

DISTRICT FIVE TRACK & FIELD INDIVIDUAL CHAMPIONS 1975-2018

CHAMPIONSHIP MEET SITES

1975	Somerset High School
1976	Frostburg State University, Frostburg, MD
1977	Johnstown Vo-Tech High School
1978-1979	McConnellsburg High School
1980-1983	Everett High School
1984-2004	Chestnut Ridge High School
2005-2018	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, Tussey Mountain 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 5th Place
2009	Zach Millin, Everett 11.54 PIAA Meet: 11.17 7th 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 7th Place	Jenna Bracken, Windber 13.24
2014	Jake Formica, Conemaugh Township 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 Township 11.00
 2018 Evan Germaux, Tussey Mountain 11.37

Ivie Morningstar, Tussey Mountain 12.66
 Morgan Maurer, Shade 13.06
 Morgan Maurer, 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 8th Place
 2010 Ian Sayler, Berlin 23.02
 2011 Ian Sayler, Berlin 22.90
 2012 Dan Meyer, Somerset 22.81
 2013 Darrin Sipes, Tussey Mountain 23.29
 2014 Darrin Sipes, Tussey Mt. 23.66
 2015 Kyle Sheaffer, Everett 23.94
 2016 August Cooke, Bedford 22.55
 2017 Evan Germaux, Tussey Mountain 22.90
 2018 Evan Germaux, Tussey Mountain 23.23

Nicki Leach, Northern Bedford 26.71
 Nicki Leach, Northern Bedford 26.66
 Ashley Waugerman, Bedford 27.10
 Abbey Turner, Fannett-Metal 26.89
 Abbey Turner, Fannett-Metal 26.98
 Whitley Furry, Northern Bedford 27.33
 Devin Folk, Tussey Mt. 26.80
 Lorna Spiegle, Shade 26.59
 Lorna Spiegle, Shade 26.96
 Jaden Fuller, Bedford 26.30

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

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

2006	Jordan Donaldson, Tussey Mountain 50.60 PIAA Meet: 50.42 5 th Place	Brittany Beland, Bedford 61.50
2007	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, Southern Fulton 50.51 PIAA Meet: 50.48 8 th Place	Abbey Turner, Fannett-Metal 59.95
2013	Jacob Ashkettle, Southern 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 Mountain 62.02
2016	Zane Baker, Bedford 50.24	Mckenzie Gelvin, McConnellsburg 57.04 PIAA Meet: 57.28 4 th Place Q: Maddie Sprankle, Shade 59.91 McKenzie Gelvin, McConnellsburg 58.32 Kaitlyn Maxwell, Everett 57.94 PIAA Meet: 58.11 4 th Place Q: Lorna Spiegle, Shade 58.00 PIAA Meet: 58.33 6 th Place
2017	Chase Varner, Southern Fulton 52.31	
2018	Nathaniel Maxwell, Everett 51.85	

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, Northern 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, Southern Fulton 2:01.53	McKenzie Gelvin, McConnellsburg 2:20.26 PIAA Meet: 2:16.70 3 rd Place
2017	Chase Varner, Southern 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

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 PIAA meet: 4:22.00 State Champion	Bridget Jeffers, Conemaugh Township 5:32.1	
1993	Jake Raymond, Bedford 4:50.3	Shannon Stevens, Everett 5:36.1 PIAA meet: 5:25.16 6 th 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, Southern 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

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 6 th 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 6 th Place	Pam Shaw, Everett 13:04.94	
1982	Terry Croyle, Conemaugh Township 9:15.62 PIAA meet: 9:16.17 2 nd 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	Michelle Ott, Conemaugh Township 12:39.2	
1990	Jason Cole, Bedford 10:18.0	Chris Leader, Everett 12:46.8	
1991	Jason Cole, Bedford 10:26.3	Kelly Snyder, Tussey Mountain 12:23.2	
1992	Shawn Goss, Bedford 10:13.1 PIAA meet: 9:43.53 2 nd Place	Kelly Snyder, Tussey Mountain 12:05.9 PIAA meet: 11:47.18 5 th Place	
1993	Jake Raymond, Bedford 10:45.6	Kelly Snyder, Tussey Mountain 12:31.5	
1994	Steve Moyer, Northern Bedford 10:21.6	Sarah Oakman, McConnellsburg 12:42.9	
1995	Steve Moyer, Northern Bedford 10:04.4	Fanny Klimekova, Bedford 12:58.7	
1996	Steve Moyer, Northern Bedford 9:56.7 PIAA meet: 9:42.29 7 th Place	Sarah Oakman, McConnellsburg 12:48.1	
1997	Wes Gates, Bedford 10:23.6	Lindsay Baker, Tussey Mountain 12:39.6	
1998	Mark Long, Everett 10:33.8	Johnna Detterline, Northern Bedford 12:22.7	
1999	Guy Woods, Meyersdale 10:13.8	Nicole Zack, Bedford 12:20.1	

