43				Miller	37.4	1:15.9	1:55.9	2:31.0		
North Ridgeville	36						38.5	40.0	35.1		
Oberlin	21										
Wellington	19.5								11:03.68		
Elyria Catholic	15										
Keystone	14										
Elyria	12										
Columbia	8										
Lake Ridge	0										
Open Door	0										
Clearview	0										

SHOT PUT		200 METER DASH			1600 METER RUN				4 X 200 RELAY		
			Prelim	Final							
Bedo	21'7 1/4	Cruz	27.57		Alflen	1:13.0	2:40.6	4:09.8	5:32.56	Anderson	28.8
					<b>4th</b>		1:27.6	1:29.2	1:22.8	Hicks	27.1
Glahn	23'5 1/2	Hicks	28.22		Pecora	1:17.1	2:41.2	4:10.4	5:38.90	Sponga	28.8
					<b>6th</b>		1:24.1	1:29.2	1:28.5	Cruz	27.9
										<b>6th</b>	<b>1:53.16</b>

DISCUS		400 METER DASH			800 METER RUN				4 X 400 RELAY		
				Final							
Bedo	71'11	Baker		57.47	Wilson	33.4	1:08.7	1:43.7	2:18.19	Kukucka	1:06.8
					<b>1st</b>		35.3	35.0	34.5	Wilson	1:01.2
Schubert	65'4				Miller	36.6	1:17.3	1:58.3	2:34.15	Alflen	1:03.3
					<b>5th</b>		40.7	41.0	35.9	Baker	0:57.4
										<b>2nd</b>	<b>4:09.47</b>

LONG JUMP		100 METER HURDLES			3200 METER RUN								
			Prelim	Final									
Grapes	14'9	Pleban	15.72	15.50	Darkow	1:28.7	3:04.0	4:38.7	6:12.0	7:44.0	9:16.8	10:49.5	12:17.33
<b>7th</b>		<b>1st</b>			<b>3rd</b>		1:35.3	1:34.7	1:33.3	1:32.0	1:32.8	1:32.7	1:27.8
Kimmich	14'2	Vargo	17.69		Carrell	1:29.9	3:07.0	4:47.5	6:26.4	8:05.6	9:45.1	11:22.9	12:51.79
					<b>4th</b>		1:37.1	1:40.5	1:38.9	1:39.2	1:39.5	1:37.8	1:28.9

HIGH JUMP		POLE VAULT		300 METER HURDLES	
					Final
Pleban	5'0	Rivera	9'0	Vargo	52.73
<b>3rd</b>		<b>3rd</b>		<b>7th</b>	
Kimmich	4'2	Tellier	7'6	Grapes	54.25
		<b>6th</b>			

Tues., April 18, 2023

# Berea-Midpark

At Baldwin Wallace University, Berea

FINAL TEAM SCORE	
Amherst Steele	70
Berea-Midpark	65

  

SHOT PUT	
Glahn	24'4
Bedo	23'7
Poulton	22'7
Donohue	20'5
Perly	20'2
Jeffries	20'11
Anderson	19'11
Plezia	19'1

100 METER DASH		
Hicks	1st	13.3
Tellier		14.3
Ayuso-Cuesta		14.4
Hunker		14.5
Giurbino		14.7
Vitelli		15.1
Koba-Nelson		15.4
Squires		15.9
Gutierrez		17.6

4 X 800 RELAY				
Nicoletti	39.8	1:25.4	2:15.8	<b>3:08.3</b>
		45.6	50.4	52.5
Timko	46.4	1:39.1	2:32.8	<b>3:24.9</b>
		52.7	53.7	52.1
Abraham	56.7	1:55.4	2:48.9	<b>3:41.0</b>
		58.7	53.5	52.1
Wright	58.7	2:01.7		
		1:03.0		

4 X 100 RELAY	
Pleban	
Cruz	
Rivera	
Hicks	
1st	<b>52.6</b>

DISCUS		
Bedo	3rd	73'7
Glahn		66'8
Jeffries		66'2
Poulton		66'0
Perly		45'6
Anderson		43'5
Donohue		42'7

200 METER DASH		
Cruz	1st	27.1
Sponga	2nd	27.5
Kukucka	3rd	28.3
Anderson		28.6
Jamigan		29.8
Giurbino		30.7
Stewart		31.6
Hunker		32.1
Koba-Nelson		33.0
Squires		33.0
Gutierrez		37.5

