

DISTRICT FIVE TRACK & FIELD INDIVIDUAL CHAMPIONS 1975-2017

CHAMPIONSHIP MEET SITES

1975	Somerset High School
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- 2017	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

1975 Ed Souders, McConnellsburg 10.2y
PIAA meet: 10.3y 3rd Place

1976 Rick Hoffman, McConnellsburg 10.0y (9.8 trials)
PIAA meet: 10.1y 4th Place

1977 Rick Hoffman, McConnellsburg 10.0y
PIAA meet: 10.1y 2nd Place

1978 Alan Bluebaugh, Rockwood 11.0y

1979 Mike O'Ship, Shade 11.48

1980 Mike O'Ship, Shade 11.2

1981 Barry Spriggs, McConnellsburg 11.39

1982 Barry Spriggs, McConnellsburg 11.04
PIAA meet: 11.17 2nd Place

1983 Barry Spriggs, McConnellsburg 11.13
PIAA meet: 11.05 3rd Place

1984 Darren Robinson, McConnellsburg 11.0
PIAA meet: 11.62 4th Place

1985 Darren Robinson, McConnellsburg 10.88
PIAA meet: 11.15 5th Place

1986 Scott Lemon, Chestnut Ridge 11.2

1987 Allen Baker, Bedford 11.7

1988 Ray Barclay, Tussey Mountain 11.3

1989 Greg Washington, Bedford 11.1

1990 Greg Washington, Bedford 11.0
PIAA meet: 11.32 7th Place

1991 Shane Smith, Meyersdale 11.3

1992 Brett Walat, North Star 11.1
Q: Bill Benbow, Bedford 11.2

1993 Bill Benbow, Bedford 11.1
PIAA meet: 11.17 5th Place

1994 Bill Benbow, Bedford 10.8
PIAA meet: 11.04 **State Champion**

1995 Eric Korhut, Windber 11.1

1996 Roger Beal, Meyersdale 11.6

1997 Jeff Iagulli, Chestnut Ridge 11.0

1998 Jeff Iagulli, Chestnut Ridge 11.2

1999 Joe Cannoni, Windber 10.9
Q: Adam Markel, Chestnut Ridge 11.1

2000 Nick Rizzo, Windber 11.25

2001 Adam Markel, Chestnut Ridge 11.66

2002 Dan Gardner, Berlin 11.40

2003 Chris Manherz, Bedford 11.51

2004 Derrick Harris, Bedford 11.28

2005 Eric D'Carrion, Berlin 11.14
Q: Shane Fox, Bedford 11.22

2006 Josh Marshall, Bedford 11.42

2007 Eric Smith, Chestnut Ridge 11.30

2008 Zach Millin, Everett 11.43

2009 Zach Millin, Everett 11.54
PIAA Meet: 11.17 7th Place

2010 Ian Sayler, Berlin 11.21

2011 Ian Sayler, Berlin 11.08

2012 Dan Meyer, Somerset 11.30

2013 Darrin Sipes, Tussey Mt. 11.27
PIAA Meet: 11.16 7th Place

2014 Jake Formica, Conemaugh Twp. 11.56

2015 Trent Lohr, Chestnut Ridge 11.29

Girls

Mel Dodson, Northern Bedford ?

Deb Teeters, Northern Bedford 12.2y

Diane Whitbourne, Northern Bedford 11.9y

Trina Pensyl, Bedford 12.39y

Trina Pensyl, Bedford 13.0

Trina Pensyl, Bedford 12.79

Carol Peck, McConnellsburg 13.38

Faith Sickles, McConnellsburg 13.14

Angie Plessinger, McConnellsburg 12.45

Michelle Smith, Tussey Mountain 12.8

Angie Plessinger, McConnellsburg 12.53

Angie Plessinger, McConnellsburg 12.4

Kristen Miller, Northern Bedford 12.7
PIAA meet: 12.65 3rd Place

Kristen Miller, Northern Bedford 12.9
PIAA meet: 12.93 3rd Place

LaJennifer Detwiler, Northern Bedford 12.9

Wendy Clark, Everett 12.8

Q: LaJennifer Detwiler, NB 12.8

Mandy Hoover, Northern Bedford 13.1

Mandy Hoover, Northern Bedford 12.9

Q: S.Walter, Chestnut Ridge 12.9

Jessica Haynes, Conemaugh Township 12.7

April Arnold, Bedford 12.9

Jessica Haynes, Conemaugh Township 12.3

Holly Watkins, Tussey Mountain 13.3

Holly Watkins, Tussey Mountain 12.5

Evie Shade, Bedford 12.9

Tracie Clair, Chestnut Ridge 12.6

Laura Chamberlain, TM 13.15

Katie Koenig, Chestnut Ridge 13.17

Katie Koenig, Chestnut Ridge 13.19

Ashley Hartman, Berlin 12.99

Ashley Hartman, Berlin 12.95

Victoria Castro, Berlin 13.16

Sarah Snyder, Windber 13.12

Samantha Valiton, Chestnut Ridge 12.73

Samantha Valiton, Chestnut Ridge 12.72
PIAA Meet: 12.37 5th Place

Nicki Leach, Northern Bedford 13.24

Nicki Leach, Northern Bedford 12.80

Ashley Waugerman, Bedford 12.97

Abbey Turner, Fannett-Metal 12.85

Jenna Bracken, Windber 13.24

Whitley Furry, Northern Bedford 13.36

Devin Folk, Tussey Mt. 13.01

2016 Lucas Waugerman, Bedford 11.24
2017 Nate Formica, Conemaugh Twp. 11.00

Ivie Morningstar, Tussey Mt. 12.66
Morgan Maurer, Shade 13.06

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

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 PIAA Meet: 50.42 5 th Place