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 Mountain 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

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

 1984 Ray Black, Tussey Mountain 15.7

 1985 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 8th Place
 1990 Bill Ford, Bedford 14.6
 PIAA meet: 15.01 7th Place
 Q: Jim Weimer, Everett 15.3
 Q: Joe Morrow, Tussey Mountain 15.4
 1991 Paul Kazupas, Shade 15.6

 1992 Paul Kazupas, Shade 15.2
 1993 Chris Buck, Chestnut Ridge 15.8

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

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 2nd 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
 Q: Marla McElhaney, McConnellsburg 16.5
 Lori Young, Windber 16.7
 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	Erica Koposko, Windber 17.0
	PIAA meet: 15.56 8 th Place	
1998	Dan Kiss, Windber 15.1	Erica Koposko, Windber 15.9
1999	Dan Kiss, Windber 14.7	Kristie O'Conner, North Star 16.0
	PIAA meet: 15.38 4 th Place	
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
	PIAA Meet: 15.61 3 rd Place	
2002	Jeff Kiss, Windber 14.59	Nicole Gardner, Windber 16.01
	PIAA Meet: 14.39 State Champion	
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	Stock, Berlin 16.19
	PIAA meet: 14.64 State Champion	
	Q: Troy Harris, Bedford 15.01	
	Q: Brad Beverly, Berlin 15.35	
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
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, Chestnut Ridge 15.01	
2012	Matt Dull, Chestnut 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	Kara McKenzie, Berlin 16.44
	PIAA Meet: 15.52 6 th Place	

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

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

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

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

880 RELAY

1975 McConnellsburg 1:35.1

1976 McConnellsburg 1:36.0

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 Koposko, 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

Janelle Long, Meyersdale 47.98

Catelyn Hittie, Berlin 47.51

Morgan Lynn, Tussey Mountain 48.96

Celina Merchant, Southern Fulton 49.11

Celina Merchant, Southern Fulton 47.41

Kolette Hostetter, Rockwood 48.25

Kara McKenzie, Berlin 47.57

440 RELAY

Tussey Mountain ?

Northern Bedford 53.3

1977 Somerset 1:35.1

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 6th Place
2005 Bedford 43.81
2006 Bedford 44.37
PIAA Meet: 44.08 6th Place
2007 Chestnut Ridge 44.40
2008 Bedford 44.53
2009 Bedford 44.41
PIAA Meet: 43.55 6th Place
2010 Chestnut Ridge 44.62
2011 Berlin 44.62
2012 Chestnut Ridge 44.72
2013 Shade 44.42
2014 Chestnut Ridge 44.93
2015 Chestnut Ridge 45.02
2016 Bedford 44.11
2017 Bedford 44.75
2018 Tussey Mountain 44.34

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

Chestnut Ridge 51.15
Chestnut Ridge 51.22
Shade 51.82

Chestnut Ridge 51.12
Bedford 51.37
Berlin 51.24
Berlin 51.70
Tussey Mountain 52.27
Tussey Mountain 52.14
Bedford 52.17
Shade 50.81
Shade 50.72