1600 METER RUN				
Miller	1:19.1	2:48.3	4:19.6	<b>5:41.7</b>
		1:29.2	1:31.3	1:22.1
2nd				
Ilcisko	1:27.3	3:04.9	4:39.8	<b>6:16.8</b>
		1:37.6	1:34.9	1:37.0
Kessler	1:36.6	3:27.8	5:22.7	<b>7:08.7</b>
		1:51.2	1:54.9	1:46.0

4 X 200 RELAY	
Anderson	
Sponga	
Hicks	
Cruz	
1st	<b>1:52.4</b>

Kukucka	
Jamigan	
Cioffi	
Stewart	
	<b>1:56.7</b>

POLE VAULT		
Rivera		8'0
Ambros		NH
Tellier		NH
Miller		NH

400 METER DASH		
Breuer	3rd	1:11.4
Ruiz		1:11.8
Schubert		1:18.4
Diar		1:29.0

800 METER RUN				
Turner	35.6	1:12.0	1:50.1	<b>2:31.8</b>
		36.4	38.1	41.7
1st				
Pecora	35.2	1:12.3	1:52.1	<b>2:32.4</b>
		37.1	39.8	40.3
2nd				
Counts	37.7	1:19.3	2:02.4	<b>2:45.5</b>
		41.6	43.1	43.1
Raesler	37.9	1:26.0	2:15.2	<b>2:59.4</b>
		48.1	49.2	44.2
Bary	44.8	1:33.5	2:27.2	<b>3:18.6</b>
		48.7	53.7	51.4
DelMonico	1:02.1	2:27.5	3:47.8	<b>5:08.8</b>
		1:25.4	1:20.3	1:21.0

4 X 400 RELAY	
Miller	1:07.5
Pecora	1:06.9
Breuer	1:12.5
Turner	1:07.9
1st	<b>4:34.8</b>
Anderson	1:12.1
Sponga	1:08.1
Kukucka	1:06.5
Kimmich	1:11.9
	<b>4:38.5</b>
Cioffi	1:16.4
Stewart	1:18.2
Jamigan	1:13.3
Squires	1:16.8
	<b>5:04.7</b>

LONG JUMP		
Vargo	2nd	14'5 1/2
Grapes	3rd	13'11 1/2
Kimmich		0
Hunker		0
Ayuso Cuesta		0

100 M HURDLES		
Vargo	2nd	17.9
Grapes	3rd	19.0
Kimmich		20.0

HIGH JUMP		
Pleban	1st	5'0
Kimmich	2nd	4'6
Vargo	3rd	4'4
Grapes		4'2
Ayuso		NH

300 M HURDLES		
Vargo	1st	51.9
Grapes	2nd	53.0

3200 METER RUN								
Huston	1:40.8	3:28.4	5:19.7	7:12.4	9:05.4	10:56.6	12:45.0	<b>14:25.2</b>
1st		1:47.6	1:51.3	1:52.7	1:53.0	1:51.2	1:48.4	1:40.2
Kessler	1:54.9	3:59.9	6:04.7	8:10.4	10:16.2	12:21.0	14:26.0	<b>16:21.2</b>
2nd		2:05.0	2:04.8	2:05.7	2:05.8	2:04.8	2:05.0	1:55.2



FINAL TEAM SCORE		
Amherst Steele	<b>84</b>	
Olmsted Falls	<b>44</b>	

100 METER DASH		
Hicks	<b>1st</b>	<b>13.4</b>
Sponga	<b>2nd</b>	<b>13.7</b>
Rivera	<b>3rd</b>	<b>13.8</b>
Kukucka		<b>13.9</b>
Cioffi		<b>14.3</b>
Hunker		<b>14.8</b>
Jamigan		<b>15.0</b>
Stewart		<b>15.4</b>
Vitelli		<b>15.4</b>

4 X 800 RELAY				
Bary	43.4	1:33.2	2:22.7	<b>3:08.5</b>
		49.8	49.5	45.8
Abraham	49.7	1:42.1	2:33.7	<b>DNE</b>
		52.4	51.6	
Wright				
Kessler				

4 X 100 RELAY	
Pleban	
Cruz	
Rivera	
Hicks	
<b>1st</b>	<b>52.1</b>

SHOT PUT		
Bedo	<b>2nd</b>	<b>25'10</b>
Glahn		<b>23'6 1/2</b>
Zakrajsek		<b>21'4</b>
Bary		<b>21'10 1/2</b>
Poulton		<b>21'1 1/2</b>
Pery		<b>21'0</b>
Jeffries		<b>19'2</b>
Donohue		<b>17'3</b>

