

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 |
| 1978-79 | McConnellsburg High School |
| 1980-83 | 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

| | |
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| Red | State Champions |
| Blue | 2 nd and 3 rd Place at the PIAA meet |
| Green | 4 th through 8 th Place at the PIAA meet |



100 METER DASH

| | Boys | Girls |
|------|---|--|
| 1975 | Ed Souders, McConnellsburg 10.2y PIAA meet: 10.3y 3rd Place | Mel Dodson, Northern Bedford ? |
| 1976 | Rick Hoffman, McConnellsburg 10.0y (9.8 trials) PIAA meet: 10.1y 4th Place | Deb Teeters, Northern Bedford 12.2y |
| 1977 | Rick Hoffman, McConnellsburg 10.0y PIAA meet: 10.1y 2nd Place | Diane Whitbourne, Northern Bedford 11.9y |
| 1978 | Alan Bluebaugh, Rockwood 11.0y | Trina Pensyl, Bedford 12.39y |
| 1979 | Mike O'Ship, Shade 11.48 | Trina Pensyl, Bedford 13.0 |
| 1980 | Mike O'Ship, Shade 11.2 | Trina Pensyl, Bedford 12.79 |
| 1981 | Barry Spriggs, McConnellsburg 11.39 | Carol Peck, McConnellsburg 13.38 |
| 1982 | Barry Spriggs, McConnellsburg 11.04 PIAA meet: 11.17 2nd Place | Faith Sickles, McConnellsburg 13.14 |
| 1983 | Barry Spriggs, McConnellsburg 11.13 PIAA meet: 11.05 3rd Place | Angie Plessinger, McConnellsburg 12.45 |
| 1984 | Darren Robinson, McConnellsburg 11.0 PIAA meet: 11.62 4th Place | Michelle Smith, Tussey Mountain 12.8 |
| 1985 | Darren Robinson, McConnellsburg 10.88 PIAA meet: 11.15 5th Place | Angie Plessinger, McConnellsburg 12.53 |
| 1986 | Scott Lemon, Chestnut Ridge 11.2 | Angie Plessinger, McConnellsburg 12.4 |
| 1987 | Allen Baker, Bedford 11.7 | Kristen Miller, Northern Bedford 12.7 PIAA meet: 12.65 3rd Place |
| 1988 | Ray Barclay, Tussey Mountain 11.3 | Kristen Miller, Northern Bedford 12.9 PIAA meet: 12.93 3rd Place |
| 1989 | Greg Washington, Bedford 11.1 | LaJennifer Detwiler, Northern Bedford 12.9 |
| 1990 | Greg Washington, Bedford 11.0 PIAA meet: 11.32 7th Place | Wendy Clark, Everett 12.8 Q: LaJennifer Detwiler, NB 12.8 |
| 1991 | Shane Smith, Meyersdale 11.3 | Mandy Hoover, Northern Bedford 13.1 |
| 1992 | Brett Walat, North Star 11.1 Q: Bill Benbow, Bedford 11.2 | Mandy Hoover, Northern Bedford 12.9 Q: S.Walter, Chestnut Ridge 12.9 |
| 1993 | Bill Benbow, Bedford 11.1 PIAA meet: 11.17 5th Place | Jessica Haynes, Conemaugh Township 12.7 |
| 1994 | Bill Benbow, Bedford 10.8 PIAA meet: 11.04 State Champion | April Arnold, Bedford 12.9 |
| 1995 | Eric Korhut, Windber 11.1 | Jessica Haynes, Conemaugh Township 12.3 |
| 1996 | Roger Beal, Meyersdale 11.6 | Holly Watkins, Tussey Mountain 13.3 |
| 1997 | Jeff Iagulli, Chestnut Ridge 11.0 | Holly Watkins, Tussey Mountain 12.5 |
| 1998 | Jeff Iagulli, Chestnut Ridge 11.2 | Evie Shade, Bedford 12.9 |
| 1999 | Joe Cannoni, Windber 10.9 Q: Adam Markel, Chestnut Ridge 11.1 | Tracie Clair, Chestnut Ridge 12.6 |
| 2000 | Nick Rizzo, Windber 11.25 | Laura Chamberlain, TM 13.15 |
| 2001 | Adam Markel, Chestnut Ridge 11.66 | Katie Koenig, Chestnut Ridge 13.17 |
| 2002 | Dan Gardner, Berlin 11.40 | Katie Koenig, Chestnut Ridge 13.19 |
| 2003 | Chris Manherz, Bedford 11.51 | Ashley Hartman, Berlin 12.99 |
| 2004 | Derrick Harris, Bedford 11.28 | Ashley Hartman, Berlin 12.95 |
| 2005 | Eric D'Carrion, Berlin 11.14 Q: Shane Fox, Bedford 11.22 | Victoria Castro, Berlin 13.16 |
| 2006 | Josh Marshall, Bedford 11.42 | Sarah Snyder, Windber 13.12 |
| 2007 | Eric Smith, Chestnut Ridge 11.30 | Samantha Valiton, Chestnut Ridge 12.73 |
| 2008 | Zach Millin, Everett 11.43 | Samantha Valiton, Chestnut Ridge 12.72 PIAA Meet: 12.37 5 th Place |
| 2009 | Zach Millin, Everett 11.54 PIAA Meet: 11.17 7 th Place | Nicki Leach, Northern Bedford 13.24 |
| 2010 | Ian Sayler, Berlin 11.21 | Nicki Leach, Northern Bedford 12.80 |
| 2011 | Ian Sayler, Berlin 11.08 | Ashley Waugerman, Bedford 12.97 |
| 2012 | Dan Meyer, Somerset 11.30 | Abbey Turner, Fannett-Metal 12.85 |
| 2013 | Darrin Sipes, Tussey Mt. 11.27 PIAA Meet: 11.16 7 th Place | Jenna Bracken, Windber 13.24 |
| 2014 | Jake Formica, Conemaugh Twp. 11.56 | Whitley Furry, Northern Bedford 13.36 |
| 2015 | Trent Lohr, Chestnut Ridge 11.29 | Devin Folk, Tussey Mt. 13.01 |

