

# PIAA GIRLS TRACK AND FIELD CHAMPIONSHIPS (1974-2012)

## RECORD PROGRESSIONS

### METRIC

#### 100 METERS

##### AAA

(1)	12.03	Candy Young	Beaver Falls (7)	1979
(2)	11.78	Dawn Sowell	Chester (1)	1983
(3)	11.66	Tonja Stevens	Peabody (8)	1985
(4)	11.64	Breehana Jacobs	Laurel High. (7)	2007

##### AA

(1)	11.87	Debbie Lewis	Avon Grove (1)	1979
(2)	11.78	Lauryn Williams	Rochester (7)	2001

#### 200 METERS

##### AAA

(1)	25.76	Tami Hart	Williamsport (4)	1979
(2)	25.04	Marsha Martin	Radnor (1)	1980
(3)	24.90	Tonja Stevens	Blackhawk (7)	1982
(4)	24.49	Dawn Sowell	Chester (1)	1983
(5)	23.83	Tonja Stevens	Peabody (8)	1985
(6)	23.80	Dominique Darden	Harrisburg (3)	2002
(7)	23.77	Krista Simkins	Wissahickon (1)	2003

##### AA

(1)	25.85	Debbie Lewis	Avon Grove (1)	1979
(2)	25.68	Carla Washington	No. Chester Co. (1)	1980
(3)	25.40	Kris Harvey	St. Pius X (1)	1982
(4)	25.20	Celeta Carter	Milton Hershey (3)	1990
		Jenny Kerins	W. Middlesex (10)	1992
(5)	24.92	Laila Brock	Washington (7)	1995
(6)	24.90	Lauryn Williams	Rochester (7)	1999
(7)	23.85	Lauryn Williams	Rochester (7)	2001

#### 400 METERS

##### AAA

(1)	55.51	Lori McCauley	Pennridge (1)	1979
(2)	53.97	Marsha Martin	Radnor (1)	1980
(3)	53.11	Leaha Walker	Williamsport (4)	1986

##### AA

(1)	57.03	Patty Bradley	Bishop McCort (6)	1979
(2)	56.24	Patty Bradley	Bishop McCort (6)	1980
(3)	56.05	Kris Burgoyne	Gwynned Mercy (1)	1983
(4)	55.98	Kris Burgoyne	Gwynned Mercy (1)	1984
(5)	55.50	Laila Brock	Washington (7)	1996
(6)	55.46	Devan Coon	Schuylkill Vall.(3)	2007
(7)	54.65	Alyssa Lombardo	Saucon Valley (11)	2010

#### 800 METERS

##### AAA

(1)	2:07.71	Kim Gallagher	Upper Dublin (1)	1979
(2)	2:05.47	Kim Gallagher	Upper Dublin (1)	1980
(3)	2:02.90	Chanelle Price	Easton (11)	2008

##### AA

(1)	2:16.83	Trisha Malischewski	Perkiomen Val. (1)	1979
(2)	2:13.12	Sheri Hershey	Saucon Valley (11)	1980
(3)	2:11.81	Joanne Kehs	Perkiomen Val.(1)	1981
(4)	2:09.68	Joanne Kehs	Perkiomen Val.(1)	1982
(5)	2:09.16	Angel Piccirillo	Homer-Center (6)	2012

#### 1600 METERS

##### AAA

(1)	4:55.43	Kim Gallagher	Upper Dublin (1)	1979
(2)	4:53.27	Lynne Strauss	State College (6)	1980
(3)	4:41.08	Kim Gallagher	Upper Dublin (1)	1981

##### AA

(1)	5:01.24	Donna McClain	Eastern York (3)	1979
(2)	4:52.03	Donna McLain	Eastern York (3)	1980
(3)	4:39.42	Angel Piccirillo	Homer-Center (6)	2012

### METRIC (cont.)

#### 3200 METERS

##### AAA

(1)	10:54.84	Cyndi Fabian	Muhlenberg (3)	1979
(2)	10:45.42	Lynne Strauss	State College (6)	1980
(3)	10:28.87	Lois Brommer	Mechanicsburg (3)	1981
(4)	10:23.90	Donna Fidler	Norristown (1)	1995
(5)	10:21.77	Janelle Thomas	Liberty (11)	1996
(6)	10:21.06	Sara Sargent	Pennsbury (1)	2010

