

DISTRICT FIVE TRACK & FIELD INDIVIDUAL CHAMPIONS 1975-2019

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- 2019	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 nd and 3 rd Place at the PIAA meet
Green	4 th through 8 th Place at the PIAA meet



100 METER DASH

	Boys	Girls
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 Q: LaJennifer Detwiler, NB 12.8
1991	Shane Smith, Meyersdale 11.3	Mandy Hoover, Northern Bedford 13.1
1992	Brett Walat, North Star 11.1 Q: Bill Benbow, Bedford 11.2	Mandy Hoover, Northern Bedford 12.9 Q: S.Walter, Chestnut Ridge 12.9
1993	Bill Benbow, Bedford 11.1 PIAA meet: 11.17 5th Place	Jessica Haynes, Conemaugh Township 12.7
1994	Bill Benbow, Bedford 10.8 PIAA meet: 11.04 State Champion	April Arnold, Bedford 12.9
1995	Eric Korhut, Windber 11.1	Jessica Haynes, Conemaugh Township 12.3
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 th Place
2009	Zach Millin, Everett 11.54 PIAA Meet: 11.17 7 th 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 th 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

Ivie Morningstar, Tussey Mt. 12.66
 Morgan Maurer, Shade 13.06
 Morgan Maurer, Shade 12.70
 Mary Hostetter, Shade 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
 2000 Nick Rizzo, Windber 23.29
 2001 Dan Gardner, Berlin 23.42
 2002 Dan Gardner, Berlin 22.89
 2003 John Marshall, Bedford 23.76
 2004 John Marshall, Bedford 23.38
 2005 Shane Fox, Bedford 22.78
 Q: Eric D'Carrion, Berlin 22.78
 2006 Zach Marshall, Bedford 23.48
 2007 Mike Tomovich, Chestnut Ridge 23.18
 2008 Zach Millin, Everett 23.33

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
 Meredith Troutman, Meyersdale 26.29
 Q: Tracie Clair, Chestnut Ridge 26.31
 PIAA Meet: 27.12 7th Place
 Meredith Troutman, Meyersdale 26.48
 Q: Tracie Clair, Chestnut Ridge 26.52
 Meredith Troutman, Meyersdale 26.26
 Ashley Hartman, Berlin 27.57
 Shnella Burke, McConnellsburg 27.08
 Amy Whetstone, Chestnut Ridge 27.21
 Amanda Ritchey, Northern Bedford 26.99
 Samantha Valiton, Chestnut Ridge 26.75
 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 8 th 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

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
1990	Jerry Rasmussen, Tussey Mountain 51.0 PIAA meet: 49.29 2nd Place
1991	Weldon Branche, McConnellsburg 50.8 PIAA meet: 51.14 8th Place
1992	Paul Close, Rockwood 52.6
1993	Paul Kuharchek, Conemaugh Township 51.5
1994	Pete Kuharchek, Conemaugh Township 51.3
1995	Mike Cihlar, Bedford 51.9
1996	Mark Bromley, Chestnut Ridge 52.0
1997	Ron Mash, Windber 50.4 PIAA meet: 50.55 State Champion
1998	Kris Sheffield, McConnellsburg 51.1
1999	Nick Wolfe, McConnellsburg 52.0
2000	Nick Rizzo, Windber 51.29
2001	Bobby Turkovich, Bedford 52.08
2002	Dan Gardner, Berlin 50.16 Q: Bobby Turkovich, Bedford 50.40 PIAA Meet: 49.94 3rd Place
2003	Eric Shedlock, Bedford 52.69
2004	Jarod Gordon, Chestnut Ridge 53.12
2005	Eric D'Carrion, Berlin 51.16
2006	Jordan Donaldson, Tussey Mountain 50.60

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 PIAA meet: 60.41 4th Place
Marla McElhaney, McConnellsburg 58.8
Marla McElhaney, McConnellsburg 60.8
Genny Washington, Bedford 61.6
Lana Arnold, Bedford 62.8
Mandy Hoover, Northern Bedford 60.2 PIAA meet: 61.29 7th Place
Eleanor Baker, McConnellsburg 64.9
Ashley Finnegan, Chestnut Ridge 62.7
Holly Watkins, Tussey Mountain 63.3
Renee Baker, McConnellsburg 62.2
Jenny Thomas, Northern Bedford 62.8
Tracie Clair, Chestnut Ridge 61.50 PIAA Meet: 61.40 7th Place
Natalie Dell, Everett 58.82 PIAA Meet: 59.29 3rd Place
Meredith Troutman, Meyersdale 58.21 PIAA Meet: 57.90 2nd Place
Natalie Dell, Everett 61.97
Christie Ritchey, Bedford 61.55
Marie Buffy, Shade 62.23
Brittany Beland, Bedford 61.50

2007	PIAA Meet: 50.42 5 th Place Jordan Donaldson, Tussey Mountain 49.87 PIAA Meet: 49.45 5 th Place	Nicki Hankinson, Berlin 61.96
2008	Jordan Donaldson, Tussey Mountain 49.38 PIAA Meet: 48.89 3 rd 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 th 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 th Place	Abbey Turner, Fannett-Metal 59.95
2013	Jacob Ashkettle, S.Fulton 51.01 PIAA Meet: 51.25 5 th 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 th Place	Devin Folk, Tussey Mt. 62.02
2016	Zane Baker, Bedford 50.24	Mckenzie Gelvin, McConnellsburg 57.04 PIAA Meet: 57.28 4 th 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 4 th Q: Lorna Spiegle, Shade 58.00 PIAA Meet: 58.33 6 th
2019	Nathaniel Maxwell, Everett 51.16	Kaitlyn Maxwell, Everett 58.63 PIAA Meet: 57.32 3 rd Q: Lorna Spiegle, Shade 59.72 PIAA Meet: 58.83 7 th

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 6 th Place	Cheryl Henry, Everett 2:32.3
1977	Lee Hoffer, Windber 2:02.1	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	S. 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 8 th 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 th 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 rd 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 th 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 nd 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 th 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 rd Place
2017	Chase Varner, S.Fulton 2:01.12 PIAA Meet: 1:57.61 7 th Place	McKenzie Gelvin, McConnellsburg 2:24.10 PIAA Meet: 2:13.25 2 nd Place
2018	Kobe Charney, Windber 2:04.14	Kaitlynn Maxwell, Everett 2:19.70 PIAA Meet: 2:18.64 6 th 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 th Place

