

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	Amy McKinley	2:21.6	1992	Kim Welte	2:22.2 c	1977	Colleen Young	2:24.9	1989
Heather Skeeles	2:19.79	1997	Laura Brinkley	2:23.45	2000	Riley Schenk	2:23.85	2012	Marisa Gillam	2:25.67	2015
Amy McKinley	2:19.7	1993	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	Joyce Towner	2:28.2	1982
Patti Sirb	2:20.9	1983	Heather Skeeles	2:24.5	1996	Emily Johnson	2:25.8	2011	Brittnee Barris	2:28.5	2000
Ally Potyrala	2:22.83	2016	Kim Welte	2:24.6 c	1978	Patti Sirb	2:26.0	1981	Gracen Siegenthaler	2:28.8	2015
Tammy Marshall	2:22.9	1982	Carol Zilch	2:25.4	1982	Tealla Scrofano	2:26.60	2005	Jessica Bartholomew	2:28.9	2006
Cassie Vince	2:24.60	2013	Tealla Scrofano	2:25.7	2006	Krystina Bove	2:26.70	2003	Brianna Sekerak	2:29.39	2014
Kristen Mackert	2:24.8	1994	Krystina Bove	2:27.12	2004	Erica Kelly	2:27.90	2008	Leah Johnson	2:29.57	2016
Kasey Schuler	2:25.61	2011	Patti Sirb	2:27.2	1982	Sue Dziama	2:29.2	1992	Emily Johnson	2:29.7	2010
Angelica Buccu	2:26.38	2012	Cara Giannuzzi	2:27.3	2016	Cara Giannuzzi	2:29.34	2015	Angelica Buccu	2:30.45	2009
Jean Horey	2:26.4	1992	Beth Huffman	2:27.5	1981	Connie Wagner	2:29.6	1981	Tealla Scrofano	2:30.54	2004
Jane Lehman	2:26.9	2009	Angelica Buccu	2:28.54	2011	Jean Horey	2:29.6	1990	Melanie Watling	2:31.4	1987
Erica Kelly	2:27.58	2010	Kaye Feldkamp	2:28.89	2005	Betsy Melick	2:29.6	2005	Krystina Bove	2:31.65	2002
Laura Brinkley	2:27.89	2001	Kyle Dandrea	2:29.4	2003	Beth Sadowski	2:30.2	1982	Cara Giannuzzi	2:31.8	2014
Kim Welte	2:27.6 c	1980	Riley Schenk	2:29.30	2013	Abbie Hornyak	2:30.84	2008	Angie Frabotta	2:32.0	1995
Lori Smith	2:28.0 c	1977	Deanna Spanski	2:29.9	1985	Allie Turwald	2:30.89	2011	Karla Spontik	2:32.0	1997
Jen Koperdak	2:28.53	2002	Lexi O'Connor	2:30.40	2013	Beth Huffman	2:31.0	1980	Christine Thompson	2:32.2	1994
Lisa Mudrich	2:29.8	1982	Erin Daniels	2:30.9	1998	Carol Zilch	2:31.9	1981	Kim Welte	2:32.3c	1976
Kyle Dandrea	2:30.8	2004	Ally Potyrala	2:31.4	2015	Kim Sadowski	2:31.9 c	1980	Christine Shumyla	2:34.7	1999
Abby Morris	2:30.80	2007	Carrie Kurish	2:32.5	2009	Emelys Crehore	2:32.0	1995	Emma Kelley	2:34.8	2016
Jenny Luca	2:30.9	1997	Tracy Wartsler	2:32.9c	1978	Ally Potyrala	2:31.12	2014	Sue Dziama	2:35.4	1991
Carrie Watson	2:31.7	1994	Jess. Bartholomew	2:32.8	2008	Alicia DelValle	2:31.93	2016	Carrie Watson	2:35.5	1991
Gretchen Gilder	2:31.9	2001	Kaitlin Lyghtel	2:33.1	2005	Angie Skeeles	2:32.2	1997	Alison Gillam	2:35.5	2009
Heather Wigton	2:32.1	2016	Jane Lehman	2:33.2	2008	Gracen Siegenthaler	2:32.30	2016	Beth Sadowski	2:36.0	1982
Ria Ross	2:32.5	1995	Abbie Hornyak	2:33.86	2009	Joyce Towner	2:32.6	1982	Connie Wagner	2:37.2 c	1980