4 X 400 METER RELAY

	Boys
1975	Everett 3:36.4
1976	Somerset 3:33.0
1977	Somerset 3:31.0 PIAA meet: 3:27.7 5th Place
1978	Conemaugh Township 3:37.11
1979	Windber 3:34.04
1980	McConnellsburg 3:32.46
1981	McConnellsburg 3:31.55
1982	McConnellsburg 3:34.65
1983	McConnellsburg 3:36.9
1984	McConnellsburg 3:32.7
1985	Everett 3:42.99
1986	Bedford 3:33.2
1987	Bedford 3:33.5
1988	Bedford 3:31.6
1989	Bedford 3:31.4 PIAA meet: 3:38.90 8th Place
1990	Bedford 3:28.0 PIAA meet: 3:25.94 4th Place
1991	McConnellsburg 3:31.1
1992	Bedford 3:32.5
1993	Conemaugh Township 3:35.5
1994	Bedford 3:32.0
1995	Chestnut Ridge 3:35.3
1996	Chestnut Ridge 3:34.9
1997	Chestnut Ridge 3:29.6
1998	McConnellsburg 3:29.7
1999	Bedford 3:30.5
2000	Windber 3:31.76
2001	Bedford 3:32.14
2002	Bedford 3:32.06
2003	Bedford 3:30.02 PIAA Meet 3:26.31 7th Place
2004	Bedford 3:31.03
2005	Bedford 3:29.44
2006	Bedford 3:30.83
2007	Meyersdale 3:32.13
2008	Chestnut Ridge 3:32.11
2009	Bedford 3:31.31
2010	Bedford 3:29.85
2011	Fannett-Metal 3:33.87
2012	Bedford 3:30.65
2013	Shade 3:31.11
2014	Windber 3:30.28
2015	Bedford 3:34.03
2016	Bedford 3:28.31
2017	McConnellsburg 3:31.31
2018	Windber 3:36.75

	Girls
	Bedford 4:24.8
	Bedford 4:22.29
	Bedford 4:20.85
	Tussey Mountain 4:18.52
	Chestnut Ridge 4:19.32
	McConnellsburg 4:17.35
	McConnellsburg 4:11.47
	Bedford 4:13.9
	McConnellsburg 4:19.34
	Tussey Mountain 4:11.1
	Tussey Mountain 4:15.6
	Northern Bedford 4:13.9
	McConnellsburg 4:16.0
	Bedford 4:24.8
	Everett 4:11.6 PIAA meet: 4:07.63 3rd Place
	Bedford 4:12.6 PIAA meet: 4:12.86 7th Place
	Bedford 4:15.7
	Northern Bedford 4:13.7
	Bedford 4:21.7
	Chestnut Ridge 4:20.9
	Everett 4:24.4
	Bedford 4:17.4
	Meyersdale 4:18.7
	Meyersdale 4:12.86
	Everett 4:19.65
	Everett 4:18.98
	Meyersdale 4:22.33
	Bedford 4:14.48
	Bedford 4:14.39
	Bedford 4:11.97
	Shade 4:11.60
	Chestnut Ridge 4:15.37
	Shade 4:13.45
	Bedford 4:08.73
	Northern Bedford 4:12.88
	Berlin 4:15.61
	Tussey Mountain 4:14.78
	Tussey Mountain 4:17.9
	Tussey Mountain 4:20.74
	Shade 4:12.63
	Shade 4:11.53
	Shade 4:09.82 PIAA Meet: 4:12.90 8th Place

4 X 800 METER RELAY

	Boys
1975	Conemaugh Township 8:37.6
1976	Windber 8:28.0
1977	Somerset 8:25.0
1978	Northern Bedford 8:29.5

	Girls
	McConnellsburg 10:26.9

1979 Northern Bedford 8:26.06
 1980 Northern Bedford 8:31.91
 1981 Bedford 8:39.22
 1982 Bedford 8:19.55
 1983 Southern Fulton 8:27.74
 1984 Conemaugh Township 8:35.7
 1985 Shade 8:45.42
 1986 Shade 8:32.3
 1987 Windber 8:46.2
 1988 Windber 8:30.0
 1989 Windber 8:33.7
 1990 Tussey Mountain 8:28.6
 1991 Bedford 8:31.0
 1992 Bedford 8:38.4

1993 Chestnut Ridge 8:49.0
 1994 Chestnut Ridge 8:33.3
 1995 Chestnut Ridge 8:34.8
 1996 Meyersdale 8:25.6
 1997 Bedford 8:44.5
 1998 McConnellsburg 8:31.3
 1999 Windber 8:31.0
 2000 McConnellsburg 9:00.02
 2001 McConnellsburg 8:37.89
 2002 Conemaugh Township 8:37.63
 2003 McConnellsburg 8:32.12

2004 McConnellsburg 8:31.97
 2005 Meyersdale 8:20.38
 2006 Bedford 8:26.16
 2007 Bedford 8:21.03
 2008 Berlin 8:24.35
 2009 Berlin 8:31.70
 2010 Windber 8:21.27
 2011 Northern Bedford 8:33.35
 2012 Windber 8:14.63
 2013 Windber 8:18.45
 2014 Windber 8:11.46
 PIAA Meet: 8:05.78 6th Place
 2015 Bedford 8:34.26
 2016 Bedford 8:26.84
 2017 Southern Fulton 8:34.85
 2018 Windber 8:41.92