4 X 200 RELAY	
Anderson	28.0
Jamigan	30.6
Cioffi	29.8
Giurbino	30.8
<b>1st</b>	<b>1:59.2</b>

DISCUS		
Bedo	<b>2nd</b>	<b>87'0</b>
Zakrajsek		<b>72'5</b>
Poulton		<b>69'1</b>
Glahn		<b>66'2</b>
Bary		<b>59'2</b>
Pery		<b>54'4</b>
Jeffries		<b>49'9</b>
Donohue		<b>49'2</b>

200 METER DASH		
Baker	<b>1st</b>	<b>25.1</b>
Hicks	<b>2nd</b>	<b>28.2</b>
Tumer	<b>3rd</b>	<b>28.7</b>
Kukucka		<b>28.8</b>
Anderson		<b>28.9</b>
Cioffi		<b>30.3</b>
Giurbino		<b>31.5</b>
Stewart		<b>31.5</b>
Vitelli		<b>32.1</b>
Hunker		<b>32.9</b>
Koba-Nelson		<b>33.1</b>

1600 METER RUN				
Ilcisko	1:31.4	3:10.2	4:50.5	<b>6:27.0</b>
<b>1st</b>		1:38.8	1:40.3	1:36.5
Huston	1:31.7	3:12.5	4:57.1	<b>6:33.3</b>
<b>2nd</b>		1:40.8	1:44.6	1:36.2
Nicoletti	1:40.0	3:36.3	5:34.1	<b>7:22.6</b>
<b>3rd</b>		1:56.3	1:57.8	1:48.5
Timko	1:50.0	3:53.3	5:56.7	<b>7:49.7</b>
		2:03.3	2:03.4	1:53.0

4 X 400 RELAY	
Kukucka	1:06.5
Cruz	1:02.4
Sponga	1:05.1
Cioffi	1:21.2
<b>1st</b>	<b>4:35.1</b>

POLE VAULT		
Rivera	<b>3rd</b>	<b>8'0</b>
Miller		<b>6'6</b>
Ambroz		<b>NH</b>
Tellier		<b>NH</b>

400 METER DASH		
Tumer	<b>1st</b>	<b>1:04.8</b>
Jesko	<b>2nd</b>	<b>1:06.3</b>
Breuer	<b>3rd</b>	<b>1:10.3</b>

800 METER RUN				
Miller	34.6	1:12.1	1:50.8	<b>2:32.5</b>
<b>1st</b>		37.5	38.7	41.7
Counts	36.3	1:17.1	2:01.0	<b>2:49.0</b>
<b>3rd</b>		40.8	43.9	48.0
Ruiz	38.6	1:21.7	2:06.7	<b>2:55.7</b>
		43.1	45.0	49.0
Raesler	40.8	1:28.5	2:16.1	<b>2:56.6</b>
		47.7	47.6	40.5
Kessler	40.9	1:28.5	2:15.9	<b>3:00.1</b>
		47.6	47.4	44.2
Wright	0:50.8	2:02.6	3:07.6	<b>4:11.0</b>
		1:11.8	1:05.0	1:03.4
DelMonico	1:12.7	2:42.5	4:20.6	<b>5:42.5</b>
		1:29.8	1:38.1	1:21.9

LONG JUMP		
Vargo	<b>2nd</b>	<b>14'8</b>
Kimmich	<b>3rd</b>	<b>14'6</b>
Grapes		<b>14'3</b>
Ayuso Cuesta		<b>12'7</b>
Hunker		<b>12'2</b>

100 M HURDLES		
Pleban	<b>1st</b>	<b>15.7</b>
Vargo	<b>3rd</b>	<b>16.6</b>
Ayuso Cuesta		<b>22.5</b>

HIGH JUMP		
Pleban	<b>1st</b>	<b>4'10</b>
Kimmich		<b>4'3</b>
Vargo		<b>4'0</b>
Ayuso		<b>NH</b>

300 M HURDLES		
Vargo	<b>1st</b>	<b>51.0</b>

3200 METER RUN								
Kessler	1:57.5	4:00.4	5:19.7	8:16.1	10:23.1	12:30.2	14:35.3	<b>16:24.4</b>
<b>1st</b>		2:02.9	1:19.3	2:56.4	2:07.0	2:07.1	2:05.1	1:49.1