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	Brittnee Barris	5:24.8	2000
Christine Thompson	5:00.6	1997	Amy McKinley	5:08.9	1992	Sue Dziama	5:12.4	1992	Alexis Szivan	5:24.9	2012
Theresa Feldkamp	5:03.0	2001	Beth Huffman	5:09.4	1981	Betsy Melick	5:14.35	2005	Christine Thompson	5:26.8	1994
Kyle Dandrea	5:05.23	2004	Christine Thompson	5:09.6	1996	Kim Welte	5:15.3 c	1977	Leah Johnson	5:26.87	2016
Alexis Szivan	5:11.8	2015	Theresa Feldkamp	5:15.2	2000	Alexis Szivan	5:17.1	2013	Joyce Towner	5:27.0	1981
Sue Dziama	5:12.6	1994	Kyle Dandrea	5:17.23	2003	Amy McKinley	5:17.9	1991	Jessica Bartholomew	5:27.2	2006
Cassie Vince	5:14.82	2013	Cara Giannuzzi	5:23.29	2016	Brittnee Barris	5:18.16	2001	Amy McKinley	5:28.4	1990
Kim Welte	5:23.9 c	1979	Emily Johnson	5:25.02	2012	Beth Huffman	5:20.6 c	1980	Emily Johnson	5:30.01	2010
Shannon McDonald	5:24.80	2006	Erica Kelly	5:25.45	2009	Theresa Feldkamp	5:21.00	1999	Cara Giannuzzi	5:32.65	2014
Heather Skeeles	5:25.8	1997	Colleen Young	5:28.0	1991	Colleen Young	5:23.8	1990	Krystina Bove	5:32.8	2016
Beth Huffman	5:27.1	1982	Kasey Schuler	5:29.1	2010	Erica Kelly	5:26.3	2008	Kelly Nye	5:35.5	1994
Patti Sirb	5:27.9	1983	Karla Spontik	5:32.71	1999	Megan Parker	5:27.3	2014	Kalyn Potyrala	5:36.0	2016
Jane Lehman	5:29.22	2009	Megan Byrne	5:32.95	2007	Kasey Schuler	5:28.3	2009	Sue Dziama	5:38.8	1991
Lori Smith	5:29.5c	1977	Rachel Dorsch	5:33.0	1991	Emily Johnson	5:28.55	2011	Erica Kelly	5:38.88	2007
Michelle Greussner	5:29.5c	1979	Sue Dziama	5:33.5	1993	Karla Spontik	5:29.4	1998	Leslie Paine	5:39.9	1994
Kelly Nye	5:29.6	1997	Jess. Bartholomew	5:33.5	2008	Cara Giannuzzi	5:30.72	2015	Shannon McDonald	5:40.4	2003
Colleen Young	5:31.8	1992	Kelly Nye	5:33.8	1996	Joyce Towner	5:33.5	1982	Sara Gosses	5:40.82	2003
Kasey Schuler	5:31.99	2011	Lindsey Hipp	5:33.8	2001	Jill Stavole	5:34.5	1989	Britt Ericson	5:40.8	1996
Sara Gosses	5:32.60	2006	Ashley Hill	5:34.5	2016	Ria Ross	5:34.9	1993	Kim Welte	5:41.5c	1976
Tealla Scrofano	5:32.7	2007	Ria Ross	5:34.6	1994	Kyle Dandrea	5:35.22	2002	Christina Kallas	5:41.69	2001
Megan Byrne	5:33.69	2008	Tealla Scrofano	5:34.8	2006	Kelly Nye	5:35.4	1995	Ashley Hill	5:41.76	2014
Devan Molnar	5:33.89	2011	Jane Lehman	5:35.27	2008	Tealla Scrofano	5:35.7	2005	Colleen Young	5:41.8	1989
Jodi Rhoades	5:34.06	1999	Shannon McDonald	5:35.3	2005	Sara Gosses	5:36.21	2004	Tealla Scrofano	5:42.1	2004
Betsy Melick	5:34.23	2007	Brittnee Barris	5:37.00	2002	Jane Lehman	5:37.8	2007	Kasey Schuler	5:43.5	2008
Ria Ross	5:35.1	1995	Megan Beal	5:38.78	2012	Alicia DelValle	5:37.9	2016	Karla Spontik	5:45.8	1997
Jill Stavole	5:36.1	1991	Kim Rhoades	5:39.1	2000	Ashley Hill	5:41.3	2015	Connie Wagner	5:46.6	1980
Abbie Hornyak	5:36.2	2010	Jodi Rhoades	5:39.4	1996	Leslie Paine	5:41.4	1995	Kyle Dandrea	5:47.1	2001
Lindsey Hipp	5:36.80	2002	Christy Melick	5:39.40	2003	Kirsten Penton	5:42.1	1980	Ali Pittak	5:47.35	2014
Katie Hanna	5:38.6	1993	Heather Skeeles	5:39.6	1996	Krystina Bove	5:42.9	2003	Rachel Szczodrowski	5:49.8	2010
Angie Skeeles	5:40.0	1999	Kelli Meyers	5:39.6	1997	Sydney Card	5:43.4	2015	Angelica Buccu	5:49.8	2009