1600 METER RUN

	Boys	Girls
1975	Randy Keep, Berlin 4:35.6	Cheryl Henry, Everett ?
1976	Shaffer, Meyersdale 4:45.0	Cheryl Henry, Everett 5:38.9
1977	K. Mellott, Southern Fulton 4:34.9 2 nd Neil Shockey, Somerset PIAA meet: 4:25.3 5 th Place	Ginger Zembower, Bedford 6:01.7
1978	Brian Ferrari, Conemaugh Township 4:31.7 PIAA meet: 4:22.75 5 th Place	Cheryl Erickson, Southern Fulton 5:40.3
1979	Kirk Heath, Tussey Mountain 4:37.27	Krissy Ray, McConnellsburg 5:39.3
1980	Kirk Heath, Tussey Mountain 4:29.49	Bev Suhrie, Bedford 5:45.46
1981	Terry Croyle, Conemaugh Township 4:38.48	Barb Henry, Everett 5:47.42
1982	D. Ericson, Southern Fulton 4:39.57	Brightman, McConnellsburg 5:55.75
1983	D. Ericson, Southern Fulton 4:42.88	Amy Gould, Bedford 5:56.65
1984	Albert Primavera, Conemaugh Township 4:45.4	Amy Gould, Bedford 5:47.7
1985	Eric Ziemba, Southern Fulton 4:46.97	Dawn Bassler, Northern Bedford 6:03.53
1986	Eric Ziemba, Southern Fulton 4:41.8	Marsha Whitfield, Bedford 5:49.6
1987	Michael Newman, Forbes Road 4:39.5	Marsha Whitfield, Bedford 5:47.6
1988	Mike Newman, Forbes Road 4:33.4	Michelle Ott, Conemaugh Township 5:38.4
1989	Mike Newman, Forbes Road 4:30.1 PIAA meet: 4:31.38 6 th PIAA	Michelle Ott, Conemaugh Township 5:36.6
1990	Jason Cole, Bedford 4:42.18	Bridget Jeffers, Conemaugh Township 5:42.8
1991	Jason Cole, Bedford 4:39.3 PIAA meet: 4:24.44 3 rd Place	Bridget Jeffers, Conemaugh Township 5:30.2
1992	Jason Cole, Bedford 4:38.1	Bridget Jeffers, Conemaugh Township 5:32.1

	PIAA meet: 4:22.00 State Champion		
1993	Jake Raymond, Bedford 4:50.3		Shannon Stevens, Everett 5:36.1 PIAA meet: 5:25.16 6th Place
1994	Brian Sell, Northern Bedford 4:45.2		Shannon Stevens, Everett 5:37.6
1995	Brian Sell, Northern Bedford 4:38.3		Fanny Klimekova, Bedford 5:43.1
1996	Brian Sell, Northern Bedford 4:30.1		Beth Pile, Conemaugh Township 5:44.0
1997	Wes Gates, Bedford 4:43.8		Lindsay Baker, Tussey Mountain 5:32.8
1998	Guy Woods, Meyersdale 4:38.4		Beth Pile, Conemaugh Township 5:31.2
1999	Guy Woods, Meyersdale 4:40.4		Nicole Zack, Bedford 5:39.3
2000	Jesse Gates, Bedford 4:53.50		Johna Detterline, Northern Bedford 5:40.0
2001	Matt Wolfe, McConnellsburg 4:53.13		Stephanie Blackstone, Everett 5:44.40
2002	Justin Ickes, Chestnut Ridge 4:50.84		Stephanie Blackstone, Everett 5:31.71
2003	Donnie Sanner, Meyersdale 4:44.19		Stephanie Blackstone, Everett 5:34.05
2004	Donnie Sanner, Meyersdale		Megan Elder, Berlin 5:25.03
2005	Tony Clement, Windber 4:35.94 PIAA meet: 4:28.92 8 th Place		Megan Elder, Berlin 5:33.69
2006:	Mike Podlesnik, Meyersdale 4:24.50 PIAA Meet: 4:18.64 State Champion		Kaity Showalter, Northern Bedford 5:37.80
2007:	Mike Podlesnik, Meyersdale 4:23.66 PIAA Meet: 4:21.36 4 th Place Q: Chris Snyder, McConnellsburg 4:24.11 PIAA Meet: 4:20.61 2 nd Place		Mary Munnion, Meyersdale 5:39.57
2008	Jeremy Wilt, Shade 4:28.59 PIAA Meet: 4:22.86 5 th Place		Polina Osmolinski, Conemaugh Township 5:33.26
2009	Aaron Benner, Northern Bedford 4:38.60		Jenna Hollenshead, Southern Fulton 5:36.88
2010	Aaron Benner, Northern Bedford 4:32.88		Alex Zanella, Everett 5:11.44
2011	Chris Foore, Tussey Mountain 4:36.93		Maria Snyder, Northern Bedford 5:09.67
2012	Jordan Wilt, Shade 4:42.54		Maria Snyder, Northern Bedford 5:20.23
2013	Tyler Richards, S.Fulton 4:37.55		Maria Snyder, Northern Bedford 5:37.51
2014	Will Kachman, Bedford 4:38.69		Annalee Tokarsky, Windber 5:41.82
2015	Will Kachman, Bedford 4:33.15		Whitley Furry, Northern Bedford 5:35.48
2016	Will Kachman, Bedford 4:36.13		Whitley Furry, Northern Bedford 5:29.66
2017	Cam Sherlock, Northern Bedford 4:46.79		Whitley Furry, Northern Bedford 5:33.01
2018	Ian Zimmerman, Northern Bedford 4:34.16		Emily Coddington, Shade 5:17.49
2019	Ian Zimmerman, Northern Bedford 4:37.16 PIAA Meet: 4:23.04 4 th Place		Emily Coddington, Shade 5:30.49

3200 METER RUN

	Boys		Girls
1975	Randy Keep, Berlin 10:31.5		
1976	K. Mellott, Southern Fulton 10:13.9		
1977	K. Mellott, Southern Fulton 10:09.4		Ginger Zembower, Bedford 13:05.0
1978	Brian Ferrari, Conemaugh Township 10:03.43		Loretta Corle, Northern Bedford 12:33.4
1979	Kirk Heath, Tussey Mountain 10:10.0 PIAA meet: 9:37.68 6th Place		Krissy Ray, McConnellsburg 12:33.4
1980	TIE Kirk Heath, Tussey Mountain and Terry Croyle, Conemaugh Township 9:43.59		Sherri Treece, Everett 12:48.62
1981	Terry Croyle, Conemaugh Township 10:06.44 PIAA meet: 9:37.73 6th Place		Pam Shaw, Everett 13:04.94
1982	Terry Croyle, Conemaugh Township 9:15.62 PIAA meet: 9:16.17 2nd Place		Patty Fyfe, Bedford 13:06.48
1983	D. Ericson, Southern Fulton 9:51.01		Lois Perrin, Northern Bedford 13:04.62
1984	Tom Croyle, Conemaugh Township 10:10.9		Liz Pittman, Everett 12:52.4
1985	Good, Conemaugh Township 10:13.59		Rachel Reed, Tussey Mountain 13:11.59
1986	Troy McFarland, Northern Bedford 10:27.0		Roni Riegel, Chestnut Ridge 13:45.1
1987	Mike Newman, Forbes Road 10:33.6		Roni Riegel, Chestnut Ridge 13:09.5
1988	Mike Newman, Forbes Road 10:27.7		Michelle Ott, Conemaugh Township 13:03.7