Girls

Donna DuVall, Everett ?
Donna DuVall, Everett 65.2
Bailey, Tussey Mountain 64.3
Donna Barber, Everett 63.1
Kim Miller, Chestnut Ridge 63.38
Lori Weyant, Chestnut Ridge 63.92
Lori Weyant, Chestnut Ridge 61.12
Chamberlain, McConnellsburg 63.0
Leslie Delaney, Bedford 62.83
Dena Carbaugh, McConnellsburg 62.3
Dena Carbaugh, McConnellsburg 60.58
Christy Ott, McConnellsburg 60.4
Suzy Taylor, Tussey Mountain 63.4
Suzy Taylor, Tussey Mountain 63.5
Marla McElhaney, McConnellsburg 59.2 PIAA meet: 63.10 8th Place
Q: Dee Cee Tallyen, Windber 59.3 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	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 Q: Maddie Sprankle, Shade 59.91
2017	Chase Varner, S. Fulton 52.31	McKenzie Gelvin, McConnellsburg 58.32

800 METER RUN

Boys

1975	Lee Hoffer, Windber 2:03.1
1976	Lee Hoffer, Windber 2:00.2 PIAA meet: 1:59.3 6 th Place
1977	Lee Hoffer, Windber 2:02.1
1978	Jim Shaffer, Meyersdale 2:06.6
1979	Marty Diehl, Northern Bedford 2:02.5
1980	Kirk Heath, Tussey Mountain 2:03.29
1981	Terry Croyle, Conemaugh Township 2:03.02
1982	S. Rhodes, Shade 2:02.32
1983	Robert Bard, Southern Fulton 2:05.09
1984	Anthony Stout, Shade 2:03.2
1985	Daren Duncan, North Star 2:07.1
1986	Eric Ziemba, Southern Fulton 2:07.5
1987	Jon Trimpey, Rockwood 2:02.8
1988	Brandon McKenzie, Meyersdale 2:05.0
1989	Bill Smith, Chestnut Ridge 2:02.0
1990	Chris Carr, McConnellsburg 2:06.7
1991	Jason Cole, Bedford 2:01.6
1992	Jason Cole, Bedford 1:59.5
1993	Brandon Becker, Bedford 2:05.7
1994	Randy Keefer, McConnellsburg 2:02.8
1995	Jeremy Wentz, Chestnut Ridge 2:05.9
1996	Brett Gerhart, Meyersdale 2:02.4
1997	Nick Wolfe, McConnellsburg 2:02.5
1998	Nick Wolfe, McConnellsburg 2:02.5
1999	Nick Wolfe, McConnellsburg 2:02.5
2000	Croyle, Conemaugh Township 2:06.24
2001	Adam Claycomb, Chestnut Ridge 2:06.9
2002	Kirk Morningstar, Northern Bedford 2:03.02
2003	Tom Brambley, Everett 2:02.08
2004	Ben Keefer, McConnellsburg 2:02.19
2005	Mike Podlesnik, Meyersdale 1:59.46 PIAA meet: 1:57.99 7 th Place Q: Tony Clement, Windber 1:59.66
2006	Mike Podlesnik, Meyersdale 1:57.04 PIAA Meet: 1:55.33 3 rd Place Q: Jordan Donaldson, Tussey Mountain 1:57.99

Girls

Cheryl Henry, Everett ?
Cheryl Henry, Everett 2:32.3
Suhrie, Bedford 2:40.8
Laurie Baker, Tussey Mountain 2:34.75
Tina Corle, Northern Bedford 2:29.71
Bev Suhrie, Bedford 2:33.8
Darlene Davis, McConnellsburg 2:30.68
Barb Henry, Everett 2:31.3
Vicki Black, Everett 2:30.12
Amy Gould, Bedford 2:30.3
Kristi Dunkle, Bedford 2:29.61
Christy Ott, McConnellsburg 2:34.7
Kristi Dunkle, Bedford 2:31.7
Marla McElhaney, McConnellsburg 2:34.7
Marsha Whitfield, Bedford 2:32.5
Marla McElhaney, McConnellsburg 2:25.0
Bridget Jeffers, Conemaugh Township 2:28.1
Shannon Stevens, Everett 2:27.7 PIAA meet: 2:27.08 8 th Place
Shannon Stevens, Everett 2:31.5
Shannon Stevens, Everett 2:26.5
Angie Kepple, Northern Bedford 2:25.6
Beth Pile, Conemaugh Township 2:33.0
Beth Pile, Conemaugh Township 2:30.3
Beth Pile, Conemaugh Township 2:27.5
Jenny Thomas, Northern Bedford 2:30.7
Jenny Thomas, Northern Bedford 2:30.63
Natalie Dell, Everett 2:26.6
Robyn Weaver, Everett 2:26.51
Robyn Weaver, Everett 2:25.92
Robyn Weaver, Everett 2:23.81
Sara Fyock, Chestnut Ridge 2:29.26
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