2016 Lucas Waugerman, Bedford 11.24
2017 Nate Formica, Conemaugh Twp. 11.00
2018 Evan Germaux, Tussey Mt. 11.37

Ivie Morningstar, Tussey Mt. 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

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| 2009 | Zach Millin, Everett 23.20 PIAA Meet: 23.00 8 th Place | Nicki Leach, Northern Bedford 26.71 |
| 2010 | Ian Sayler, Berlin 23.02 | Nicki Leach, Northern Bedford 26.66 |
| 2011 | Ian Sayler, Berlin 22.90 | Ashley Waugerman, Bedford 27.10 |
| 2012 | Dan Meyer, Somerset 22.81 | Abbey Turner, Fannett-Metal 26.89 |
| 2013 | Darrin Sipes, Tussey Mt. 23.29 | Abbey Turner, Fannett-Metal 26.98 |
| 2014 | Darrin Sipes, Tussey Mt. 23.66 | Whitley Furry, Northern Bedford 27.33 |
| 2015 | Kyle Sheaffer, Everett 23.94 | Devin Folk, Tussey Mt. 26.80 |
| 2016 | August Cooke, Bedford 22.55 | Lorna Spiegle, Shade 26.59 |
| 2017 | Evan Germaux, Tussey Mt. 22.90 | Lorna Spiegle, Shade 26.96 |
| 2018 | Evan Germaux, Tussey Mt. 23.23 | Jaden Fuller, Bedford 26.30 |