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	Lindsey Hipp	11:44.34	2001	Brittnee Barris	11:22.61	2001	Amy McKinley	11:34.38	1990
Christine Thompson	11:19.6	1997	Jane Lehman	11:45.22	2008	Megan Parker	11:43.00	2014	Shannon McDonald	11:47.87	2003
Kyle Dandrea	11:30.60	2004	Jess Bartholomew	11:45.59	2008	Emily Johnson	11:49.38	2011	Emily Johnson	11:56.80	2010
Shannon McDonald	11:30.86	2006	Kyle Dandrea	11:54.85	2003	Betsy Melick	11:52.9	2005	Christine Shumyla	11:58.06	1999
Jane Lehman	11:40.14	2009	Kelli Meyers	12:02.7	1997	Jane Lehman	12:09.85	2007	Sue Dziama	12:11.3	1991
Jenny Luca	11:45.6	1997	Beth Huffman	12:03.3	1981	Erica Kelly	12:10.60	2008	Leah Johnson	12:18.08	2016
Ria Ross	11:57.5	1995	Ria Ross	12:06.5	1994	Rachel Dorsch	12:10.9	1990	Megan Parker	12:20.14	2013
Rachel Dorsch	11:58.1	1992	Kim Rhoades	12:07.91	2000	Sue Dziama	12:11.7	1992	Connie Wagner	12:21.4	1980
Kelly Nye	12:06.0	1997	Christy Melick	12:08.85	2003	Jessica Bartholomew	12:13.60	2007	Amy Thompson	12:21.9	1990
Lindsey Hipp	12:08.25	2002	Shannon McDonald	12:09.9	2005	Colleen Young	12:14.2	1990	Britt Ericson	12:31.9	1996
Erin Daniels	12:08.29	1999	Brittnee Barris	12:10.5	2002	Sarah Walters	12:18.76	2010	Rachel Szczodrowski	12:32.04	2014
Heather Skeeles	12:08.3	1997	Sue Dziama	12:10.7	1993	Kelly Nye	12:21.3	1995	Alison Gillam	12:35.37	2009
Katie Hanna	12:12.0	1993	Cara Giannuzzi	12:13.7	2016	Ria Ross	12:22.5	1993	Kelli Spontik	12:37.9	1999
Sarah Walters	12:12.64	2012	Ashley Hill	12:14.60	2016	Christine Shumyla	12:25.2	2000	Christina Kallas	12:39.4	2001
Leslie Paine	12:14.4	1997	Megan Beal	12:15.50	2012	Karla Spontik	12:26.2	1998	Jane Lehman	12:41.00	2006
Alexis Szivan	12:15.2	2015	Sarah Walters	12:17.10	2011	Amy Thompson	12:28.2	1991	Christy Melick	12:41.5	2001
Nina Hill	12:17.20	2012	Rachel Dorsch	12:19.9	1992	Michele Molnar	12:30.93	2006	Antonia Monteleone	12:42.5	2016
Christine Shumyla	12:19.87	2012	Nina Hill	12:20.28	2011	Bridgette Wadge	12:37.27	2015	Kirsten Penton	12:44.2 c	1979
Kim Rhoades	12:21.65	2002	Michele Molnar	12:20.56	2007	Sara Gosses	12:38.20	2004	Sarah Walters	12:47.87	2009
Devan Molnar	12:22.26	2001	Rachel Szczodrowski	12:21.98	2016	Alison Gillam	12:39.39	2010	Heather Stay	12:48.0	1999
Sara Gosses	12:28.5	2011	Amy Thompson	12:22.6	1992	Ashley Hill	12:41.36	2015	Leslie Paine	12:52.3	1994
Chelsea Kamody	12:30.5	2006	Melissa Delgado	12:23.45	1998	Nina Hill	12:42.53	2010	Michele Molnar	12:52.47	2005
Denise Spanski	12:31.4	2007	Megan Parker	12:28.68	2015	Cara Giannuzzi	12:43.5	2015	Kelly Nye	12:56.2	1994
Abbie Hornyak	12:33.7	1989	Katie Hanna	12:31.4	1993	Leslie Paine	12:47.7	1997	Katie Orseno	13:00.22	2009
Kelli Meyers	12:36.2	2010	Bridgette Wadge	12:33.16	2016	Britt Ericson	12:48.6	1997	Molly Dulmage	13:04.1	1994
Marissa Spellman	12:38.5	1998	Christine Shumyla	12:35.7	2001	Clara Bagues	12:49.24	2015	Nina Hill	13:05.11	2009
Laura Brinkley	12:51.9	1994	Britt Ericson	12:36.4	1998	Angie Skeeles	12:50.9	1997	Colleen Young	13:09.1	1989
Megan Parker	12:51.90	2016	Marissa Spellman	12:40.6	1993	Christina Kallas	12:51.9	2002	Sara Gosses	13:13.50	2003