FINAL TEAM SCORE		100 METER DASH		4 X 800 RELAY				4 X 100 RELAY	
			<i>Prelim</i> <i>Final</i>						
Avon	98	Hicks	14.14	Counts	37.6	1:19.8	2:05.2	2:47.7	Pleban
Twinsburg	96					42.2	45.4	42.5	Cruz
Rocky River	85			Raesler	40.9	1:31.7	2:22.7	3:05.4	Rivera
Lorain	59	Cioffi	14.14			50.8	51.0	42.7	Hicks
Westlake	51			Ruiz	42.4	1:28.0	2:16.4	2:57.5	
Olmsted Falls	48					45.6	48.4	41.1	52.40
Amherst Steele	47.3			Miller	35.8	1:14.7	1:55.6	2:33.6	
Lakewood	41.3					38.9	40.9	38.0	
Magnificat	38								
Bay	29.3							11:24.61	
Avon "B"	26								
Austintwn Fitch	19								
North Olmsted	10								
North Ridgeville	7								
Sandusky	5								
Holy Name	3								
Max Hayes	0								

SHOT PUT		200 METER DASH		1600 METER RUN				4 X 200 RELAY		
			<i>Prelim</i> <i>Final</i>							
Bedo	23'11 1/4	Baker	25.60	Pecora	1:18.3	2:43.4	4:11.4	5:37.20	Kukucka	27.5
		1st		8th		1:25.1	1:28.0	1:25.8	Sponga	28.8
Glahn	23'4 3/4	Cruz	27.15	Ilcisko	1:26.8	3:09.6	4:54.7	6:34.60	Anderson	28.4
						1:42.8	1:45.1	1:39.9	Hicks	28.4
									1:53.52	

DISCUS		400 METER DASH		800 METER RUN				4 X 400 RELAY		
			<i>Final</i>							
Bedo	80'6	Baker	56.99	Wilson	32.3	1:07.8	1:43.6	2:21.26	Cruz	1:01.9
		1st		2nd		35.5	35.8	37.7	Wilson	1:00.9
Zakrajsek	73'2	Kukucka	1:05.41	Alflen	33.8	1:11.1	1:48.6	2:28.60	Alflen	1:04.4
				7th		37.3	37.5	40.0	Baker	0:58.2
									4:05.81	

LONG JUMP		100 METER HURDLES		3200 METER RUN									
			<i>Prelim</i> <i>Final</i>										
Grapes	13'10	Pleban	DNF	Darkow	1:20.1	2:51.6	4:26.4	6:01.1	7:37.7	9:14.3	10:51.9	12:18.51	
				8th		1:31.5	1:34.8	1:34.7	1:36.6	1:36.6	1:37.6	1:26.6	
Kimmich	14'2 1/4	Vargo	17.69	Carrell	1:26.1	3:01.7	4:36.7	6:09.8	7:45.3	9:20.6	10:58.3	12:23.86	
						1:35.6	1:35.0	1:33.1	1:35.5	1:35.3	1:37.7	1:25.6	

HIGH JUMP		POLE VAULT		300 METER HURDLES	
					<i>Final</i>
Pleban	4'6	Rivera	8'0	Vargo	50.21
Tie 8th				6th	
Kimmich	4'6	Tellier	NH	Grapes	51.83

Wed., May 3, 2023

# SWC JV Meet

At Marion L. Steele High School

## FINAL TEAM SCORE

No Team Scores

## 100 METER DASH

Cioffi	<b>4th</b>	<b>14.69</b>
Jarnigan	<b>5th</b>	<b>14.70</b>
Vitelli		<b>15.68</b>
Gutierrez		<b>17.51</b>

## 4 X 800 RELAY

Breuer	39.7	1:24.3	2:11.0	<b>2:53.5</b>
		44.6	46.7	42.5
Barry	43.6	1:31.3	2:23.0	<b>3:13.5</b>
		47.7	51.7	50.5
Nicoletti	47.5	1:38.0	2:28.7	<b>3:17.2</b>
		50.5	50.7	48.5
Schubert	43.7	1:35.4	2:29.3	<b>3:17.5</b>
		51.7	53.9	48.2
<b>3rd</b>				<b>11:24.61</b>

## 4 X 100 RELAY

Jarnigan	
Cioffi	
Giurbino	
Ayoso Cuesta	
<b>3rd</b>	<b>56.43</b>

## SHOT PUT

Poulton	<b>8th</b>	<b>22'11 1/4</b>
Perry		<b>22'6 3/4</b>
Zakrajsek		<b>21'5 3/4</b>

## 4 X 200 RELAY

Jarnigan	30.8
Giurbino	30.5
Cioffi	29.7
Stewart	31.3
<b>5th</b>	<b>2:02.42</b>

## DISCUS

Zakrajsek	<b>5th</b>	<b>77'8</b>
Poulton		<b>68'3</b>
Jeffries		<b>65'10</b>

## 200 METER DASH

Stewart	<b>32.57</b>
Koba-Nelson	<b>32.96</b>
Squires	<b>33.08</b>
Hunker	<b>33.13</b>