400 METER DASH

Boys

| | |
|------|--|
| 1975 | Rick Hoffman, McConnellsburg 52.8 |
| 1976 | Rick Hoffman, McConnellsburg 51.5 PIAA meet: 50.2 State Champion |
| 1977 | Rick Hoffman, McConnellsburg 51.6 |
| 1978 | Barry Noon, Conemaugh Township 51.74 |
| 1979 | Pierre Finella, Windber 53.39 |
| 1980 | Todd Klotz, Northern Bedford 51.10 |
| 1981 | Barry Spriggs, McConnellsburg 50.35 |
| 1982 | Barry Spriggs, McConnellsburg 50.06 PIAA meet: 49.44 2nd Place |
| 1983 | Barry Spriggs, McConnellsburg 50.49 PIAA meet: 48.71 State Champion |
| 1984 | Darren Robinson, McConnellsburg 51.3 |
| 1985 | Darren Robinson, McConnellsburg 50.55 |
| 1986 | Ray DuVall, Tussey Mountain 52.6 |
| 1987 | John Lody, Shade 50.9 |
| 1988 | Jerry Rasmussen, Tussey Mountain 50.6 |
| 1989 | Jerry Rasmussen, Tussey Mountain 49.5 PIAA meet: 51.11 4th Place |
| 1990 | Jerry Rasmussen, Tussey Mountain 51.0 PIAA meet: 49.29 2nd Place |
| 1991 | Weldon Branche, McConnellsburg 50.8 PIAA meet: 51.14 8th Place |
| 1992 | Paul Close, Rockwood 52.6 |
| 1993 | Paul Kuharchek, Conemaugh Township 51.5 |
| 1994 | Pete Kuharchek, Conemaugh Township 51.3 |
| 1995 | Mike Cihlar, Bedford 51.9 |
| 1996 | Mark Bromley, Chestnut Ridge 52.0 |
| 1997 | Ron Mash, Windber 50.4 PIAA meet: 50.55 State Champion |
| 1998 | Kris Sheffield, McConnellsburg 51.1 |
| 1999 | Nick Wolfe, McConnellsburg 52.0 |
| 2000 | Nick Rizzo, Windber 51.29 |
| 2001 | Bobby Turkovich, Bedford 52.08 |
| 2002 | Dan Gardner, Berlin 50.16 Q: Bobby Turkovich, Bedford 50.40 PIAA Meet: 49.94 3rd Place |
| 2003 | Eric Shedlock, Bedford 52.69 |
| 2004 | Jarod Gordon, Chestnut Ridge 53.12 |
| 2005 | Eric D'Carrion, Berlin 51.16 |
| 2006 | Jordan Donaldson, Tussey Mountain 50.60 |

Girls

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| 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 |

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| 2007 | PIAA Meet: 50.42 5 th Place Jordan Donaldson, Tussey Mountain 49.87 PIAA Meet: 49.45 5 th Place | Nicki Hankinson, Berlin 61.96 |
| 2008 | Jordan Donaldson, Tussey Mountain 49.38 PIAA Meet: 48.89 3 rd Place | Nicki Hankinson, Berlin 60.68 |
| 2009 | Drew Bollman, Bedford 52.05 | Amy Bard, Southern Fulton 61.10 |
| 2010 | Logan Zimmerman, Northern Bedford 51.41 | Nicki Leach, Northern Bedford 59.27 PIAA Meet: 58.32 6 th Place |
| 2011 | Isaac Will, Berlin 50.91 | Amy Bard, Southern Fulton 59.91 |
| 2012 | Jacob Ashkettle, S.Fulton 50.51 PIAA Meet: 50.48 8 th Place | Abbey Turner, Fannett-Metal 59.95 |
| 2013 | Jacob Ashkettle, S.Fulton 51.01 PIAA Meet: 51.25 5 th Place | Gina Trulick, Berlin 61.26 |
| 2014 | Zane Baker, Bedford 52.79 | Whitley Furry, Northern Bedford 59.98 |
| 2015 | Zane Baker, Bedford 50.70 PIAA Meet: 50.84 5 th Place | Devin Folk, Tussey Mt. 62.02 |
| 2016 | Zane Baker, Bedford 50.24 | Mckenzie Gelvin, McConnellsburg 57.04 PIAA Meet: 57.28 4 th Place |
| 2017 | Chase Varner, S. Fulton 52.31 | Q: Maddie Sprankle, Shade 59.91 McKenzie Gelvin, McConnellsburg 58.32 |
| 2018 | Nathaniel Maxwell, Everett 51.85 | Kaitlyn Maxwell, Everett 57.94 PIAA Meet: 58.11 4th Q: Lorna Spieggle, Shade 58.00 PIAA Meet: 58.33 6th |