##### AA

(1)	10:47.68	Maya Small	Ac. Notre Dame (1)	1979
(2)	10:33.61	Donna McLain	Eastern York (3)	1980
(3)	10:31.85	Carly Seymour	Cent. Cambria (6)	2008

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

##### AAA

(1)	13.17	Candy Young	Beaver Falls (7)	1979
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##### AA

(1)	14.77	Thea Ackerman	Saucon Valley (11)	1979
(2)	14.70	Kathy Heinbach	Garden Spot (3)	1980

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

##### AAA

(1)	14.93	Kelly O'Kane	Wy. Valley W. (2)	1983
(2)	14.59	Lisa Hunter	Penncerst (1)	1985
(3)	14.72	Telisa Young	Henderson (1)	1987
(4)	14.49	Telisa Young	Henderson (1)	1988
(5)	14.18	Dawn Burrell	Penn Wood (1)	1990
(6)	13.96	Dawn Burrell	Penn Wood (1)	1991
(7)	13.73	Ryann Kraiss	Methacton (1)	2007

##### AA

(1)	14.93	Kim Spriggs	McConnellsburg (5)	1983
(2)	14.88	Kim Spriggs	McConnellsburg (5)	1984
(3)	14.76	Carol Forry	Eastern York (3)	1985
(4)	14.75	Celeta Carter	Milton Hershey (3)	1989
(5)	14.50	Celeta Carter	Milton Hershey (3)	1990
(6)	14.42	Celeta Carter	Milton Hershey (3)	1991
(7)	14.37	Cassy Richards	Win.-Thurston (7)	2000
		Jasmine Rogers	Quaker Valley (7)	2004
(8)	14.28	Lindsay Dolan	Center (7)	2006

#### 300-METER HURDLES

##### AAA

(1)	43.97	Suzanne Schreppel	Williamsport (4)	1982
		Sue Moser	Upper Perk. (1)	1987
(2)	43.26	Telisa Young	Henderson (1)	1988
(3)	43.23	Dawn Burrell	Penn Wood (1)	1991
(4)	42.71	Ayana Townsend	Cheltenham (1)	1996
(5)	42.11	Tiffany Abney	Merion M. Ac. (1)	2002
(6)	41.46	Ryann Kraiss	Methacton (1)	2006
		Leah Nugent	Abington (1)	2009
(7)	41.10	Leah Nugent	Abington (1)	2011

##### AA

(1)	43.91	Lisa Thompson	Perk. Valley (1)	1982
(2)	43.24	Lisa Thompson	Perk. Valley (1)	1983
(3)	43.00	Debbie Linton	Catasauqua (11)	1984

# PIAA GIRLS TRACK AND FIELD CHAMPIONSHIPS (1974-2012)

## RECORD PROGRESSIONS

### METRIC (cont.)

#### 4x100-METER RELAY

<b>AAA</b>			
(1)	48.39	Wissahickon (1)	1979
(2)	48.04	Peabody (8)	1980
(3)	47.64	Chester (1)	1981
(4)	47.51	Cheltenham (1)	1988
(5)	46.39	Harry Truman (1)	1999
<b>AA</b>			
(1)	49.53	Lampeter-Strasburg (3)	1979
(2)	49.18	Farrell (7)	1980
(3)	48.70	Milton Hershey (3)	1999
(4)	48.56	Quaker Valley (7)	2006
(5)	47.84	Swenson (12)	2007 and 2009
(6)	47.65	West Catholic (12)	2011
(7)	47.07	Swenson (12)	2012 prelims

#### 4x400-METER RELAY

<b>AAA</b>			
(1)	3:56.18	Wissahickon (1)	1979
(2)	3:52.56	Upper Dublin (1)	1980
(3)	3:51.29	Wissahickon (1)	1981
(4)	3:49.61	Upper Dublin (1)	1982
(5)	3:48.96	Chester (1)	1998
(6)	3:46.31	Penn Hills (7)	2010
(7)	3:46.20	Abington (1)	2011
<b>AA</b>			
(1)	4:00.44	Perkiomen Valley (1)	1979
(2)	3:58.51	Perkiomen Valley (1)	1980
(3)	3:54.53	Perkiomen Valley (1)	1982
(4)	3:53.43	Carver E&S (12)	2005
(5)	3:53.34	Carver E&S (12)	2006
(6)	3:52.04	Paul Robeson (12)	2009
(7)	3:51.76	West Catholic (12)	2010

