

# DISTRICT FIVE TRACK & FIELD INDIVIDUAL CHAMPIONS 1975-2024

## CHAMPIONSHIP MEET SITES

1975	Somerset High School (Boys) Tussey Mountain HS (Girls)
1976	Frostburg State University, Frostburg, MD
1977	Johnstown Vo-Tech High School
1978-79	McConnellsburg High School
1980-83	Everett High School
1984-2004	Chestnut Ridge High School
2005-2024	Northern Bedford High School

## ABBREVIATIONS

y	Yards rather than metric
Q	Additional State Qualifier
2nd	2nd Place at Districts (listed when placing at states)
*	Thru 1982 2nd place qualified automatically for the state meet.

## COLOR CODES

Red	State Champions
Blue	2 <sup>nd</sup> and 3 <sup>rd</sup> Place at the PIAA meet
Green	4 <sup>th</sup> through 8 <sup>th</sup> Place at the PIAA meet



## 100 METER DASH

<b>Boys</b>	<b>Girls</b>
1975 Ed Souders, McConnellsburg 10.2y PIAA meet: 10.3y 3rd Place	Mel Dodson, Northern Bedford ?
1976 Rick Hoffman, McConnellsburg 10.0y (9.8 trials) PIAA meet: 10.1y 4th Place	Deb Teeters, Northern Bedford 12.2y
1977 Rick Hoffman, McConnellsburg 10.0y PIAA meet: 10.1y 2nd Place	Diane Whitbourne, Northern Bedford 11.9y
1978 Alan Bluebaugh, Rockwood 11.0y	Trina Pensyl, Bedford 12.39y
1979 Mike O'Ship, Shade 11.48	Trina Pensyl, Bedford 13.0
1980 Mike O'Ship, Shade 11.2	Trina Pensyl, Bedford 12.79
1981 Barry Spriggs, McConnellsburg 11.39	Carol Peck, McConnellsburg 13.38
1982 Barry Spriggs, McConnellsburg 11.04 PIAA meet: 11.17 2nd Place	Faith Sickles, McConnellsburg 13.14
1983 Barry Spriggs, McConnellsburg 11.13 PIAA meet: 11.05 3rd Place	Angie Plessinger, McConnellsburg 12.45
1984 Darren Robinson, McConnellsburg 11.0 PIAA meet: 11.62 4th Place	Michelle Smith, Tussey Mountain 12.8
1985 Darren Robinson, McConnellsburg 10.88 PIAA meet: 11.15 5th Place	Angie Plessinger, McConnellsburg 12.53
1986 Scott Lemon, Chestnut Ridge 11.2	Angie Plessinger, McConnellsburg 12.4
1987 Allen Baker, Bedford 11.7	Kristen Miller, Northern Bedford 12.7 PIAA meet: 12.65 3rd Place
1988 Ray Barclay, Tussey Mountain 11.3	Kristen Miller, Northern Bedford 12.9 PIAA meet: 12.93 3rd Place
1989 Greg Washington, Bedford 11.1	LaJennifer Detwiler, Northern Bedford 12.9
1990 Greg Washington, Bedford 11.0 PIAA meet: 11.32 7th Place	Wendy Clark, Everett 12.8
1991 Shane Smith, Meyersdale 11.3	Q: LaJennifer Detwiler, NB 12.8
1992 Brett Walat, North Star 11.1 Q: Bill Benbow, Bedford 11.2	Mandy Hoover, Northern Bedford 13.1
1993 Bill Benbow, Bedford 11.1 PIAA meet: 11.17 5th Place	Mandy Hoover, Northern Bedford 12.9
1994 Bill Benbow, Bedford 10.8 PIAA meet: 11.04 State Champion	Q: S.Walter, Chestnut Ridge 12.9
1995 Eric Korhut, Windber 11.1	Jessica Haynes, Conemaugh Township 12.7
1996 Roger Beal, Meyersdale 11.6	Holly Watkins, Tussey Mountain 13.3
1997 Jeff Iagulli, Chestnut Ridge 11.0	Holly Watkins, Tussey Mountain 12.5
1998 Jeff Iagulli, Chestnut Ridge 11.2	Evie Shade, Bedford 12.9
1999 Joe Cannoni, Windber 10.9 Q: Adam Markel, Chestnut Ridge 11.1	Tracie Clair, Chestnut Ridge 12.6
2000 Nick Rizzo, Windber 11.25	Laura Chamberlain, TM 13.15
2001 Adam Markel, Chestnut Ridge 11.66	Katie Koenig, Chestnut Ridge 13.17
2002 Dan Gardner, Berlin 11.40	Katie Koenig, Chestnut Ridge 13.19
2003 Chris Manherz, Bedford 11.51	Ashley Hartman, Berlin 12.99
2004 Derrick Harris, Bedford 11.28	Ashley Hartman, Berlin 12.95
2005 Eric D'Carrion, Berlin 11.14 Q: Shane Fox, Bedford 11.22	Victoria Castro, Berlin 13.16
2006 Josh Marshall, Bedford 11.42	Sarah Snyder, Windber 13.12
2007 Eric Smith, Chestnut Ridge 11.30	Samantha Valiton, Chestnut Ridge 12.73
2008 Zach Millin, Everett 11.43	Samantha Valiton, Chestnut Ridge 12.72 PIAA Meet: 12.37 5 <sup>th</sup> Place
2009 Zach Millin, Everett 11.54 PIAA Meet: 11.17 7 <sup>th</sup> Place	Nicki Leach, Northern Bedford 13.24
2010 Ian Sayler, Berlin 11.21	Nicki Leach, Northern Bedford 12.80
2011 Ian Sayler, Berlin 11.08	Ashley Waugerman, Bedford 12.97
2012 Dan Meyer, Somerset 11.30	Abbey Turner, Fannett-Metal 12.85
2013 Darrin Sipes, Tussey Mt. 11.27 PIAA Meet: 11.16 7 <sup>th</sup> Place	Jenna Bracken, Windber 13.24
2014 Jake Formica, Conemaugh Twp. 11.56	Whitley Furry, Northern Bedford 13.36
2015 Trent Lohr, Chestnut Ridge 11.29	Devin Folk, Tussey Mt. 13.01

2016 Lucas Waugerman, Bedford 11.24  
 2017 Nate Formica, Conemaugh Twp. 11.00  
 2018 Evan Germaux, Tussey Mt. 11.37  
 2019 Jarred Sipes, Tussey Mt. 11.26  
 2021 Ethan Black, Conemaugh Twp. 11.14  
 PIAA Meet: 11.16 8<sup>th</sup> Place  
 2022 Ethan Black, Conemaugh Twp. 10.63  
 PIAA Meet: 10.78 State Champion  
 Q: Ethan Weber, Bedford 11.19  
 2023 Ethan Black, Conemaugh Twp. 10.48  
 PIAA Meet: 10.55 State Champion  
 Q: Maylin Gunby, Everett 11.09  
 Q: Tristan Ohler, Meyersdale 11.02  
 Q: Collin Gillis, Tussey Mt. 11.14  
 Q: Jonathan Updyke, Conemaugh Twp. 11.29  
 2024 Tristin Ohler, Meyersdale 10.89  
 PIAA Meet: 10.86 3<sup>rd</sup> Place  
 Q: Maylin Gunby, Everett 11.21

Ivie Morningstar, Tussey Mt. 12.66  
 Morgan Maurer, Shade 13.06  
 Morgan Maurer, Shade 12.70  
 Mary Hostetter, Shade 12.70  
 Mary Hostetter, Shade 12.99  
 Mary Hostetter, Conemaugh Twp. 12.76  
 PIAA Meet: 13.02 8<sup>th</sup> Place  
 Sydney Rush, Somerset 12.02  
 PIAA Meet: 12.36 5<sup>th</sup> Place  
 Q: Izzy Slezak, Conemaugh Twp. 12.27  
 PIAA Meet: 12.51 8<sup>th</sup> Place  
 Izzy Slezak, Conemaugh Twp. 12.27  
 PIAA Meet: 12.32 5<sup>th</sup> Place  
 Q: Kamryn Ross, Somerset 12.70

## 200 METER DASH

### Boys

1975 Rick Hoffman, McConnellsburg 23.7y  
 PIAA meet: Ed Souders, McConnellsburg 23.9y  
 2nd Place  
 1976 Rick Hoffman, McConnellsburg 22.9y  
 1977 Rick Hoffman, McConnellsburg 22.4y  
 1978 Alan Bluebaugh, Rockwood 24.36  
 1979 John Chobany, Conemaugh Township 23.35  
 1980 Bill Bain, McConnellsburg 23.01  
 1981 Barry Spriggs, McConnellsburg 22.72  
 1982 Barry Spriggs, McConnellsburg 22.47  
 PIAA meet: 22.79 4th Place  
 1983 Barry Spriggs, McConnellsburg 22.44  
 Q: D.Robinson, McConnellsburg 22.50  
 PIAA meet: 23.18 4th Place  
 1984 Darren Robinson, McConnellsburg 22.7  
 PIAA meet: 23.18 2nd Place  
 1985 Darren Robinson, McConnellsburg 23.13  
 PIAA meet: 22.96 5th Place  
 1986 Scott Lemon, Chestnut Ridge 22.8  
 1987 Travis Marshall, Bedford 23.4  
 1988 Ray Barclay, Tussey Mountain 23.0  
 1989 Jerry Rasmussen, Tussey Mountain 23.3  
 1990 Jerry Rasmussen, Tussey Mountain 22.7  
 1991 Shane Smith, Meyersdale 22.9  
 1992 Brett Walat, North Star 23.2  
 1993 Bill Benbow, Bedford 22.8  
 PIAA meet: 23.21 8th Place  
 1994 Bill Benbow, Bedford 22.4  
 PIAA meet: 22.93 3rd Place  
 1995 Eric Korhut, Windber 23.4  
 1996 Rich Watkins, Tussey Mountain 23.6  
 1997 Jason Berkhimer, Chestnut Ridge 22.9  
 PIAA meet: 23.25 7th Place  
 1998 Jeff Iagulli, Chestnut Ridge 23.2  
 PIAA meet: 23.21 6th Place  
 1999 Joe Cannoni, Windber 22.7

### Girls

Kim Rogers, Tussey Mountain ?  
 Mel Dodson, Northern Bedford 27.3y  
 Mel Dodson, Northern Bedford 26.9y  
 Trina Pensyl, Bedford 27.57  
 Trina Pensyl, Bedford 27.1  
 Trina Pensyl, Bedford 26.51  
 Carol Peck, McConnellsburg 27.28  
 Diehl, Chestnut Ridge 26.92  
 Angie Plessinger, McConnellsburg 26.37  
 Michelle Smith, Tussey Mountain 26.4  
 PIAA meet: 26.74 3rd Place  
 Angie Plessinger, McConnellsburg 26.21  
 Q: M. Smith, Tussey Mountain 26.40  
 PIAA meet: 26.36 3rd Place  
 Angie Plessinger, McConnellsburg 25.9  
 PIAA meet: 26.04 4th Place  
 Kristen Miller, Northern Bedford 27.0  
 Kristen Miller, Northern Bedford 27.0  
 Dee Cee Tallyen, Windber 26.9  
 Ginger Hite, Everett 27.6  
 Marla McElhaney, McConnellsburg 26.2  
 PIAA meet: 26.74 6th Place  
 Mandy Hoover, Northern Bedford 26.4  
 Jessica Haynes, Conemaugh Township 26.9  
 Mandy Hoover, Northern Bedford 26.9  
 Jessica Haynes, Conemaugh Township 27.2  
 Holly Watkins, Tussey Mountain 27.6  
 Holly Watkins, Tussey Mountain 27.2  
 Evie Shade, Bedford 27.5  
 Laura Chamberlain, Tussey Mountain 27.9

2000	Nick Rizzo, Windber 23.29	Meredith Troutman, Meyersdale 26.29 Q: Tracie Clair, Chestnut Ridge 26.31 PIAA Meet: 27.12 7th Place
2001	Dan Gardner, Berlin 23.42	Meredith Troutman, Meyersdale 26.48 Q: Tracie Clair, Chestnut Ridge 26.52
2002	Dan Gardner, Berlin 22.89	Meredith Troutman, Meyersdale 26.26
2003	John Marshall, Bedford 23.76	Ashley Hartman, Berlin 27.57
2004	John Marshall, Bedford 23.38	Shnella Burke, McConnellsburg 27.08
2005	Shane Fox, Bedford 22.78 Q: Eric D'Carrion, Berlin 22.78	Amy Whetstone, Chestnut Ridge 27.21
2006	Zach Marshall, Bedford 23.48	Amanda Ritchey, Northern Bedford 26.99
2007	Mike Tomovich, Chestnut Ridge 23.18	Samantha Valiton, Chestnut Ridge 26.75
2008	Zach Millin, Everett 23.33	Samantha Valiton, Chestnut Ridge 26.55 (26.19 in prelim) PIAA Meet: 26.19 8th Place
2009	Zach Millin, Everett 23.20 PIAA Meet: 23.00 8th Place	Nicki Leach, Northern Bedford 26.71
2010	Ian Sayler, Berlin 23.02	Nicki Leach, Northern Bedford 26.66
2011	Ian Sayler, Berlin 22.90	Ashley Waugerman, Bedford 27.10
2012	Dan Meyer, Somerset 22.81	Abbey Turner, Fannett-Metal 26.89
2013	Darrin Sipes, Tussey Mt. 23.29	Abbey Turner, Fannett-Metal 26.98
2014	Darrin Sipes, Tussey Mt. 23.66	Whitley Furry, Northern Bedford 27.33
2015	Kyle Sheaffer, Everett 23.94	Devin Folk, Tussey Mt. 26.80
2016	August Cooke, Bedford 22.55	Lorna Spiegle, Shade 26.59
2017	Evan Germaux, Tussey Mt. 22.90	Lorna Spiegle, Shade 26.96
2018	Evan Germaux, Tussey Mt. 23.23	Jaden Fuller, Bedford 26.30
2019	Wes Lippincott, Bedford 23.69	Mary Hostetter, Shade 27.57
2021	Ethan Black, Conemaugh Twp. 23.03	Grace Sarver, Bedford 27.01
2022	Ethan Black, Conemaugh Twp. 21.56 PIAA Meet: 21.45 State Champion	Izzy Slezak, Conemaugh Twp. 26.47
2023	Ethan Black, Conemaugh Twp. 22.05 PIAA Meet: 21.07 State Champion And State Record Q: Tristin Ohler, Meyersdale 22.59 PIAA Meet: 22.19 5th Place	Izzy Slezak, Conemaugh Twp. 25.54 PIAA Meet: 24.88 3rd Place
2024	Tristin Ohler, Meyersdale 22.04 PIAA Meet: 22.10 2nd Place Q: Maylin Gunby, Everett 22.38 PIAA Meet: 22.70 5th Place	Izzy Slezak, Conemaugh Twp. 25.27 PIAA Meet: 25.48 2nd Place