800 METER RUN

| Boys | | Girls | |
|------|--|---|--|
| 1975 | Lee Hoffer, Windber 2:03.1 | Cheryl Henry, Everett ? | |
| 1976 | Lee Hoffer, Windber 2:00.2 PIAA meet: 1:59.3 6th Place | Cheryl Henry, Everett 2:32.3 | |
| 1977 | Lee Hoffer, Windber 2:02.1 | 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 8th Place | |
| 1993 | Brandon Becker, Bedford 2:05.7 | Shannon Stevens, Everett 2:31.5 | |
| 1994 | Randy Keefer, McConnellsburg 2:02.8 | Shannon Stevens, Everett 2:26.5 | |
| 1995 | Jeremy Wentz, Chestnut Ridge 2:05.9 | Angie Kepple, Northern Bedford 2:25.6 | |
| 1996 | Brett Gerhart, Meyersdale 2:02.4 | Beth Pile, Conemaugh Township 2:33.0 | |
| 1997 | Nick Wolfe, McConnellsburg 2:02.5 | Beth Pile, Conemaugh Township 2:30.3 | |
| 1998 | Nick Wolfe, McConnellsburg 2:02.5 | Beth Pile, Conemaugh Township 2:27.5 | |
| 1999 | Nick Wolfe, McConnellsburg 2:02.5 | Jenny Thomas, Northern Bedford 2:30.7 | |
| 2000 | Croyle, Conemaugh Township 2:06.24 | Jenny Thomas, Northern Bedford 2:30.63 | |
| 2001 | Adam Claycomb, Chestnut Ridge 2:06.9 | Natalie Dell, Everett 2:26.6 | |
| 2002 | Kirk Morningstar, Northern Bedford 2:03.02 | Robyn Weaver, Everett 2:26.51 | |
| 2003 | Tom Brambley, Everett 2:02.08 | Robyn Weaver, Everett 2:25.92 | |
| 2004 | Ben Keefer, McConnellsburg 2:02.19 | Robyn Weaver, Everett 2:23.81 | |
| 2005 | Mike Podlesnik, Meyersdale 1:59.46 PIAA meet: 1:57.99 7 th Place | Sara Fyock, Chestnut Ridge 2:29.26 | |

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| 2006 | Q: Tony Clement, Windber 1:59.66 Mike Podlesnik, Meyersdale 1:57.04 PIAA Meet: 1:55.33 3 rd Place | Brittany Beland, Bedford 2:28.43 |
| 2007 | Q: Jordan Donaldson, Tussey Mountain 1:57.99 Jordan Donaldson, Tussey Mountain 1:57.68 PIAA Meet: 1:55.72 4 th Place | Heather Schrader, Meyersdale 2:29.09 |
| 2008 | Q: Mike Podlesnik, Meyersdale 1:57.70 Jordan Donaldson, Tussey Mountain 1:58.87 PIAA Meet: 1:55.55 2 nd Place | Amy Bard, Southern Fulton 2:30.75 |
| 2009 | Isaac Goodin, Bedford 2:02.24 | Sara Bibby, Windber 2:28.45 |
| 2010 | Chris Foore, Tussey Mt. 2:01.47 | Chloe Mapes, Shade 2:23.48 |
| 2011 | Kenny White, Fannett-Metal 2:03.49 | Esther Wind, N. Bedford 2:21.80 |
| 2012 | Jordan Wilt, Shade 1:59.74 | Carrie Baker, Bedford 2:23.21 |
| 2013 | Jordan Wilt, Shade 1:59.47 PIAA Meet: 2:00.44 5 th Place | Jalissa Snyder, Bedford 2:27.81 |
| 2014 | Devon Tomlinson, Windber 2:04.33 | Gina Trulick, Berlin 2:30.77 |
| 2015 | Will Kachman, Bedford 2:03.92 | Mckenzie Gelvin, McConnellsburg 2:24.41 |
| 2016 | Chase Varner, S.Fulton 2:01.53 | McKenzie Gelvin, McConnellsburg 2:20.26 PIAA Meet: 2:16.70 3 rd Place |
| 2017 | Chase Varner, S.Fulton 2:01.12 PIAA Meet: 1:57.61 7 th Place | McKenzie Gelvin, McConnellsburg 2:24.10 PIAA Meet: 2:13.25 2 nd Place |
| 2018 | Kobe Charney, Windber 2:04.14 | Kaitlynn Maxwell, Everett 2:19.70 PIAA Meet: 2:18.64 6 th Place Q: Emily Coddington, Shade 2:19.98 |