#### 4x800-METER RELAY

<b>AAA</b>			
(1)	9:30.31	North Penn (1)	1979
(2)	9:17.72	North Penn (1)	1980
(3)	9:07.80	State College (6)	1981
(4)	8:58.43	Upper Dublin (1)	1982
Note:	Upper Dublin's time is a national record		
<b>AA</b>			
(1)	9:26.63	Perkiomen Valley (1)	1979
(2)	9:20.04	Perkiomen Valley (1)	1980
(3)	9:08.27	Perkiomen Valley (1)	1981
(4)	9:07.82	Gwynedd Mercy Ac.(1)	2003

### FIELD

#### HIGH JUMP

<b>AAA</b>				
(1)	5-5	Karen Krichko	Hickory (10)	1974
(2)	5-7 ½	Karen Krichko	Hickory (10)	1975
		Ingie Christensen	Norwin (7)	1977
(3)	5-10	Yvonne Heinrich	York Suburban (3)	1978
(4)	5-10 ½	Yvonne Heinrich	York Suburban (3)	1980
(5)	5-10 ¾	Karen DiDonato	Great Valley (1)	1985
(6)	5-11	Sheena Gordon	McDowell (10)	2002
<b>AA</b>				
(1)	5-5	Sonya Sims	Twin Valley (3)	1977
(2)	5-8	Thea Ackerman	Saucon Valley (11)	1978
(3)	5-10	Thea Ackerman	Saucon Valley (11)	1979

#### POLE VAULT

<b>AAA</b>				
(1)	11-6	Laura Rosenberger	State College (6)	1999
(2)	11-7	Jackie Rodgers	Baldwin (7)	2000
(3)	12-3	Emily Tharpe	McDowell (10)	2001
(4)	13-0	Lindsay Regan	Easton (11)	2004
(5)	13-0 ½	Abby Schaffer	Easton (11)	2008
<b>AA</b>				
(1)	11-0	Jocelyn Lindsey	Waynesburg (7)	1998
(2)	12-3	Kim Stuyvesant	Fairview (10)	2000
(3)	12-7	Allison Vanek	Wilson Area (11)	2010

#### LONG JUMP

<b>AAA</b>				
(1)	17-7 ½	Cathy Boyarski	Wyalusing (4)	1974
(2)	18-9	Debbie Rodrigues	Palmerton (11)	1975
				1976
(3)	19-3	Laura Carroll	Central York (3)	1978
(4)	19-3 ¼	Alysia Hubbard	Upper Merion (1)	1987
(5)	19-8	Jennifer Woodland	Gen. McLane (10)	1993
(6)	19-11 ¼	Nikita Lewis	South Park (7)	1998
<b>AA</b>				
(1)	18-1 ¼	Lisa Haupt	Bellwood-Antis (6)	1977
(2)	18-1 ¾	Debbie Mollick	Shenango (7)	1985
(3)	18-6 ½	Tolanda Cain	Avon Grove (1)	1990
(4)	18-7 ¾	Angie Brown	Villa Maria Ac. (1)	1992
(5)	19-1 ¼	Angie Brown	Villa Maria Ac. (1)	1993
		Maisha Taylor	Merion M. Ac. (1)	1998
(6)	19-10 ¾	Cassy Richards	Win.-Thurston (7)	2000