#### 400 METER DASH

##### Boys

1975	Rick Hoffman, McConnellsburg 52.8
1976	Rick Hoffman, McConnellsburg 51.5 PIAA meet: 50.2 State Champion
1977	Rick Hoffman, McConnellsburg 51.6
1978	Barry Noon, Conemaugh Township 51.74
1979	Pierre Finella, Windber 53.39
1980	Todd Klotz, Northern Bedford 51.10
1981	Barry Spriggs, McConnellsburg 50.35
1982	Barry Spriggs, McConnellsburg 50.06 PIAA meet: 49.44 2nd Place
1983	Barry Spriggs, McConnellsburg 50.49 PIAA meet: 48.71 State Champion
1984	Darren Robinson, McConnellsburg 51.3
1985	Darren Robinson, McConnellsburg 50.55
1986	Ray DuVall, Tussey Mountain 52.6
1987	John Lody, Shade 50.9
1988	Jerry Rasmussen, Tussey Mountain 50.6
1989	Jerry Rasmussen, Tussey Mountain 49.5 PIAA meet: 51.11 4th Place

##### Girls

Donna DuVall, Everett ?
Donna DuVall, Everett 65.2
Bailey, Tussey Mountain 64.3
Donna Barber, Everett 63.1
Kim Miller, Chestnut Ridge 63.38
Lori Weyant, Chestnut Ridge 63.92
Lori Weyant, Chestnut Ridge 61.12
Chamberlain, McConnellsburg 63.0
Leslie Delaney, Bedford 62.83
Dena Carbaugh, McConnellsburg 62.3
Dena Carbaugh, McConnellsburg 60.58
Christy Ott, McConnellsburg 60.4
Suzy Taylor, Tussey Mountain 63.4
Suzy Taylor, Tussey Mountain 63.5
Marla McElhaney, McConnellsburg 59.2 PIAA meet: 63.10 8th Place
Q: Dee Cee Tallyen, Windber 59.3

1990	Jerry Rasmussen, Tussey Mountain 51.0 PIAA meet: 49.29 2nd Place	PIAA meet: 60.41 4th Place Marla McElhaney, McConnellsburg 58.8
1991	Weldon Branche, McConnellsburg 50.8 PIAA meet: 51.14 8th Place	Marla McElhaney, McConnellsburg 60.8
1992	Paul Close, Rockwood 52.6	Genny Washington, Bedford 61.6
1993	Paul Kuharchek, Conemaugh Township 51.5	Lana Arnold, Bedford 62.8
1994	Pete Kuharchek, Conemaugh Township 51.3	Mandy Hoover, Northern Bedford 60.2 PIAA meet: 61.29 7th Place
1995	Mike Cihlar, Bedford 51.9	Eleanor Baker, McConnellsburg 64.9
1996	Mark Bromley, Chestnut Ridge 52.0	Ashley Finnegan, Chestnut Ridge 62.7
1997	Ron Mash, Windber 50.4 PIAA meet: 50.55 State Champion	Holly Watkins, Tussey Mountain 63.3
1998	Kris Sheffield, McConnellsburg 51.1	Renee Baker, McConnellsburg 62.2
1999	Nick Wolfe, McConnellsburg 52.0	Jenny Thomas, Northern Bedford 62.8
2000	Nick Rizzo, Windber 51.29	Tracie Clair, Chestnut Ridge 61.50 PIAA Meet: 61.40 7th Place
2001	Bobby Turkovich, Bedford 52.08	Natalie Dell, Everett 58.82 PIAA Meet: 59.29 3rd Place
2002	Dan Gardner, Berlin 50.16 Q: Bobby Turkovich, Bedford 50.40 PIAA Meet: 49.94 3rd Place	Meredith Troutman, Meyersdale 58.21 PIAA Meet: 57.90 2nd Place
2003	Eric Shedlock, Bedford 52.69	Natalie Dell, Everett 61.97
2004	Jarod Gordon, Chestnut Ridge 53.12	Christie Ritchey, Bedford 61.55
2005	Eric D'Carrion, Berlin 51.16	Marie Buffy, Shade 62.23
2006	Jordan Donaldson, Tussey Mountain 50.60 PIAA Meet: 50.42 5 <sup>th</sup> Place	Brittany Beland, Bedford 61.50
2007	Jordan Donaldson, Tussey Mountain 49.87 PIAA Meet: 49.45 5 <sup>th</sup> Place	Nicki Hankinson, Berlin 61.96
2008	Jordan Donaldson, Tussey Mountain 49.38 PIAA Meet: 48.89 3 <sup>rd</sup> Place	Nicki Hankinson, Berlin 60.68
2009	Drew Bollman, Bedford 52.05	Amy Bard, Southern Fulton 61.10
2010	Logan Zimmerman, Northern Bedford 51.41	Nicki Leach, Northern Bedford 59.27 PIAA Meet: 58.32 6 <sup>th</sup> Place
2011	Isaac Will, Berlin 50.91	Amy Bard, Southern Fulton 59.91
2012	Jacob Ashkettle, S.Fulton 50.51 PIAA Meet: 50.48 8 <sup>th</sup> Place	Abbey Turner, Fannett-Metal 59.95
2013	Jacob Ashkettle, S.Fulton 51.01 PIAA Meet: 51.25 5 <sup>th</sup> Place	Gina Trulick, Berlin 61.26
2014	Zane Baker, Bedford 52.79	Whitley Furry, Northern Bedford 59.98
2015	Zane Baker, Bedford 50.70 PIAA Meet: 50.84 5 <sup>th</sup> Place	Devin Folk, Tussey Mt. 62.02
2016	Zane Baker, Bedford 50.24	Mckenzie Gelvin, McConnellsburg 57.04 PIAA Meet: 57.28 4 <sup>th</sup> Place
2017	Chase Varner, S. Fulton 52.31	Q: Maddie Sprankle, Shade 59.91 McKenzie Gelvin, McConnellsburg 58.32
2018	Nathaniel Maxwell, Everett 51.85	Kaitlyn Maxwell, Everett 57.94 PIAA Meet: 58.11 4th Q: Lorna Spiegle, Shade 58.00 PIAA Meet: 58.33 6 <sup>th</sup>
2019	Nathaniel Maxwell, Everett 51.16	Kaitlyn Maxwell, Everett 58.63 PIAA Meet: 57.32 3 <sup>rd</sup> Q: Lorna Spiegle, Shade 59.72 PIAA Meet: 58.83 7 <sup>th</sup>
2021	Jonah Hillegass, Chestnut Ridge 51.31	Natalie Lippincott, Bedford 61.42
2022	Jonah Hillegass, Chestnut Ridge 51.92	Deborah Bozovich, Shade 60.13
2023	Logan Seslow, Somerset 51.47	Deborah Bozovich, Shade 61.10
2024	Jacob Winck, Everett 50.92	Ellie Speigle, Conemaugh Twp. 59.94

## 800 METER RUN

Boys

Girls



1975	Lee Hoffer, Windber 2:03.1	Cheryl Henry, Everett ?
1976	Lee Hoffer, Windber 2:00.2 PIAA meet: 1:59.3 6th Place	Cheryl Henry, Everett 2:32.3
1977	Lee Hoffer, Windber 2:02.1	Bev Suhrie, Bedford 2:40.8
1978	Jim Shaffer, Meyersdale 2:06.6	Laurie Baker, Tussey Mountain 2:34.75
1979	Marty Diehl, Northern Bedford 2:02.5	Tina Corle, Northern Bedford 2:29.71
1980	Kirk Heath, Tussey Mountain 2:03.29	Bev Suhrie, Bedford 2:33.8
1981	Terry Croyle, Conemaugh Township 2:03.02	Darlene Davis, McConnellsburg 2:30.68
1982	Steven Rhodes, Shade 2:02.32	Barb Henry, Everett 2:31.3
1983	Robert Bard, Southern Fulton 2:05.09	Vicki Black, Everett 2:30.12
1984	Anthony Stout, Shade 2:03.2	Amy Gould, Bedford 2:30.3
1985	Daren Duncan, North Star 2:07.1	Kristi Dunkle, Bedford 2:29.61
1986	Eric Ziemba, Southern Fulton 2:07.5	Christy Ott, McConnellsburg 2:34.7
1987	Jon Trimpey, Rockwood 2:02.8	Kristi Dunkle, Bedford 2:31.7
1988	Brandon McKenzie, Meyersdale 2:05.0	Marla McElhaney, McConnellsburg 2:34.7
1989	Bill Smith, Chestnut Ridge 2:02.0	Marsha Whitfield, Bedford 2:32.5
1990	Chris Carr, McConnellsburg 2:06.7	Marla McElhaney, McConnellsburg 2:25.0
1991	Jason Cole, Bedford 2:01.6	Bridget Jeffers, Conemaugh Township 2:28.1
1992	Jason Cole, Bedford 1:59.5	Shannon Stevens, Everett 2:27.7 PIAA meet: 2:27.08 8th Place
1993	Brandon Becker, Bedford 2:05.7	Shannon Stevens, Everett 2:31.5
1994	Randy Keefer, McConnellsburg 2:02.8	Shannon Stevens, Everett 2:26.5
1995	Jeremy Wentz, Chestnut Ridge 2:05.9	Angie Kepple, Northern Bedford 2:25.6
1996	Brett Gerhart, Meyersdale 2:02.4	Beth Pile, Conemaugh Township 2:33.0
1997	Nick Wolfe, McConnellsburg 2:02.5	Beth Pile, Conemaugh Township 2:30.3
1998	Nick Wolfe, McConnellsburg 2:02.5	Beth Pile, Conemaugh Township 2:27.5
1999	Nick Wolfe, McConnellsburg 2:02.5	Jenny Thomas, Northern Bedford 2:30.7
2000	Croyle, Conemaugh Township 2:06.24	Jenny Thomas, Northern Bedford 2:30.63
2001	Adam Claycomb, Chestnut Ridge 2:06.9	Natalie Dell, Everett 2:26.6
2002	Kirk Morningstar, Northern Bedford 2:03.02	Robyn Weaver, Everett 2:26.51
2003	Tom Brambley, Everett 2:02.08	Robyn Weaver, Everett 2:25.92
2004	Ben Keefer, McConnellsburg 2:02.19	Robyn Weaver, Everett 2:23.81
2005	Mike Podlesnik, Meyersdale 1:59.46 PIAA meet: 1:57.99 7 <sup>th</sup> Place Q: Tony Clement, Windber 1:59.66	Sara Fyock, Chestnut Ridge 2:29.26
2006	Mike Podlesnik, Meyersdale 1:57.04 PIAA Meet: 1:55.33 3 <sup>rd</sup> Place Q: Jordan Donaldson, Tussey Mountain 1:57.99	Brittany Beland, Bedford 2:28.43
2007	Jordan Donaldson, Tussey Mountain 1:57.68 PIAA Meet: 1:55.72 4 <sup>th</sup> Place Q: Mike Podlesnik, Meyersdale 1:57.70	Heather Schrader, Meyersdale 2:29.09
2008	Jordan Donaldson, Tussey Mountain 1:58.87 PIAA Meet: 1:55.55 2 <sup>nd</sup> Place	Amy Bard, Southern Fulton 2:30.75
2009	Isaac Goodin, Bedford 2:02.24	Sara Bibby, Windber 2:28.45
2010	Chris Foore, Tussey Mt. 2:01.47	Chloe Mapes, Shade 2:23.48
2011	Kenny White, Fannett-Metal 2:03.49	Esther Wind, N. Bedford 2:21.80
2012	Jordan Wilt, Shade 1:59.74	Carrie Baker, Bedford 2:23.21
2013	Jordan Wilt, Shade 1:59.47 PIAA Meet: 2:00.44 5 <sup>th</sup> Place	Jalissa Snyder, Bedford 2:27.81
2014	Devon Tomlinson, Windber 2:04.33	Gina Trulick, Berlin 2:30.77
2015	Will Kachman, Bedford 2:03.92	Mckenzie Gelvin, McConnellsburg 2:24.41
2016	Chase Varner, S.Fulton 2:01.53	McKenzie Gelvin, McConnellsburg 2:20.26 PIAA Meet: 2:16.70 3 <sup>rd</sup> Place
2017	Chase Varner, S.Fulton 2:01.12 PIAA Meet: 1:57.61 7th Place	McKenzie Gelvin, McConnellsburg 2:24.10 PIAA Meet: 2:13.25 2 <sup>nd</sup> Place
2018	Kobe Charney, Windber 2:04.14	Kaitlynn Maxwell, Everett 2:19.70 PIAA Meet: 2:18.64 6 <sup>th</sup> Place Q: Emily Coddington, Shade 2:19.98
2019	Nathaniel Maxwell, Everett 2:01.42	Kaitlyn Maxwell, Everett 2:23.87 PIAA Meet: 2:16.25 5 <sup>th</sup> Place
2021	Holden Cessna, Everett 2:01.99	Ava Whysong, Chestnut Ridge 2:27.33
2022	Holden Cessna, Everett 1:59.88	Ava Whysong, Chestnut Ridge 2:23.28

2023 Calan Bollman, Chestnut Ridge 2:02.50  
2024 Dominik Hanik, Conemaugh Twp. 2:03.20

PIAA Meet: 2:18.52 5<sup>th</sup> Place  
Ava Whysong, Chestnut Ridge 2:24.92  
Emily Fisher, Somerset 2:23.12

## 1600 METER RUN

### Boys

1975 Randy Keep, Berlin 4:35.6  
1976 Jim Shaffer, Meyersdale 4:45.0  
1977 Kevin Mellott, Southern Fulton 4:34.9  
2<sup>nd</sup> Neil Shockey, Somerset  
PIAA meet: 4:25.3 5<sup>th</sup> Place  
1978 Brian Ferrari, Conemaugh Township 4:31.7  
PIAA meet: 4:22.75 5<sup>th</sup> Place  
1979 Kirk Heath, Tussey Mountain 4:37.27  
1980 Kirk Heath, Tussey Mountain 4:29.49  
1981 Terry Croyle, Conemaugh Township 4:38.48  
1982 David Ericson, Southern Fulton 4:39.57  
1983 David Ericson, Southern Fulton 4:42.88  
1984 Albert Primavera, Conemaugh Township 4:45.4  
1985 Eric Ziemba, Southern Fulton 4:46.97  
1986 Eric Ziemba, Southern Fulton 4:41.8  
1987 Michael Newman, Forbes Road 4:39.5  
1988 Mike Newman, Forbes Road 4:33.4  
1989 Mike Newman, Forbes Road 4:30.1  
PIAA meet: 4:31.38 6<sup>th</sup> PIAA  
1990 Jason Cole, Bedford 4:42.18  
1991 Jason Cole, Bedford 4:39.3  
PIAA meet: 4:24.44 3<sup>rd</sup> Place  
1992 Jason Cole, Bedford 4:38.1  
PIAA meet: 4:22.00 State Champion  
1993 Jake Raymond, Bedford 4:50.3  
1994 Brian Sell, Northern Bedford 4:45.2  
1995 Brian Sell, Northern Bedford 4:38.3  
1996 Brian Sell, Northern Bedford 4:30.1  
1997 Wes Gates, Bedford 4:43.8  
1998 Guy Woods, Meyersdale 4:38.4  
1999 Guy Woods, Meyersdale 4:40.4  
2000 Jesse Gates, Bedford 4:53.50  
2001 Matt Wolfe, McConnellsburg 4:53.13  
2002 Justin Ickes, Chestnut Ridge 4:50.84  
2003 Donnie Sanner, Meyersdale 4:44.19  
2004 Donnie Sanner, Meyersdale  
2005 Tony Clement, Windber 4:35.94  
PIAA meet: 4:28.92 8<sup>th</sup> Place  
2006: Mike Podlesnik, Meyersdale 4:24.50  
PIAA Meet: 4:18.64 State Champion  
2007: Mike Podlesnik, Meyersdale 4:23.66  
PIAA Meet: 4:21.36 4<sup>th</sup> Place  
Q: Chris Snyder, McConnellsburg 4:24.11  
PIAA Meet: 4:20.61 2<sup>nd</sup> Place  
2008 Jeremy Wilt, Shade 4:28.59  
PIAA Meet: 4:22.86 5<sup>th</sup> Place  
2009 Aaron Benner, Northern Bedford 4:38.60  
2010 Aaron Benner, Northern Bedford 4:32.88  
2011 Chris Foore, Tussey Mountain 4:36.93  
2012 Jordan Wilt, Shade 4:42.54  
2013 Tyler Richards, S.Fulton 4:37.55  
2014 Will Kachman, Bedford 4:38.69