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 |

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

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 |

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 |

1996 Steve Moyer, Northern Bedford 9:56.7
PIAA meet: 9:42.29 7th Place

1997 Wes Gates, Bedford 10:23.6

1998 Mark Long, Everett 10:33.8

1999 Guy Woods, Meyersdale 10:13.8

2000 Chad Davis, Bedford 10:51.01

2001 Conor Mulcahy, Windber 10:50.87

2002 Don Sanner, Meyersdale 10:22.76

2003 Dillon Gracey, McConnellsburg 10:09.84

2004 Donnie Sanner, Meyersdale 9:56.35

2005 Donnie Sanner, Meyersdale 10:12.66

2006 Ian Mitchell, Tussey Mountain 10:30.38

2007 Ian Mitchell, Tussey Mountain 10:09.95

2008 Ian Mitchell, Tussey Mountain 10:07.41

2009 Steve Ketner, Conemaugh Township 10:31.19

2010 Tim Roddy, Windber 9:57.39

2011 Colin Coffield, Bedford 10:25.28

2012 Gabriel Goizueta, Tussey Mt. 10:08.42

2013 Will Kachman, Bedford 10:15.85

2014 Will Kachman, Bedford 10:05.00
PIAA Meet: 9:31.22 2nd Place

2015 Will Kachman, Bedford 9:56.33
PIAA Meet: 9:18.53 3rd Place

2016 Will Kachman, Bedford 10:03.70

2017 Silas Eckenroad, Berlin 10:27.38

2018 Silas Eckenroad, Berlin 10:14.00

Sarah Oakman, McConnellsburg 12:48.1

Lindsay Baker, Tussey Mountain 12:39.6

Johnna Detterline, Northern Bedford 12:22.7

Nicole Zack, Bedford 12:20.1

Nicole Zack, Bedford 12:18.53

Stephanie Blackstone, Everett 12:28.41

Stephanie Blackstone, Everett 12:02.20

Stephanie Blackstone, Everett 11:56.9

Megan Elder, Berlin 11:49.11

Megan Elder, Berlin 12:15.43

Kaity Showalter, Northern Bedford 12:24.70

Natalie Miller, Meyersdale 12:26.57

Chelsy Hollinshead, Southern Fulton 12:41.99

Alex Zanella, Everett 12:38.50

Alex Zanella, Everett 12:10.38

Maria Snyder, Northern Bedford 11:17.58
PIAA Meet: 10:56.86 2nd Place

Maria Snyder, Northern Bedford 11:57.40
PIAA Meet: 11:05.24 4th Place

Maria Snyder, Northern Bedford 12:04.21

Marsha Baker, Meyersdale 12:30.05

Graycen Breckenridge, Rockwood 12:36.34

Graycen Breckenridge, Rockwood 12:21.74

Carolyn Telfer, Windber 12:39.36

Carolyn Telfer, Windber 12:22.29

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

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

| | | |
|------|---|--|
| 1986 | Dave Park, Tussey Mountain 15.5 | PIAA meet: 14.84 2 nd Place |
| 1987 | Troy Greenawalt, Bedford 15.8 | Darla Warnick, Shade 16.5 |
| 1988 | Troy Greenawalt, Bedford 15.6 | Cheryl Meyers, Chestnut Ridge 16.4 |