1600 METER RUN

Boys

1975	Randy Keep, Berlin 4:35.6
1976	Shaffer, Meyersdale 4:45.0
1977	K. Mellott, Southern Fulton 4:34.9 2 nd Neil Shockey, Somerset PIAA meet: 4:25.3 5 th Place
1978	Brian Ferrari, Conemaugh Township 4:31.7 PIAA meet: 4:22.75 5 th Place
1979	Kirk Heath, Tussey Mountain 4:37.27
1980	Kirk Heath, Tussey Mountain 4:29.49
1981	Terry Croyle, Conemaugh Township 4:38.48
1982	D. Ericson, Southern Fulton 4:39.57
1983	D. Ericson, Southern Fulton 4:42.88
1984	Albert Primavera, Conemaugh Township 4:45.4
1985	Eric Ziemba, Southern Fulton 4:46.97
1986	Eric Ziemba, Southern Fulton 4:41.8
1987	Michael Newman, Forbes Road 4:39.5
1988	Mike Newman, Forbes Road 4:33.4
1989	Mike Newman, Forbes Road 4:30.1 PIAA meet: 4:31.38 6 th PIAA
1990	Jason Cole, Bedford 4:42.18
1991	Jason Cole, Bedford 4:39.3 PIAA meet: 4:24.44 3 rd Place
1992	Jason Cole, Bedford 4:38.1 PIAA meet: 4:22.00 State Champion
1993	Jake Raymond, Bedford 4:50.3
1994	Brian Sell, Northern Bedford 4:45.2
1995	Brian Sell, Northern Bedford 4:38.3
1996	Brian Sell, Northern Bedford 4:30.1
1997	Wes Gates, Bedford 4:43.8
1998	Guy Woods, Meyersdale 4:38.4
1999	Guy Woods, Meyersdale 4:40.4
2000	Jesse Gates, Bedford 4:53.50
2001	Matt Wolfe, McConnellsburg 4:53.13
2002	Justin Ickes, Chestnut Ridge 4:50.84
2003	Donnie Sanner, Meyersdale 4:44.19

Girls

Cheryl Henry, Everett ?
Cheryl Henry, Everett 5:38.9
Ginger Zembower, Bedford 6:01.7
Cheryl Erickson, Southern Fulton 5:40.3
Krissy Ray, McConnellsburg 5:39.3
Bev Suhrie, Bedford 5:45.46
Barb Henry, Everett 5:47.42
Brightman, McConnellsburg 5:55.75
Amy Gould, Bedford 5:56.65
Amy Gould, Bedford 5:47.7
Dawn Bassler, Northern Bedford 6:03.53
Marsha Whitfield, Bedford 5:49.6
Marsha Whitfield, Bedford 5:47.6
Michelle Ott, Conemaugh Township 5:38.4
Michelle Ott, Conemaugh Township 5:36.6
Bridget Jeffers, Conemaugh Township 5:42.8
Bridget Jeffers, Conemaugh Township 5:30.2
Bridget Jeffers, Conemaugh Township 5:32.1
Shannon Stevens, Everett 5:36.1 PIAA meet: 5:25.16 6 th Place
Shannon Stevens, Everett 5:37.6
Fanny Klimekova, Bedford 5:43.1
Beth Pile, Conemaugh Township 5:44.0
Lindsay Baker, Tussey Mountain 5:32.8
Beth Pile, Conemaugh Township 5:31.2
Nicole Zack, Bedford 5:39.3
Johna Detterline, Northern Bedford 5:40.0
Stephanie Blackstone, Everett 5:44.40
Stephanie Blackstone, Everett 5:31.71
Stephanie Blackstone, Everett 5:34.05