### Girls

Cheryl Henry, Everett ?  
Cheryl Henry, Everett 5:38.9  
Ginger Zembower, Bedford 6:01.7  
Cheryl Erickson, Southern Fulton 5:40.3  
Krissy Ray, McConnellsburg 5:39.3  
Bev Suhrie, Bedford 5:45.46  
Barb Henry, Everett 5:47.42  
Brightman, McConnellsburg 5:55.75  
Amy Gould, Bedford 5:56.65  
Amy Gould, Bedford 5:47.7  
Dawn Bassler, Northern Bedford 6:03.53  
Marsha Whitfield, Bedford 5:49.6  
Marsha Whitfield, Bedford 5:47.6  
Michelle Ott, Conemaugh Township 5:38.4  
Michelle Ott, Conemaugh Township 5:36.6  
Bridget Jeffers, Conemaugh Township 5:42.8  
Bridget Jeffers, Conemaugh Township 5:30.2  
Bridget Jeffers, Conemaugh Township 5:32.1  
Shannon Stevens, Everett 5:36.1  
PIAA meet: 5:25.16 6<sup>th</sup> Place  
Shannon Stevens, Everett 5:37.6  
Fanny Klimekova, Bedford 5:43.1  
Beth Pile, Conemaugh Township 5:44.0  
Lindsay Baker, Tussey Mountain 5:32.8  
Beth Pile, Conemaugh Township 5:31.2  
Nicole Zack, Bedford 5:39.3  
Johna Detterline, Northern Bedford 5:40.0  
Stephanie Blackstone, Everett 5:44.40  
Stephanie Blackstone, Everett 5:31.71  
Stephanie Blackstone, Everett 5:34.05  
Megan Elder, Berlin 5:25.03  
Megan Elder, Berlin 5:33.69  
Kaity Showalter, Northern Bedford 5:37.80  
Mary Munnion, Meyersdale 5:39.57  
Polina Osmolinski, Conemaugh Township 5:33.26  
Jenna Hollenshead, Southern Fulton 5:36.88  
Alex Zanella, Everett 5:11.44  
Maria Snyder, Northern Bedford 5:09.67  
Maria Snyder, Northern Bedford 5:20.23  
Maria Snyder, Northern Bedford 5:37.51  
Annalee Tokarsky, Windber 5:41.82

2015 Will Kachman, Bedford 4:33.15  
 2016 Will Kachman, Bedford 4:36.13  
 2017 Cam Sherlock, Northern Bedford 4:46.79  
 2018 Ian Zimmerman, Northern Bedford 4:34.16  
 2019 Ian Zimmerman, Northern Bedford 4:37.16  
 PIAA Meet: 4:23.04 4<sup>th</sup> Place  
 2021 Ian Zimmerman, Northern Bedford 4:37.98  
 2022 Calan Bollman, Chestnut Ridge 4:40.17  
 2023 Calan Bollman, Chestnut Ridge 4:34.30  
 2024 Joe McKelvey, Windber 4:35.05

Whitley Furry, Northern Bedford 5:35.48  
 Whitley Furry, Northern Bedford 5:29.66  
 Whitley Furry, Northern Bedford 5:33.01  
 Emily Coddington, Shade 5:17.49  
 Emily Coddington, Shade 5:30.49  
 Ava Whysong, Chestnut Ridge 5:26.80  
 Ava Whysong, Chestnut Ridge 5:26.23  
 Ava Whysong, Chestnut Ridge 5:35.82  
 Emily Fisher, Somerset 5:11.70  
 PIAA Meet: 5:11.54 8<sup>th</sup> Place  
 Q: Chloe May, Bedford 5:16.59

### 3200 METER RUN

#### Boys

1975 Randy Keep, Berlin 10:31.5  
 1976 Kevin Mellott, Southern Fulton 10:13.9  
 1977 Kevin Mellott, Southern Fulton 10:09.4  
 1978 Brian Ferrari, Conemaugh Township 10:03.43  
 1979 Kirk Heath, Tussey Mountain 10:10.0  
 PIAA meet: 9:37.68 6<sup>th</sup> Place  
 1980 TIE Kirk Heath, Tussey Mountain and  
 Terry Croyle, Conemaugh Township 9:43.59  
 1981 Terry Croyle, Conemaugh Township 10:06.44  
 PIAA meet: 9:37.73 6<sup>th</sup> Place  
 1982 Terry Croyle, Conemaugh Township 9:15.62  
 PIAA meet: 9:16.17 2<sup>nd</sup> Place  
 1983 David Ericson, Southern Fulton 9:51.01  
 1984 Tom Croyle, Conemaugh Township 10:10.9  
 1985 Carl Good, Conemaugh Township 10:13.59  
 1986 Troy McFarland, Northern Bedford 10:27.0  
 1987 Mike Newman, Forbes Road 10:33.6  
 1988 Mike Newman, Forbes Road 10:27.7  
 1989 Scott Raley, Tussey Mountain 10:27.3  
 1990 Jason Cole, Bedford 10:18.0  
 1991 Jason Cole, Bedford 10:26.3  
 1992 Shawn Goss, Bedford 10:13.1  
 PIAA meet: 9:43.53 2<sup>nd</sup> Place  
 1993 Jake Raymond, Bedford 10:45.6  
 1994 Steve Moyer, Northern Bedford 10:21.6  
 1995 Steve Moyer, Northern Bedford 10:04.4  
 1996 Steve Moyer, Northern Bedford 9:56.7  
 PIAA meet: 9:42.29 7<sup>th</sup> Place  
 1997 Wes Gates, Bedford 10:23.6  
 1998 Mark Long, Everett 10:33.8  
 1999 Guy Woods, Meyersdale 10:13.8  
 2000 Chad Davis, Bedford 10:51.01  
 2001 Conor Mulcahy, Windber 10:50.87  
 2002 Don Sanner, Meyersdale 10:22.76  
 2003 Dillon Gracey, McConnellsburg 10:09.84  
 2004 Donnie Sanner, Meyersdale 9:56.35  
 2005 Donnie Sanner, Meyersdale 10:12.66  
 2006 Ian Mitchell, Tussey Mountain 10:30.38  
 2007 Ian Mitchell, Tussey Mountain 10:09.95  
 2008 Ian Mitchell, Tussey Mountain 10:07.41  
 2009 Steve Ketner, Conemaugh Township 10:31.19  
 2010 Tim Roddy, Windber 9:57.39

#### Girls

Ginger Zembower, Bedford 13:05.0  
 Loretta Corle, Northern Bedford 12:33.4  
 Krissy Ray, McConnellsburg 12:33.4  
 Sherri Treece, Everett 12:48.62  
 Pam Shaw, Everett 13:04.94  
 Patty Fyfe, Bedford 13:06.48  
 Lois Perrin, Northern Bedford 13:04.62  
 Liz Pittman, Everett 12:52.4  
 Rachel Reed, Tussey Mountain 13:11.59  
 Roni Riegel, Chestnut Ridge 13:45.1  
 Roni Riegel, Chestnut Ridge 13:09.5  
 Michelle Ott, Conemaugh Township 13:03.7  
 Michelle Ott, Conemaugh Township 12:39.2  
 Chris Leader, Everett 12:46.8  
 Kelly Snyder, Tussey Mountain 12:23.2  
 Kelly Snyder, Tussey Mountain 12:05.9  
 PIAA meet: 11:47.18 5<sup>th</sup> Place  
 Kelly Snyder, Tussey Mountain 12:31.5  
 Sarah Oakman, McConnellsburg 12:42.9  
 Fanny Klimekova, Bedford 12:58.7  
 Sarah Oakman, McConnellsburg 12:48.1  
 Lindsay Baker, Tussey Mountain 12:39.6  
 Johnna Detterline, Northern Bedford 12:22.7  
 Nicole Zack, Bedford 12:20.1  
 Nicole Zack, Bedford 12:18.53  
 Stephanie Blackstone, Everett 12:28.41  
 Stephanie Blackstone, Everett 12:02.20  
 Stephanie Blackstone, Everett 11:56.9  
 Megan Elder, Berlin 11:49.11  
 Megan Elder, Berlin 12:15.43  
 Kaity Showalter, Northern Bedford 12:24.70  
 Natalie Miller, Meyersdale 12:26.57  
 Chelsy Hollinshead, Southern Fulton 12:41.99  
 Alex Zanella, Everett 12:38.50  
 Alex Zanella, Everett 12:10.38



2011 Colin Coffield, Bedford 10:25.28  
 2012 Gabriel Goizueta, Tussey Mt. 10:08.42  
 2013 Will Kachman, Bedford 10:15.85  
 2014 Will Kachman, Bedford 10:05.00  
 PIAA Meet: 9:31.22 2<sup>nd</sup> Place  
 2015 Will Kachman, Bedford 9:56.33  
 PIAA Meet: 9:18.53 3<sup>rd</sup> Place  
 2016 Will Kachman, Bedford 10:03.70  
 2017 Silas Eckenroad, Berlin 10:27.38  
 2018 Silas Eckenroad, Berlin 10:14.00  
 2019 Van May, Bedford 10:10.73  
 2021 Van May, Bedford 10:21.32  
 2022 Calan Bollman, Chestnut Ridge 9:58.21  
 2023 Joseph McKelvey, Windber 10:19.16  
 2024 Joe McKelvey, Windber 10:22.40

Maria Snyder, Northern Bedford 11:17.58  
 PIAA Meet: 10:56.86 2<sup>nd</sup> Place  
 Maria Snyder, Northern Bedford 11:57.40  
 PIAA Meet: 11:05.24 4<sup>th</sup> Place  
 Maria Snyder, Northern Bedford 12:04.21  
 Marsha Baker, Meyersdale 12:30.05  
 Graycen Breckenridge, Rockwood 12:36.34  
 Graycen Breckenridge, Rockwood 12:21.74  
 Carolyn Telfer, Windber 12:39.36  
 Carolyn Telfer, Windber 12:22.29  
 Olivia Roman, Conemaugh Twp. 12:47.20  
 Ava Whysong, Chestnut Ridge 12:26.16  
 Ava Whysong, Chestnut Ridge 13:00.06  
 Avrey Weaverling, Bedford 12:39.45  
 Chloe May, Bedford 11:26.32  
 PIAA Meet: 11:12.36 6<sup>th</sup> Place  
 Q: Emily Fisher, Somerset 11:32.40  
 PIAA Meet: 11:16.89 8<sup>th</sup> Place

### 110 HIGH HURDLES

1975 Tom Miller, Chestnut Ridge 15.6  
 1976 Mulcahy, Windber 15.4  
 1977 Brian Pressel, Northern Bedford 15.3  
 1978 Jeff Hess, Bedford 15.57  
 PIAA meet: 15.25 4<sup>th</sup> Place  
 1979 Tom Hoffman, Southern Fulton 15.73  
 1980 Scott Almonds, Tussey Mountain 15.26  
 1981 Brian Gilmer, Bedford 15.54  
 1982 Steve Mykut, Tussey Mountain 15.72  
 1983 Mark Hollinshead, McConnellsburg 15.98  
 1984 Ray Black, Tussey Mountain 15.7  
 1985 Mark Hollinshead, McConnellsburg 14.51  
 1986 Dave Park, Tussey Mountain 15.5  
 1987 Troy Greenawalt, Bedford 15.8  
 1988 Troy Greenawalt, Bedford 15.6  
 1989 Bill Ford, Bedford 14.9  
 PIAA meet: 15.50 8<sup>th</sup> Place  
 1990 Bill Ford, Bedford 14.6  
 PIAA meet: 15.01 7<sup>th</sup> Place  
 Q: Jim Weimer, Everett 15.3  
 Q: Joe Morrow, Tussey Mountain 15.4  
 1991 Paul Kazupas, Shade 15.6

### 80 YD. LOW HURDLES

Mel Dodson, Northern Bedford 11.05  
 Mel Dodson, Northern Bedford 11.5  
**100 YD LOW HURDLES**  
 Mel Dodson, Northern Bedford 14.8  
 Lu Shaffer, Chestnut Ridge 16.7  
**100 HURDLES**  
 Penny Leidy, Northern Bedford 17.02  
 Barb Henry, Everett 17.19  
 Cindy Plessinger, McConnellsburg 16.28  
 Cindy Plessinger, McConnellsburg 15.66  
 Kim Spriggs, McConnellsburg 15.52  
 PIAA meet: 14.93 **State Champion**  
 Kim Spriggs, McConnellsburg 14.9  
 PIAA meet: 14.88 **State Champion**  
**and State Record**  
 Kim Spriggs, McConnellsburg 15.33  
 PIAA meet: 14.84 2<sup>nd</sup> Place  
 Darla Warnick, Shade 16.5  
 Cheryl Meyers, Chestnut Ridge 16.4  
 Cheryl Meyers, Chestnut Ridge 16.0  
 Nette Lowery, McConnellsburg 16.7  
 Daphne Liska, Chestnut Ridge 16.7  
 Daphne Liska, Chestnut Ridge 16.5  
 Q: Wendy Clark, Everett 16.5