| 1989 | Bill Ford, Bedford 14.9 PIAA meet: 15.50 8 th Place | Cheryl Meyers, Chestnut Ridge 16.0 |
| 1990 | Bill Ford, Bedford 14.6 PIAA meet: 15.01 7 th Place Q: Jim Weimer, Everett 15.3 Q: Joe Morrow, Tussey Mountain 15.4 | Nette Lowery, McConnellsburg 16.7 |
| 1991 | Paul Kazupas, Shade 15.6 | Daphne Liska, Chestnut Ridge 16.7 |
| 1992 | Paul Kazupas, Shade 15.2 | Daphne Liska, Chestnut Ridge 16.5 |
| 1993 | Chris Buck, Chestnut Ridge 15.8 | Q: Wendy Clark, Everett 16.5 |
| 1994 | Chris Buck, Chestnut Ridge 15.3 | Q: Marla McElhaney, McConnellsburg 16.5 |
| 1995 | Andy Keefer, Bedford 15.1 | Lori Young, Windber 16.7 |
| 1996 | Shawn Morse, Everett 16.0 | Lana Arnold, Bedford 16.1 |
| 1997 | Andy Keefer, Bedford 15.0 PIAA meet: 15.56 8 th Place | Lana Arnold, Bedford 16.2 |
| 1998 | Dan Kiss, Windber 15.1 | Lana Arnold, Bedford 15.3 |
| 1999 | Dan Kiss, Windber 14.7 PIAA meet: 15.38 4 th Place | PIAA meet: 15.93 8 th Place |
| 2000 | Dan Kiss, Windber 15.09 | Mandy Nicholson, Conemaugh Township 16.3 |
| 2001 | Jeff Kiss, Windber 15.09 PIAA Meet: 15.61 3 rd Place | Erica Kuposko, Windber 17.0 |
| 2002 | Jeff Kiss, Windber 14.59 PIAA Meet: 14.39 State Champion | Erica Kuposko, Windber 15.9 |
| 2003 | Chris Perkosky, Windber 15.30 | Kristie O'Conner, North Star 16.0 |
| 2004 | Chris Perkosky, Windber 15.21 | Beth O'Conner, North Star 17.05 |
| 2005 | Nate Kiss, Windber 14.64 PIAA meet: 14.64 State Champion Q: Troy Harris, Bedford 15.01 Q: Brad Beverly, Berlin 15.35 | Sheena Smith, Northern Bedford 17.07 |
| 2006 | Dan Gardner, Windber 15.15 | Nicole Gardner, Windber 16.01 |
| 2007 | Dan Gardner, Windber 15.28 | Sheena Smith, Northern Bedford 16.83 |
| 2008 | Bobby Rhodes, Chestnut Ridge 15.31 | Nichole Gardner, Windber 16.29 |
| 2009 | Zack Hess, Bedford 15.57 | Stock, Berlin 16.19 |
| 2010 | Alex Will, Berlin 15.34 | Sarah Snyder, Windber 15.92 |
| 2011 | Alex Will, Berlin 14.99 Q: Matt Dull, C.Ridge 15.01 | Q: Geisel, Windber 16.05 |
| 2012 | Matt Dull, C.Ridge 15.05 | Sarah Snyder, Windber 15.98 |
| 2013 | Corey Hill, McConnellsburg 15.93 | Sarah Snyder, Windber 15.31 |
| 2014 | Cole Clark, Meyersdale 16.03 | Q: Taylor Crawford, Northern Bedford 15.60 |
| 2015 | John Emerick, Berlin 16.02 | Taylor Crawford, Northern Bedford 15.79 |
| 2016 | John Emerick, Berlin 15.06 | Ashley Stoltzfus, Berlin 16.71 |
| 2017 | Josh Booth, McConnellsburg 15.43 | Ashlee McMullen, Windber 16.30 |
| 2018 | Justin Vasas, Windber 15.11 PIAA Meet: 15.52 6 th Place | 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 |
| | | Kara McKenzie, Berlin 16.44 |