## 1600 METER RUN

Huston	1:30.9	3:14.6	4:58.3	<b>6:33.59</b>
		1:43.7	1:43.7	1:35.3
Timko	1:46.3	3:46.9	5:47.6	<b>7:37.23</b>
		2:00.6	2:00.7	1:49.6

## 4 X 400 RELAY

Anderson	1:08.7
Turner	1:04.3
Jesko	1:08.8
Ruiz	1:10.6
<b>1st</b>	<b>4:32.91</b>

## POLE VAULT

Ambroz	<b>1st</b>	<b>8'6</b>
--------	------------	------------

## 400 METER DASH

Diar	<b>1:23.26</b>
Wright	<b>1:35.85</b>
Gilboy	<b>1:40.84</b>

## 800 METER RUN

Ilcisko	38.1	1:20.5	2:05.7	<b>2:53.31</b>
		42.4	45.2	47.6
Counts	36.1	1:19.5	2:05.3	<b>2:55.34</b>
		43.4	45.8	50.0
Raesler	40.3	1:27.4	2:14.9	<b>3:01.50</b>
		47.1	47.5	46.6

## LONG JUMP

Ayosa Cuesta	<b>5th</b>	<b>13'5</b>
Hunker	<b>7th</b>	<b>13'3 1/2</b>

## 100 M HURDLES

Friday, May 5, 2023

**Medina Last Chance Invitational**

At Medina High School

<b>FINAL TEAM SCORE</b>		<b>100 METER DASH</b>		<b>4 X 800 RELAY</b>				<b>4 X 100 RELAY</b>	
			<i>Final</i>						
<b>Medina</b>	<b>170</b>	Cruz	<b>13.28</b>	Ruiz	39.6	1:20.6	2:05.9	<b>2:50.8</b>	Giurbino
<b>Massillon Perry</b>	<b>169.5</b>	<b>8th</b>				41.0	45.3	44.9	Cioffi
<b>Nordonia</b>	<b>91.75</b>			Nicoletti	44.0	1:32.2	2:20.8	<b>3:07.9</b>	Jarnigan
<b>Amherst Steele</b>	<b>71.5</b>	Sponga	<b>13.86</b>			48.2	48.6	47.1	Ayuso Cuesta
<b>Berea-Midpark</b>	<b>45</b>			Barry	47.4	1:35.4	2:25.4	<b>3:11.4</b>	
<b>Medina B</b>	<b>36</b>					48.0	50.0	46.0	<b>5th</b>
<b>Normandy</b>	<b>28.25</b>	Rivera	<b>14.25</b>	Raesler	42.3	1:29.0	2:15.2	<b>2:55.8</b>	<b>55.90</b>
<b>Rhodes</b>	<b>23</b>					46.7	46.2	40.6	
				<b>4th</b>					<b>12:08.00</b>

<b>SHOT PUT</b>		<b>200 METER DASH</b>		<b>1600 METER RUN</b>				<b>4 X 200 RELAY</b>		
			<i>Final</i>							
Bedo	<b>26'9 1/4</b>	Cruz	<b>27.06</b>	Wilson	1:12.2	2:33.3	3:57.9	<b>5:15.56</b>	Kukucka	27.3
		<b>5th</b>		<b>1st</b>		1:21.1	1:24.6	1:17.7	Jarnigan	27.4
Glahn	<b>25'6 1/4</b>	Sponga	<b>28.20</b>	Alflen	1:14.6	2:39.4	4:08.5	<b>5:34.42</b>	Rivera	30.3
				<b>2nd</b>		1:24.8	1:29.1	1:25.9	Anderson	29.1
Poulton	<b>20'8</b>			Darkow	1:15.8	2:42.1	4:15.1	<b>5:47.07</b>	<b>5th</b>	<b>1:54.06</b>
				<b>4th</b>		1:26.3	1:33.0	1:32.0		

<b>DISCUS</b>		<b>400 METER DASH</b>		<b>800 METER RUN</b>				<b>4 X 400 RELAY</b>		
			<i>Final</i>							
Bedo	<b>73'4</b>	Kukucka	<b>1:04.40</b>	Turner	37.2	1:15.3	1:57.6	<b>2:40.92</b>	Cruz	<b>1:01.3</b>
		<b>8th</b>				38.1	42.3	43.3	Turner	<b>1:03.6</b>
Schubert	<b>70'0</b>	Jesko	<b>1:08.17</b>	Counts	38.5	1:21.0	2:08.0	<b>2:52.98</b>	Alflen	<b>1:04.2</b>
						42.5	47.0	45.0	Wilson	<b>1:00.3</b>
Zakrajsek	<b>68'4</b>			Ruiz	39.1	1:21.6	2:08.4	<b>2:53.33</b>	<b>2nd</b>	<b>4:09.75</b>
						42.5	46.8	44.9		