1992	Paul Kazupas, Shade 15.2	Q: Marla McElhaney, McConnellsburg 16.5
1993	Chris Buck, Chestnut Ridge 15.8	Lori Young, Windber 16.7
1994	Chris Buck, Chestnut Ridge 15.3	Lana Arnold, Bedford 16.1
1995	Andy Keefer, Bedford 15.1	Lana Arnold, Bedford 16.2
		<b>Lana Arnold, Bedford 15.3</b>
		<b>PIAA meet: 15.93 8<sup>th</sup> Place</b>
1996	Shawn Morse, Everett 16.0	Mandy Nicholson, Conemaugh Township 16.3
1997	<b>Andy Keefer, Bedford 15.0</b>	Erica Kuposko, Windber 17.0
	<b>PIAA meet: 15.56 8<sup>th</sup> Place</b>	
1998	Dan Kiss, Windber 15.1	Erica Kuposko, Windber 15.9
1999	<b>Dan Kiss, Windber 14.7</b>	Kristie O'Conner, North Star 16.0
	<b>PIAA meet: 15.38 4<sup>th</sup> Place</b>	
2000	Dan Kiss, Windber 15.09	Beth O'Conner, North Star 17.05
2001	Jeff Kiss, Windber 15.09	Sheena Smith, Northern Bedford 17.07
	<b>PIAA Meet: 15.61 3<sup>rd</sup> Place</b>	
2002	<b>Jeff Kiss, Windber 14.59</b>	Nicole Gardner, Windber 16.01
	<b>PIAA Meet: 14.39 State Champion</b>	
2003	Chris Perkosky, Windber 15.30	Sheena Smith, Northern Bedford 16.83
2004	Chris Perkosky, Windber 15.21	Nichole Gardner, Windber 16.29
2005	<b>Nate Kiss, Windber 14.64</b>	Terrah Stock, Berlin 16.19
	<b>PIAA meet: 14.64 State Champion</b>	
	Q: Troy Harris, Bedford 15.01	
	Q: Brad Beverly, Berlin 15.35	
2006	Dan Gardner, Windber 15.15	Sarah Snyder, Windber 15.92
		Q: Joanna Geisel, Windber 16.05
2007	Dan Gardner, Windber 15.28	Sarah Snyder, Windber 15.98
2008	Bobby Rhodes, Chestnut Ridge 15.31	Sarah Snyder, Windber 15.31
		Q: Taylor Crawford, Northern Bedford 15.60
2009	Zack Hess, Bedford 15.57	Taylor Crawford, Northern Bedford 15.79
2010	Alex Will, Berlin 15.34	Ashley Stoltzfus, Berlin 16.71
2011	Alex Will, Berlin 14.99	Ashlee McMullen, Windber 16.30
	Q: Matt Dull, C.Ridge 15.01	
2012	Matt Dull, C.Ridge 15.05	Jenna Bracken, Windber 15.61
2013	Corey Hill, McConnellsburg 15.93	<b>Jenna Bracken, Windber 15.45</b>
		<b>PIAA Meet: 15.78 8<sup>th</sup> Place</b>
		Q: Catelyn Hittie, Berlin 15.99
2014	Cole Clark, Meyersdale 16.03	Brittany Clegg, Berlin 17.03
2015	John Emerick, Berlin 16.02	Allie Kalp, Berlin 16.51
2016	John Emerick, Berlin 15.06	Allie Kalp, Berlin 16.01
2017	Josh Booth, McConnellsburg 15.43	Allie Kalp, Berlin 15.98
2018	<b>Justin Vasas, Windber 15.11</b>	Kara McKenzie, Berlin 16.44
	<b>PIAA Meet: 15.52 6<sup>th</sup> Place</b>	
2019	Dalton Meyers, Conemaugh Twp 16.41	Kara McKenzie, Berlin 16.34
2021	Braden Ford, Bedford 15.95	Violet Johnson, Everett 16.23
2022	<b>Sam Albright, Chestnut Ridge 15.50</b>	Autumn Becker, Bedford 16.18
	<b>PIAA Meet: 15.62 6<sup>th</sup> Place</b>	
2023	<b>Sam Albright, Chestnut Ridge 15.09</b>	Autumn Becker, Bedford 16.31
	<b>PIAA Meet: 14.64 4<sup>th</sup> Place</b>	
2024	AJ Koontz, Bedford 15.36	Lyndee Ickes, Berlin 16.12

### 300 HURDLES

#### Boys

1975	B.B. Snyder, Windber 41.3
1976	Paul Goodrich, Southern Fulton 41.6
1977	Paul Goodrich, Southern Fulton 41.7
1978	Randy Hoover, Tussey Mountain 40.35
1979	Tracy Page, Bedford 43.14
1980	Tracy Page, Bedford 42.54
1981	Brian Gilmer, Bedford 40.2
1982	Tom Souders, McConnellsburg 41.30

#### Girls

Kim Spriggs, McConnellsburg 48.03

1983	Mark Hollinshead, McConnellsburg 42.38	PIAA meet: 46.22 3rd Place Kim Spriggs, McConnellsburg 46.05 PIAA meet: 43.31 2nd Place
1984	Jeff Morrow, Tussey Mountain 42.6	Kim Spriggs, McConnellsburg 45.2
1985	Mark Hollinshead, McConnellsburg 40.51	<b>Kim Spriggs, McConnellsburg 46.07</b> <b>PIAA meet: 43.13 State Champion</b>
1986	Mark Wise, Bedford 41.2	<b>Angie Plessinger, McConnellsburg 46.2</b> <b>PIAA meet: 45.39 State Champion</b>
1987	Dave Weimer, Rockwood 40.8	Tracy Wible, McConnellsburg 48.4
1988	<b>Bill Ford, Bedford 40.2</b> <b>PIAA meet: 41.37 8th Place</b>	Cheryl Meyers, Chestnut Ridge 47.4 <b>2nd Marla McElhaney, McConnellsburg 47.4</b> <b>PIAA meet: 47.23 7th Place</b>
1989	<b>Bill Ford, Bedford 39.0</b> <b>PIAA meet: 40.00 3rd Place</b>	Tracy Wible, McConnellsburg 49.0
1990	<b>Bill Ford, Bedford 39.4</b> <b>PIAA meet: 60.0 (fell) 8th Place</b>	Wendy Clark, Everett 50.1
1991	Fred Ream, Rockwood 41.5	Marla McElhaney, McConnellsburg 47.2
1992	Darryl Mitchell, McConnellsburg 42.3	Lana Arnold, Bedford 48.3
1993	Ben Haynes, Conemaugh Township 41.6	Lana Arnold, Bedford 47.6
1994	<b>Ben Haynes, Conemaugh Township 40.1</b> <b>PIAA meet: 40.82 5th Place</b>	Lana Arnold, Bedford 48.5
1995	<b>Jack Bunja, Chestnut Ridge 41.6</b> <b>PIAA meet: 40.14 7th Place</b>	Lana Arnold, Bedford 47.4
1996	Nathaniel Davis, Windber 41.3	Melissa Shaffer, Northern Bedford 48.7
1997	Andy Keefer, Bedford 40.9	Kirsten Davis, Windber 49.9
1998	Brian Smith, Rockwood 40.6	Erica Kuposko, Windber 48.9
1999	Brian Smith, Rockwood 40.6	Meredith Troutman, Meyersdale 48.2
2000	Dan Kiss, Windber 40.74	<b>Meredith Troutman, Meyersdale 46.22</b> <b>PIAA Meet: 45.30 2nd Place</b>
2001	Jon Lightner, Bedford 40.77	<b>Meredith Troutman, Meyersdale 47.57</b> <b>PIAA Meet: 44.29 2nd Place</b>
2002	<b>Jeff Kiss, Windber 40.06</b> <b>PIAA Meet: 41.33 7th Place</b>	<b>Meredith Troutman, Meyersdale 46.51</b> <b>PIAA Meet: 44.70 3rd Place</b>
2003	<b>Troy Harris, Bedford 40.91</b> <b>PIAA Meet 40.51 8th Place</b>	Sheena Smith, Northern Bedford 48.86
2004	Troy Harris, Bedford 41.02	Nicole Gardner, Windber 48.77
2005	Troy Harris, Bedford 39.82 <b>PIAA meet: 40.16 3<sup>rd</sup> Place</b> <b>Q: Josh Lowery, McConnellsburg 39.89</b> <b>PIAA meet: 40.70 4<sup>th</sup> Place</b>	Sarah Schendel, Bedford 47.40
2006	Josh Lightner, Bedford 40.89	Sarah Snyder, Windber 46.94
2007	Jordan Soliday, Chestnut Ridge 41.27	Sarah Snyder, Windber 48.36
2008	Jordan Soliday, Chestnut Ridge 40.72	<b>Sarah Snyder, Windber 45.85</b> <b>PIAA Meet: 45.82 4<sup>th</sup> Place</b>
2009	David Burkett, Windber 40.46 <b>Q: Zack Hess, Bedford 40.80</b>	<b>Sarah Snyder, Windber 46.46</b> <b>PIAA Meet: 46.74 7<sup>th</sup> Place</b>
2010	<b>David Burkett, Windber 39.55</b> <b>PIAA Meet: 39.82 4<sup>th</sup> Place</b>	Ashlee McMullen, Windber 49.17
2011	<b>Matt Dull, Chestnut Ridge 39.50</b> <b>PIAA Meet: 39.99 5<sup>th</sup> Place</b> <b>Q: Josh Wakefield, Bedford 40.59</b>	Janelle Long, Meyersdale 48.63
2012	<b>Matt Dull, Chestnut Ridge 39.05</b> <b>PIAA Meet: 38.12 2<sup>nd</sup> Place</b>	Janelle Long, Meyersdale 47.98
2013	Corey Hill, McConnellsburg 42.70	Catelyn Hittie, Berlin 47.51
2014	Gray Bryan, Windber 40.92	Morgan Lynn, Tussey Mt. 48.96
2015	Josh Booth, McConnellsburg 41.62	Celina Merchant, Southern Fulton 49.11
2016	<b>Tanner Sipes, Everett 39.52</b> <b>PIAA Meet: 39.64 4<sup>th</sup> Place</b> <b>Q: Josh Booth, McConnellsburg 40.02</b> <b>PIAA Meet: 39.77 5<sup>th</sup> Place</b>	Celina Merchant, Southern Fulton 47.41
2017	<b>Josh Booth, McConnellsburg 39.43</b> <b>PIAA Meet: 39.11 STATE CHAMPION</b>	Kolette Hostetter, Rockwood 48.25

2018 Josh Booth, McConnellsburg 39.07  
 PIAA Meet: 38.61 3<sup>rd</sup> Place  
 Q: Justin Vasas, Windber 40.12  
 2019 Nick Vasas, Windber 43.08  
 2021 Braden Ford, Bedford 40.86  
 PIAA Meet: 41.20 7<sup>th</sup> Place  
 2022 RJ Gates, Northern Bedford 42.20  
 2023 Sam Albright, Chestnut Ridge 40.48  
 2024 AJ Koontz, Bedford 40.71  
 PIAA Meet: 40.52 7<sup>th</sup> Place

Kara McKenzie, Berlin 47.57  
 Ashley Ferguson, Bedford 49.06  
 Autumn Becker, Bedford 47.58  
 PIAA Meet: 47.36 7<sup>th</sup> Place  
 Autumn Becker, Bedford 47.91  
 PIAA Meet: 44.87 2<sup>nd</sup> Place  
 Autumn Becker, Bedford 48.70  
 Autumn Becker, Bedford 48.69

**880 RELAY**

1975 McConnellsburg 1:35.1  
 1976 McConnellsburg 1:36.0  
 1977 Somerset 1:35.1

**440 RELAY**

Tussey Mountain ?  
 Northern Bedford 53.3  
 Tussey Mountain 54.5

**4x100 METER RELAY**

**Boys**

1978 Conemaugh Township 45.87  
 1979 Windber 45.85  
 1980 Shade 45.78  
 1981 Everett 45.28  
 1982 McConnellsburg 44.48  
 1983 McConnellsburg 44.42  
 PIAA meet: 43.34 2nd Place  
 1984 Chestnut Ridge 44.4  
 1985 Chestnut Ridge 44.54  
 1986 Chestnut Ridge 44.8  
 1987 Chestnut Ridge 45.0  
 1988 Everett 44.8  
 1989 Bedford 44.4  
 1990 Bedford 44.2  
 Q: Meyersdale 44.3  
 PIAA meet: 43.94 2nd Place  
 Q: Chestnut Ridge 44.3  
 1991 Meyersdale 44.2  
 1992 Northern Bedford 45.2  
 1993 Bedford 44.9  
 1994 Bedford 44.6  
 1995 Chestnut Ridge 45.7  
 1996 Bedford 45.3  
 1997 Chestnut Ridge 44.4  
 PIAA meet: 44.85 8th Place  
 1998 Chestnut Ridge 44.7  
 1999 Chestnut Ridge 45.0  
 2000 Chestnut Ridge 44.98  
 2001 Chestnut Ridge 45.65  
 2002 Chestnut Ridge 44.96  
 2003 Bedford 43.85  
 PIAA Meet 44.61 8th Place  
 2004 Bedford 43.97  
 PIAA Meet 43.93 6<sup>th</sup> Place  
 2005 Bedford 43.81  
 2006 Bedford 44.37

**Girls**

Northern Bedford 53.4  
 Bedford 57.71  
 Everett 52.15  
 McConnellsburg 51.55  
 McConnellsburg 50.80  
 McConnellsburg 51.79  
 PIAA meet: 50.20 3rd Place  
 McConnellsburg 53.3  
 McConnellsburg 52.95  
 Chestnut Ridge 52.1  
 Chestnut Ridge 51.9  
 Northern Bedford 51.3  
 PIAA meet: 50.79 7th Place  
 Northern Bedford 53.9  
 Northern Bedford 52.4  
 PIAA meet: 51.46 8th Place  
 Northern Bedford 51.7  
 Northern Bedford 52.3  
 Chestnut Ridge 52.1  
 PIAA meet: 52.0 5th Place  
 Conemaugh Township 52.6  
 Conemaugh Township 52.0  
 PIAA meet: 53.43 8th Place  
 Chestnut Ridge 52.6  
 Meyersdale 53.1  
 Chestnut Ridge 52.4  
 Meyersdale 52.7  
 Meyersdale 51.38  
 Chestnut Ridge 51.83  
 Shade 53.15  
 Berlin 53.50  
 Berlin 53.15  
 Bedford 52.92  
 Shade 52.32

	PIAA Meet: 44.08 6 <sup>th</sup> Place	
2007	Chestnut Ridge 44.40	Chestnut Ridge 51.15
2008	Bedford 44.53	Chestnut Ridge 51.22
2009	Bedford 44.41	Shade 51.82
	PIAA Meet: 43.55 6 <sup>th</sup> Place	
2010	Chestnut Ridge 44.62	Chestnut Ridge 51.12
2011	Berlin 44.62	Bedford 51.37
2012	Chestnut Ridge 44.72	Berlin 51.24
2013	Shade 44.42	Berlin 51.70
2014	Chestnut Ridge 44.93	Tussey Mountain 52.27
2015	Chestnut Ridge 45.02	Tussey Mountain 52.14
2016	Bedford 44.11	Bedford 52.17
2017	Bedford 44.75	Shade 50.81
2018	Tussey Mountain 44.34	Shade 50.72
2019	Bedford 44.52	Shade 50.25
		PIAA Meet: 49.99 4 <sup>th</sup> Place
2021	Bedford 44.07	Everett 51.52
2022	Bedford 43.22	Conemaugh Twp. 50.29
	Q: Conemaugh Twp. 43.55	PIAA Meet: 50.31 2 <sup>nd</sup> Place
	Q: Windber 43.84	Q: Bedford 50.36
		PIAA Meet: 50.40 3 <sup>rd</sup> Place
2023	Conemaugh Twp. 43.21	Somerset 50.15
	PIAA Meet: 42.51 State Champions	PIAA Meet: 48.93 3 <sup>rd</sup> Place
	Q: Bedford 43.80	
2024	Bedford 43.52	Bedford 50.44
	Q: Conemaugh Twp. 43.85	