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

3200 METER RUN

Boys

1975	Randy Keep, Berlin 10:31.5
1976	K. Mellott, Southern Fulton 10:13.9
1977	K. Mellott, Southern Fulton 10:09.4
1978	Brian Ferrari, Conemaugh Township 10:03.43
1979	Kirk Heath, Tussey Mountain 10:10.0 PIAA meet: 9:37.68 6 th Place
1980	TIE Kirk Heath, Tussey Mountain and Terry Croyle, Conemaugh Township 9:43.59
1981	Terry Croyle, Conemaugh Township 10:06.44 PIAA meet: 9:37.73 6 th Place
1982	Terry Croyle, Conemaugh Township 9:15.62 PIAA meet: 9:16.17 2 nd Place
1983	D. Ericson, Southern Fulton 9:51.01
1984	Tom Croyle, Conemaugh Township 10:10.9
1985	Good, Conemaugh Township 10:13.59
1986	Troy McFarland, Northern Bedford 10:27.0
1987	Mike Newman, Forbes Road 10:33.6
1988	Mike Newman, Forbes Road 10:27.7
1989	Scott Raley, Tussey Mountain 10:27.3
1990	Jason Cole, Bedford 10:18.0
1991	Jason Cole, Bedford 10:26.3
1992	Shawn Goss, Bedford 10:13.1 PIAA meet: 9:43.53 2 nd Place
1993	Jake Raymond, Bedford 10:45.6
1994	Steve Moyer, Northern Bedford 10:21.6
1995	Steve Moyer, Northern Bedford 10:04.4
1996	Steve Moyer, Northern Bedford 9:56.7 PIAA meet: 9:42.29 7 th 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

Girls

Ginger Zembower, Bedford 13:05.0
Loretta Corle, Northern Bedford 12:33.4
Krissy Ray, McConnellsburg 12:33.4
Sherri Treece, Everett 12:48.62
Pam Shaw, Everett 13:04.94
Patty Fyfe, Bedford 13:06.48
Lois Perrin, Northern Bedford 13:04.62
Liz Pittman, Everett 12:52.4
Rachel Reed, Tussey Mountain 13:11.59
Roni Riegel, Chestnut Ridge 13:45.1
Roni Riegel, Chestnut Ridge 13:09.5
Michelle Ott, Conemaugh Township 13:03.7
Michelle Ott, Conemaugh Township 12:39.2
Chris Leader, Everett 12:46.8
Kelly Snyder, Tussey Mountain 12:23.2
Kelly Snyder, Tussey Mountain 12:05.9 PIAA meet: 11:47.18 5 th 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

2003	Dillon Gracey, McConnellsburg 10:09.84	Stephanie Blackstone, Everett 11:56.9
2004	Donnie Sanner, Meyersdale 9:56.35	Megan Elder, Berlin 11:49.11
2005	Donnie Sanner, Meyersdale 10:12.66	Megan Elder, Berlin 12:15.43
2006	Ian Mitchell, Tussey Mountain 10:30.38	Kaity Showalter, Northern Bedford 12:24.70
2007	Ian Mitchell, Tussey Mountain 10:09.95	Natalie Miller, Meyersdale 12:26.57
2008	Ian Mitchell, Tussey Mountain 10:07.41	Chelsy Hollinshead, Southern Fulton 12:41.99
2009	Steve Ketner, Conemaugh Township 10:31.19	Alex Zanella, Everett 12:38.50
2010	Tim Roddy, Windber 9:57.39	Alex Zanella, Everett 12:10.38
2011	Colin Coffield, Bedford 10:25.28	Maria Snyder, Northern Bedford 11:17.58
		PIAA Meet: 10:56.86 2 nd Place
2012	Gabriel Goizueta, Tussey Mt. 10:08.42	Maria Snyder, Northern Bedford 11:57.40
		PIAA Meet: 11:05.24 4 th Place
2013	Will Kachman, Bedford 10:15.85	Maria Snyder, Northern Bedford 12:04.21
2014	Will Kachman, Bedford 10:05.00	Marsha Baker, Meyersdale 12:30.05
	PIAA Meet: 9:31.22 2 nd Place	
2015	Will Kachman, Bedford 9:56.33	Graycen Breckenridge, Rockwood 12:36.34
	PIAA Meet: 9:18.53 3 rd Place	
2016	Will Kachman, Bedford 10:03.70	Graycen Breckenridge, Rockwood 12:21.74
2017	Silas Eckenroad, Berlin 10:27.38	Carolyn Telfer, Windber 12:39.36

110 HIGH HURDLES

1975	Tom Miller, Chestnut Ridge 15.6
1976	Mulcahy, Windber 15.4
1977	Brian Pressel, Northern Bedford 15.3
1978	Jeff Hess, Bedford 15.57 PIAA meet: 15.25 4 th 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 8 th Place
1990	Bill Ford, Bedford 14.6 PIAA meet: 15.01 7 th Place
	Q: Jim Weimer, Everett 15.3

80 YD. LOW HURDLES

Mel Dodson, Northern Bedford 11.05
Mel Dodson, Northern Bedford 11.5
100 YD LOW HURDLES
Mel Dodson, Northern Bedford 14.8
Lu Shaffer, Chestnut Ridge 16.7
100 HURDLES
Penny Leidy, Northern Bedford 17.02
Barb Henry, Everett 17.19
Cindy Plessinger, McConnellsburg 16.28
Cindy Plessinger, McConnellsburg 15.66
Kim Spriggs, McConnellsburg 15.52
PIAA meet: 14.93 State Champion
Kim Spriggs, McConnellsburg 14.9
PIAA meet: 14.88 State Champion and State Record
Kim Spriggs, McConnellsburg 15.33
PIAA meet: 14.84 2 nd 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