<b>POLE VAULT</b>		<b>LONG JUMP</b>		<b>3200 METER RUN</b>								
Ambroz	<b>8'6</b>	Kimmich	<b>14'8</b>	Carrell	1:30.0	3:02.1	4:38.8	6:14.7	7:52.8	9:31.2	11:08.1	<b>12:48.12</b>
<b>7th</b>		<b>8th</b>		<b>4th</b>		1:32.1	1:36.7	1:35.9	1:38.1	1:38.4	1:36.9	1:40.0
Rivera	<b>8'0</b>	Vargo	<b>14'6 1/4</b>	Ilcisko	1:33.8	3:15.0	4:55.5	6:40.1	8:26.8	10:12.7	12:00.5	<b>13:35.64</b>
<b>Tie 8th</b>						1:41.2	1:40.5	1:44.6	1:46.7	1:45.9	1:47.8	1:35.1
		Grapes	<b>14'4 1/4</b>	Huston	1:34.6	3:17.0	5:03.2	6:52.7	8:44.5	10:41.1	12:34.7	<b>14:06.86</b>
						1:42.4	1:46.2	1:49.5	1:51.8	1:56.6	1:53.6	1:32.2

<b>HIGH JUMP</b>		<b>100 METER HURDLES</b>		<b>300 METER HURDLES</b>	
			<i>Final</i>		<i>Final</i>
Kimmich	<b>4'8</b>	Vargo	<b>17.35</b>	Vargo	<b>49.26</b>
		<b>3rd</b>		<b>3rd</b>	
Vargo	<b>NH</b>			Grapes	<b>50.85</b>
				<b>5th</b>	



Mon., May 8, 2023

# Avon-Avon Lake JV

At Marion L. Steele High School

### FINAL TEAM SCORE

No Team Scores

### 100 METER DASH

Cioffi	13.9
Jamigan	14.1
Tellier	14.7
Hunker	15.0
Koba-Nelson	15.4
Vitelli	15.4
Squires	15.5
Gutierrez	17.1

### 4 X 800 RELAY

### 4 X 100 RELAY

Giurbino	
Cioffi	
Jamigan	
Ayuso-Cuesta	<b>56.2</b>

### SHOT PUT

Pery	22'8
Donohue	20'5 1/2
Jeffries	19'11

### 4 X 200 RELAY

Jamigan	29.7
Giurbino	30.6
Cioffi	29.4
Stewart	31.3
	<b>2:01.0</b>

### DISCUS

Jeffries	77'3
Schubert	75'2
Donohue	45'5
Pery	44'0

### 200 METER DASH

Anderson	28.4
Jamigan	29.5
Stewart	31.8
Hunker	32.0
Vitelli	32.2
Koba-Nelson	32.7
Squires	32.8
Gutierrez	38.2

### 1600 METER RUN

Ilcisko	1:27.5	3:02.8	4:35.6	<b>6:09.6</b>
		1:35.3	1:32.8	1:34.0
Huston	1:32.7	3:14.6	4:58.3	<b>6:34.4</b>
		1:41.9	1:43.7	1:36.1
Bary	1:40.6	3:30.4	5:16.4	<b>7:07.8</b>
		1:49.8	1:46.0	1:51.4
Timko	1:41.1	3:33.7	5:32.4	<b>7:24.9</b>
		1:52.6	1:58.7	1:52.5

### 4 X 400 RELAY

Giurbino	1:13.4
Squires	1:20.3
Bary	1:27.0
Ruiz	1:10.2
	<b>5:10.7</b>

Ilcisko	1:15.4
Timko	1:26.5
Raesler	1:15.4
Breuer	1:09.9
	<b>5:07.2</b>

### POLE VAULT

Miller	7'6
Tellier	NH

### 400 METER DASH

Breuer	1:08.9
Schubert	1:17.3
Wright	1:28.7
Gilboy	1:36.0

### 800 METER RUN

Jesko	39.7	1:21.9	2:04.5	<b>2:42.8</b>
		42.2	42.6	38.3
Ruiz	40.4	1:23.0	2:09.0	<b>2:47.1</b>
		42.6	46.0	38.1
Raesler	42.4	1:30.1	2:19.0	<b>3:01.6</b>
		47.7	48.9	42.6
Nicoletti	43.4	1:30.1	2:19.7	<b>3:05.8</b>
		46.7	49.6	46.1