100 METER HURDLES

SENIORS			JUNIORS			SOPHOMORES			FRESHMEN		
Kristi Keplinger	14.2	1987	Sarah Moore	15.75	2012	Mariah Shorts	16.6	2016	Kara Kasper	16.11	2005
Madison Reynolds	14.90	2016	Kara Kasper	16.06	2007	Allison Marty	16.98	2004	Tessa Shagovac	16.7	1998
Kara Kasper	15.07	2008	Erin Kasper	16.26	2012	Erin Kasper	17.12	2011	Mariah Shorts	17.2	2015
Sarah Moore	15.09	2013	Erin Myosky	16.61	2006	Sarah Moore	17.19	2011	Christie Dziubek	17.5	1991
Tessa Shagovac	15.31	2001	Missy Welte	16.8	1987	Christie Dziubek	17.2	1992	Sarah Moore	17.74	2010
Gretchen Ruth	16.1	1994	Diane Gramer	16.8	1989	Jeannine Feldkamp	17.2	1999	Sarah Fisher	17.99	2009
Erin Kasper	16.20	2013	Tia Deshuk	16.82	2015	Heather Richi	17.4	1987	Erin Kasper	18.4	2010
Diane Gramer	16.2	1990	Tessa Shagovac	16.89	2000	Tia Deshuk	17.44	2014	Gaby Northeim	18.4	2011
Tia Deshuk	16.59	2016	Heather Richi	17.0	1988	Sarah Fisher	17.5	2010	Allison Marty	18.50	2003
Missy Welte	16.5	1988	Jeannine Feldkamp	17.14	2000				Katie Sasso	18.5	2005
Michelle Przytulski	16.7	1990	Allison Marty	17.10	2005				Amber Slavik	18.6	2010
Erin Myosky	16.83	2007	Gretchen Ruth	17.2	1993				Shannon Mazur	18.7	1993
Amber Slavik	17.32	2013							Meggie DeFilippo	18.7	1999
Jeannine Feldkamp	17.2	2001							Courtney Hardwick	18.76	2015
Melissa Mazur	17.3	1992							Katie Moore	18.80	2000
Christie Dziubek	17.4	1994							Erin Myosky	18.96	2004
Gaby Northeim	17.57	2014							Emily Monschein	18.9	2014
Heather Richi	17.7	1989							Alyseea Gillespie	19.0	2009
Meggie DeFilippo	18.02	2002							Emery Hicks	19.0	2014
									Payton Jackson	19.0	2015
									Allison Takacs	19.0	2015
									Amy Lugar	19.1	1995
									Michelle Sas	19.3	1997
									Andria Velez	19.3	2010
									Tia Deshuk	19.4	2013
									Kristi McCaslin	19.6	1991
									Emma McGuire	19.6	2009
									Becky Kosakowski	19.7	2013
									Diane Gramer	20.1	1987

300 METER HURDLES

SENIORS			JUNIORS			SOPHOMORES			FRESHMEN		
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	Gabi Northeim	47.31	2013	Jeannine Feldkamp	48.54	1999	Christie Dziubek	50.1	1991
Michelle Przytulski	46.19	1990	Tessa Shagovac	47.65	2000	Heather Richi	49.3	1987	Tessa Shagovac	50.5	1998
Jordan Templeton	47.20	2006	Sarah Fisher	47.70	2011	Sara Moore	49.8	2011	Sarah Fisher	50.76	2009
Kara Kasper	47.34	2008	Heather Richi	47.8	1988	Missy Welte	50.8	1986	Mariah Shorts	51.29	2015
Gretchen Ruth	47.60	1994	Kristi Keplinger	48.2	1986	Mariah Shorts	50.56	2016	Heather Richi	51.4	1986
Missy Welte	47.6	1988	Jeannine Feldkamp	48.96	2000	Gabi Northeim	51.0	2012	Stephanie Tear	52.2	1998
Erin Myosky	47.69	2007	Missy Welte	49.3	1987	Gretchen Ruth	51.1	1992	Amber Slavik	52.2	2010
Sarah Fisher	47.93	2012	Gretchen Ruth	49.3	1993	Christie Dziubek	51.4	1992	Emma McGuire	52.5	2009
Madison Reynolds	48.04	2016	Allison Marty	50.35	2005	Kristi Keplinger	51.7	1985	Sara Moore	52.6	2010
Heather Richi	48.5	1989	Madison Reynolds	50.44	2015	Allison Marty	52.62	2004	Kristi Keplinger	53.0	1984
Gaby Northeim	48.80	2014	Erin Myosky	50.74	2006	Amber Slavik	52.8	2011	Kara Kasper	53.49	2005
Kim Thorley	49.1	1985	Christie Dziubek	52.2	1993	Bridgett Fialla	52.9	1984	Tia Deshuk	54.0	2013
Jeannine Feldkamp	49.12	2001	Mallory Sliman	52.52	2013	Kristen Mackert	53.1	1992	Sam. Shagovac	54.1	1999
Diane Gramer	51.1	1990	Teela Smith	52.53	2001	Emma McGuire	53.1	2010	Allison Takacs	54.6	2015
Melissa Mazur	51.2	1992	Diane Gramer	53.5	1989	Jessica Diaz	54.9	2002	Gabi Northeim	54.7	2011
Mallory Sliman	51.47	2014	Amber Slavik	53.7	2012	Erin Myosky	54.9	2005	Emery Hicks	55.3	2014
Christie Dziubek	51.9	1994	Tia Deshuk	53.9	2015	Tia Deshuk	55.1	2014	Allison Marty	55.5	2003
Patti Sirb	52.8	1983	Kara Kasper	54.01	2007	Teela Smith	55.59	2000	Alyseea Gillespie	56.3	2009
Jenny Gans	52.9	1997	Sabina Lange	54.23	1997	Courtney Hardwick	56.4	2016	Shannon Mazur	56.8	1993
Tia Deshuk	53.40	2016	Erin Deegan	56.3	1996	Shannon Mazur	56.9	1994	Emily Monschein	56.9	2014
Am. Damasiewicz	55.3	1997	Shannon Mazur	56.4	1995	Erin Kasper	57.0	2011	Andria Velez	57.1	2010
Teela Smith	55.5	2002	Ashley Hill	56.6	2016	Angie Ramos	57.9	1985	Bridgett Fiala	57.4	1983
Teri Telatnik	55.7	1990	Bridgette Wadge	57.4	2016	Deanna Masin	59.6	1984	Amy Lugar	57.8	1995
			Kerey Babinsky	58.1	2016				Payton Jackson	58.0	2015
			Deanna Masin	58.3	1985				Gia Campana	58.0	2015
			Annette Januzzi	59.6	1984				Diane Gramer	58.5	1987
									Erin Kasper	58.5	2010
									Angie Ramos	59.1	1984