1991	Q: Joe Morrow, Tussey Mountain 15.4 Paul Kazupas, Shade 15.6	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 Lana Arnold, Bedford 16.2 Lana Arnold, Bedford 15.3 PIAA meet: 15.93 8 th Place Mandy Nicholson, Conemaugh Township 16.3 Erica Kopusko, Windber 17.0
1992	Paul Kazupas, Shade 15.2	
1993	Chris Buck, Chestnut Ridge 15.8	
1994	Chris Buck, Chestnut Ridge 15.3	
1995	Andy Keefer, Bedford 15.1	
1996	Shawn Morse, Everett 16.0	
1997	Andy Keefer, Bedford 15.0 PIAA meet: 15.56 8 th Place	
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	
2001	Jeff Kiss, Windber 15.09 PIAA Meet: 15.61 3 rd Place	Beth O'Conner, North Star 17.05 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 Sarah Snyder, Windber 15.98 Sarah Snyder, Windber 15.31 Q: Taylor Crawford, Northern Bedford 15.60 Taylor Crawford, Northern Bedford 15.79 Ashley Stoltzfus, Berlin 16.71 Ashlee McMullen, Windber 16.30
2007	Dan Gardner, Windber 15.28	
2008	Bobby Rhodes, Chestnut Ridge 15.31	Jenna Bracken, Windber 15.61 Jenna Bracken, Windber 15.45 PIAA Meet: 15.78 8 th Place Q: Catelyn Hittie, Berlin 15.99 Brittany Clegg, Berlin 17.03 Allie Kalp, Berlin 16.51 Allie Kalp, Berlin 16.01 Allie Kalp, Berlin 15.98
2009	Zack Hess, Bedford 15.57	
2010	Alex Will, Berlin 15.34	
2011	Alex Will, Berlin 14.99 Q: Matt Dull, C.Ridge 15.01	
2012	Matt Dull, C.Ridge 15.05	
2013	Corey Hill, McConnellsburg 15.93	
2014	Cole Clark, Meyersdale 16.03	
2015	John Emerick, Berlin 16.02	
2016	John Emerick, Berlin 15.06	
2017	Josh Booth, McConnellsburg 15.43	

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

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

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

880 RELAY

1975	McConnellsburg 1:35.1
1976	McConnellsburg 1:36.0

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

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

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 5th 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 8th Place	McConnellsburg 4:16.0
1990	Bedford 3:28.0 PIAA meet: 3:25.94 4th Place	Bedford 4:24.8
1991	McConnellsburg 3:31.1	Everett 4:11.6 PIAA meet: 4:07.63 3rd Place
1992	Bedford 3:32.5	Bedford 4:12.6 PIAA meet: 4:12.86 7th 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 7th 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

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
1979	Northern Bedford 8:26.06
1980	Northern Bedford 8:31.91
1981	Bedford 8:39.22

	Girls
	McConnellsburg 10:26.9
	McConnellsburg 10:27.9
	McConnellsburg 10:27.64
	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 6th 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 7th 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	Windber 10:03.10
2017	Southern Fulton 8:34.85	Windber 10:29.79