### LONG JUMP

Hunker	13'0 1/2
Ayuso-Cuesta	12'11

### 110 M HURDLES

### HIGH JUMP

### 300 M HURDLES

### 3200 METER RUN

Counts	1:35.6	3:20.6	5:09.3	7:01.4	8:56.8	10:54.3	12:51.1	<b>14:33.0</b>
--------	--------	--------	--------	--------	--------	---------	---------	----------------

FINAL TEAM SCORE		100 METER DASH			4 X 800 RELAY				4 X 100 RELAY		
			<i>Semi</i>	<i>Final</i>							
Avon	140	Baker	12.67	12.05	Wilson	31.2	1:06.6	1:43.8	2:19.4	Sponga	
Avon Lake	119	<b>1st</b>					35.4	37.2	35.6	Pleban	
Olmsted Falls	117.5	<b>New School Record</b>			Alflen	32.8	1:09.2	1:48.2	2:25.6	Rivera	
<b>Amherst Steele</b>	<b>101.5</b>	Cruz	13.54	13.06			36.4	39.0	37.4	Hicks	
Midview	62	<b>6th</b>			Pecora	33.3	1:09.8	1:48.6	2:29.7		
North Ridgeville	53						36.5	38.8	41.1	<b>4th</b>	<b>51.41</b>
Berea-Midpark	41				Miller	34.3	1:11.5	1:49.6	2:27.3		
Elyria	20						37.2	38.1	37.7		
					<b>4th</b>				<b>9:42.89</b>		

SHOT PUT		200 METER DASH			1600 METER RUN				4 X 200 RELAY		
			<i>Semi</i>	<i>Final</i>							
Bedo	26'7 1/2	Baker	26.33	25.16	Alflen	1:14.9	2:39.6	4:08.1	5:28.02	Kukucka	27.8
		<b>1st</b>			<b>6th</b>		1:24.7	1:28.5	1:19.9	Anderson	28.0
Glahn	23'11 1/2	Cruz	27.60	27.30	Pecora	1:16.0	2:41.6	4:08.5	5:28.76	Sponga	27.3
		<b>5th</b>			<b>7th</b>		1:25.6	1:26.9	1:20.3	Hicks	27.0
										<b>4th</b>	<b>1:50.34</b>

DISCUS		400 METER DASH			800 METER RUN				4 X 400 RELAY		
			<i>Semi</i>	<i>Final</i>							
Bedo	78'8	Baker	58.73	56.10	Wilson	31.7	1:05.7	1:41.1	2:20.54	Cruz	1:00.5
		<b>1st</b>			<b>6th</b>		34.0	35.4	39.4	Turner	1:01.9
Schubert	68'11	Kukucka	1:05.04	1:04.34	Miller	34.5	1:11.1	1:50.0	2:25.99	Wilson	1:01.6
		<b>7th</b>			<b>7th</b>		36.6	38.9	36.0	Baker	56.8
										<b>1st</b>	<b>4:01.19</b>

POLE VAULT		100 METER HURDLES			3200 METER RUN								
			<i>Semi</i>	<i>Final</i>									
Rivera	8'0	Pleban	15.90	15.39	Carrell	1:27.2	2:58.5	4:31.3	6:06.2	7:41.0	9:19.7	10:55.9	12:20.12
		<b>1st</b>			<b>7th</b>		1:31.3	1:32.8	1:34.9	1:34.8	1:38.7	1:36.2	1:24.2
Ambroz	8'0	Vargo	17.24	16.80	Darkow	1:26.8	2:58.5	4:31.3	6:06.2	7:41.0	9:19.7	10:55.8	12:23.30
		<b>7th</b>			<b>8th</b>		1:31.7	1:32.8	1:34.9	1:34.8	1:38.7	1:36.1	1:27.5

HIGH JUMP		LONG JUMP		300 METER HURDLES		
					<i>Semi</i>	<i>Final</i>
Pleban	4'10	Grapes	14'10	Vargo	49.26	48.68
<b>Tie 3rd</b>		<b>8th</b>		<b>3rd</b>		
Kimmich	4'6	Kimmich	14'3	Grapes	49.77	50.49