HIGH JUMP

SENIORS			JUNIORS			SOPHOMORES			FRESHMEN		
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
Kim Thorley	5'3	1985	Kim Thorley	5'2	1984	Kelly Muzquiz	5'0	1979	Kim Thorley	5'0	1982
Jodi Wilson	5'3	2002	Kelly Muzquiz	5'2	1980	Samantha Shagovac	5'0	2000	Samantha Shagovac	5'0	1999
Kelly Muzquiz	5'2	1981	Jodi Wilson	5'0	2001	Jodi Wilson	5'0	2000	Madison Reynolds	5'0	2013
Jeni Marr	5'0	1989	Madison Reynolds	5'0	2015	Jessica Diaz	5'0	2002	Jeni Marr	4'11	1986
Jordan Templeton	5'0	2006	Jordan Templeton	4'10	2005	Erin Kasper	5'0	2011	Jodi Wilson	4'11	1999
Amber Slavik	5'0	2013	Amber Slavik	4'10	2012	Kelly Irwin	4'10	1978	Kelly Irwin	4'10	1977
Laurie Schotz	4'10	1980	Elise Jennings	4'10	2015	Jeni Marr	4'10	1987	Angie Skeeles	4'10	1996
Nancy Marr	4'10	1976	Wendie Sprenger	4'9	1991	Angie Skeeles	4'10	1997	Casey Crowther	4'10	2000
Kristi Keplinger	4'10	1987	Missy Welte	4'9	1987	Madison Reynolds	4'10	2014	Elise Jennings	4'10	2013
Ashley Srokowski	4'10	2005	Angie Skeeles	4'9	1998	Casey Crowther	4'9	2001	Sarah Wiegand	4'9	2015
Callie Brucher	4'10	2007	Amy Lackner	4'8	1988	Demi Morales	4'9	2009	Peggy Firago	4'8	1976
Amanda Taylor	4'9	2010	Lindsey Hagerman	4'8	1998	Elise Jennings	4'9	2014	Wendy Sprenger	4'8	1989
Missy Welte	4'8	1988	Meghan Acieto	4'8	2012	Denise Clotz	4'8	1982	Kathy Aros	4'8	1990
Mary Bonner	4'8	1975	Chris Piseгна	4'8	1987	Wendie Sprenger	4'8	1990	Jessica Diaz	4'8	2001
Heather Engle	4'8	1990	Peggy Firago	4'6	1978	Michelle Sas	4'8	1998	Erin Kasper	4'8	2010
Lindsey Hagerman	4'8	1999	Melissa Mazur	4'6	1991	Maddie Sofia	4'8	2005	Kayla Nunez	4'8	2010
Kelly Bauer	4'6	1996	Kelly Bauer	4'6	1995	Sarah Wiegand	4'8	2015	Chris Piseгна	4'7	1985
Peggy Firago	4'6	1979	Erin Deegan	4'6	1996	Maria Rivera	4'6	1976	Dawn Kniesel	4'6	1983
Sue Garra	4'6	1981	Teela Smith	4'6	2001	Heather Richi	4'6	1987	Brenda Matthes	4'6	1978
Angie Skeeles	4'6	1999	Ashley Srokowski	4'6	2004	Kristen Lahetta	4'6	2000	Heather Engle	4'6	1987
Carli DeCarlo	4'6	2000	Kaye Feldkamp	4'6	2005	Ashley Wallace	4'6	2002	Missy Welte	4'6	1985
Lauren Strohacker	4'6	2002	Kerey Babinsky	4'6	2016	Carrie Kinzel	4'6	2002	Amy Lugar	4'6	1995
			Alana Carrion	4'6	2016	Meghan Acieto	4'6	2011	Michelle Sas	4'6	1997
			Joy Marling	4'4	1995	Kayla Nunez	4'6	2011	Theresa Feldkamp	4'6	1998
			Jenny Gans	4'4	1996	Carmen Marshall	4'5	1986	Carrie Kinzel	4'6	2001
			Kayla Nunez	4'4	2012				Kaye Feldkamp	4'6	2003
									Tealla Scrofano	4'6	2004