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 2nd 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 7th 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
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 2nd Place
2015 Will Kachman, Bedford 9:56.33
PIAA Meet: 9:18.53 3rd 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

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 5th 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
Maria Snyder, Northern Bedford 11:17.58
PIAA Meet: 10:56.86 2nd Place
Maria Snyder, Northern Bedford 11:57.40
PIAA Meet: 11:05.24 4th 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

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 4th 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 Hollinshead, McConnellsburg 15.98

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

1984	Ray Black, Tussey Mountain 15.7	PIAA meet: 14.93 State Champion Kim Spriggs, McConnellsburg 14.9 PIAA meet: 14.88 State Champion and State Record
1985	Hollinshead, McConnellsburg 14.51	Kim Spriggs, McConnellsburg 15.33 PIAA meet: 14.84 2 nd Place
1986	Dave Park, Tussey Mountain 15.5	Darla Warnick, Shade 16.5
1987	Troy Greenawalt, Bedford 15.8	Cheryl Meyers, Chestnut Ridge 16.4
1988	Troy Greenawalt, Bedford 15.6	Cheryl Meyers, Chestnut Ridge 16.0
1989	Bill Ford, Bedford 14.9 PIAA meet: 15.50 8 th Place	Nette Lowery, McConnellsburg 16.7
1990	Bill Ford, Bedford 14.6 PIAA meet: 15.01 7 th Place Q: Jim Weimer, Everett 15.3 Q: Joe Morrow, Tussey Mountain 15.4	Daphne Liska, Chestnut Ridge 16.7
1991	Paul Kazupas, Shade 15.6	Daphne Liska, Chestnut Ridge 16.5 Q: Wendy Clark, Everett 16.5 Q: Marla McElhaney, McConnellsburg 16.5
1992	Paul Kazupas, Shade 15.2	Lori Young, Windber 16.7
1993	Chris Buck, Chestnut Ridge 15.8	Lana Arnold, Bedford 16.1
1994	Chris Buck, Chestnut Ridge 15.3	Lana Arnold, Bedford 16.2
1995	Andy Keefer, Bedford 15.1	Lana Arnold, Bedford 15.3 PIAA meet: 15.93 8 th Place
1996	Shawn Morse, Everett 16.0	Mandy Nicholson, Conemaugh Township 16.3
1997	Andy Keefer, Bedford 15.0 PIAA meet: 15.56 8 th Place	Erica Kopusko, Windber 17.0
1998	Dan Kiss, Windber 15.1	Erica Kopusko, Windber 15.9
1999	Dan Kiss, Windber 14.7 PIAA meet: 15.38 4 th Place	Kristie O'Conner, North Star 16.0
2000	Dan Kiss, Windber 15.09	Beth O'Conner, North Star 17.05
2001	Jeff Kiss, Windber 15.09 PIAA Meet: 15.61 3 rd Place	Sheena Smith, Northern Bedford 17.07
2002	Jeff Kiss, Windber 14.59 PIAA Meet: 14.39 State Champion	Nicole Gardner, Windber 16.01
2003	Chris Perkosky, Windber 15.30	Sheena Smith, Northern Bedford 16.83
2004	Chris Perkosky, Windber 15.21	Nichole Gardner, Windber 16.29
2005	Nate Kiss, Windber 14.64 PIAA meet: 14.64 State Champion Q: Troy Harris, Bedford 15.01 Q: Brad Beverly, Berlin 15.35	Stock, Berlin 16.19
2006	Dan Gardner, Windber 15.15	Sarah Snyder, Windber 15.92 Q: 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 Taylor Crawford, Northern Bedford 15.79
2009	Zack Hess, Bedford 15.57	Ashley Stoltzfus, Berlin 16.71
2010	Alex Will, Berlin 15.34	Ashlee McMullen, Windber 16.30
2011	Alex Will, Berlin 14.99 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	Jenna Bracken, Windber 15.45 PIAA Meet: 15.78 8 th Place 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	Justin Vasas, Windber 15.11 PIAA Meet: 15.52 6 th Place	Kara McKenzie, Berlin 16.44
2019	Dalton Meyers, Conemaugh Twp 16.41	Kara McKenzie, Berlin 16.34

300 HURDLES

Boys

1975 B.B. Snyder, Windber 41.3
1976 Goodrich, Southern Fulton 41.6
1977 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

1983 Hollinshead, McConnellsburg 42.38

1984 Jeff Morrow, Tussey Mountain 42.6
1985 Hollinshead, McConnellsburg 40.51

1986 Mark Wise, Bedford 41.2

1987 Dave Weimer, Rockwood 40.8
1988 **Bill Ford, Bedford 40.2**
PIAA meet: 41.37 8th Place

1989 **Bill Ford, Bedford 39.0**
PIAA meet: 40.00 3rd Place
1990 **Bill Ford, Bedford 39.4**
PIAA meet: 60.0 (fell) 8th Place
1991 Fred Ream, Rockwood 41.5
1992 Darryl Mitchell, McConnellsburg 42.3
1993 Ben Haynes, Conemaugh Township 41.6
1994 **Ben Haynes, Conemaugh Township 40.1**
PIAA meet: 40.82 5th Place
1995 **Jack Bunja, Chestnut Ridge 41.6**
PIAA meet: 40.14 7th Place
1996 Nathaniel Davis, Windber 41.3
1997 Andy Keefer, Bedford 40.9
1998 Brian Smith, Rockwood 40.6
1999 Brian Smith, Rockwood 40.6
2000 Dan Kiss, Windber 40.74

2001 Jon Lightner, Bedford 40.77

2002 **Jeff Kiss, Windber 40.06**
PIAA Meet: 41.33 7th Place
2003 **Troy Harris, Bedford 40.91**
PIAA Meet 40.51 8th Place
2004 Troy Harris, Bedford 41.02
2005 **Troy Harris, Bedford 39.82**
PIAA meet: 40.16 3rd Place
Q: Josh Lowery, McConnellsburg 39.89
PIAA meet: 40.70 4th Place
2006 Josh Lightner, Bedford 40.89
2007 Jordan Soliday, Chestnut Ridge 41.27
2008 Jordan Soliday, Chestnut Ridge 40.72