McConnellsburg 10:27.9
 McConnellsburg 10:27.64
 McConnellsburg 10:25.39
 McConnellsburg 10:31.72
 Bedford 10:25.53
 Bedford 10:24.8
 Everett 10:45.71
 Everett 10:34.3
 Chestnut Ridge 10:34.7
 Northern Bedford 10:32.5
 Everett 10:23.9
 Everett 10:29.4
 Northern Bedford 10:36.2
 Everett 10:18.3
 PIAA meet: 10:02.86 6th Place
 Conemaugh Township 10:26.7
 Everett 10:22.3
 McConnellsburg 10:24.9
 McConnellsburg 10:27.7
 Meyersdale 10:37.8
 McConnellsburg 10:06.4
 Northern Bedford 10:21.0
 Bedford 10:16.14
 Bedford 10:52.26
 Everett 10:09.90
 Everett 10:00.76
 PIAA Meet 9:41.67 7th Place
 Bedford 10:03.18
 Chestnut Ridge 10:11.59
 Bedford 10:03.10
 Meyersdale 10:13.79
 Windber 10:22.79
 Bedford 10:20.69
 Bedford 9:56.34
 Bedford 10:00.67
 Northern Bedford 10:20.24
 Bedford 10:09.68
 Windber 10:24.12

Bedford 10:23.29
 Windber 10:03.10
 Windber 10:29.79
 Windber 10:31.69

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

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

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
 2002 Thor Maast, Berlin 6-5
 PIAA Meet: 6-4 Tie 5th Place
 2003 Mark Morningstar, Northern Bedford 6-2
 PIAA Meet: 6-2 6th Place (Tie)
 2004 Ben Keefer, McConnellsburg 6-0
 2005 Ben Way, Chestnut Ridge 6-5
 PIAA Meet: 6-4 5th Place (Tie)
 Q: Jay Ifert, Southern Fulton 6-4
 PIAA Meet: 6-6 2nd Place
 2006 Ben Way, Chestnut Ridge 6-2
 PIAA Meet: 6-4 7th Place
 2007 Mike Webb, Windber 6-4
 PIAA Meet: 6-4 5th Place
 2008 Devin Livingston, Chestnut Ridge 6-0

 2009 Alex Will, Berlin 6-0
 PIAA Meet: 6-2 Tie 8th Place
 2010 Alex Will, Berlin 6-2
 2011 Zach Pressel, Northern Bedford 6-4
 PIAA Meet: 6-5 5th Place
 2012 Zach Pressel, Northern Bedford 6-6
 PIAA Meet: 6-5 4th Place
 Q: Justin Baker, Northern Bedford 6-4
 2013 Zach Pressel, Northern Bedford 6-4
 PIAA Meet: 6-8 **State Champion**
 2014 Bryce Chilcote, Fannett-Metal 6-2
 PIAA Meet: 6-6 2nd Place
 2015 Aaron Fyock, Shade 6-0
 2016 Gavin Gilbert, Northern Bedford 6-2
 2017 Phillip Dull, Chestnut Ridge 6-4
 2018 Logan Pfister, Chestnut Ridge 6-2

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

 Natalie Dell, Everett 4-10

 Joanna Nist, Rockwood 5-0

 Joanna Geisel, Windber 4-10
 Corrine Moser, Meyersdale 5-3
 PIAA Meet: 5-4 2nd Place

 Joanna Nist, Rockwood 5-3

 Joanna Geisel, W 5-3

 Brandi Harris, Bedford 5-2
 PIAA Meet: 5-4 3rd Place
 Chloe Mapes, Shade 5-2

 Leanna Showalter, Chestnut Ridge 5-2
 Nikki Fleming, McConnellsburg 5-0

 Nikki Fleming, McConnellsburg 5-2

 Nikki Fleming, McConnellsburg 5-2

 Kaitlynn Lippincott, Bedford 5-0

 Jordan Fockler, Conemaugh Twp. 5-2
 Jaden Fuller, Bedford 5-2
 Stefanie Ketterman, Everett 5-2
 Stefanie Ketterman, Everett 5-0