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

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

1982	Steve Rhoads, Shade 6-0 2nd Dan Swain, Southern Fulton 6-0 PIAA meet: 6-2 (4 way tie) 5th Place	Leona Felton, Everett 4-10.5
1983	Dave Thomas, McConnellsburg 6-3 PIAA meet: 6-3 6th Place Tie	Nora Johnson, Northern Bedford 4-8
1984	Steve Lewis, Everett 5-11	Wendy Fox, Tussey Mountain 5-0
1985	Mike Mort, Rockwood 6-0	Wendy Fox, Tussey Mountain 4-11
1986	Mike Mort, Rockwood 6-3.5	Renee Malkin, Shade 5-1
1987	Mike Reed, Northern Bedford 6-3	Shannon Keeney, Chestnut Ridge 5-3 PIAA meet: 5-2 6th Place Tie
1988	Shawn Tewell, Everett 6-2.25	Shannon Keeney, Chestnut Ridge 5-2
1989	Greg Hummel, Rockwood 6-2	Sharon Wright, Chestnut Ridge 5-0
1990	Shannon Showalter, Everett 6-3.75	Sharon Wright, Chestnut Ridge 5-2 PIAA meet: 5-2 7th Place
1991	Shannon Showalter, Chestnut Ridge 6-4	Q: Maggie Fox, Tussey Mountain 5-2
1992	Shannon Showalter, Chestnut Ridge 6-3	Maggie Fox, Tussey Mountain 5-0
1993	Tom Miller, Chestnut Ridge 6-1	Rebecca Peterson, Rockwood 5-2 PIAA meet: 5-3 3rd Place
1994	Tom Miller, Chestnut Ridge 6-2	Stephanie Walter, Chestnut Ridge 5-1 PIAA meet: 5-0 7th Place
1995	K.L. Lambertus, Conemaugh Township 6-4	Amy Kretchman, Meyersdale 5-0
1996	Jeff Mills, Everett 6-4.75	Petra Lang, Northern Bedford 5-2 PIAA meet: 5-2 4th Place
1997	Tyler Edwards, Everett 6-0	Koren Woy, Everett 5-0 PIAA meet: 5-1 8th Place
1998	Jeremy Bradley, Southern Fulton 6-0 PIAA meet: 6-6 5th Place	Tracy Buck, Chestnut Ridge 5-0 PIAA meet: 5-0 8th Place Tie
1999	Jeremy Bradley, Southern Fulton 6-6 PIAA meet: 6-7 2nd Place	Kristie O'Conner, North Star 5-1
2000	Dave Thomas, Tussey Mountain 6-6 PIAA Meet: 6-4 3rd Place	Kristie O'Conner, North Star 5-0
2001	Josh Arnold, Meyersdale 6-0 PIAA Meet: 6-2 Tied for 8th Place	Kristie O'Conner, North Star 5-0
2002	Thor Maast, Berlin 6-5 PIAA Meet: 6-4 Tie 5th Place	Sarah Steeves, Chestnut Ridge 4-10
2003	Mark Morningstar, Northern Bedford 6-2 PIAA Meet: 6-2 6th Place (Tie)	Natalie Dell, Everett 4-10
2004	Ben Keefer, McConnellsburg 6-0	Joanna Nist, Rockwood 5-0
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	Joanna Geisel, Windber 4-10 Corrine Moser, Meyersdale 5-3 PIAA Meet: 5-4 2nd Place
2006	Ben Way, Chestnut Ridge 6-2 PIAA Meet: 6-4 7th Place	Joanna Nist, Rockwood 5-3
2007	Mike Webb, Windber 6-4 PIAA Meet: 6-4 5th Place	Joanna Geisel, W 5-3
2008	Devin Livingston, Chestnut Ridge 6-0	Brandi Harris, Bedford 5-2 PIAA Meet: 5-4 3rd Place
2009	Alex Will, Berlin 6-0 PIAA Meet: 6-2 Tie 8th Place	Chloe Mapes, Shade 5-2
2010	Alex Will, Berlin 6-2	Leanna Showalter, Chestnut Ridge 5-2
2011	Zach Pressel, Northern Bedford 6-4 PIAA Meet: 6-5 5th Place	Nikki Fleming, McConnellsburg 5-0
2012	Zach Pressel, Northern Bedford 6-6 PIAA Meet: 6-5 4th 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 2nd Place	Kaitlynn Lippincott, Bedford 5-0

2015 Aaron Fyock, Shade 6-0
2016 Gavin Gilbert, Northern Bedford 6-2
2017 Phillip Dull, Chestnut Ridge 6-4

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

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 6th 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 3rd 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 7th Place
2005 Colby Mock, Chestnut Ridge 21-8
PIAA meet: 21-6.75 5th Place

2006 John Marshall, Bedford 21-0

2007 Mike Tomovich, Chestnut Ridge 21-9
PIAA Meet: 20-11½ 8th Place
2008 Mike Webb, Windber 21-6 ¼

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 5th Place
Kim Spriggs, McConnellsburg 18-0
PIAA meet: 17-8.5 State Champion
Kim Spriggs, McConnellsburg 18-2
PIAA meet: 16-5.75 6th Place
Angie Plessinger, McConnellsburg 17-0
PIAA meet: 16-5.5 6th 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 5th Place
Timarie May, Tussey Mountain 16-11
Stephanie Walter, Chestnut Ridge 16-3.25
Stephanie Walter, Chestnut Ridge 17-6
PIAA meet: 17-2 4th 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 3rd Place
Tracie Clair, Chestnut Ridge 17-1.25
PIAA Meet: 16-7 5th Place

Tracie Clair, Chestnut Ridge 17-10.75
PIAA Meet: 17-11.75 2nd Place
Q: Kate Koenig, Chestnut Ridge 17-3.75
PIAA Meet: 16-7.75 6th Place
Kate Koenig, Chestnut Ridge 16-5.5
PIAA Meet: 17-0.5 8th Place
Vanessa Housel, Meyersdale 15-7.25
Joanna Nist, Rockwood 15-9
PIAA Meet: 17-1.5 5th Place
Joana Nist, Rockwood 17-3
PIAA meet: 17-2 6th Place
Q: Megan Lamens, Berlin 16-10.25
PIAA meet: 17-0.75 7th Place
Joanna Nist, Rockwood 17-3
PIAA Meet: 17-2¼ 4th Place
Q: Megan Lamens, Berlin 17-0 ½
Brandy Harris, Bedford 17-1 ¼

Brandi Harris, Bedford 18-1

PIAA Meet: 21-9 ¼ 5th Place
 2009 Cory Waltman, Everett 21-2 ¾
 2010 Paul Detwiler, Bedford 20-0
 2011 Ian Sayler, Berlin 21-9 ¾
 2012 Michael Young, Chestnut Ridge 21-3
 2013 Blake Over, Northern Bedford 21-7 ¼
 PIAA Meet: 21-0 ¾ 8th 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 5th Place
 Q: Nate Formica, Conemaugh Twp. 21-11
 Q: Noah Dillow, Chestnut Ridge 21-10 ¾