2009 David Burkett, Windber 40.46
Q: Zack Hess, Bedford 40.80
2010 **David Burkett, Windber 39.55**
PIAA Meet: 39.82 4th Place
2011 **Matt Dull, Chestnut Ridge 39.50**
PIAA Meet: 39.99 5th Place
Q: Josh Wakefield, Bedford 40.59

Girls

Kim Spriggs, McConnellsburg 48.03
PIAA meet: 46.22 3rd Place
Kim Spriggs, McConnellsburg 46.05
PIAA meet: 43.31 2nd Place
Kim Spriggs, McConnellsburg 45.2
Kim Spriggs, McConnellsburg 46.07
PIAA meet: 43.13 **State Champion**
Angie Plessinger, McConnellsburg 46.2
PIAA meet: 45.39 **State Champion**
Tracy Wible, McConnellsburg 48.4
Cheryl Meyers, Chestnut Ridge 47.4
2nd Marla McElhaney, McConnellsburg 47.4
PIAA meet: 47.23 7th Place
Tracy Wible, McConnellsburg 49.0

Wendy Clark, Everett 50.1

Marla McElhaney, McConnellsburg 47.2
Lana Arnold, Bedford 48.3
Lana Arnold, Bedford 47.6
Lana Arnold, Bedford 48.5

Lana Arnold, Bedford 47.4

Melissa Shaffer, Northern Bedford 48.7
Kirsten Davis, Windber 49.9
Erica Kopusko, Windber 48.9
Meredith Troutman, Meyersdale 48.2
Meredith Troutman, Meyersdale 46.22
PIAA Meet: 45.30 2nd Place
Meredith Troutman, Meyersdale 47.57
PIAA Meet: 44.29 2nd Place
Meredith Troutman, Meyersdale 46.51
PIAA Meet: 44.70 3rd Place
Sheena Smith, Northern Bedford 48.86

Nicole Gardner, Windber 48.77
Sarah Schendel, Bedford 47.40

Sarah Snyder, Windber 46.94
Sarah Snyder, Windber 48.36
Sarah Snyder, Windber 45.85
PIAA Meet: 45.82 4th Place
Sarah Snyder, Windber 46.46
PIAA Meet: 46.74 7th Place
Ashlee McMullen, Windber 49.17

Janelle Long, Meyersdale 48.63

2012 Matt Dull, Chestnut Ridge 39.05
PIAA Meet: 38.12 2nd Place
2013 Corey Hill, McConnellsburg 42.70
2014 Gray Bryan, Windber 40.92
2015 Josh Booth, McConnellsburg 41.62
2016 Tanner Sipes, Everett 39.52
PIAA Meet: 39.64 4th Place
Q: Josh Booth, McConnellsburg 40.02
PIAA Meet: 39.77 5th Place
2017 Josh Booth, McConnellsburg 39.43
PIAA Meet: 39.11 **STATE CHAMPION**
2018 Josh Booth, McConnellsburg 39.07
PIAA Meet: 38.61 3rd Place
Q: Justin Vasas, Windber 40.12
2019 Nick Vasas, Windber 43.08

Janelle Long, Meyersdale 47.98
Catelyn Hittie, Berlin 47.51
Morgan Lynn, Tussey Mt. 48.96
Celina Merchant, Southern Fulton 49.11
Celina Merchant, Southern Fulton 47.41

Kolette Hostetter, Rockwood 48.25

Kara McKenzie, Berlin 47.57

Ashley Ferguson, Bedford 49.06

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

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

2004	Bedford 43.97 PIAA Meet 43.93 6 th Place	Berlin 53.15
2005	Bedford 43.81	Bedford 52.92
2006	Bedford 44.37 PIAA Meet: 44.08 6 th Place	Shade 52.32
2007	Chestnut Ridge 44.40	Chestnut Ridge 51.15
2008	Bedford 44.53	Chestnut Ridge 51.22
2009	Bedford 44.41 PIAA Meet: 43.55 6 th Place	Shade 51.82
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 th Place

4 X 400 METER RELAY

	Boys	Girls
1975	Everett 3:36.4	
1976	Somerset 3:33.0	
1977	Somerset 3:31.0 PIAA meet: 3:27.7 5 th Place	Bedford 4:24.8
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 PIAA meet: 3:38.90 8 th Place	McConnellsburg 4:16.0
1990	Bedford 3:28.0 PIAA meet: 3:25.94 4 th Place	Bedford 4:24.8
1991	McConnellsburg 3:31.1	Everett 4:11.6 PIAA meet: 4:07.63 3 rd Place
1992	Bedford 3:32.5	Bedford 4:12.6 PIAA meet: 4:12.86 7 th 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 th 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 th Place
2019	Bedford 3:35.64	Shade 4:12.95

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 th 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
		PIAA Meet 9:41.67 7 th Place
2004	McConnellsburg 8:31.97	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 th Place	
2015	Bedford 8:34.26	Bedford 10:23.29

2016 Bedford 8:26.84
 2017 Southern Fulton 8:34.85
 2018 Windber 8:41.92
 2019 Northern Bedford 8:33.00

Windber 10:03.10
 Windber 10:29.79
 Windber 10:31.69
 Bedford 10:43.09

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
 2nd 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

 1993 Tom Miller, Chestnut Ridge 6-1

 1994 Tom Miller, Chestnut Ridge 6-2
 1995 K.L. Lambertus, Conemaugh Township 6-4

 1996 Jeff Mills, Everett 6-4.75

 1997 Tyler Edwards, Everett 6-0

 1998 Jeremy Bradley, Southern Fulton 6-0
 PIAA meet: 6-6 5th Place
 1999 Jeremy Bradley, Southern Fulton 6-6
 PIAA meet: 6-7 2nd Place
 2000 Dave Thomas, Tussey Mountain 6-6
 PIAA Meet: 6-4 3rd Place
 2001 Josh Arnold, Meyersdale 6-0
 PIAA Meet: 6-2 Tied for 8th Place

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
 PIAA meet: 5-3 3rd Place
 Stephanie Walter, Chestnut Ridge 5-1
 PIAA meet: 5-0 7th Place
 Amy Kretchman, Meyersdale 5-0
 Petra Lang, Northern Bedford 5-2
 PIAA meet: 5-2 4th Place
 Koren Woy, Everett 5-0
 PIAA meet: 5-1 8th Place
 Tracy Buck, Chestnut Ridge 5-0
 PIAA meet: 5-0 8th Place Tie
 Kristie O'Conner, North Star 5-1