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 |

Girls

| | | |
|------|--|---|
| 1979 | Tracy Page, Bedford 43.14 | |
| 1980 | Tracy Page, Bedford 42.54 | |
| 1981 | Brian Gilmer, Bedford 40.2 | |
| 1982 | Tom Souders, McConnellsburg 41.30 | Kim Spriggs, McConnellsburg 48.03 PIAA meet: 46.22 3rd Place |
| 1983 | Hollinshead, McConnellsburg 42.38 | Kim Spriggs, McConnellsburg 46.05 PIAA meet: 43.31 2nd Place |
| 1984 | Jeff Morrow, Tussey Mountain 42.6 | Kim Spriggs, McConnellsburg 45.2 |
| 1985 | Hollinshead, McConnellsburg 40.51 | Kim Spriggs, McConnellsburg 46.07 PIAA meet: 43.13 State Champion Angie Plessinger, McConnellsburg 46.2 PIAA meet: 45.39 State Champion |
| 1986 | Mark Wise, Bedford 41.2 | Tracy Wible, McConnellsburg 48.4 |
| 1987 | Dave Weimer, Rockwood 40.8 | Cheryl Meyers, Chestnut Ridge 47.4 |
| 1988 | Bill Ford, Bedford 40.2 PIAA meet: 41.37 8th Place | 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 Sarah Snyder, Windber 46.46 PIAA Meet: 46.74 7 th Place |
| 2009 | David Burkett, Windber 40.46 Q: Zack Hess, Bedford 40.80 | Ashlee McMullen, Windber 49.17 |
| 2010 | David Burkett, Windber 39.55 PIAA Meet: 39.82 4 th Place | Janelle Long, Meyersdale 48.63 |
| 2011 | Matt Dull, Chestnut Ridge 39.50 PIAA Meet: 39.99 5 th Place Q: Josh Wakefield, Bedford 40.59 | Janelle Long, Meyersdale 47.98 |
| 2012 | Matt Dull, Chestnut Ridge 39.05 PIAA Meet: 38.12 2 nd Place | Catelyn Hittie, Berlin 47.51 |
| 2013 | Corey Hill, McConnellsburg 42.70 | Morgan Lynn, Tussey Mt. 48.96 |
| 2014 | Gray Bryan, Windber 40.92 | Celina Merchant, Southern Fulton 49.11 |
| 2015 | Josh Booth, McConnellsburg 41.62 | Celina Merchant, Southern Fulton 47.41 |
| 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 | |
| 2017 | Josh Booth, McConnellsburg 39.43 PIAA Meet: 39.11 STATE CHAMPION | Kolette Hostetter, Rockwood 48.25 |
| 2018 | Josh Booth, McConnellsburg 39.07 PIAA Meet: 38.61 3 rd Place Q: Justin Vasas, Windber 40.12 | Kara McKenzie, Berlin 47.57 |

880 RELAY

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

440 RELAY

| | |
|--|-----------------------|
| | Tussey Mountain ? |
| | Northern Bedford 53.3 |
| | Tussey Mountain 54.5 |

4x100 METER RELAY

Boys

| | |
|------|--|
| 1978 | Conemaugh Township 45.87 |
| 1979 | Windber 45.85 |
| 1980 | Shade 45.78 |
| 1981 | Everett 45.28 |
| 1982 | McConnellsburg 44.48 |
| 1983 | McConnellsburg 44.42 PIAA meet: 43.34 2nd Place |
| 1984 | Chestnut Ridge 44.4 |
| 1985 | Chestnut Ridge 44.54 |
| 1986 | Chestnut Ridge 44.8 |
| 1987 | Chestnut Ridge 45.0 |
| 1988 | Everett 44.8 |
| 1989 | Bedford 44.4 |
| 1990 | Bedford 44.2 Q: Meyersdale 44.3 PIAA meet: 43.94 2nd Place Q: Chestnut Ridge 44.3 |
| 1991 | Meyersdale 44.2 |
| 1992 | Northern Bedford 45.2 |
| 1993 | Bedford 44.9 |
| 1994 | Bedford 44.6 |
| 1995 | Chestnut Ridge 45.7 |
| 1996 | Bedford 45.3 |
| 1997 | Chestnut Ridge 44.4 PIAA meet: 44.85 8th Place |
| 1998 | Chestnut Ridge 44.7 |
| 1999 | Chestnut Ridge 45.0 |
| 2000 | Chestnut Ridge 44.98 |
| 2001 | Chestnut Ridge 45.65 |
| 2002 | Chestnut Ridge 44.96 |
| 2003 | Bedford 43.85 PIAA Meet 44.61 8th Place |
| 2004 | Bedford 43.97 PIAA Meet 43.93 6 th Place |
| 2005 | Bedford 43.81 |
| 2006 | Bedford 44.37 PIAA Meet: 44.08 6 th Place |
| 2007 | Chestnut Ridge 44.40 |
| 2008 | Bedford 44.53 |
| 2009 | Bedford 44.41 |