LONG JUMP

SENIORS			JUNIORS			SOPHOMORES			FRESHMEN		
Madison Reynolds	17'11	2016	Madison Reynolds	17'6 1/4	2015	Brooke Arthur-Mensah	16'11 3/4	2007	Hailey Dziak	16'9	2008
Stephanie Tear	16'11	2001	Brooke Arthur-Mensah	17'5	2008	Stephanie Tear	16'8	1999	Heather Engle	16'8 3/4	1987
Heather Engle	16'10 1/4	1990	Heather Engle	17'0	1989	Heather Engle	16'4 3/4	1988	Stephanie Tear	16'7 1/4	1998
Hailey Dziak	16'5	2011	Stephanie Tear	16'9 1/4	2000	Kristy Bauer	16'2	1986	Gracen Siegenthaler	16'5 1/2	2015
Erin Kasper	16'5	2013	Merideth Sherman	16'4 3/4	1984	Maddie Sofia	16'3	2005	Patti Sirb	16'2	1980
Jane Kocak	16'4 3/4	1980	Patti Sirb	16'3	1982	Patti Sirb	15'11 3/4	1981	Missy Welte	15'11	1985
Kara Kasper	16'4 3/4	2008	Allison Marty	16'1 1/2	2005	Jane Kocak	15'11	1978	Taylor Hooks	15'8 1/2	2015
Merideth Sherman	16'3 3/4	1985	Paula Wetzel	16'1	1981	Audrey Fayer	15'10 1/2	2016	Paula Wetzel	15'9 3/4	1979
Sara Moore	16'1 3/4	2013	Peggy Firago	16'1	1978	Kaitlyn Given	15'10	2011	Audrey Fayer	15'8	2015
Allison Marty	16'1 1/2	2006	Hailey Dziak	16'0	2010	Madison Reynolds	15'9 1/2	2014	Jane Kocak	15'7	1977
Patti Sirb	15'11	1983	Sara Moore	15'11	2012	Chris Piseгна	15'9	1986	Melissa Mazur	15'7	1989
Brooke Arthur-Mensah	15'10 3/4	2009	Missy Welte	15'9 3/4	1987	Lauren Keene	15'8	2010	Kristy Bauer	15'6	1985
Michelle Przytulski	15'9 3/4	1990	Kara Kasper	15'9 1/2	2007	Gracen Siegenthaler	15'7 1/2	2016	Wendy Snizek	15'5	1987
Lauren Keene	15'8	2012	Erin Kasper	15'9	2012	Merideth Sherman	15'6 3/4	1983	Gabriela Giannuzzi	15'1	2015
Melissa Mazur	15'4 1/2	1992	Analecia Whitt	15'7 1/2	2003	Paula Wetzel	15'6 1/2	1980	Erin Justice	14'11	2012
Kristy Bauer	15'3	1988	Jeanny Burns	15'6 3/4	1976	Jeannine Feldkamp	15'5 1/2	1999	Chris Piseгна	14'10 1/2	1985
Angela Jolly	15'1 3/4	1994	Melissa Mazur	15'6 3/4	1991	Wendy Snizek	15'5	1987	Mandy Shinsky	14'10 1/2	1980
Peggy Firago	15'0 3/4	1979	Angela Jolly	15'4 3/4	1993	Jordan Templeton	15'5	2004	Madison Reynolds	14'10 1/2	2013
Maddie Sofia	15'0 1/2	2007	Teela Smith	15'4 1/4	2001	Allison Marty	15'4	2004	Kara Kasper	14'8	2005
Paula Wetzel	14'10	1982	Chris Piseгна	15'2	1987	Jenny Bonner	15'3 1/4	1975	Erin Kasper	14'7	2010
			Jenny Bonner	15'0 3/4	1976	Erin Kasper	15'3	2011			
			Jeannine Feldkamp	15'0 1/2	2000	Mandy Shinsky	15'2 1/2	1981			
			Kathy Aros	15'0	1992	Elizabeth Northem	15'2 1/2	2014			
						Analecia Whitt	15'1 1/4	2002			