 Kristie O'Conner, North Star 5-0

 Kristie O'Conner, North Star 5-0

 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 th Place (Tie) Q: Jay Ifert, Southern Fulton 6-4 PIAA Meet: 6-6 2 nd Place	Corrine Moser, Meyersdale 5-3 PIAA Meet: 5-4 2 nd Place
2006	Ben Way, Chestnut Ridge 6-2 PIAA Meet: 6-4 7 th Place	Joanna Nist, Rockwood 5-3
2007	Mike Webb, Windber 6-4 PIAA Meet: 6-4 5 th Place	Joanna Geisel, W 5-3
2008	Devin Livingston, Chestnut Ridge 6-0	Brandi Harris, Bedford 5-2 PIAA Meet: 5-4 3 rd Place Chloe Mapes, Shade 5-2
2009	Alex Will, Berlin 6-0 PIAA Meet: 6-2 Tie 8 th Place	Leanna Showalter, Chestnut Ridge 5-2
2010	Alex Will, Berlin 6-2	Nikki Fleming, McConnellsburg 5-0
2011	Zach Pressel, Northern Bedford 6-4 PIAA Meet: 6-5 5 th Place	Nikki Fleming, McConnellsburg 5-2
2012	Zach Pressel, Northern Bedford 6-6 PIAA Meet: 6-5 4 th Place Q: Justin Baker, Northern Bedford 6-4	Nikki Fleming, McConnellsburg 5-2
2013	Zach Pressel, Northern Bedford 6-4 PIAA Meet: 6-8 State Champion	Nikki Fleming, McConnellsburg 5-2
2014	Bryce Chilcote, Fannett-Metal 6-2 PIAA Meet: 6-6 2 nd 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 th Place	Mikala Faith, Conemaugh Twp. 5-1

LONG JUMP

	Boys	Girls
1975	Greg Gordon, McConnellsburg 20-6	Nanette Gable, Northern Bedford ?
1976	McDaniels, Somerset 20-1	Nanette Gable, Northern Bedford 15-9
1977	Steve Morocco, Somerset 19-11.25	Miller, Bedford 13-10.75
1978	Roger Shepko, Windber 18-11	Lu Shaffer, Chestnut Ridge 14-8
1979	Mike Williams, Everett 20-2	Leslie Miller, Bedford 15-2
1980	Ron Ramsey, Tussey Mountain 21-2.25	Lori Swartzwelder, Everett 15-7.25
1981	Boone Minnick, Meyersdale 19-11.5	Leona Felton, Everett 16-6
1982	Jeff Burkett, Chestnut Ridge 20-7.25	Brenda Runk, Tussey Mountain 17-9.25
1983	Shaw, Southern Fulton 20-10.75	Brenda Runk, Tussey Mountain 16-9 PIAA meet: 16-11.25 5 th Place
1984	Steve Lewis, Everett 20-10.25	Kim Spriggs, McConnellsburg 18-0 PIAA meet: 17-8.5 State Champion
1985	Aaron Souders, McConnellsburg 20-7	Kim Spriggs, McConnellsburg 18-2 PIAA meet: 16-5.75 6 th Place
1986	Donnie Gordon, Southern Fulton 20-9	Angie Plessinger, McConnellsburg 17-0 PIAA meet: 16-5.5 6 th Place
1987	Eugene Oakes, Meyersdale 20-11.75	Rene Hann, McConnellsburg 15-2.5
1988	Shawn Tewell, Everett 21-0.25	Cheryl Meyers, Chestnut Ridge 16-7
1989	Joel Livingston, Chestnut Ridge 20-3.5	Genny Washington, Bedford 16-8.5
1990	Joel Livingston, Chestnut Ridge 21-4 PIAA meet: 21-2 6 th Place	Genny Washington, Bedford 16-3.75 PIAA meet: 17-0.5 5 th Place
1991	Darnell Spriggs, McConnellsburg 20-2.75	Timarie May, Tussey Mountain 16-11
1992	Duane Senior, Windber 20-11.25	Stephanie Walter, Chestnut Ridge 16-3.25
1993	Jason Snider, Northern Bedford 20-2.5	Stephanie Walter, Chestnut Ridge 17-6 PIAA meet: 17-2 4 th Place
1994	Jason Snider, Northern Bedford 20-9.5	Julie Harclerode, Bedford 15-9.5

1995	Jeff Mills, Everett 20-9.75	Brandi Woy, Everett 16-4.5
1996	Jeff Mills, Everett 22-7 PIAA meet: 22-8.5 State Champion	Julie Ickes, Chestnut Ridge 15-6.25
1997	Brad Foor, Everett 20-8.75	Renee Baker, McConnellsburg 14-11.25
1998	Dan Parks, Chestnut Ridge 20-11.25	Renee Baker, McConnellsburg 16-1
1999	Jeremy Bradley, Southern Fulton 21-2	Tracie Clair, Chestnut Ridge 17-1 PIAA meet: 16-11.5 3 rd Place
2000	Derek Bollman, Tussey Mountain 21-8.5 Q: Jarrod Way, Chestnut Ridge 21-8 PIAA Meet: 21-10.25 3 rd Place	Tracie Clair, Chestnut Ridge 17-1.25 PIAA Meet: 16-7 5 th Place
2001	Keith Felix, Chestnut Ridge 20-8.5	Tracie Clair, Chestnut Ridge 17-10.75 PIAA Meet: 17-11.75 2 nd Place Q: Kate Koenig, Chestnut Ridge 17-3.75 PIAA Meet: 16-7.75 6 th Place
2002	Josh Lininger, McConnellsburg 20-11.5	Kate Koenig, Chestnut Ridge 16-5.5 PIAA Meet: 17-0.5 8 th Place
2003	RJ Hillenbrand, Everett 20-5.5	Vanessa Housel, Meyersdale 15-7.25
2004	Derrick Harris, Bedford 21-6 PIAA Meet: 21-3 7 th Place	Joanna Nist, Rockwood 15-9 PIAA Meet: 17-1.5 5 th Place
2005	Colby Mock, Chestnut Ridge 21-8 PIAA meet: 21-6.75 5 th Place	Joana Nist, Rockwood 17-3 PIAA meet: 17-2 6 th Place Q: Megan Lamens, Berlin 16-10.25 PIAA meet: 17-0.75 7 th Place
2006	John Marshall, Bedford 21-0	Joanna Nist, Rockwood 17-3 PIAA Meet: 17-2¼ 4 th Place Q: Megan Lamens, Berlin 17-0 ½ Brandy Harris, Bedford 17-1 ¼
2007	Mike Tomovich, Chestnut Ridge 21-9 PIAA Meet: 20-11½ 8 th Place	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 nd Place
2008	Mike Webb, Windber 21-6 ¼ PIAA Meet: 21-9 ¼ 5 th Place	Rebecca Hiravi, Conemaugh Twp. 16-0 ½ Leah Hershberger, Northern Bedford 16-4 ¾ Baylee Beegle, Everett 16-5 Kaitlyn Lippincott, Bedford 16-4 ¼
2009	Cory Waltman, Everett 21-2 ¾	Celina Merchant, Southern Fulton 16-1 ¾
2010	Paul Detwiler, Bedford 20-0	Celina Merchant, Southern Fulton 16-2 ½ Claire Bechter, Meyersdale 16-5 ¾ Stefanie Ketterman, Everett 17-2
2011	Ian Saylor, Berlin 21-9 ¾	
2012	Michael Young, Chestnut Ridge 21-3	
2013	Blake Over, Northern Bedford 21-7 ¼ PIAA Meet: 21-0 ¾ 8 th Place	
2014	Blake Over, Northern Bedford 20-11 ¼ PIAA Meet: 22-4 State Champion	
2015	Jacobe Miksich, Chestnut Ridge 19-11 ¾	
2016	Gavin Gilbert, Northern Bedford 20-6 ¼	
2017	Cleeford Sylne, Bedford 22-1 PIAA Meet: 21-8 ¼ 5 th Place Q: Nate Formica, Conemaugh Twp. 21-11 Q: Noah Dillow, Chestnut Ridge 21-10 ¾	
2018	Noah Dillow, Chestnut Ridge 20-9	Stefanie Ketterman, Everett 16-6 ¾ Jenna Pavlosky, Conemaugh Twp. 16-7 ¼
2019	Logan Pfister, Chestnut Ridge 20-9 ½	