LONG JUMP

Boys

1975	Greg Gordon, McConnellsburg 20-6
1976	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 th 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 rd 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 th Place
2005	Colby Mock, Chestnut Ridge 21-8 PIAA meet: 21-6.75 5 th Place
2006	John Marshall, Bedford 21-0
2007	Mike Tomovich, Chestnut Ridge 21-9 PIAA Meet: 20-11½ 8 th Place
2008	Mike Webb, Windber 21-6 ¼ PIAA Meet: 21-9 ¼ 5 th Place
2009	Cory Waltman, Everett 21-2 ¾
2010	Paul Detwiler, Bedford 20-0

Girls

Nanette Gable, Northern Bedford ?
Nanette Gable, Northern Bedford 15-9
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 th Place
Kim Spriggs, McConnellsburg 18-0 PIAA meet: 17-8.5 State Champion
Kim Spriggs, McConnellsburg 18-2 PIAA meet: 16-5.75 6 th Place
Angie Plessinger, McConnellsburg 17-0 PIAA meet: 16-5.5 6 th 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 th 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 th 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 rd Place
Tracie Clair, Chestnut Ridge 17-1.25 PIAA Meet: 16-7 5 th Place
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
Kate Koenig, Chestnut Ridge 16-5.5 PIAA Meet: 17-0.5 8 th Place
Vanessa Housel, Meyersdale 15-7.25
Joanna Nist, Rockwood 15-9 PIAA Meet: 17-1.5 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
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
Brandi Harris, Bedford 18-1
Q: Taylor Crawford, Northern Bedford 17-1 ½
Taylor Crawford, Northern Bedford 18-2 ¼
Rebecca Hiravi, Conemaugh Township 16-0 ½

2011	Ian Sayler, Berlin 21-9 $\frac{3}{4}$	Leah Hershberger, Northern Bedford 16-4 $\frac{3}{4}$
2012	Michael Young, Chestnut Ridge 21-3	Baylee Beegle, Everett 16-5
2013	Blake Over, Northern Bedford 21-7 $\frac{1}{4}$ PIAA Meet: 21-0 $\frac{3}{4}$ 8 th Place	Kaitlyn Lippincott, Bedford 16-4 $\frac{1}{4}$
2014	Blake Over, Northern Bedford 20-11 $\frac{1}{4}$ PIAA Meet: 22-4 State Champion	Celina Merchant, Southern Fulton 16-1 $\frac{3}{4}$
2015	Jacobe Miksich, Chestnut Ridge 19-11 $\frac{3}{4}$	Celina Merchant, Southern Fulton 16-2 $\frac{1}{2}$
2016	Gavin Gilbert, Northern Bedford 20-6 $\frac{1}{4}$	Claire Bechter, Meyersdale 16-5 $\frac{3}{4}$
2017	Cleeford Sylne, Bedford 22-1 PIAA Meet: 21-8 $\frac{1}{4}$ 5 th Place Q: Nate Formica, Conemaugh Township 21-11 Q: Noah Dillow, Chestnut Ridge 21-10 $\frac{3}{4}$	Stefanie Ketterman, Everett 17-2
2018	Noah Dillow, Chestnut Ridge 20-9	Stefanie Ketterman, Everett 16-6 $\frac{3}{4}$