#### 4 X 400 METER RELAY

	Boys	Girls
1975	Everett 3:36.4	
1976	Somerset 3:33.0	
1977	Somerset 3:31.0	Bedford 4:24.8
	PIAA meet: 3:27.7 5 <sup>th</sup> Place	
1978	Conemaugh Township 3:37.11	Bedford 4:22.29
1979	Windber 3:34.04	Bedford 4:20.85
1980	McConnellsburg 3:32.46	Tussey Mountain 4:18.52
1981	McConnellsburg 3:31.55	Chestnut Ridge 4:19.32
1982	McConnellsburg 3:34.65	McConnellsburg 4:17.35
1983	McConnellsburg 3:36.9	McConnellsburg 4:11.47
1984	McConnellsburg 3:32.7	Bedford 4:13.9
1985	Everett 3:42.99	McConnellsburg 4:19.34
1986	Bedford 3:33.2	Tussey Mountain 4:11.1
1987	Bedford 3:33.5	Tussey Mountain 4:15.6
1988	Bedford 3:31.6	Northern Bedford 4:13.9
1989	Bedford 3:31.4	McConnellsburg 4:16.0
	PIAA meet: 3:38.90 8 <sup>th</sup> Place	
1990	Bedford 3:28.0	Bedford 4:24.8
	PIAA meet: 3:25.94 4 <sup>th</sup> Place	
1991	McConnellsburg 3:31.1	Everett 4:11.6
		PIAA meet: 4:07.63 3 <sup>rd</sup> Place
1992	Bedford 3:32.5	Bedford 4:12.6
		PIAA meet: 4:12.86 7 <sup>th</sup> Place
1993	Conemaugh Township 3:35.5	Bedford 4:15.7
1994	Bedford 3:32.0	Northern Bedford 4:13.7
1995	Chestnut Ridge 3:35.3	Bedford 4:21.7
1996	Chestnut Ridge 3:34.9	Chestnut Ridge 4:20.9
1997	Chestnut Ridge 3:29.6	Everett 4:24.4
1998	McConnellsburg 3:29.7	Bedford 4:17.4
1999	Bedford 3:30.5	Meyersdale 4:18.7
2000	Windber 3:31.76	Meyersdale 4:12.86



2001	Bedford 3:32.14	Everett 4:19.65
2002	Bedford 3:32.06	Everett 4:18.98
2003	Bedford 3:30.02 PIAA Meet 3:26.31 7 <sup>th</sup> Place	Meyersdale 4:22.33
2004	Bedford 3:31.03	Bedford 4:14.48
2005	Bedford 3:29.44	Bedford 4:14.39
2006	Bedford 3:30.83	Bedford 4:11.97
2007	Meyersdale 3:32.13	Shade 4:11.60
2008	Chestnut Ridge 3:32.11	Chestnut Ridge 4:15.37
2009	Bedford 3:31.31	Shade 4:13.45
2010	Bedford 3:29.85	Bedford 4:08.73
2011	Fannett-Metal 3:33.87	Northern Bedford 4:12.88
2012	Bedford 3:30.65	Berlin 4:15.61
2013	Shade 3:31.11	Tussey Mountain 4:14.78
2014	Windber 3:30.28	Tussey Mountain 4:17.9
2015	Bedford 3:34.03	Tussey Mountain 4:20.74
2016	Bedford 3:28.31	Shade 4:12.63
2017	McConnellsburg 3:31.31	Shade 4:11.53
2018	Windber 3:36.75	Shade 4:09.82 PIAA Meet: 4:12.90 8 <sup>th</sup> Place
2019	Bedford 3:35.64	Shade 4:12.95
2021	Bedford 3:35.54	Bedford 4:22.50
2022	Bedford 3:32.21	Bedford 4:13.42 PIAA Meet: 4:08.09 7 <sup>th</sup> Place
2023	Everett 3:30.37 PIAA Meet: 3:27.51 5 <sup>th</sup> Place	Bedford 4:18.98
2024	Bedford 3:27.96 PIAA Meet: 3:25.75 5 <sup>th</sup> Place	Bedford 4:11.57

#### 4 X 800 METER RELAY

	Boys	Girls
1975	Conemaugh Township 8:37.6	
1976	Windber 8:28.0	
1977	Somerset 8:25.0	
1978	Northern Bedford 8:29.5	McConnellsburg 10:26.9
1979	Northern Bedford 8:26.06	McConnellsburg 10:27.9
1980	Northern Bedford 8:31.91	McConnellsburg 10:27.64
1981	Bedford 8:39.22	McConnellsburg 10:25.39
1982	Bedford 8:19.55	McConnellsburg 10:31.72
1983	Southern Fulton 8:27.74	Bedford 10:25.53
1984	Conemaugh Township 8:35.7	Bedford 10:24.8
1985	Shade 8:45.42	Everett 10:45.71
1986	Shade 8:32.3	Everett 10:34.3
1987	Windber 8:46.2	Chestnut Ridge 10:34.7
1988	Windber 8:30.0	Northern Bedford 10:32.5
1989	Windber 8:33.7	Everett 10:23.9
1990	Tussey Mountain 8:28.6	Everett 10:29.4
1991	Bedford 8:31.0	Northern Bedford 10:36.2
1992	Bedford 8:38.4	Everett 10:18.3 PIAA meet: 10:02.86 6 <sup>th</sup> Place
1993	Chestnut Ridge 8:49.0	Conemaugh Township 10:26.7
1994	Chestnut Ridge 8:33.3	Everett 10:22.3
1995	Chestnut Ridge 8:34.8	McConnellsburg 10:24.9
1996	Meyersdale 8:25.6	McConnellsburg 10:27.7
1997	Bedford 8:44.5	Meyersdale 10:37.8
1998	McConnellsburg 8:31.3	McConnellsburg 10:06.4
1999	Windber 8:31.0	Northern Bedford 10:21.0
2000	McConnellsburg 9:00.02	Bedford 10:16.14
2001	McConnellsburg 8:37.89	Bedford 10:52.26
2002	Conemaugh Township 8:37.63	Everett 10:09.90
2003	McConnellsburg 8:32.12	Everett 10:00.76

2004	McConnellsburg 8:31.97	PIAA Meet 9:41.67 7th Place	Bedford 10:03.18
2005	Meyersdale 8:20.38		Chestnut Ridge 10:11.59
2006	Bedford 8:26.16		Bedford 10:03.10
2007	Bedford 8:21.03		Meyersdale 10:13.79
2008	Berlin 8:24.35		Windber 10:22.79
2009	Berlin 8:31.70		Bedford 10:20.69
2010	Windber 8:21.27		Bedford 9:56.34
2011	Northern Bedford 8:33.35		Bedford 10:00.67
2012	Windber 8:14.63		Northern Bedford 10:20.24
2013	Windber 8:18.45		Bedford 10:09.68
2014	Windber 8:11.46		Windber 10:24.12
	PIAA Meet: 8:05.78 6 <sup>th</sup> Place		
2015	Bedford 8:34.26		Bedford 10:23.29
2016	Bedford 8:26.84		Windber 10:03.10
2017	Southern Fulton 8:34.85		Windber 10:29.79
2018	Windber 8:41.92		Windber 10:31.69
2019	Northern Bedford 8:33.00		Bedford 10:43.09
2021	Northern Bedford 8:42.31		Bedford 11:09.81
2022	Chestnut Ridge 8:22.35		Bedford 10:50.54
2023	Bedford 8:41.46		Bedford 10:46.68
2024	Bedford 8:39.25		Bedford 10:35.43

## HIGH JUMP

### Boys

1975	Mike Spinazzola, Windber 5-9
1976	Mike Spinazzola, Windber 6-3 PIAA meet: 6-5 5th Place
1977	Chris Davis, McConnellsburg 6-0
1978	Jim Spinos, Windber 6-1
1979	Bob Brown, Bedford 6-2
1980	Brian Gilmer, Bedford 6-3
1981	Brian Gilmer, Bedford 5-10
1982	Steve Rhoads, Shade 6-0 2 <sup>nd</sup> Dan Swain, Southern Fulton 6-0 PIAA meet: 6-2 (4 way tie) 5th Place
1983	Dave Thomas, McConnellsburg 6-3 PIAA meet: 6-3 6th Place Tie
1984	Steve Lewis, Everett 5-11
1985	Mike Mort, Rockwood 6-0
1986	Mike Mort, Rockwood 6-3.5
1987	Mike Reed, Northern Bedford 6-3
1988	Shawn Tewell, Everett 6-2.25
1989	Greg Hummel, Rockwood 6-2
1990	Shannon Showalter, Everett 6-3.75
1991	Shannon Showalter, Chestnut Ridge 6-4
1992	Shannon Showalter, Chestnut Ridge 6-3

### Girls

Tracy Skinner, Everett 4-9
Lori Thompson, Everett 4-10
Lori Thompson, Everett 5-0 PIAA meet: 5-3 5th Place
Robin Vaughn, Tussey Mountain 4-9
Robin Vaughn, Tussey Mountain 5-0
Leona Felton, Everett 4-11
Leona Felton, Everett 4-11
Leona Felton, Everett 4-10.5
Nora Johnson, Northern Bedford 4-8
Wendy Fox, Tussey Mountain 5-0
Wendy Fox, Tussey Mountain 4-11
Renee Malkin, Shade 5-1
Shannon Keeney, Chestnut Ridge 5-3 PIAA meet: 5-2 6th Place Tie
Shannon Keeney, Chestnut Ridge 5-2
Sharon Wright, Chestnut Ridge 5-0
Sharon Wright, Chestnut Ridge 5-2 PIAA meet: 5-2 7th Place
Q: Maggie Fox, Tussey Mountain 5-2
Maggie Fox, Tussey Mountain 5-0
Rebecca Peterson, Rockwood 5-2

1993	Tom Miller, Chestnut Ridge 6-1	PIAA meet: 5-3 3rd Place Stephanie Walter, Chestnut Ridge 5-1 PIAA meet: 5-0 7 <sup>th</sup> Place
1994	Tom Miller, Chestnut Ridge 6-2	Amy Kretchman, Meyersdale 5-0
1995	K.L. Lambertus, Conemaugh Township 6-4	Petra Lang, Northern Bedford 5-2 PIAA meet: 5-2 4th Place
1996	Jeff Mills, Everett 6-4.75	Koren Woy, Everett 5-0 PIAA meet: 5-1 8th Place
1997	Tyler Edwards, Everett 6-0	Tracy Buck, Chestnut Ridge 5-0 PIAA meet: 5-0 8th Place Tie
1998	Jeremy Bradley, Southern Fulton 6-0 PIAA meet: 6-6 5th Place	Kristie O'Conner, North Star 5-1
1999	Jeremy Bradley, Southern Fulton 6-6 PIAA meet: 6-7 2nd Place	Kristie O'Conner, North Star 5-0
2000	Dave Thomas, Tussey Mountain 6-6 PIAA Meet: 6-4 3rd Place	Kristie O'Conner, North Star 5-0
2001	Josh Arnold, Meyersdale 6-0 PIAA Meet: 6-2 Tied for 8th Place	Sarah Steeves, Chestnut Ridge 4-10
2002	Thor Maast, Berlin 6-5 PIAA Meet: 6-4 Tie 5th Place	Natalie Dell, Everett 4-10
2003	Mark Morningstar, Northern Bedford 6-2 PIAA Meet: 6-2 6th Place (Tie)	Joanna Nist, Rockwood 5-0
2004	Ben Keefer, McConnellsburg 6-0	Joanna Geisel, Windber 4-10
2005	Ben Way, Chestnut Ridge 6-5 PIAA Meet: 6-4 5 <sup>th</sup> Place (Tie) Q: Jay Ifert, Southern Fulton 6-4 PIAA Meet: 6-6 2 <sup>nd</sup> Place	Corrine Moser, Meyersdale 5-3 PIAA Meet: 5-4 2 <sup>nd</sup> Place
2006	Ben Way, Chestnut Ridge 6-2 PIAA Meet: 6-4 7 <sup>th</sup> Place	Joanna Nist, Rockwood 5-3
2007	Mike Webb, Windber 6-4 PIAA Meet: 6-4 5 <sup>th</sup> Place	Joanna Geisel, W 5-3
2008	Devin Livingston, Chestnut Ridge 6-0	Brandi Harris, Bedford 5-2 PIAA Meet: 5-4 3 <sup>rd</sup> Place
2009	Alex Will, Berlin 6-0 PIAA Meet: 6-2 Tie 8 <sup>th</sup> Place	Chloe Mapes, Shade 5-2
2010	Alex Will, Berlin 6-2	Leanna Showalter, Chestnut Ridge 5-2
2011	Zach Pressel, Northern Bedford 6-4 PIAA Meet: 6-5 5 <sup>th</sup> Place	Nikki Fleming, McConnellsburg 5-0
2012	Zach Pressel, Northern Bedford 6-6 PIAA Meet: 6-5 4 <sup>th</sup> Place Q: Justin Baker, Northern Bedford 6-4	Nikki Fleming, McConnellsburg 5-2
2013	Zach Pressel, Northern Bedford 6-4 PIAA Meet: 6-8 <b>State Champion</b>	Nikki Fleming, McConnellsburg 5-2
2014	Bryce Chilcote, Fannett-Metal 6-2 PIAA Meet: 6-6 2 <sup>nd</sup> Place	Kaitlynn Lippincott, Bedford 5-0
2015	Aaron Fyock, Shade 6-0	Jordan Fockler, Conemaugh Twp. 5-2
2016	Gavin Gilbert, Northern Bedford 6-2	Jaden Fuller, Bedford 5-2
2017	Phillip Dull, Chestnut Ridge 6-4	Stefanie Ketterman, Everett 5-2
2018	Logan Pfister, Chestnut Ridge 6-2	Stefanie Ketterman, Everett 5-0
2019	Logan Pfister, Chestnut Ridge 6-6 ½ PIAA Meet: 6-2 8 <sup>th</sup> Place	Mikala Faith, Conemaugh Twp. 5-1
2021	Logan Pfister, Chestnut Ridge 6-1 PIAA Meet: 6-7 <b>State Champion</b>	Jaden Blough, Meyersdale 5-0
2022	Keith Charney, Windber 6-3	Natalie Lippincott, Bedford 5-2
2023	Noah Pittman, Northern Bedford 5-10	Katie McDevitt, Bedford 4-10
2024	Jackson Sotarsky, Conemaugh Twp. 6-3 PIAA Meet: 6-4 5 <sup>th</sup> Place	Baylee Sleek, Conemaugh Twp. 5-6 PIAA Meet: 5-6 2 <sup>nd</sup> Place Q: Katie McDevitt, Bedford 5-2 Q: Grace Brallier, Bedford 5-2