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

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

1983	Dave Thomas, McConnellsburg 42-0.75	Brenda Runk, Tussey Mountain 35-5.75
1984	Keith Newell, McConnellsburg 41-2	Kim Spriggs, McConnellsburg 36-3.5 PIAA meet: 37-2¼ State Champion
1985	Earl Schooley, Everett 41-9	Kim Spriggs, McConnellsburg 37-2 PIAA meet: 38-0 2nd Place
1986	Mike Mort, Rockwood 41-2.75	Tammy Seiders, McConnellsburg 32-8 ¼
1987	Shawn Tewell, Everett 42-1.5	Rene Hann, McConnellsburg 31-6.5
1988	Shawn Tewell, Everett 43-3 PIAA meet: 44-2 8th Place	Timarie May, Tussey Mountain 33-5.5
1989	Greg Washington, Bedford 43-3	Wendy Clark, Everett 34-8.25
1990	Greg Washington, Bedford 42-4.5	Genny Washington, Bedford 36-0 PIAA meet: 35-10 2nd Place
1991	Paul Close, Rockwood 41-6.75	Q: Wendy Clark, Everett 35-1.75 Wendy Clark, Everett 36-0.5 PIAA meet: 37-5 ¾ 3rd Place
1992	John Becker, Everett 44-3	Genny Washington, Bedford 35-10 ¾ PIAA meet: 37-3 ¼ 5th Place
1993	Danny Miller, McConnellsburg 41-5	Stephanie Slack, Chestnut Ridge 34-6 ¾
1994	Mike Long, Everett 41-2.5	Julie Harclerode, Bedford 34-9
1995	Jeff Mills, Everett 41-5.75	Koren Woy, Everett 34-10¾
1996	Jeff Mills, Everett 44-2 PIAA meet: 45-7.5 4th Place	Koren Woy, Everett 34-7
1997	Percy Clair, Chestnut Ridge 42-7	Ashley Foor, Everett 32-0.5
1998	Jeremy Bradley, Southern Fulton 43-6	Tracie Clair, Chestnut Ridge 35-1.25
1999	Jeremy Bradley, Southern Fulton 45-10 PIAA meet: 45-4.5 6th Place	Tracie Clair, Chestnut Ridge 35-4
2000	Jeff Kiss, Windber 43-9	Tracie Clair, Chestnut Ridge 36-8.25 PIAA Meet: 35-6.75 5th Place
2001	Keith Felix, Chestnut Ridge 42-9	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	Johna Bardell, Bedford 31-11
2004	John Marshall, Bedford 42-0 PIAA Meet: 43-5 7th Place	Megan Lamens, Berlin 34-0.5
2005	John Marshall, Bedford 44-7.75 PIAA meet: 45-5.5 3rd Place	Megan Lamens, Berlin 34-10.75
2006	John Marshall, Bedford 45-0 PIAA Meet: 43-3 ¾ 8th Place	Joanna Nist, Rockwood 36-2 ¾ PIAA Meet: 36-8 3rd Place Q: Megan Lamens, Berlin 35-11 ½ Q: Megan Lasut, Shade 35-7 PIAA Meet: 36-6 4th Place
2007	Justin Houck, Meyersdale 44-0 ¼	Q: Taylor Crawford, Northern Bedford 35-4 ½ 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 2nd Place Taylor Crawford, Northern Bedford 37-1 ½ PIAA Meet: 36-11 ¼ 8th Place
2009	Cory Waltman, Everett 44-3 ¼ PIAA Meet: 43-7 8th 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 7th Place	Jenna Bracken, Windber 35-4 ¼
2012	Michael Young, Chestnut Ridge 45-5 ¾ PIAA Meet: 45-9 ¼ 2nd Place Q: Tayler Pressel, Northern Bedford 44-0	Kaitlyn Lippincott, Bedford 34-11
2013	Blake Over, Northern Bedford 44-9 ½ PIAA Meet: 44-6 3rd Place Q: Tayler Pressel, Northern Bedford 44-4 PIAA Meet: 44-1 4th Place	Brittany Clegg, Berlin 33-8
2014	Blake Over, Northern Bedford 45-0 PIAA Meet: 44-2 ¾ 3rd Place	

2015 Jacobe Miksich, Chestnut Ridge 44-0
 2016 Gavin Gilbert, Northern Bedford 42-10

2017 Nate Formica, Conemaugh Twp. 43-2
 2018 Noah Dillow, Chestnut Ridge 42-3 ½
 2019 Logan Pfister, Chestnut Ridge 43-10

Stefanie Ketterman, Everett 34-3 ½
 Stefanie Ketterman, Everett 36-0
 Q: Caitlyn Lazorka, Bedford 35-6
 PIAA Meet: 35-11 ¼ 8th Place
 Stefanie Ketterman, Everett 35-1
 Stefanie Ketterman, Everett 34-2
 Bryia Swick, Meyersdale 34-3

POLE VAULT

Boys

1975 Jim Campitelli, Windber 11-6
 1976 Rod Truax, McConnellsburg 11-6
 1977 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
 1986 **Scott Jones, Everett 13-1**
PIAA meet: 14-0 State Champion