SHOT PUT

SENIORS			JUNIORS			SOPHOMORES			FRESHMEN		
Maureen Eastaugh	40'10	2003	Abby Burgdorf	39'8	2009	Maureen Eastaugh	35'11 1/2	2001	Isabella Barnes	33'1 1/2	2015
Katie Schuster	38'10	2009	Michelle Stark	37'7 1/2	2004	Abby Burgdorf	35'9 1/2	2008	Maureen Eastaugh	32'4	2000
Michelle Stark	37'10 1/2	2005	Maureen Eastaugh	35'11	2002	Shannon Roberts	33'1	1996	Patti Logar	32'0 3/4	1992
Lori Betchker	37'9 1/4	1999	Shannon Roberts	35'3 1/2	1997	Amy Lackner	32'4 1/2	1987	Diane Bailor	30'11 1/4	1985
Abby Burgdorf	37'2 3/4	2010	Katie Schuster	34'10	2008	Lori Betchker	32'2 1/2	1997	Rachel Salvo	30'9	1996
Shannon Roberts	36'7	1998	Melissa Overman	34'3	2007	Melissa Overman	32'1 1/2	2006	Shannon Roberts	30'2	1995
Melissa Overman	35'4 1/2	2008	Lori Betchker	33'11	1998	Patti Logar	31'11	1993	Melissa Overman	28'7 1/2	2005
Linze Zehel	34'11 1/2	2001	Amy Lackner	33'7	1988	Michelle Stark	31'1 1/2	2003	Janet Erdy	28'5 1/2	1976
Amy Lackner	34'0	1989	Linze Zehel	32'7 1/4	2000	Diane Bailor	31'1	1986	Emily Van Curan	28'4	2002
Olivia Rault	31'1	1991	Renee George	31'8	1985	Sydney Young	30'9 1/4	2012	Nancy Del Grosso	28'0	1978
Becky Makay	30'7	1999	Becky Makay	29'9 1/2	1998	Marsha Von Kaenal	30'6 1/2	1976	Nicole Sprenger	27'2 1/2	1993
Lisa Elgar	30'5 1/2	1992	Lauren Molnar	29'2	1996	Rachel Salvo	30'4	1997	Marcia Von Kaenal	27'2	2015
Dawn Glavan	29'8	1986	Sydney Young	29'5	2013	Kristy Hackett	29'8 1/4	1995	Taylor Wargo	26'11 1/2	2007
Nancy Del Grosso	29'4	1981	Beth Mathewson	29'4 3/4	1995	Lauren Molnar	29'6	1995	Kelly Weinbrandt	26'11	1995
Beth Henry	29'0 1/2	1987	Rachel Salvo	29'3	1998	Shannon Theobald	29'3	2009	Brenda Balut	26'9	2006
Azzariah Brooks	28'11 1/2	2013	Nancy Del Grosso	29'2 1/2	1980	Emily Van Curan	29'1 1/2	2003	Sharon Rutkowski	26'7	1978
Hannah Higgins	28'10 1/2	2002	Cori Boroff	28'11 1/2	1999	Janet Erdy	28'5 1/2	1977	Leslie Klingenmeier	26'6	1982
Kristen Stark	28'9 1/2	2007	Kristen Stark	28'11	2006	Julie Stark	28'4 1/2	2007	Lori Betchker	26'6	1996
Beth Mathewson	28'7	1996	Diane Page	28'9 1/2	1984	Shelly Trentadue	28'2	1984	Hannah Higgins	26'4 1/2	1999
Kim Speer	28'6 1/2	1987	Amy Northem	28'6 1/4	1985	Beth Mathewson	28'1	1994	Becky Makay	25'10	1996
Taylor Gibson	28'3	2013	Adelle Sirow	28'4 1/2	1985	Becky Makay	27'11 3/4	1997	Julie Stark	25'10	2006
Adrian Sirow	28'	1986	Missy Welte	28'4	1987	Dawn Wargo	27'11	1990	Shannon Theobald	25'10	2008
Shannon Theobald	27'8	2011	Shannon Theobald	28' 1/2	2010	Stacy Loushin	27'9 1/2	2009	Juliana Butchko	25'8	2014
Katie Fowler	27'6	2003	Mariah Quinn	28'1 3/4	2016	Nancy Del Grosso	28'3 1/2	1979	Sarah Pando	25'7	2015
Bertha Stevens	27'3	1983	Hannah Higgins	27'8 1/2	2001	Hannah Higgins	27'7	2000	Lauren Molnar	25'5	1994
Julie Smith	27'	1983	E. Brumenschenkel	27'4	2006	Mariah Quinn	27'6 1/2	2015	Stephanie Molnar	25'3 1/2	2005
			Destiny Champe	27'2 1/4	2016	Rita Forman	26'11 1/2	1991	Katie Giancaterino	25'2 1/2	1995
			Kelly Bauer	26'11	1995	Kathy Wynkoop	26'9 1/2	1982	Alexis Faria	25'2	2007
			Katie Giancaterino	26'11 1/2	1997	Nicole Ross	26'2	1990	Mary Szczyzk	25'0 1/2	1993
			Rachael Schiltz	26'1 1/2	1997	Kristen Stark	26'2	2005	Jessica Pope	24'7 1/2	1990