## LONG JUMP

### Boys

1975	Greg Gordon, McConnellsburg 20-6
1976	Jim McDaniels, Somerset 20-1
1977	Steve Morocco, Somerset 19-11.25
1978	Roger Shepko, Windber 18-11
1979	Mike Williams, Everett 20-2
1980	Ron Ramsey, Tussey Mountain 21-2.25
1981	Boone Minnick, Meyersdale 19-11.5
1982	Jeff Burkett, Chestnut Ridge 20-7.25
1983	Shaw, Southern Fulton 20-10.75
1984	Steve Lewis, Everett 20-10.25
1985	Aaron Souders, McConnellsburg 20-7
1986	Donnie Gordon, Southern Fulton 20-9
1987	Eugene Oakes, Meyersdale 20-11.75
1988	Shawn Tewell, Everett 21-0.25
1989	Joel Livingston, Chestnut Ridge 20-3.5
1990	Joel Livingston, Chestnut Ridge 21-4 PIAA meet: 21-2 6 <sup>th</sup> Place
1991	Darnell Spriggs, McConnellsburg 20-2.75
1992	Duane Senior, Windber 20-11.25
1993	Jason Snider, Northern Bedford 20-2.5
1994	Jason Snider, Northern Bedford 20-9.5
1995	Jeff Mills, Everett 20-9.75
1996	Jeff Mills, Everett 22-7 PIAA meet: 22-8.5 State Champion
1997	Brad Foor, Everett 20-8.75
1998	Dan Parks, Chestnut Ridge 20-11.25
1999	Jeremy Bradley, Southern Fulton 21-2
2000	Derek Bollman, Tussey Mountain 21-8.5 Q: Jarrod Way, Chestnut Ridge 21-8 PIAA Meet: 21-10.25 3 <sup>rd</sup> Place
2001	Keith Felix, Chestnut Ridge 20-8.5
2002	Josh Lininger, McConnellsburg 20-11.5
2003	RJ Hillenbrand, Everett 20-5.5
2004	Derrick Harris, Bedford 21-6 PIAA Meet: 21-3 7 <sup>th</sup> Place
2005	Colby Mock, Chestnut Ridge 21-8 PIAA meet: 21-6.75 5 <sup>th</sup> Place
2006	John Marshall, Bedford 21-0
2007	Mike Tomovich, Chestnut Ridge 21-9 PIAA Meet: 20-11½ 8 <sup>th</sup> Place
2008	Mike Webb, Windber 21-6 ¼ PIAA Meet: 21-9 ¼ 5 <sup>th</sup> Place
2009	Cory Waltman, Everett 21-2 ¾

### Girls

Nanette Gable, Northern Bedford ?
Nanette Gable, Northern Bedford 15-9
Leslie Miller, Bedford 13-10.75
Lu Shaffer, Chestnut Ridge 14-8
Leslie Miller, Bedford 15-2
Lori Swartzwelder, Everett 15-7.25
Leona Felton, Everett 16-6
Brenda Runk, Tussey Mountain 17-9.25
Brenda Runk, Tussey Mountain 16-9 PIAA meet: 16-11.25 5 <sup>th</sup> Place
Kim Spriggs, McConnellsburg 18-0 PIAA meet: 17-8.5 State Champion
Kim Spriggs, McConnellsburg 18-2 PIAA meet: 16-5.75 6 <sup>th</sup> Place
Angie Plessinger, McConnellsburg 17-0 PIAA meet: 16-5.5 6 <sup>th</sup> Place
Rene Hann, McConnellsburg 15-2.5
Cheryl Meyers, Chestnut Ridge 16-7
Genny Washington, Bedford 16-8.5
Genny Washington, Bedford 16-3.75 PIAA meet: 17-0.5 5 <sup>th</sup> Place
Timarie May, Tussey Mountain 16-11
Stephanie Walter, Chestnut Ridge 16-3.25
Stephanie Walter, Chestnut Ridge 17-6 PIAA meet: 17-2 4 <sup>th</sup> Place
Julie Harclerode, Bedford 15-9.5
Brandi Woy, Everett 16-4.5
Julie Ickes, Chestnut Ridge 15-6.25
Renee Baker, McConnellsburg 14-11.25
Renee Baker, McConnellsburg 16-1
Tracie Clair, Chestnut Ridge 17-1 PIAA meet: 16-11.5 3 <sup>rd</sup> Place
Tracie Clair, Chestnut Ridge 17-1.25 PIAA Meet: 16-7 5 <sup>th</sup> Place
Tracie Clair, Chestnut Ridge 17-10.75 PIAA Meet: 17-11.75 2 <sup>nd</sup> Place
Q: Kate Koenig, Chestnut Ridge 17-3.75 PIAA Meet: 16-7.75 6 <sup>th</sup> Place
Kate Koenig, Chestnut Ridge 16-5.5 PIAA Meet: 17-0.5 8 <sup>th</sup> Place
Vanessa Housel, Meyersdale 15-7.25
Joanna Nist, Rockwood 15-9 PIAA Meet: 17-1.5 5 <sup>th</sup> Place
Joanna Nist, Rockwood 17-3 PIAA meet: 17-2 6 <sup>th</sup> Place
Q: Megan Lamens, Berlin 16-10.25 PIAA meet: 17-0.75 7 <sup>th</sup> Place
Joanna Nist, Rockwood 17-3 PIAA Meet: 17-2¼ 4 <sup>th</sup> Place
Q: Megan Lamens, Berlin 17-0 ½
Brandy Harris, Bedford 17-1 ¼
Brandi Harris, Bedford 18-1
Q: Taylor Crawford, Northern Bedford 17-1 ½
Taylor Crawford, Northern Bedford 18-2 ¼
Q: Brandi Harris, Bedford 18-0 ¾ PIAA Meet: 18-0 ½ 2 <sup>nd</sup> Place

2010	Paul Detwiler, Bedford 20-0	Rebecca Hiravi, Conemaugh Twp. 16-0 ½
2011	Ian Saylor, Berlin 21-9 ¾	Leah Hershberger, Northern Bedford 16-4 ¾
2012	Michael Young, Chestnut Ridge 21-3	Baylee Beegle, Everett 16-5
2013	Blake Over, Northern Bedford 21-7 ¼ PIAA Meet: 21-0 ¾ 8 <sup>th</sup> Place	Kaitlyn Lippincott, Bedford 16-4 ¼
2014	Blake Over, Northern Bedford 20-11 ¼ PIAA Meet: 22-4 State Champion	Celina Merchant, Southern Fulton 16-1 ¾
2015	Jacobe Miksich, Chestnut Ridge 19-11 ¾	Celina Merchant, Southern Fulton 16-2 ½
2016	Gavin Gilbert, Northern Bedford 20-6 ¼	Claire Bechter, Meyersdale 16-5 ¾
2017	Cleeford Sylne, Bedford 22-1 PIAA Meet: 21-8 ¼ 5 <sup>th</sup> Place Q: Nate Formica, Conemaugh Twp. 21-11 Q: Noah Dillow, Chestnut Ridge 21-10 ¾	Stefanie Ketterman, Everett 17-2
2018	Noah Dillow, Chestnut Ridge 20-9	Stefanie Ketterman, Everett 16-6 ¾
2019	Logan Pfister, Chestnut Ridge 20-9 ½	Jenna Pavlosky, Conemaugh Twp. 16-7 ¼
2021	Brandon Mills, Everett 21-7 ½	Madison Hillegass, Chestnut Ridge 16-1 PIAA Meet: 16-9 ½ 7 <sup>th</sup> Place
2022	Keven Ressler, Bedford 20-6 ½	Madison Hillegass, Chestnut Ridge 16-10
2023	Jackson Sotosky, Conemaugh Twp. 21-4 ½ PIAA Meet: 21-5 ½ 5 <sup>th</sup> Place	Sydney Rush, Somerset 17-1 ½ PIAA Meet: 16-11 ¾ 7 <sup>th</sup> Place
2024	Jackson Sotosky, Conemaugh Twp. 21-9 ½	Jillian Beck, Bedford 17-4

## TRIPLE JUMP

### Boys

1975	Greg Gordon, McConnellsburg 41-3
1976	Palumbo, Windber 43-5
1977	Steve Morocco, Somerset 42-2
1978	Randy Hoover, Tussey Mountain 43-3
1979	Roger Shepko, Windber 43-1.5
1980	Steve Zwick, Conemaugh Township 42-4.75
1981	Curtis Mellott, McConnellsburg 40-4.5
1982	Dave Thomas, McConnellsburg 42-7
1983	Dave Thomas, McConnellsburg 42-0.75
1984	Keith Newell, McConnellsburg 41-2
1985	Earl Schooley, Everett 41-9
1986	Mike Mort, Rockwood 41-2.75
1987	Shawn Tewell, Everett 42-1.5
1988	Shawn Tewell, Everett 43-3 PIAA meet: 44-2 8 <sup>th</sup> Place
1989	Greg Washington, Bedford 43-3
1990	Greg Washington, Bedford 42-4.5
1991	Paul Close, Rockwood 41-6.75
1992	John Becker, Everett 44-3
1993	Danny Miller, McConnellsburg 41-5
1994	Mike Long, Everett 41-2.5
1995	Jeff Mills, Everett 41-5.75
1996	Jeff Mills, Everett 44-2 PIAA meet: 45-7.5 4 <sup>th</sup> Place
1997	Percy Clair, Chestnut Ridge 42-7
1998	Jeremy Bradley, Southern Fulton 43-6
1999	Jeremy Bradley, Southern Fulton 45-10 PIAA meet: 45-4.5 6 <sup>th</sup> Place
2000	Jeff Kiss, Windber 43-9

### Girls

Mel Dodson, Northern Bedford 31-8.75
Lu Shaffer, Chestnut Ridge 32-3.5
Robin Vaughn, Tussey Mountain 34-4
Deb O'Neal, Northern Bedford 32-6.25
Annette Spriggs, McConnellsburg 34-2
Kim Spriggs, McConnellsburg 35-11
Brenda Runk, Tussey Mountain 35-5.75
Kim Spriggs, McConnellsburg 36-3.5 PIAA meet: 37-2¼ State Champion
Kim Spriggs, McConnellsburg 37-2 PIAA meet: 38-0 2 <sup>nd</sup> Place
Tammy Seiders, McConnellsburg 32-8 ¼
Rene Hann, McConnellsburg 31-6.5
Timarie May, Tussey Mountain 33-5.5
Wendy Clark, Everett 34-8.25
Genny Washington, Bedford 36-0 PIAA meet: 35-10 2 <sup>nd</sup> Place
Q: Wendy Clark, Everett 35-1.75
Wendy Clark, Everett 36-0.5 PIAA meet: 37-5 ¾ 3 <sup>rd</sup> Place
Q: Genny Washington, Bedford 35-10 ¾ PIAA meet: 37-3 ¼ 5 <sup>th</sup> Place
Stephanie Slack, Chestnut Ridge 34-6 ¾
Julie Harclerode, Bedford 34-9
Koren Woy, Everett 34-10¾
Koren Woy, Everett 34-7
Ashley Foor, Everett 32-0.5
Tracie Clair, Chestnut Ridge 35-1.25
Tracie Clair, Chestnut Ridge 35-4
Tracie Clair, Chestnut Ridge 36-8.25



2001	Keith Felix, Chestnut Ridge 42-9	PIAA Meet: 35-6.75 5th Place Tracie Clair, Chestnut Ridge 36-3.5 PIAA Meet: 36-9.75 2nd Place Q: Jenny Thomas, NB 35-6.5 PIAA Meet: 35-6.25 5th Place
2002	Josh Lininger, McConnellsburg 44-3.5 PIAA Meet: 44-7.5 4th Place	Jess Andrasick, Windber 31-11.75
2003	John Marshall, Bedford 41-8.5	Johnna Bardell, Bedford 31-11
2004	John Marshall, Bedford 42-0 PIAA Meet: 43-5 7 <sup>th</sup> Place	Megan Lamens, Berlin 34-0.5
2005	John Marshall, Bedford 44-7.75 PIAA meet: 45-5.5 3 <sup>rd</sup> Place	Megan Lamens, Berlin 34-10.75
2006	John Marshall, Bedford 45-0 PIAA Meet: 43-3 ¾ 8 <sup>th</sup> Place	Joanna Nist, Rockwood 36-2 ¾ PIAA Meet: 36-8 3 <sup>rd</sup> Place Q: Megan Lamens, Berlin 35-11 ½ Q: Megan Lasut, Shade 35-7 PIAA Meet: 36-6 4 <sup>th</sup> Place Q: Taylor Crawford, Northern Bedford 35-4 ½
2007	Justin Houck, Meyersdale 44-0 ¼	Taylor Crawford, Northern Bedford 35-6
2008	Bryce McVicker, Chestnut Ridge 43-10 ½	Taylor Crawford, Northern Bedford 36-2 PIAA Meet: 38-0 ½ 2 <sup>nd</sup> Place Taylor Crawford, Northern Bedford 37-1 ½ PIAA Meet: 36-11 ¼ 8 <sup>th</sup> Place
2009	Cory Waltman, Everett 44-3 ¼ PIAA Meet: 43-7 8 <sup>th</sup> Place	Ashleigh Munnion, Meyersdale 33-3
2010	Zach Reed, Northern Bedford 44-4 ½	Carrie Baker, Bedford 34-2 ½
2011	Michael Young, Chestnut Ridge 45-4 PIAA Meet: 45-2 ½ 7 <sup>th</sup> Place	
2012	Michael Young, Chestnut Ridge 45-5 ¾ PIAA Meet: 45-9 ¼ 2 <sup>nd</sup> Place Q: Tayler Pressel, Northern Bedford 44-0	Jenna Bracken, Windber 35-4 ¼
2013	Blake Over, Northern Bedford 44-9 ½ PIAA Meet: 44-6 3 <sup>rd</sup> Place Q: Tayler Pressel, Northern Bedford 44-4 PIAA Meet: 44-1 4 <sup>th</sup> Place	Kaitlyn Lippincott, Bedford 34-11
2014	Blake Over, Northern Bedford 45-0 PIAA Meet: 44-2 ¾ 3 <sup>rd</sup> Place	Brittany Clegg, Berlin 33-8
2015	Jacobe Miksich, Chestnut Ridge 44-0	Stefanie Ketterman, Everett 34-3 ½
2016	Gavin Gilbert, Northern Bedford 42-10	Stefanie Ketterman, Everett 36-0 Q: Caitlyn Lazorka, Bedford 35-6 PIAA Meet: 35-11 ¼ 8 <sup>th</sup> Place
2017	Nate Formica, Conemaugh Twp. 43-2	Stefanie Ketterman, Everett 35-1
2018	Noah Dillow, Chestnut Ridge 42-3 ½	Stefanie Ketterman, Everett 34-2
2019	Logan Pfister, Chestnut Ridge 43-10	Bryia Swick, Meyersdale 34-3
2021	Mason Detterline, Northern Bedford 44-0	Riley Brubaker, Windber 34-3
2022	Mason Detterline, Northern Bedford 43-2	Madison Hillegass, Chestnut Ridge 35-7 PIAA Meet: 36-4 8 <sup>th</sup> Place
2023	Noah Shaffer, Everett 41-10 ½	Riley Brubaker, Windber 34-8
2024	Jackson Sotosky, Conemaugh Twp. 42-11 ½	Briella Taylor, Chestnut Ridge 34-4 ½