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
PIAA meet: 13-6 3rd Place

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 **Brad Foor, Everett 12-6**
PIAA meet: 13-6 6th Place Tie

1998 **Cliff Sleasman, Meyersdale 12-6**
PIAA meet: 13-0 6th Place

1999 Cliff Sleasman, Meyersdale 12-6

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

2011 Drew Romesberg, Berlin 13-6 ¼
 2012 JR Hemminger, Somerset 12-6

2013 Dylan Cross, Southern Fulton 13-0
 2014 McKenzie Yuko, Shade 12-0
 2015 Zach Rhodes, Bedford 12-6

Girls

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
Kelly Vann, Conemaugh Twp. 11-0
PIAA Meet: 10-6 Tie 3rd Place

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
Jordan Fockler, Conemaugh Twp. 9-0
PIAA Meet: 10-6 7th Place

2016	Cole Booth, Berlin 12-0	Lauren Vasas, Windber 10-0
2017	Gavin Wills, Southern Fulton 13-0	Grace Romesberg, Berlin 9-6
2018	Scotty Miller, Chestnut Ridge 12-0 PIAA Meet: 13-6 7 th Place	McKenzie Troutman, Northern Bedford 9-0
2019	David Smith, Tussey Mountain 12-0	McKenzie Troutman, Northern Bedford 8-6

SHOT PUT

Boys

1975	Garth Miller, Rockwood 50-6
1976	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	Miller, Meyersdale 42-11.75
1981	Nick Caro, Everett 48-2.75
1982	Don Giffin, Everett 46-4.5
1983	Jim Peters, Rockwood 48-4.5
1984	Jim Peters, Rockwood 48-4.5
1985	Doug Anderson, Rockwood 45-7.75
1986	Doug Anderson, Rockwood 46-7.75
1987	Bob Bulger, Shade 48-6
1988	Bob Bulger, Shade 47-10.25
1989	Sean Smith, McConnellsburg 49-4.25
1990	Jim Benbow, Bedford 44-2
1991	Ken Albright, Meyersdale 47-4
1992	Mike Hetz, Meyersdale 46-1.25
1993	Mike Hetz, Meyersdale 47-3
1994	Justin Vent, Bedford 44-2.5
1995	Ryan Schmuck, Rockwood 49-6.5
1996	Jeff Figard, Windber 48-10.5
1997	Cory Cole, Chestnut Ridge 49-8.75
1998	Derek Lew, Everett 46-5
1999	Luke Tresnicky, Conemaugh Township 45-7.75
2000	Justin Emerick, Chestnut Ridge 40-10.75
2001	Luke Rininger, Conemaugh Township 44-6
2002	Damian Crissey, Bedford 47-4
2003	Dave Houseworth, Bedford 47-6
2004	Jordan Hess, McConnellsburg 52-4.5 PIAA Meet: 52-11 4 th Place
2005	Zach Hobbs, Meyersdale 47-9.5
2006	Mike Bowman, Berlin 48-5
2007	Jeremy Faidley, Meyersdale 47-7 ¾
2008	Josh Krupa, Bedford 46-11 ¼
2009	Robert Shehan, McConnellsburg 48-10 ¾
2010	Lucas Banks, McConnellsburg 48-2
2011	Quinton Hixson, Northern Bedford 46-6 ½
2012	Ryan Stoeckle, McConnellsburg 49-0
2013	David Marghella, Shade 44-7 ½
2014	Austin Miller, Meyersdale 46-8 ½
2015	Tom Peppernick, Fannett-Metal 45-5 ½
2016	Seth Foor, Bedford 49-7 ¼
2017	Vincent Fernandez, Bedford 44-6 ¼
2018	Duane Knisely, Chestnut Ridge 46-5
2019	Duane Knisely, Chestnut Ridge 53-5 ¼ PIAA Meet: 56-11 3 rd Place

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
Dana Shearer, McConnellsburg 33-7.5
Cindy Plessinger, McConnellsburg 36-6.5
Jeanne Barkman, Northern Bedford 31-10.75
Jeanne Barkman, Northern Bedford 33-11.5
Jeanne Barkman, Northern Bedford 33-9.75
Jeanne Barkman, Northern Bedford 33-11.5
Jennifer Beach, Northern Bedford 31-2
Jennifer Beach, Northern Bedford 33-8
Heather DeShong, McConnellsburg 32-1
Michelle Barner, Northern Bedford 34-1
Misty Hinson, Chestnut Ridge 32-6
Erin Vent, Bedford 32-7.5
Mandy Miller, Chestnut Ridge 31-7.5
Candy Hetz, Meyersdale 30-8.5
Diane Berkheimer, Northern Bedford 31-10
Diane Berkheimer, Northern Bedford 34-0
Lindsey Miller, McConnellsburg 33-2.5
Lindsey Miller, McConnellsburg 36-5
LeeAnn Malloy, Northern Bedford 34-10.25
LeeAnn Malloy, Northern Bedford 33-8.25
Samantha Lovely, Conemaugh Township 33-0.75
Emily Clark, Bedford 34-4
Samantha Lavelly, Conemaugh Township 32-10
Catya Gilbert, Northern Bedford 34-2.5
Megan Lamens, Berlin 35-9 ½
Catya Gilbert, Northern Bedford 35-9
Catya Gilbert, Northern Bedford 35-3 ½
Crystal Dibert, Bedford 38-1 ¼
Crystal Dibert, Bedford 37-0 ½
Ruthie Effland, Fannett-Metal 32-2
Theole Feuillet, Everett 32-11
Erica Craig, Berlin 34-5
Erica Craig, Berlin 34-4
Ellie Fleegle, Berlin 37-3
Alexis Imler, Bedford 31-11 ½
Hailey Dodson, McConnellsburg 33-1 ¼
Hailey Dodson, McConnellsburg 37-3
Hailey Dodson, McConnellsburg 34-10

DISCUS

Boys

1975 Rick Growden, Bedford 140-1
1976 Nist, Somerset 129-5
1977 Frank Zborovancik, Shade 142-2
1978 Roger Shepko, Windber 140-1
1979 Greg Zborovancik, Shade 146-4
1980 Knoblach, Rockwood 122-5
1981 Steve Bollman, Everett 134-0.5
1982 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: Cole, Chestnut Ridge 145-8
Q: Emmons, Southern Fulton 143-2
1998 Ben Leese, McConnellsburg 142-9
1999 Dave Knopsnyder, Meyersdale 144-0
2000 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 8th 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 2nd Place](#)
2011 [Lucas Banks, McConnellsburg 161-0](#)
[PIAA Meet: 160-4 3rd 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](#)