TRIPLE JUMP

Boys		Girls	
1975	Greg Gordon, McConnellsburg 41-3		
1976	Palumbo, Windber 43-5		
1977	Steve Morocco, Somerset 42-2	Mel Dodson, Northern Bedford 31-8.75	
1978	Randy Hoover, Tussey Mountain 43-3	Lu Shaffer, Chestnut Ridge 32-3.5	
1979	Roger Shepko, Windber 43-1.5	Robin Vaughn, Tussey Mountain 34-4	
1980	Steve Zwick, Conemaugh Township 42-4.75	Deb O'Neal, Northern Bedford 32-6.25	
1981	Curtis Mellott, McConnellsburg 40-4.5	Annette Spriggs, McConnellsburg 34-2	
1982	Dave Thomas, McConnellsburg 42-7	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: 37-2 $\frac{1}{4}$ 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 $\frac{1}{4}$	
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		
1990	Greg Washington, Bedford 42-4.5	Wendy Clark, Everett 34-8.25 Genny Washington, Bedford 36-0 PIAA meet: 35-10 2nd Place Q: Wendy Clark, Everett 35-1.75 Wendy Clark, Everett 36-0.5 PIAA meet: 37-5 $\frac{3}{4}$ 3rd Place Genny Washington, Bedford 35-10 $\frac{3}{4}$ PIAA meet: 37-3 $\frac{1}{4}$ 5th Place	
1991	Paul Close, Rockwood 41-6.75	Stephanie Slack, Chestnut Ridge 34-6 $\frac{3}{4}$	
1992	John Becker, Everett 44-3	Julie Harclerode, Bedford 34-9	
1993	Danny Miller, McConnellsburg 41-5	Koren Woy, Everett 34-10 $\frac{3}{4}$	
1994	Mike Long, Everett 41-2.5	Koren Woy, Everett 34-7	
1995	Jeff Mills, Everett 41-5.75		
1996	Jeff Mills, Everett 44-2 PIAA meet: 45-7.5 4th Place	Ashley Foor, Everett 32-0.5	
1997	Percy Clair, Chestnut Ridge 42-7	Tracie Clair, Chestnut Ridge 35-1.25	
1998	Jeremy Bradley, Southern Fulton 43-6	Tracie Clair, Chestnut Ridge 35-4	
1999	Jeremy Bradley, Southern Fulton 45-10 PIAA meet: 45-4.5 6th Place	Tracie Clair, Chestnut Ridge 36-8.25 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	
2000	Jeff Kiss, Windber 43-9	Jess Andrasick, Windber 31-11.75	
2001	Keith Felix, Chestnut Ridge 42-9		
2002	Josh Lininger, McConnellsburg 44-3.5 PIAA Meet: 44-7.5 4th Place		
2003	John Marshall, Bedford 41-8.5	Johna Bardell, Bedford 31-11	

2004	John Marshall, Bedford 42-0 PIAA Meet: 43-5 7 th Place	Megan Lamens, Berlin 34-0.5
2005	John Marshall, Bedford 44-7.75 PIAA meet: 45-5.5 3 rd Place	Megan Lamens, Berlin 34-10.75
2006	John Marshall, Bedford 45-0 PIAA Meet: 43-3 ¾ 8 th Place	Joanna Nist, Rockwood 36-2 ¾ PIAA Meet: 36-8 3 rd Place Q: Megan Lamens, Berlin 35-11 ½ Q: Megan Lasut, Shade 35-7 PIAA Meet: 36-6 4 th Place Q: Taylor Crawford, Northern Bedford 35-4 ½ Taylor Crawford, Northern Bedford 35-6 Taylor Crawford, Northern Bedford 36-2 PIAA Meet: 38-0 ½ 2 nd Place Taylor Crawford, Northern Bedford 37-1 ½ PIAA Meet: 36-11 ¼ 8 th Place Ashleigh Munnion, Meyersdale 33-3 Carrie Baker, Bedford 34-2 ½
2007	Justin Houck, Meyersdale 44-0 ¼	Jenna Bracken, Windber 35-4 ¼
2008	Bryce McVicker, Chestnut Ridge 43-10 ½	
2009	Cory Waltman, Everett 44-3 ¼ PIAA Meet: 43-7 8 th Place	
2010	Zach Reed, Northern Bedford 44-4 ½	
2011	Michael Young, Chestnut Ridge 45-4 PIAA Meet: 45-2 ½ 7 th Place	
2012	Michael Young, Chestnut Ridge 45-5 ¾ PIAA Meet: 45-9 ¼ 2 nd Place Q: Tayler Pressel, Northern Bedford 44-0	
2013	Blake Over, Northern Bedford 44-9 ½ PIAA Meet: 44-6 3 rd Place Q: Tayler Pressel, Northern Bedford 44-4 PIAA Meet: 44-1 4 th Place	Kaitlyn Lippincott, Bedford 34-11
2014	Blake Over, Northern Bedford 45-0 PIAA Meet: 44-2 ¾ 3 rd Place	Brittany Clegg, Berlin 33-8
2015	Jacobe Miksich, Chestnut Ridge 44-0	Stefanie Kettermann, Everett 34-3 ½
2016	Gavin Gilbert, Northern Bedford 42-10	Stefanie Kettermann, Everett 36-0 Q: Caitlyn Lazorka, Bedford 35-6 PIAA Meet: 35-11 ¼ 8 th Place
2017	Nate Formica, Conemaugh Township 43-2	Stefanie Kettermann, Everett 35-1
2018	Noah Dillow, Chestnut Ridge 42-3 ½	Stefanie Kettermann, Everett 34-2