## POLE VAULT

<b>Boys</b>	
1975	Jim Campitelli, Windber 11-6
1976	Rod Truax, McConnellsburg 11-6
1977	Bob Sines, Meyersdale 12-0
1978	Steve Schmitz, Chestnut Ridge 11-6
1979	Dwight Lasure, Shade 12-0
1980	Tim Clark, Everett 12-0
1981	Robert Kylor, McConnellsburg 12-0
1982	Robert Kylor, McConnellsburg 12-0
1983	Shives, Southern Fulton 10-3
1984	Eugene Phillips, Windber 11-6
1985	Eugene Phillips, Windber 11-0

## **Girls**

1986	<b>Scott Jones, Everett 13-1</b> <b>PIAA meet: 14-0 State Champion</b>	
1987	Troy Greenawalt, Bedford 11-6	
1988	Mike Ream, Rockwood 13-6	
1989	Mike Ream, Rockwood 12-0	
1990	Art Pierce, Windber 12-0	
1991	Jared Treece, Everett 13-3 <b>PIAA meet: 13-6 3rd Place</b>	
1992	Mike Baumgardner, Chestnut Ridge 12-0	
1993	Jared Treece, Everett 14-1.25	
1994	Dave Leister, Chestnut Ridge 12-0	
1995	Dave Leister, Chestnut Ridge 13-0	
1996	Brad Foor, Everett 12-0	
1997	<b>Brad Foor, Everett 12-6</b> <b>PIAA meet: 13-6 6th Place Tie</b>	
1998	<b>Cliff Sleasman, Meyersdale 12-6</b> <b>PIAA meet: 13-0 6th Place</b>	
1999	Cliff Sleasman, Meyersdale 12-6	Cristy Thompson, Windber 9-0 Q: Katie Koenig, Chestnut Ridge 8-6 Q: Megan Huston, Bedford 8-0 Katie Koenig, Chestnut Ridge 8-6 Katie Koenig, Chestnut Ridge 8-6 Amanda Moshgat, Windber 7-6 Amy Burkholder, Meyersdale 8-0 Amanda Moshgat, Windber 8-6 Daphne Hoover, Northern Bedford 9-0 Anna Samole, Berlin 9-6 Anna Samole, Berlin 9-7 Kelly Vann, Conemaugh Township 10-1 <b>Kelly Vann, Conemaugh Twp. 11-0</b> <b>PIAA Meet: 10-6 Tie 3rd Place</b>
2000	Aaron Leister, Chestnut Ridge 12-0	
2001	Aaron Leister, Chestnut Ridge 12-0	
2002	Matt Schendel, Bedford 11-6	
2003	Matt Schendel, Bedford 11-9	
2004	Mike Young, Bedford 13-0	
2005	Trevor Young, Chestnut Ridge 13-3	
2006	Trevor Young, Chestnut Ridge 13-3	
2007	Mike Andrascik, Windber 12-0	
2008	Joe Darr, Berlin 12-6	
2009	TJ Young, Chestnut Ridge 12-6	
2010	TJ Young, Chestnut Ridge 12-10 ½	Kelly Vann, Conemaugh Twp. 10-9 Q: Brittany Kidd, Bedford 10-3 Brittany Kidd, Bedford 10-6 Carrie Baker, Bedford 10-6 Q: Keira Bair, Everett 10-6 Carrie Baker, Bedford 9-0 Amanda Kostryk, Chestnut Ridge 9-0 <b>Jordan Fockler, Conemaugh Twp. 9-0</b> <b>PIAA Meet: 10-6 7th Place</b>
2011	Drew Romesberg, Berlin 13-6 ¼	
2012	JR Hemminger, Somerset 12-6	
2013	Dylan Cross, Southern Fulton 13-0	
2014	McKenzi Yuko, Shade 12-0	
2015	Zach Rhodes, Bedford 12-6	
2016	Cole Booth, Berlin 12-0	
2017	Gavin Wills, Southern Fulton 13-0	
2018	<b>Scotty Miller, Chestnut Ridge 12-0</b> <b>PIAA Meet: 13-6 7th Place</b>	Lauren Vasas, Windber 10-0 Grace Romesberg, Berlin 9-6 McKenzie Troutman, Northern Bedford 9-0
2019	David Smith, Tussey Mountain 12-0	
2021	David Smith, Tussey Mountain 13-0	McKenzie Troutman, Northern Bedford 8-6 <b>Violet Johnson, Everett 11-1</b> <b>PIAA Meet: 10-6 7th (Tie)</b>
2022	Ayden Warren, Fannett-Metal 11-6	Lana Fairman, Berlin 8-0
2023	Quinton Robison, Somerset 12-0	Lana Fairman, Berlin 7-6
2024	Brayden Kane, Bedford 12-0	Alexis Sumner, Tussey Mt. 8-6

## SHOT PUT

### Boys

1975	Garth Miller, Rockwood 50-6
1976	Flavis Burroughs, Somerset 48-11
1977	Frank Zborovancik, Shade 51-11.75
1978	Greg Zborovancik, Shade 47-9.5
1979	Greg Zborovancik, Shade 51-5.75
1980	Mike Miller, Meyersdale 42-11.75
1981	Nick Caro, Everett 48-2.75

### Girls

Joyce Defibaugh, Tussey Mountain ?
Joyce Defibaugh, Tussey Mountain 30-3.75
Carole Furry, Northern Bedford 32-0.5
Tracy Mattson, Bedford 33-9
Carla England, Everett 33-5.5
Dana Shearer, McConnellsburg 30-11.75
Dana Shearer, McConnellsburg 32-10

1982	Don Giffin, Everett 46-4.5	Dana Shearer, McConnellsburg 33-7.5
1983	Jim Peters, Rockwood 48-4.5	Cindy Plessinger, McConnellsburg 36-6.5
1984	Jim Peters, Rockwood 48-4.5	Jeanne Barkman, Northern Bedford 31-10.75
1985	Doug Anderson, Rockwood 45-7.75	Jeanne Barkman, Northern Bedford 33-11.5
1986	Doug Anderson, Rockwood 46-7.75	Jeanne Barkman, Northern Bedford 33-9.75
1987	Bob Bulger, Shade 48-6	Jeanne Barkman, Northern Bedford 33-11.5
1988	Bob Bulger, Shade 47-10.25	Jennifer Beach, Northern Bedford 31-2
1989	Sean Smith, McConnellsburg 49-4.25	Jennifer Beach, Northern Bedford 33-8
1990	Jim Benbow, Bedford 44-2	Heather DeShong, McConnellsburg 32-1
1991	Ken Albright, Meyersdale 47-4	Michelle Barner, Northern Bedford 34-1
1992	Mike Hetz, Meyersdale 46-1.25	Misty Hinson, Chestnut Ridge 32-6
1993	Mike Hetz, Meyersdale 47-3	Erin Vent, Bedford 32-7.5
1994	Justin Vent, Bedford 44-2.5	Mandy Miller, Chestnut Ridge 31-7.5
1995	Ryan Schmuck, Rockwood 49-6.5	Candy Hetz, Meyersdale 30-8.5
1996	Jeff Figard, Windber 48-10.5	Diane Berkheimer, Northern Bedford 31-10
1997	Cory Cole, Chestnut Ridge 49-8.75	Diane Berkheimer, Northern Bedford 34-0
1998	Derek Lew, Everett 46-5	Lindsey Miller, McConnellsburg 33-2.5
1999	Luke Tresnicky, Conemaugh Township 45-7.75	Lindsey Miller, McConnellsburg 36-5
2000	Justin Emerick, Chestnut Ridge 40-10.75	LeeAnn Malloy, Northern Bedford 34-10.25
2001	Luke Rininger, Conemaugh Township 44-6	LeeAnn Malloy, Northern Bedford 33-8.25
2002	Damian Crissey, Bedford 47-4	Samantha Lovely, Conemaugh Township 33-0.75
2003	Dave Houseworth, Bedford 47-6	Emily Clark, Bedford 34-4
2004	Jordan Hess, McConnellsburg 52-4.5 PIAA Meet: 52-11 4 <sup>th</sup> Place	Samantha Lavelly, Conemaugh Township 32-10
2005	Zach Hobbs, Meyersdale 47-9.5	Catya Gilbert, Northern Bedford 34-2.5
2006	Mike Bowman, Berlin 48-5	Megan Lamens, Berlin 35-9 ½
2007	Jeremy Faidley, Meyersdale 47-7 ¾	Catya Gilbert, Northern Bedford 35-9
2008	Josh Krupa, Bedford 46-11 ¼	Catya Gilbert, Northern Bedford 35-3 ½
2009	Robert Shehan, McConnellsburg 48-10 ¾	Crystal Dibert, Bedford 38-1 ¼
2010	Lucas Banks, McConnellsburg 48-2	Crystal Dibert, Bedford 37-0 ½
2011	Quinton Hixson, Northern Bedford 46-6 ½	Ruthie Efland, Fannett-Metal 32-2
2012	Ryan Stoeckle, McConnellsburg 49-0	Theole Feuillet, Everett 32-11
2013	David Marghella, Shade 44-7 ½	Erica Craig, Berlin 34-5
2014	Austin Miller, Meyersdale 46-8 ½	Erica Craig, Berlin 34-4
2015	Tom Peppernick, Fannett-Metal 45-5 ½	Ellie Fleege, Berlin 37-3
2016	Seth Foor, Bedford 49-7 ¼	Alexis Imler, Bedford 31-11 ½
2017	Vincent Fernandez, Bedford 44-6 ¼	Hailey Dodson, McConnellsburg 33-1 ¼
2018	Duane Knisely, Chestnut Ridge 46-5	Hailey Dodson, McConnellsburg 37-3
2019	Duane Knisely, Chestnut Ridge 53-5 ¼ PIAA Meet: 56-11 3 <sup>rd</sup> Place	Hailey Dodson, McConnellsburg 34-10
2021	Chad Morningstar, Tussey Mountain 49-4 ½	Alexis Hoover, McConnellsburg 35-2
2022	Gino Flori, Windber 52-3 PIAA Meet: 51-7 ¼ 5 <sup>th</sup> Place	Linzee Emerick, Meyersdale 36-2
2023	Blake Klosky, Windber 54-7 ½	Lizzie Long, Northern Bedford 34-3 ½
2024	Tucker Mostoller, Somerset 42-5 ¼	Rachel Weber, Bedford 32-8 ¾

## DISCUS

### Boys

1975 Rick Growden, Bedford 140-1

### Girls

Debbie Colledge, Everett ?

1976 Joe Nist, Somerset 129-5  
1977 Frank Zborovancik, Shade 142-2  
1978 Roger Shepko, Windber 140-1  
1979 Greg Zborovancik, Shade 146-4  
1980 Albert Knoblach, Rockwood 122-5  
1981 Steve Bollman, Everett 134-0.5  
1982 Albert Knoblach, Rockwood 136-0.5  
1983 Rick Thompson, Everett 138-1  
1984 Jim Peters, Rockwood 139-6.5  
1985 Gerald Gordon, Everett 121-1.5  
1986 Mark Knapp, Shade 121-5  
1987 Jeff Fisher, Conemaugh Township 141-3.5  
1988 Jeff Shearer, Rockwood 132-11  
1989 **Jim Benbow, Bedford 150-2**  
**PIAA meet: 156-10 4th Place**  
1990 **Jim Benbow, Bedford 162-9**  
**PIAA meet: 161-8 2nd Place**  
**Q: Ray Hart, Northern Bedford 146-11**  
1991 Andy Hershberger, Meyersdale 153-2  
1992 Tim Bowser, Northern Bedford 138-10  
1993 Tim Bowser, Northern Bedford 140-1  
1994 Nathan Babinsack, McConnellsburg 142-1.25  
1995 Ryan Schmuck, Rockwood 140-8  
1996 Andy Sindes, Meyersdale 134-11  
1997 **Andy Sines, Meyersdale 151-5**  
**PIAA meet: 159-2 State Champion**  
**Q: Corey Cole, Chestnut Ridge 145-8**  
**Q: Emmons, Southern Fulton 143-2**  
1998 Ben Leese, McConnellsburg 142-9  
1999 Dave Knopsnyder, Meyersdale 144-0  
2000 Andy Marteney, Meyersdale 134-3  
  
2001 Kyler Gates, Chestnut Ridge 138-10  
2002 Damian Crissey, Bedford 151-10  
2003 David Houseworth, Bedford 132-0  
2004 Jordan Hess, McConnellsburg 148-2  
2005 **Adam Henderson, Chestnut Ridge 141-0**  
**PIAA meet: 147-3 8<sup>th</sup> Place**  
2006 Jeremy Faidley, Meyersdale 134-1  
2007 Robert Shehan, McConnellsburg 129-3  
2008 Nick Stultz, Chestnut Ridge 147-8  
2009 Lucas Banks, McConnellsburg 151-9  
2010 **Lucas Banks, McConnellsburg 156-7**  
**PIAA Meet: 155-7 2<sup>nd</sup> Place**  
2011 **Lucas Banks, McConnellsburg 161-0**  
**PIAA Meet: 160-4 3<sup>rd</sup> Place**  
2012 Ryan Stoeckle, McConnellsburg 142-1  
2013 Josiah Koontz, Bedford 138-10  
2014 Austin Miller, Meyersdale 141-1  
2015 **Tom Peppernick, Fannett-Metal 169-1**  
**PIAA Meet: 167-10 2<sup>nd</sup> Place**  
2016 Tristan Brant, Berlin 138-2  
2017 Tristan Brant, Berlin 134-6  
2018 **Duane Knisely, Chestnut Ridge 159-10**  
**PIAA Meet: 153-5 5<sup>th</sup> Place**  
2019 **Duane Knisely, Chestnut Ridge 170-4**  
**PIAA Meet: 171-9 2<sup>nd</sup> Place**  
2021 Chad Morningstar, Tussey Mountain 137-10  
2022 Blake Klosky, Windber 143-0  
2023 Blake Klosky, Windber 137-7  
2024 **Jordan Synowitz, Meyersdale 152-0**  
**PIAA Meet: 159-7 2<sup>nd</sup> Place**  
  
Debbie Colledge, Everett 91-10.5  
Carole Furry, Northern Bedford 98-7  
Tracy Mattson, Bedford 96-8.75  
Zeta Furry, Northern Bedford 87-0  
Dana Shearer, McConnellsburg 100-1.5  
Dana Shearer, McConnellsburg 110-2.5  
Dana Shearer, McConnellsburg 100-10  
Nicki Morgan, McConnellsburg 91-7  
Johnette Rhoads, North Star 98-7  
Melissa Wigfield, Everett 116-1  
Melissa Wigfield, Everett 114-2  
Brenda Wigfield, Everett 110-0  
Dodie Kerlin, McConnellsburg 99-4  
Dodie Kerlin, McConnellsburg 105-1  
  