Q: Taylor Crawford, Northern Bedford 17-1 ½
 Taylor Crawford, Northern Bedford 18-2 ¼
 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

Celina Merchant, Southern Fulton 16-1 ¾

Celina Merchant, Southern Fulton 16-2 ½
 Claire Bechter, Meyersdale 16-5 ¾
 Stefanie Ketterman, Everett 17-2

TRIPLE JUMP

Boys

1975 Greg Gordon, McConnellsburg 41-3
 1976 Palumbo, Windber 43-5
 1977 Steve Morocco, Somerset 42-2
 1978 Randy Hoover, Tussey Mountain 43-3
 1979 Roger Shepko, Windber 43-1.5
 1980 Steve Zwick, Conemaugh Township 42-4.75
 1981 Curtis Mellott, McConnellsburg 40-4.5
 1982 Dave Thomas, McConnellsburg 42-7
 1983 Dave Thomas, McConnellsburg 42-0.75
 1984 Keith Newell, McConnellsburg 41-2

 1985 Earl Schooley, Everett 41-9

 1986 Mike Mort, Rockwood 41-2.75
 1987 Shawn Tewell, Everett 42-1.5
 1988 Shawn Tewell, Everett 43-3
 PIAA meet: 44-2 8th Place
 1989 Greg Washington, Bedford 43-3
 1990 Greg Washington, Bedford 42-4.5

 1991 Paul Close, Rockwood 41-6.75

 1992 John Becker, Everett 44-3

 1993 Danny Miller, McConnellsburg 41-5
 1994 Mike Long, Everett 41-2.5
 1995 Jeff Mills, Everett 41-5.75
 1996 Jeff Mills, Everett 44-2
 PIAA meet: 45-7.5 4th Place
 1997 Percy Clair, Chestnut Ridge 42-7
 1998 Jeremy Bradley, Southern Fulton 43-6
 1999 Jeremy Bradley, Southern Fulton 45-10
 PIAA meet: 45-4.5 6th Place
 2000 Jeff Kiss, Windber 43-9

 2001 Keith Felix, Chestnut Ridge 42-9

Girls

Mel Dodson, Northern Bedford 31-8.75
 Lu Shaffer, Chestnut Ridge 32-3.5
 Robin Vaughn, Tussey Mountain 34-4
 Deb O'Neal, Northern Bedford 32-6.25
 Annette Spriggs, McConnellsburg 34-2
 Kim Spriggs, McConnellsburg 35-11
 Brenda Runk, Tussey Mountain 35-5.75
 Kim Spriggs, McConnellsburg 36-3.5
 PIAA meet: 37-2¼ State Champion
 Kim Spriggs, McConnellsburg 37-2
 PIAA meet: 38-0 2nd Place
 Tammy Seiders, McConnellsburg 32-8 ¼
 Rene Hann, McConnellsburg 31-6.5
 Timarie May, Tussey Mountain 33-5.5

 Wendy Clark, Everett 34-8.25
 Genny Washington, Bedford 36-0
 PIAA meet: 35-10 2nd Place
 Q: Wendy Clark, Everett 35-1.75
 Wendy Clark, Everett 36-0.5
 PIAA meet: 37-5 ¾ 3rd Place
 Genny Washington, Bedford 35-10 ¾
 PIAA meet: 37-3 ¼ 5th Place
 Stephanie Slack, Chestnut Ridge 34-6 ¾
 Julie Harclerode, Bedford 34-9
 Koren Woy, Everett 34-10¾
 Koren Woy, Everett 34-7

 Ashley Foor, Everett 32-0.5
 Tracie Clair, Chestnut Ridge 35-1.25
 Tracie Clair, Chestnut Ridge 35-4

 Tracie Clair, Chestnut Ridge 36-8.25
 PIAA Meet: 35-6.75 5th Place
 Tracie Clair, Chestnut Ridge 36-3.5
 PIAA Meet: 36-9.75 2nd Place
 Q: Jenny Thomas, NB 35-6.5
 PIAA Meet: 35-6.25 5th Place

2002	Josh Lininger, McConnellsburg 44-3.5 PIAA Meet: 44-7.5 4 th 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 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
2007	Justin Houck, Meyersdale 44-0 ¼	Ashleigh Munnion, Meyersdale 33-3
2008	Bryce McVicker, Chestnut Ridge 43-10 ½	Carrie Baker, Bedford 34-2 ½
2009	Cory Waltman, Everett 44-3 ¼ PIAA Meet: 43-7 8 th Place	Jenna Bracken, Windber 35-4 ¼
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 Ketterman, Everett 34-3 ½
2016	Gavin Gilbert, Northern Bedford 42-10	Stefanie Ketterman, Everett 36-0 Q: Caitlyn Lazorka, Bedford 35-6 PIAA Meet: 35-11 ¼ 8 th Place
2017	Nate Formica, Conemaugh Twp. 43-2	Stefanie Ketterman, Everett 35-1