Girls

Debbie Colledge, Everett ?
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: 167-10 2nd Place
 2016 Tristan Brant, Berlin 138-2
 2017 Tristan Brant, Berlin 134-6
 2018 Duane Knisely, Chestnut Ridge 159-10
 PIAA Meet: 153-5 5th Place
 2019 Duane Knisely, Chestnut Ridge 170-4
 PIAA Meet: 171-9 2nd Place

PIAA Meet: 125-2 6th Place
 Elizabeth Peppernick, Fannett-Metal 110-6
 Elizabeth Peppernick, Fannett-Metal 111-2
 Kiera Booth, Berlin 97-5
 Hailey Dodson, McConnellsburg 95-3

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

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
 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
 Knopsnyder, Meyersdale 107-10
 Beth Barnes, Windber 125-11
 Meredith Troutman, Meyersdale 125-6
 Vanessa Housel, Meyersdale 115-10

2004	PIAA Meet: 179-7 8 th Place Kevin Bittner, Berlin 175-10 PIAA Meet: 180-1 5 th Place	Megan Lamens, Berlin 132-11
2005	Mike Bowman, Berlin 165-8	Megan Lamens, Berlin 122-6.5
2006	Mike Bowman, Berlin 157-6	Megan Lamens, Berlin 130-11 PIAA Meet: 129-11 8 th Place Q: Ella Meese, Berlin 118-11 Courtney Mullen, Windber 112-9 Kasie Shoemaker, Bedford 114-6 Cassie Beach, Northern Bedford 125-1 Cassie Beach, Northern Bedford 131-5 Katie Strapple, Windber 121-5 ½ PIAA Meet: 128-5 8 th Place
2007	Billy Sipko, Windber 161-1	Katie Strapple, Windber 115-0
2008	Jeremy Wilt, Shade 165-8	Erica Craig, Berlin 115-9
2009	Jacob Hillegas, Berlin 164-7	Erica Craig, Berlin 115-3
2010	Zach Shearer, Rockwood 162-7	Hannah Meyers, Bedford 117-7
2011	Steven Meyer, Southern Fulton 159-6	Sarah Wright, S.Fulton 116-3
2012	Steven Meyer, Southern Fulton 165-11	Olivia Mottern, S.Fulton 114-4
2013	Cody DeMoss, Bedford 167-0	Kiera Booth, Berlin 117-5
2014	Cody DeMoss, Bedford 172-8 PIAA Meet: 175-8 5 th Place	Lexi Yanosky, Berlin 117-9
2015	August Cook, Bedford 175-8	
2016	August Cook, Bedford 209-8 PIAA Meet: 189-3 2 nd Place	
2017	Timothy Wright, Southern Fulton 167-5	
2018	Cole Weist, Tussey Mountain 172-1	
2019	Elijah Cook, Bedford 175-4	

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	Smith, Bedford	5 th Place	
1929	Mile Relay	Bedford	5 th Place	
	Long Jump	Smith, Bedford	4 th Place	
1930*	220 yd. Dash	Clark, Bedford	1st PLACE	22.2
	100 yd. Dash	Clark, Bedford	1st PLACE	10.0
	100 yd. Dash	Harris, Bedford	3 rd Place	
	Pole Vault	Snell, Bedford	4 th Place	
	Discus	Charles Brown, Bedford	5 th Place	
	Mile Relay	Bedford	5 th Place	
1931*	100 Yd. Dash	Harris, Bedford	2 nd Place	
	220 yd. Dash	Harris, Bedford	2 nd Place	
	High Jump	Cessna, Bedford	3 rd Place	
	Pole Vault	Burkett, Bedford	3 rd Place (Tie)	
	Pole Vault	Snell, Bedford	3 rd Place (Tie)	
1932	Discus	Charles Brown, Bedford	3 rd Place	
1943	880 Run	Trachak, Conemaugh Township	4 th Place	
1944	100 yd. Dash	Kritzer, Shade	4 th Place	
	Javelin	Keblbish, Somerset	1st PLACE	160-0

	Discus	Rose, Somerset	2nd Place	
1945	100 yd. Dash	Kritzer, Shade	5th Place	
	Javelin	Kebblish, Somerset	4th Place	
	Discus	Rose, Somerset	3rd Place	
1946	Mile	Lyman, Somerset	5th Place	
1947	Shot Put	Charles Brumbaugh, Shade	2nd Place	
1951	Pole Vault	Rosbaugh, Somerset	3rd Place (Tie)	
1957	Shot Put	Vincent, Somerset	2nd Place	
1971	180 LH	Craig Custer	5 th Place	19.6

CLASS B (Now Class AA)

1938	Mile Run	Beachem, Somerset Twp.	5th Place	
1947	Pole Vault	Carl Paylor, McConnellsburg	1st PLACE	11-9 ¼
1948	Pole Vault	Carl Paylor, McConnellsburg	1st PLACE	12-3 3/4
1949	Pole Vault	Carl Paylor, McConnellsburg	1st PLACE	12-3
1950	Javelin	Spangler, Shade	5th Place	
1951	Shot Put	Richard Ling, Shade	3rd Place	
1952	Discus	Bob Verna, Conemaugh Twp.	5 th Place	148-0
	High Jump	Lanier Findley, Shade	5 th Place	
1953	High Jump	Findley, Shade	3rd Place	
	Pole Vault	Vincent Bestvina, Shade	1st PLACE	11-6
1954	180 L.Hurdles	Strongosky, Shade	3rd Place	
	Pole Vault	Vincent Bestvina, Shade	1st PLACE (TIE)	11-9
1955	Pole Vault	Vincent Bestvina, Shade	1st PLACE	12-0
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	1st PLACE	51.6
	Mile Run	Ray, McConnellsburg	5th Place	
1960	Javelin	Turko, Shade	1st PLACE	164-3
	Mile Run	Ray, McConnellsburg	5th Place	
	Pole Vault	Palya, Shade	1st PLACE	12-1
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 th 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 th Place	23.3
	Triple Jump	Jack Wagner, Somerset	3 rd Place	44-10
1973	Mile Run	Bob Snyder, McConnellsburg	1ST PLACE	4:22.9
	220 yd. Dash	Craig Enyeart, Tussey Mountain	6 th Place	
1974	440 yd. Dash	Rick Hoffman, McConnellsburg	6 th Place	
	Mile Run	Bob Snyder, McConnellsburg	1st PLACE	4:17.6
	330 Hurdles	McNelly, Somerset	4 th Place	
	880 yd. Run	Bob Snyder, McConnellsburg	5 th Place	
	Pole Vault	Naret, Shade	3 rd Place	