DISCUS

SENIORS			JUNIORS			SOPHOMORES			FRESHMEN		
Amy Lackner	127'9	1989	Abby Burgdorf	120'9	2009	Amy Lackner	113'8	1987	Isabella Barnes	94'9	2015
Michelle Stark	121'6	2005	Michelle Stark	113'2	2004	Abby Burgdorf	111'3 1/2	2008	Nicole Richardson	92'8	1997
Lori Betchker	119'8	1999	Amy Lackner	113'1	1987	Nicole Richardson	101'10	1998	Nicole Sprenger	92'0	1993
Abby Burgdorf	118'6	2010	Lori Betchker	108'9	1998	Gena Mason	99'9	1983	Karen Ticich	82'5	1984
Nicole Sprenger	105'5	1996	Becky Makay	100'9	1998	Dawn Wargo	99'4	1990	Patti Logar	82'3 1/2	1992
Shannon Mixon	104'8	1999	Dawn Wargo	99'10	1991	Lori Betchker	98'11	1997	Hannah Kordoleski	81'10	2010
Katie Schuster	102'10 1/2	2009	Nicole Richardson	98'5	1999	Beth Mathewson	94'5	1994	Jenny Arp	81'8	1988
Nicole Richardson	100'0	2000	Destiny Champe	98'3	2016	Michelle Stark	93'7	2003	Gena Mason	81'0	1982
Dawn Wargo	98'0	1992	Stacy Loushin	97'1	2010	Stacy Loushin	93'3	2009	Lori Betchker	80'2	1996
Karen Ticich	97'1	1987	Beth Mathewson	96'10	1995	Shannon Mixon	93'2	1997	Leslie Klingenmeier	80'0	1982
Kristen Stark	95'4	2007	Adelle Sirow	95'3	1985	Mandy Shinsky	90'4	1981	Mandy Shinsky	79'5 1/4	1980
Becky Makay	94'8 1/2	1999	Kristen Stark	94'1	2006	Trisha Simon	86'10	2001	Alexis Dick	79'5	2003
Maureen Eastaugh	93'10	2003	Wendie Sprenger	93'5	1991	Missy Arendash	86'5	2006	Juliana Butchko	79'1	2014
Trisha Simon	93'9	2003	Trisha Simon	93'1	2002	Leslie Klingenmeier	86'1	1983	Dawn Wargo	79'0	1989
Beth Mathewson	93'0 1/2	1996	E. Brumenschenkel	92'4	2006	Wendie Sprenger	85'5	1990	Michelle Stark	79'0	2002
Missy Arendash	92'0	2006	Karen Ticich	88'1	1986	Karen Ticich	85'4	1985	Hillary Bates	78'8	1995
Dawn Haering	89'0 1/2	1979	Shannon Mixon	87'5	1998	Ashley Andrews	85'4	2000	Jessica Pope	77'7	1990
Alexis Dick	89'0	2006	Missy Arendash	87'2	2007	Juliet Rivera	84'5	1991	Ann-Marie Campbell	77'3	2008
Nancy Delgrosso	88'8	1981	Gena Mason	86'9	1984	Julie Stark	83'6	2007	Shannon Mixon	76'11 1/2	1996
Adelle Sirow	87'4	1986	Ashley Andrews	86'0	2001	Sydney Young	83'1	2012	Rachel Salvo	76'9 1/2	1996
E. Brumenschenkel	86'3	2007	Nancy Delgrosso	82'11 3/4	1980	Patti Logar	82'3 1/2	1993	Shannon Roberts	76'5	1995
Taylor Gibson	86'0	2013	Alexis Dick	82'6	2005	Marsha Von Kaenal	82'10	1986	Sarah Joyce	76'2	2000
Tonia Budzina	82'9	1991	Tonia Budzina	81'2	1990	Becky Makay	81'0	1997	Ashley Andrews	76'0	1999
Melissa Overman	82'4 1/2	2008	Sydney Young	80'5 3/4	2013	Sarah Joyce	80'0	2001	Daniella Claus	75'0	1989
Missy Camp	79'1	1985	Maureen Eastaugh	79'10	2002	Allie Wacholz	80'0	2004	Beth Fridenstine	74'4 1/2	1995
Crystal Coolbaugh	77'6	2002	Denise Brunby	79'3 1/2	1980	Destiny Champe	79'8	2015	Kate Giancaterino	74'1	1995
Linze Zehel	76'3	2001	Katie Schuster	79'0	2008	Shannon Roberts	79'0	1996	Julie Stark	73'8	2006
Shannon Theobald	73'10	2011	Diane Page	78'7	1984	Maureen Eastaugh	77'7	2001	Stacy Loushin	73'8	2008
Beth Henry	73'6 1/4	1987	Sarah Joyce	77'6	2002	Diane Page	76'4	1983	Becky Makay	73'0	1996
Lauren Keene	72'10	2012	Laura Swift	77'3	1978	Kristen Stark	75'8	2005	Crystal Coolbaugh	73'0	1999