Wendy Moyer, Northern Bedford 97-6  
  
Michelle Barner, Northern Bedford 120-8  
Krista Jay, Everett 99-0  
Dee DeShong, McConnellsburg 101-8.25  
Donna Moyer, Northern Bedford 101-4  
Holly Hawbaker, McConnellsburg 93-10  
Holly Hawbaker, McConnellsburg 91-9  
Diane Berkheimer, Northern Bedford 101-7  
  
Kami Showalter, Chestnut Ridge 110-10  
Christy Imler, Northern Bedford 98-0  
**Jamie King, Chestnut Ridge 113-8**  
**PIAA Meet: 113-10 8th Place**  
LeeAnn Malloy, Northern Bedford 112-3  
Erin Sines, Meyersdale 105-10  
Enise Kennedy, Berlin 101-1  
Ella Meese, Berlin 96-1  
Ella Meese, Berlin 98-6  
  
Heather Cramer, Rockwood 102-2  
Ashley Hutchison, Rockwood 101-5  
Catya Gilbert, Northern Bedford 96-0  
Crystal Dibert, Bedford 108-3  
Crystal Dibert, Bedford 114-7  
  
Theole Feuillet, Everett 91-5  
  
Emily Finnegan, Chestnut Ridge 105-8  
Emily Finnegan, Chestnut Ridge 111-1  
Emily Finnegan, Chestnut Ridge 117-1  
**Emily Finnegan, Chestnut Ridge 119-0**  
**PIAA Meet: 125-2 6<sup>th</sup> Place**  
Elizabeth Peppernick, Fannett-Metal 110-6  
Elizabeth Peppernick, Fannett-Metal 111-2  
Kiera Booth, Berlin 97-5  
  
Hailey Dodson, McConnellsburg 95-3  
  
Alexis Hoover, McConnellsburg 106-4  
Lizzie Long, Northern Bedford 105-11  
Lizzie Long, Northern Bedford 112-6  
Rachel Weber, Bedford 101-8

## JAVELIN

### Boys

1975 Rich Adams, Conemaugh Township 149-8  
1976 John Brallier, Everett 160-4  
1977 George Lasure, Shade 150-0  
1978 George Lasure, Shade 168-2.5  
1979 Sam Evans, Northern Bedford 153-8.5  
1980 Tommy Souders, McConnellsburg 161-7  
1981 Tommy Souders, McConnellsburg 173-5.5  
1982 Tommy Souders, McConnellsburg 178-1.5  
PIAA meet: 193-1 4th Place  
1983 Tommy Souders, McConnellsburg 177-9  
PIAA meet: 189-0 3rd Place  
1984 Bill Tosten, Everett 160-8  
1985 Wade Mellott, McConnellsburg 149-11.5  
1986 Mike Dull, Chestnut Ridge 169-9  
1987 Shawn Barton, Tussey Mountain 173-8  
1988 Jeff Shearer, Rockwood 153-8  
1989 Sean Pruchnic, Windber 160-10  
1990 Eric Romanchock, Windber 171-7  
1991 Dave Raymond, Bedford 160-9  
1992 Mike Hetz, Meyersdale 174-4  
  
1993 Mike Hetz, Meyersdale 182-2  
  
1994 Mike Heck, Northern Bedford 162-1  
1995 Mike Heck, Northern Bedford 161-11  
  
1996 Shawn Morse, Everett 180-3  
  
1997 Mike DiPasquale, Meyersdale 190-5.75  
PIAA meet: 179-8 6th Place  
1998 Tony Liberato, Chestnut Ridge 155-9.5  
  
1999 Dave Knopsnyder, Meyersdale 166-10  
2000 Josh Arnold, Meyersdale 163-0  
2001 Josh Arnold, Meyersdale 175-8  
2002 Devon Beegle, Bedford 170-8  
2003 George Childers, Shade 180-2  
PIAA Meet: 179-7 8th Place  
2004 Kevin Bittner, Berlin 175-10  
PIAA Meet: 180-1 5th Place  
2005 Mike Bowman, Berlin 165-8  
2006 Mike Bowman, Berlin 157-6

### Girls

Lisa Smith, Bedford ?  
Tracy Mattson, Bedford 88-7.5  
Tracy Mattson, Bedford 103-6.5  
Anita Reighard, Northern Bedford 102-6.25  
Carrie Matson, Bedford 102-5.25  
Carrie Matson, Bedford 105-6.75  
Cheryl Erickson, Southern Fulton 102-9  
Jean Statler, Bedford 100-5  
  
Miller, North Star 104-3  
  
Nora Johnson, Northern Bedford 123-8.5  
Nora Johnson, Northern Bedford 117-3.5  
Jeanne Barkman, Northern Bedford 115-7  
Jeanne Barkman, Northern Bedford 119-3  
Michelle Williams, Windber 98-2.5  
Lisa Bokinsky, Windber 104-8  
Amy Booth, McConnellsburg 120-3  
Amy Booth, McConnellsburg 133-3  
Christy Albright, Northern Bedford 119-9  
PIAA meet: 132-8 3rd Place  
Rhandee Dibert, Bedford 113-10  
PIAA meet: 118-9 8th Place  
Rhandee Dibert, Bedford 114-11  
Beth Burkett, Chestnut Ridge 134-7  
PIAA meet: 142-3 2nd Place  
Beth Burkett, Chestnut Ridge 143-8.25  
PIAA meet: 141-10 2nd Place  
Susan Warnick, Meyersdale 121-8  
  
Susan Warnick, Meyersdale 133-5.5  
PIAA meet: 147-9 3rd Place  
Tara Hunter, Windber 117-3  
Heidi Knopsnyder, Meyersdale 107-10  
Beth Barnes, Windber 125-11  
Meredith Troutman, Meyersdale 125-6  
Vanessa Housel, Meyersdale 115-10  
  
Megan Lamens, Berlin 132-11  
  
Megan Lamens, Berlin 122-6.5  
Megan Lamens, Berlin 130-11  
PIAA Meet: 129-11 8th Place  
Q: Ella Meese, Berlin 118-11



2007	Billy Sipko, Windber 161-1	Courtney Mullen, Windber 112-9
2008	Jeremy Wilt, Shade 165-8	Kasie Shoemaker, Bedford 114-6
2009	Jacob Hillegas, Berlin 164-7	Cassie Beach, Northern Bedford 125-1
2010	Zach Shearer, Rockwood 162-7	Cassie Beach, Northern Bedford 131-5
2011	Steven Meyer, Southern Fulton 159-6	<b>Katie Strapple, Windber 121-5 ½</b> <b>PIAA Meet: 128-5 8<sup>th</sup> Place</b>
2012	Steven Meyer, Southern Fulton 165-11	Katie Strapple, Windber 115-0
2013	Cody DeMoss, Bedford 167-0	Erica Craig, Berlin 115-9
2014	<b>Cody DeMoss, Bedford 172-8</b> <b>PIAA Meet: 175-8 5<sup>th</sup> Place</b>	Erica Craig, Berlin 115-3
2015	August Cook, Bedford 175-8	Hannah Meyers, Bedford 117-7
2016	<b>August Cook, Bedford 209-8</b> <b>PIAA Meet: 189-3 2<sup>nd</sup> Place</b>	Sarah Wright, S.Fulton 116-3
2017	Timothy Wright, Southern Fulton 167-5	Olivia Mottern, S.Fulton 114-4
2018	Cole Weist, Tussey Mountain 172-1	Kiera Booth, Berlin 117-5
2019	Elijah Cook, Bedford 175-4	Lexi Yanosky, Berlin 117-9
2021	<b>Elijah Cook, Bedford 177-0</b> <b>PIAA Meet: 192-5 State Champion</b>	<b>Belle Bosch, Chestnut Ridge 128-11</b> <b>PIAA Meet: 146-10 2<sup>nd</sup> Place</b>
2022	Ethan Miller, Bedford 156-6	<b>Belle Bosch, Chestnut Ridge 131-10</b> <b>PIAA Meet: 137-8 3<sup>rd</sup> Place</b>
2023	Bryson Hetz, Meyersdale 161-5	<b>Belle Bosch, Chestnut Ridge 134-5</b> <b>PIAA Meet: 142-3 4<sup>th</sup> Place</b>
2024	Lukas Betcher, Windber 165-9	Katrina McCann, Conemaugh Twp. 112-4

## DISTRICT FIVE PLACEWINNERS AT PIAA MEET PRIOR TO 1975

\*1930/1931 There were Team Championships and Individual Championships – Bedford competed as the D5 Team Champions in the Team Championship portion. They finished as the runnerup team in 1930.

### CLASS A (now class AAA)

1928	Long Jump	Herold Smith, Bedford	5th Place	
1929	Mile Relay	Bedford	5th Place	
	Long Jump	Herold Smith, Bedford	4th Place	
1930*	220 yd. Dash	John “Boots” Clark, Bedford	<b>1st PLACE</b>	<b>22.2</b>
	100 yd. Dash	John “Boots” Clark, Bedford	<b>1st PLACE</b>	<b>10.0</b>
	100 yd. Dash	Don Harris, Bedford	3rd Place	
	Pole Vault	Snell, Bedford	4 <sup>th</sup> Place	
	Discus	Charles Brown, Bedford	5 <sup>th</sup> Place	
	Mile Relay	Bedford	5 <sup>th</sup> Place	
1931*	100 Yd. Dash	Don Harris, Bedford	2 <sup>nd</sup> Place	
	220 yd. Dash	Don Harris, Bedford	2 <sup>nd</sup> Place	
	High Jump	Harold Cessna, Bedford	3 <sup>rd</sup> Place	
	Pole Vault	Chester Burkett, Bedford	3 <sup>rd</sup> Place (Tie)	
	Pole Vault	Snell, Bedford	3 <sup>rd</sup> Place (Tie)	
1932	Discus	Charles Brown, Bedford	3 <sup>rd</sup> Place	
1943	440 yd. Dash	Richard Colliver, Conemaugh Twp.	<b>1<sup>st</sup> PLACE</b>	<b>51.6</b>
	100 Yd. Dash	Thomas Kalamanir, Conemaugh Twp.	4 <sup>th</sup> Place	
	880 Run	Richard Trachok, Conemaugh Twp.	4th Place	1:59.2

1944	100 yd. Dash	Robert Kritzer, Shade	4th Place	
	Javelin	William Kebblish, Somerset	<b>1st PLACE</b>	<b>160-0</b>
	Discus	Alvin Rose, Somerset	2nd Place	133-0
1945	100 yd. Dash	Robert Kritzer, Shade	5th Place	
	Javelin	William Kebblish, Somerset	4th Place	158-0
	Discus	Alvin Rose, Somerset	3rd Place	139-11
1946	Mile	Lyman, Somerset	5th Place	
1947	Shot Put	Charles Brumbaugh, Shade	2nd Place	
1951	Pole Vault	Bob Rosbaugh, Somerset	3rd Place (Tie)	
1957	Shot Put	Jim Vincent, Somerset	2nd Place	56.0
1971	180 LH	Craig Custer	5 <sup>th</sup> Place	19.6

#### CLASS B (Now Class AA)

1938	Mile Run	Beachem, Somerset Twp.	5th Place	
1947	Pole Vault	Carl Paylor, McConnellsburg	<b>1st PLACE</b>	<b>11-9 ¼</b>
1948	Pole Vault	Carl Paylor, McConnellsburg	<b>1st PLACE</b>	<b>12-3 ¾</b>
1949	Pole Vault	Carl Paylor, McConnellsburg	<b>1st PLACE</b>	<b>12-3</b>
1950	Javelin	Spangler, Shade	5th Place	
1951	Shot Put	Richard Ling, Shade	3rd Place	
1952	Discus	Bob Verna, Conemaugh Twp.	5 <sup>th</sup> Place	148-0
	High Jump	Lanier Findley, Shade	5 <sup>th</sup> Place	
1953	High Jump	Findley, Shade	3rd Place	
	Pole Vault	Vincent Bestvina, Shade	<b>1st PLACE</b>	<b>11-6</b>
1954	180 L.Hurdles	Strongosky, Shade	3rd Place	
	Pole Vault	Vincent Bestvina, Shade	<b>1st PLACE (TIE)</b>	<b>11-9</b>
1955	Pole Vault	Vincent Bestvina, Shade	<b>1st PLACE</b>	<b>12-0</b>
1956	Mile Run	Lenny Donahue, Shade	3rd Place	
1958	440 yd. Dash	Cover, McConnellsburg	5th Place	
1959	Discus	Palya, Shade	3rd Place	
	440 yd. Dash	Cover, McConnellsburg	<b>1st PLACE</b>	<b>51.6</b>
	Mile Run	Ray, McConnellsburg	5th Place	
1960	Javelin	Turko, Shade	<b>1st PLACE</b>	<b>164-3</b>
	Mile Run	Ray, McConnellsburg	5th Place	
	Pole Vault	Palya, Shade	<b>1st PLACE</b>	<b>12-1</b>
1961	Pole Vault	Vidischak, Shade	5th Place (Tie)	
1962	Discus	Maticik, Shade	5th Place	
	Mile Run	Rose, Rockwood	4th Place	
1963	Long Jump	Charlie Banks, Meyersdale	5 <sup>th</sup> Place	20-11 ½
1967	120 HH	Kohler, Windber	4th Place	
1968	120 HH	Steve Vargo, Windber	3rd Place	
	180 LH	Steve Vargo, Windber	6th Place	
1969	Pole Vault	Duane Cleveland, Bedford	5th Place	12-0
1970	880 yd. Run	Gindlesberger, Conemaugh Township	6th Place	
1971	Pole Vault	Neil Cleveland, Bedford	5th Place	12-6
1972	2-Mile Run	Bob Snyder, McConnellsburg	6th Place	
	100 yd. Dash	Craig Enyeart, Tussey Mountain	5th Place	10.2
	220 yd. Dash	Craig Enyeart, Tussey Mountain	4 <sup>th</sup> Place	23.3
	Triple Jump	Jack Wagner, Somerset	3 <sup>rd</sup> Place	44-10
1973	Mile Run	Bob Snyder, McConnellsburg	<b>1ST PLACE</b>	<b>4:22.9</b>
	220 yd. Dash	Craig Enyeart, Tussey Mountain	6 <sup>th</sup> Place	
1974	440 yd. Dash	Rick Hoffman, McConnellsburg	6 <sup>th</sup> Place	
	Mile Run	Bob Snyder, McConnellsburg	<b>1<sup>st</sup> PLACE</b>	<b>4:17.6</b>
	330 Hurdles	McNelly, Somerset	4 <sup>th</sup> Place	
	880 yd. Run	Bob Snyder, McConnellsburg	5 <sup>th</sup> Place	
	Pole Vault	Naret, Shade	3 <sup>rd</sup> Place	