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 14-1.25
1994	Dave Leister, Chestnut Ridge 12-0
1995	Dave Leister, Chestnut Ridge 13-0

Girls

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 McKenzi Yuko, Shade 12-0
 2015 Zach Rhodes, Bedford 12-6

2016 Cole Booth, Berlin 12-0
 2017 Gavin Wills, Southern Fulton 13-0

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
 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
 Lauren Vasas, Windber 10-0
 Grace Romesberg, Berlin 9-6

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

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

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

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 4 th Place
1990	Jim Benbow, Bedford 162-9 PIAA meet: 161-8 2 nd 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

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

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	Martene, 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	Ella Meese, Berlin 98-6
	PIAA meet: 147-3 8th Place	
2006	Jeremy Faidley, Meyersdale 134-1	Heather Cramer, Rockwood 102-2
2007	Robert Shehan, McConnellsburg 129-3	Ashley Hutchison, Rockwood 101-5
2008	Nick Stultz, Chestnut Ridge 147-8	Catya Gilbert, Northern Bedford 96-0
2009	Lucas Banks, McConnellsburg 151-9	Crystal Dibert, Bedford 108-3
2010	Lucas Banks, McConnellsburg 156-7	Crystal Dibert, Bedford 114-7
	PIAA Meet: 155-7 2nd Place	
2011	Lucas Banks, McConnellsburg 161-0	Theole Feuillet, Everett 91-5
	PIAA Meet: 160-4 3rd Place	
2012	Ryan Stoeckle, McConnellsburg 142-1	Emily Finnegan, Chestnut Ridge 105-8
2013	Josiah Koontz, Bedford 138-10	Emily Finnegan, Chestnut Ridge 111-1
2014	Austin Miller, Meyersdale 141-1	Emily Finnegan, Chestnut Ridge 117-1
2015	Tom Peppernick, Fannett-Metal 169-1	Emily Finnegan, Chestnut Ridge 119-0
	PIAA Meet: 167-10 2nd Place	PIAA Meet: 125-2 6th Place
2016	Tristan Brant, Berlin 138-2	Elizabeth Peppernick, Fannett-Metal 110-6
2017	Tristan Brant, Berlin 134-6	Elizabeth Peppernick, Fannett-Metal 111-2

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

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

1992	Mike Hetz, Meyersdale 174-4	Christy Albright, Northern Bedford 119-9 PIAA meet: 132-8 3rd Place
1993	Mike Hetz, Meyersdale 182-2	Rhandee Dibert, Bedford 113-10 PIAA meet: 118-9 8th Place
1994	Mike Heck, Northern Bedford 162-1	Rhandee Dibert, Bedford 114-11
1995	Mike Heck, Northern Bedford 161-11	Beth Burkett, Chestnut Ridge 134-7 PIAA meet: 142-3 2nd Place
1996	Shawn Morse, Everett 180-3	Beth Burkett, Chestnut Ridge 143-8.25 PIAA meet: 141-10 2nd Place
1997	Mike DiPasquale, Meyersdale 190-5.75 PIAA meet: 179-8 6th Place	Susan Warnick, Meyersdale 121-8
1998	Tony Liberato, Chestnut Ridge 155-9.5	Susan Warnick, Meyersdale 133-5.5 PIAA meet: 147-9 3rd Place
1999	Dave Knopsnyder, Meyersdale 166-10	Tara Hunter, Windber 117-3
2000	Josh Arnold, Meyersdale 163-0	Knopsnyder, Meyersdale 107-10
2001	Josh Arnold, Meyersdale 175-8	Beth Barnes, Windber 125-11
2002	Devon Beegle, Bedford 170-8	Meredith Troutman, Meyersdale 125-6
2003	George Childers, Shade 180-2 PIAA Meet: 179-7 8th Place	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
2007	Billy Sipko, Windber 161-1	Q: Ella Meese, Berlin 118-11
2008	Jeremy Wilt, Shade 165-8	Courtney Mullen, Windber 112-9
2009	Jacob Hillegas, Berlin 164-7	Kasie Shoemaker, Bedford 114-6
2010	Zach Shearer, Rockwood 162-7	Cassie Beach, Northern Bedford 125-1
2011	Steven Meyer, Southern Fulton 159-6	Cassie Beach, Northern Bedford 131-5 Katie Strapple, Windber 121-5 ½ PIAA Meet: 128-5 8 th Place
2012	Steven Meyer, Southern Fulton 165-11	Katie Strapple, Windber 115-0
2013	Cody DeMoss, Bedford 167-0	Erica Craig, Berlin 115-9
2014	Cody DeMoss, Bedford 172-8 PIAA Meet: 175-8 5 th Place	Erica Craig, Berlin 115-3
2015	August Cook, Bedford 175-8	Hannah Meyers, Bedford 117-7
2016	August Cook, Bedford 209-8 PIAA Meet: 189-3 2 nd Place	Sarah Wright, S.Fulton 116-3
2017	Timothy Wright, Southern Fulton 167-5	Olivia Mottern, S.Fulton 114-4

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	