#### TRIPLE JUMP

<b>AAA</b>				
(1)	38-0 ½	Laura Carroll	Central York (3)	1977
(2)	38-10 ¼	Cathy Roland	Manheim Cent. (3)	1978
(3)	39-2 ¼	Debbie Banker	Huntingdon (6)	1983
(4)	39-9 ¼	Stephanie Gurysh	William Tennent (1)	1985
(5)	40-10 ½	Tessie Palmer	Carlisle (3)	1988
(6)	41-10 ½	Sheena Gordon	McDowell (10)	2001
(7)	42-10 ¼	Sheena Gordon	McDowell (10)	2002
<b>AA</b>				
(1)	36-8 ½	Pam Gearing	Slippery Rock (7)	1977
(2)	39-3	Lori James	Catasauqua (11)	1978
(3)	39-5 ¾	Rhonda Witmer	Greenwood (3)	1994
(4)	39-7	Paige Lumley	Richland (6)	2012
(5)	39-10 ¼	Lanae Newsome	Brookville (9)	2012
(6)	40-1 ¾	Paige Lumley	Richland (6)	2012
(7)	40-3 ½	Lanae Newsome	Brookville (9)	2012

# PIAA GIRLS TRACK AND FIELD CHAMPIONSHIPS (1974-2012)

## RECORD PROGRESSIONS

### FIELD (cont.)

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

<b>AAA</b>				
(1)	47-7 ½	Cheryl Stohr	C.Bucks East (1)	1974
(2)	48-7 ¾	Elaine Sobansky	Trinity (7)	1978
(3)	50-8 ½	Elaine Sobansky	Trinity (7)	1979

<b>AA</b>				
(1)	45-2 ½	Peri Radecic	Brentwood (7)	1977

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

<b>AAA</b>				
(1)	50-1 ¼	Elaine Sobansky	Trinity (7)	1980

<b>AA</b>				
(1)	43-6	Kathy Travers	Wilmington (7)	1980
(2)	43-10 ½	Debbie Stump	Oley Valley (3)	1990
(3)	44-11	Melissa Uglov	North East (10)	1995
(4)	45-11 ¼	Heather Colyer	East Juniata (3)	1997
(5)	47-3 ½	Heather Colyer	East Juniata (3)	1998
(6)	50-10 ¾	Allyn Laughlin	Center (7)	2006

#### DISCUS

<b>AAA</b>				
(1)	121-8	Phyl Sicock	Chartiers Valley (7)	1974
(2)	136-3	Kim Travers	Wilmington (7)	1975
(3)	138-1	Wendy Whitley	Pennsbury (1)	1978
(4)	142-5	Colleen Rosensteel	Greensburg CC (7)	1983
(5)	156-1	Colleen Rosensteel	Greensburg CC (7)	1984
(6)	165-2	Colleen Rosensteel	Greensburg CC (7)	1985

<b>AA</b>				
(1)	136-0	Peri Radecic	Brentwood (7)	1977
(2)	149-9	Wanda Ferster	East Juniata (3)	1988
(3)	162-10	Heather Colyer	East Juniata (3)	1997

#### NEW JAVELIN

<b>AAA</b>				
(1)	148-1	Beth Crocus	Freedom (11)	2002
(2)	156-8	Ruby Radocaj	Williamsport (4)	2003
(3)	158-0	Ruby Radocaj	Williamsport (4)	2004

<b>AA</b>				
(1)	152-4	Angela Hoover	Bald Eagle A. (6)	2002
(2)	154-5	Angela Hoover	Bald Eagle A. (6)	2003
(3)	162-4	Karlee, McQuillen	Westmont Hill. (6)	2006
(4)	167-2	Fawn Miller	Lakeview (10)	2008

#### OLD JAVELIN (retired)

<b>AAA</b>				
(1)	133-3	Sharon Hagerich	Richland (6)	1975
(2)	133-8	Vicki Smith	Clearfield (9)	1977
(3)	150-6	Marilyn Senz	Hempfield (3)	1978
(4)	153-2	Marilyn Senz	Hempfield (7)	1980
(5)	159-10	Sue Amey	Baldwin (7)	1981
(6)	167-7	Julia Solo	Upper Dublin (1)	1984

<b>AA</b>				
(1)	136-8	Marie Huff	Gen. McLane (10)	1977
(2)	139-9	Marie Huff	Gen. McLane (10)	1978
(3)	142-10	Mary Chrobak	Shenango (7)	1980
(4)	156-0	Rebecca Myers	Laurel (7)	1981
(5)	159-3	Amy Westerman	Donegal (3)	1984
(6)	166-6	Wanda Ferster	East Juniata (3)	1988
(7)	169-2	Inge Jorgensen	Wilimington (10)	1998