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 3 rd Place
1992	Mike Baumgardner, Chestnut Ridge 12-0
1993	Jared Treece, Everett 14-1 ¼
1994	Dave Leister, Chestnut Ridge 12-0
1995	Dave Leister, Chestnut Ridge 13-0
1996	Brad Foor, Everett 12-0

Girls

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	Cristy Thompson, Windber 9-0 Q: Katie Koenig, Chestnut Ridge 8-6 Q: Megan Heuston, 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
2000	Aaron Leister, Chestnut Ridge 12-0	Kelly Vann, Conemaugh Twp. 10-9
2001	Aaron Leister, Chestnut Ridge 12-0	Q: Brittany Kidd, Bedford 10-3
2002	Matt Schendel, Bedford 11-6	Brittany Kidd, Bedford 10-6
2003	Matt Schendel, Bedford 11-9	Carrie Baker, Bedford 10-6
2004	Mike Young, Bedford 13-0	Q: Keira Bair, Everett 10-6
2005	Trevor Young, Chestnut Ridge 13-3	Carrie Baker, Bedford 9-0
2006	Trevor Young, Chestnut Ridge 13-3	Amanda Kostryk, Chestnut Ridge 9-0
2007	Mike Andrascik, Windber 12-0	Jordan Fockler, Conemaugh Township 9-0 PIAA Meet: 10-6 7th Place
2008	Joe Darr, Berlin 12-6	Lauren Vasas, Windber 10-0
2009	TJ Young, Chestnut Ridge 12-6	Grace Romesberg, Berlin 9-6
2010	TJ Young, Chestnut Ridge 12-10 ½	McKenzie Troutman, Northern Bedford 9-0
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	Scotty Miller, Chestnut Ridge 12-0 PIAA Meet: 13-6 7th Place	

SHOT PUT

Boys		Girls	
1975	Garth Miller, Rockwood 50-6	Joyce Defibaugh, Tussey Mountain ?	
1976	Burroughs, Somerset 48-11	Joyce Defibaugh, Tussey Mountain 30-3.75	
1977	Frank Zborovancik, Shade 51-11.75	Carole Furry, Northern Bedford 32-0.5	
1978	Greg Zborovancik, Shade 47-9.5	Tracy Mattson, Bedford 33-9	
1979	Greg Zborovancik, Shade 51-5.75	Carla England, Everett 33-5.5	
1980	Miller, Meyersdale 42-11.75	Dana Shearer, McConnellsburg 30-11.75	
1981	Nick Caro, Everett 48-2.75	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 Tresnick, 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 th 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 Effland, 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 Fleegle, 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

DISCUS

Boys		Girls	
1975	Rick Growden, Bedford 140-1	Debbie Colledge, Everett ?	
1976	Nist, Somerset 129-5	Debbie Colledge, Everett 91-10.5	
1977	Frank Zborovancik, Shade 142-2	Carole Furry, Northern Bedford 98-7	
1978	Roger Shepko, Windber 140-1	Tracy Mattson, Bedford 96-8.75	
1979	Greg Zborovancik, Shade 146-4	Zeta Furry, Northern Bedford 87-0	
1980	Knoblach, Rockwood 122-5	Dana Shearer, McConnellsburg 100-1.5	
1981	Steve Bollman, Everett 134-0.5	Dana Shearer, McConnellsburg 110-2.5	
1982	Knoblach, Rockwood 136-0.5	Dana Shearer, McConnellsburg 100-10	
1983	Rick Thompson, Everett 138-1	Nicki Morgan, McConnellsburg 91-7	
1984	Jim Peters, Rockwood 139-6.5	Johnette Rhoads, North Star 98-7	
1985	Gerald Gordon, Everett 121-1.5	Melissa Wigfield, Everett 116-1	
1986	Mark Knapp, Shade 121-5	Melissa Wigfield, Everett 114-2	
1987	Jeff Fisher, Conemaugh Township 141-3.5	Brenda Wigfield, Everett 110-0	
1988	Jeff Shearer, Rockwood 132-11	Dodie Kerlin, McConnellsburg 99-4	
1989	Jim Benbow, Bedford 150-2 PIAA meet: 156-10 4th Place	Dodie Kerlin, McConnellsburg 105-1	
1990	Jim Benbow, Bedford 162-9 PIAA meet: 161-8 2nd Place	Wendy Moyer, Northern Bedford 97-6	
	Q: Ray Hart, Northern Bedford 146-11		
1991	Andy Hershberger, Meyersdale 153-2	Michelle Barner, Northern Bedford 120-8	
1992	Tim Bowser, Northern Bedford 138-10	Krista Jay, Everett 99-0	
1993	Tim Bowser, Northern Bedford 140-1	Dee DeShong, McConnellsburg 101-8.25	
1994	Nathan Babinsack, McConnellsburg 142-1.25	Donna Moyer, Northern Bedford 101-4	
1995	Ryan Schmuck, Rockwood 140-8	Holly Hawbaker, McConnellsburg 93-10	
1996	Andy Sindes, Meyersdale 134-11	Holly Hawbaker, McConnellsburg 91-9	
1997	Andy Sines, Meyersdale 151-5 PIAA meet: 159-2 State Champion	Diane Berkheimer, Northern Bedford 101-7	
	Q: Cole, Chestnut Ridge 145-8		
	Q: Emmons, Southern Fulton 143-2		
1998	Ben Leese, McConnellsburg 142-9	Kami Showalter, Chestnut Ridge 110-10	
1999	Dave Knopsnyder, Meyersdale 144-0	Christy Imler, Northern Bedford 98-0	
2000	Marteney, Meyersdale 134-3	Jamie King, Chestnut Ridge 113-8 PIAA Meet: 113-10 8th Place	
2001	Kyler Gates, Chestnut Ridge 138-10	LeeAnn Malloy, Northern Bedford 112-3	
2002	Damian Crissey, Bedford 151-10	Erin Sines, Meyersdale 105-10	
2003	David Houseworth, Bedford 132-0	Enise Kennedy, Berlin 101-1	
2004	Jordan Hess, McConnellsburg 148-2	Ella Meese, Berlin 96-1	