TEAM SCORES		100 METER DASH			4 X 800 RELAY				4 X 100 RELAY	
			<i>Semi</i>	<i>Final</i>						
Westlake	81	Baker	12.94	11.98	Wilson	32.2	1:08.0	1:43.7	2:17.8	Sponga
Avon	71	2nd					35.8	35.7	34.1	Pleban
Olmsted Falls	66.17	<b>New School Record</b>			Alflen	33.0	1:08.9	1:46.0	2:25.7	Rivera
Rocky River	65.17	Cruz	13.40	13.09			35.9	37.1	39.7	Hicks
Magnificat	64	8th			Pecora	35.2	1:12.2	1:50.4	2:27.8	
Lakewood	59.17						37.0	38.2	37.4	53.15
Lorain	57				Miller	33.0	1:09.2	1:48.3	2:25.2	
Avon Lake	56						36.2	39.1	36.9	
Amherst Steele	55.33									<b>4 X 200 RELAY</b>
Midview	33.17				5th					Kukucka 27.9
Cleve. St. Joe's	16									Anderson 28.3
North Ridgeville	14									Sponga 26.8
Bay	10									Hicks 28.5
North Olmsted	5									1:51.97
Elyria	5									
John Marshall	3									

SHOT PUT		200 METER DASH			1600 METER RUN				
			<i>Semi</i>	<i>Final</i>					
Bedo	25'9 1/4	Cruz	27.76		Alflen	1:15.1	2:39.8	4:07.5	5:28.23
					7th		1:24.7	1:27.7	1:20.7
Glahn	25'9	Hicks	29.66		Pecora	1:17.1	2:40.7	4:07.7	5:33.89
							1:23.6	1:27.0	1:26.2

DISCUS		400 METER DASH			800 METER RUN				
			<i>Semi</i>	<i>Final</i>					
Bedo	79'1	Baker	59.00	56.49	Wilson	33.3	1:06.8	1:43.5	2:20.20
		1st			6th		33.5	36.7	36.7
Zakrajsek	76'11	Kukucka	1:05.10		prelim:	32.6	1:08.8	1:47.4	2:26.03
							36.2	38.6	38.6
					Miller	33.8	1:09.7	1:47.7	2:25.00
							35.9	38.0	37.3
					prelim:	34.7	1:11.7	1:50.9	2:28.57
							37.0	39.2	37.7

POLE VAULT		100 METER HURDLES			3200 METER RUN								
			<i>Semi</i>	<i>Final</i>									
Ambroz	8'0	Pleban	15.78	15.07	Darkow	1:23.1	2:54.8	4:28.3	6:02.9	7:37.2	9:14.3	10:51.0	12:19.17
Tie 8th		2nd					1:31.7	1:33.5	1:34.6	1:34.3	1:37.1	1:36.7	1:28.2
Rivera	8'0	Vargo	17.79		Carrell	1:24.5	2:58.5	4:33.6	6:10.3	7:47.3	9:27.2	11:06.6	12:36.36
Tie 8th							1:34.0	1:35.1	1:36.7	1:37.0	1:39.9	1:39.4	1:29.8

HIGH JUMP		LONG JUMP		300 METER HURDLES	
				<i>Semi</i>	<i>Final</i>
Pleban	5'0	Kimmich	13'2	Vargo	49.14
5th				3rd	47.12
Kimmich	4'6			Grapes	52.01



<b>TEAM SCORES</b>	<b>100 METER DASH</b>	<b>4 X 800 RELAY</b>	<b>4 X 100 RELAY</b>
--------------------	-----------------------	----------------------	----------------------

	<i>Semi</i>	<i>Final</i>	<i>Semi</i>	<i>Final</i>
Baker	12.08			

<b>4 X 200 RELAY</b>
----------------------

<i>Semi</i>	<i>Final</i>
-------------	--------------

<b>200 METER DASH</b>	<b>1600 METER RUN</b>	<b>4 X 400 RELAY</b>
-----------------------	-----------------------	----------------------

<i>Semi</i>	<i>Final</i>
-------------	--------------

	<i>Semi</i>	<i>Final</i>
Cruz	1:01.4	
Turner	1:03.8	
Wilson	59.8	
Baker	55.6	
	<b>4:01.12</b>	

<b>400 METER DASH</b>	<b>800 METER RUN</b>	<b>SHOT PUT</b>
-----------------------	----------------------	-----------------

	<i>Semi</i>	<i>Final</i>
Baker	55.78	55.57
<b>5th</b>		

<b>LONG JUMP</b>	<b>100 METER HURDLES</b>	<b>3200 METER RUN</b>
------------------	--------------------------	-----------------------

	<i>Semi</i>	<i>Final</i>
Pleban	15.25	

<b>HIGH JUMP</b>	<b>300 METER HURDLES</b>	<b>POLE VAULT</b>	<b>DISCUS</b>
------------------	--------------------------	-------------------	---------------

<i>Semi</i>	<i>Final</i>
-------------	--------------