### LINEAR (linear records are retired)

#### 100 YARDS

<b>AAA / A</b>				
(1)	11.0	Angel Doyle	CD East (3)	1974
(2)	10.6	Angel Doyle	CD East (3)	1975
(3)	10.53	Nelly Bullock	Aliquippa (7)	1978

<b>AA</b>				
(1)	11.2	Debbie Lewis	Avon Grove (1)	1977
(2)	11.06	Debbie Lewis	Avon Grove (1)	1978

#### 220 YARDS

<b>AAA / A</b>				
(1)	24.4	Angel Doyle	CD East (3)	1974
(2)	23.82	Nelly Bullock	Aliquippa (7)	1978

<b>AA</b>				
(1)	24.8	Debbie Lewis	Avon Grove (1)	1977
(2)	24.67	Debbie Lewis	Avon Grove (1)	1978

#### 440 YARDS

<b>AAA / A</b>				
(1)	58.9	Denise Hyde	OJ Roberts (1)	1974
(2)	57.2	Netta Young	Norristown (1)	1976
(3)	56.0	Laura Carroll	Central York (3)	1977
(4)	54.73	Lori McCauley	Penndridge (1)	1978

<b>AA</b>				
(1)	57.8	Terry Pioli	Montoursville (4)	1977

#### 880 YARDS

<b>AAA / A</b>				
(1)	2:21.0	Mary Rawe	Camp Hill (3)	1974
(2)	2:17.9	Mary Rawe	Camp Hill (3)	1975
(3)	2:14.9	Kathy Byrnes	North Allegheny (7)	1978

<b>AA</b>				
(1)	2:16.4	Jane Strauss	Exeter (3)	1977

#### MILE

<b>AAA / A</b>				
(1)	5:16.3	Liz Cunningham	State College (6)	1974
(2)	5:06.1	Mary Rawe	Camp Hill (3)	1975
(3)	4:55.9	Mary Rawe	Camp Hill (3)	1976
(4)	4:52.88	Martha White	State College (6)	1978

<b>AA</b>				
(1)	5:10.6	Maggie Lally	Kennedy Ch.(10)	1977
(2)	4:56.44	Donna McLain	Eastern (3)	1978

#### TWO-MILE

<b>AAA / A</b>				
(1)	10:48.4	Martha White	State College (6)	1977
(2)	10:12.55	Martha White	State College (6)	1978

<b>AA</b>				
(1)	11:05.7	Donna McLain	Eastern (3)	1977

#### 110-YARD HIGH HURDLES

<b>AAA / A</b>				
(1)	14.2	Candy Young	Beaver Falls (7)	1977 and 1978

<b>AA</b>				
(1)	14.4	Tammy Etienne	Portage (6)	1977

#### 80-YARD HIGH HURDLES

<b>AAA / A</b>				
(1)	10.4	Debbie Villani	Chartiers Valley (7)	1974
(2)	10.3	Tammy Etienne	Portage (6)	1976

# PIAA GIRLS TRACK AND FIELD CHAMPIONSHIPS (1974-2012)

## RECORD PROGRESSIONS

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### LINEAR (linear records are retired)

#### 440 RELAY

##### AAA / A

(1)	50.9	Council Rock (1)	1974
(2)	49.5	Central Dauphin East (3)	1975
(3)	48.2	Wissahickon (1)	1977

##### AA

(1)	49.3	Avon Grove (1)	1977
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#### 880 MEDLEY RELAY

##### AAA / A

(1)	1:52.2	Council Rock (1)	1974
(2)	1:51.3	Waynesboro (3)	1975
(3)	1:48.9	North Penn (1)	1976

##### AA

(1)	1:50.0	Kennett (1)	1977
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#### 880 RELAY - AAA / A

(1)	1:47.7	Hempfield (3)	1974
(2)	1:45.0	Harrisburg (3)	1975
(3)	1:41.6	Avon Grove (1)	1976

#### MILE RELAY

##### AAA / A

(1)	3:54.1	State College (6)	1977
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##### AA

(1)	4:04.6	Garden Spot (3)	1977
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#### TWO-MILE RELAY

##### AAA

(1)	9:21.16	Council Rock (1)	1978
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##### AA

(1)	9:47.25	Camp Hill (3)	1978
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