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
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

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 6th Place

Elizabeth Peppernick, Fannett-Metal 110-6

Elizabeth Peppernick, Fannett-Metal 111-2

Kiera Booth, Berlin 97-5

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

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	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	
2011	Steven Meyer, Southern Fulton 159-6	
2012	Steven Meyer, Southern Fulton 165-11	
2013	Cody DeMoss, Bedford 167-0	
2014	Cody DeMoss, Bedford 172-8 PIAA Meet: 175-8 5 th Place	
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	

DISTRICT FIVE PLACEWINNERS AT PIAA MEET

PRIOR TO 1975

CLASS A (now class AAA)

1928	Long Jump	Smith, Bedford	5th Place	
1929	Mile Relay	Bedford	5th Place	
	Long Jump	Smith, Bedford	4th 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	3rd Place	
	Pole Vault	Snell, Bedford	3rd Place (Tie)	
1943	880 Run	Trachak, Conemaugh Township	4th Place	
1944	100 yd. Dash	Kritzer, Shade	4th Place	
	Javelin	Kebblish, 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	Brumbaugh, Shade	2nd Place	
1951	Pole Vault	Rosbaugh, Somerset	3rd Place	
1957	Shot Put	Vincent, Somerset	2nd Place	

CLASS B (Now Class AA)

1938	Mile Run	Beachem, Somerset Twp.	5th Place	
1947	Pole Vault	Paylor, McConnellsburg	1st PLACE	11-9 1/4
1948	Pole Vault	Paylor, McConnellsburg	1st PLACE	12-3 3/4
1949	Pole Vault	Paylor, McConnellsburg	1st PLACE	12-3
1950	Javelin	Spangler, Shade	5th Place	
1951	Shot Put	Ling, Shade	3rd Place	
1952	High Jump	Findley, Shade	5th Place	
1953	High Jump	Findley, Shade	3rd Place	
	Pole Vault	Bestvina, Shade	1st PLACE	11-6
1954	180 L.Hurdles	Strongosky, Shade	3rd Place	

	Pole Vault	Bestvina, Shade	1st PLACE	11-9
1955	Pole Vault	Bestvina, Shade	1st PLACE	12-0
1956	Mile Run	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	
1967	120 HH	Kohler, Windber	4th Place	
1968	120 HH	Vargo, Windber	3rd Place	
	180 LH	Vargo, Windber	6th Place	
1969	Pole Vault	Cleveland, Bedford	5th Place	
1970	880 yd. Run	Gindlesberger, Conemaugh Township	6th Place	
1971	Pole Vault	Cleveland, Bedford	5th Place	
1972	2-Mile Run	Bob Snyder, McConnellsburg	6th Place	
	100 yd. Dash	Craig Enyeart, Tussey Mountain	5th Place	
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	