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 |

| | | |
|------|----------------------------|-----------------------|
| | PIAA Meet: 43.55 6th Place | |
| 2010 | Chestnut Ridge 44.62 | Chestnut Ridge 51.12 |
| 2011 | Berlin 44.62 | Bedford 51.37 |
| 2012 | Chestnut Ridge 44.72 | Berlin 51.24 |
| 2013 | Shade 44.42 | Berlin 51.70 |
| 2014 | Chestnut Ridge 44.93 | Tussey Mountain 52.27 |
| 2015 | Chestnut Ridge 45.02 | Tussey Mountain 52.14 |
| 2016 | Bedford 44.11 | Bedford 52.17 |
| 2017 | Bedford 44.75 | Shade 50.81 |
| 2018 | Tussey Mountain 44.34 | Shade 50.72 |

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
2018 Windber 3:36.75

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
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

Girls

McConnellsburg 10:26.9
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
 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

Girls

Tracy Skinner, Everett 4-9
 Lori Thompson, Everett 4-10

 Lori Thompson, Everett 5-0
 PIAA meet: 5-3 5th Place
 Robin Vaughn, Tussey Mountain 4-9
 Robin Vaughn, Tussey Mountain 5-0
 Leona Felton, Everett 4-11
 Leona Felton, Everett 4-11
 Leona Felton, Everett 4-10.5

 Nora Johnson, Northern Bedford 4-8

 Wendy Fox, Tussey Mountain 5-0
 Wendy Fox, Tussey Mountain 4-11
 Renee Malkin, Shade 5-1
 Shannon Keeney, Chestnut Ridge 5-3
 PIAA meet: 5-2 6th Place Tie
 Shannon Keeney, Chestnut Ridge 5-2
 Sharon Wright, Chestnut Ridge 5-0
 Sharon Wright, Chestnut Ridge 5-2
 PIAA meet: 5-2 7th Place
 Q: Maggie Fox, Tussey Mountain 5-2
 Maggie Fox, Tussey Mountain 5-0
 Rebecca Peterson, Rockwood 5-2
 PIAA meet: 5-3 3rd Place
 Stephanie Walter, Chestnut Ridge 5-1
 PIAA meet: 5-0 7th Place
 Amy Kretchman, Meyersdale 5-0
 Petra Lang, Northern Bedford 5-2
 PIAA meet: 5-2 4th Place
 Koren Woy, Everett 5-0
 PIAA meet: 5-1 8th Place
 Tracy Buck, Chestnut Ridge 5-0
 PIAA meet: 5-0 8th Place Tie
 Kristie O'Conner, North Star 5-1

 Kristie O'Conner, North Star 5-0

 Kristie O'Conner, North Star 5-0

 Sarah Steeves, Chestnut Ridge 4-10

 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

| | | |
|------|---|--|
| 2007 | PIAA Meet: 6-4 7 th Place Mike Webb, Windber 6-4 PIAA Meet: 6-4 5 th Place | Joanna Geisel, W 5-3 |
| 2008 | Devin Livingston, Chestnut Ridge 6-0 | Brandi Harris, Bedford 5-2 PIAA Meet: 5-4 3 rd Place Chloe Mapes, Shade 5-2 |
| 2009 | Alex Will, Berlin 6-0 PIAA Meet: 6-2 Tie 8 th Place | |
| 2010 | Alex Will, Berlin 6-2 | Leanna Showalter, Chestnut Ridge 5-2 |
| 2011 | Zach Pressel, Northern Bedford 6-4 PIAA Meet: 6-5 5 th Place | Nikki Fleming, McConnellsburg 5-0 |
| 2012 | Zach Pressel, Northern Bedford 6-6 PIAA Meet: 6-5 4 th Place Q: Justin Baker, Northern Bedford 6-4 | Nikki Fleming, McConnellsburg 5-2 |
| 2013 | Zach Pressel, Northern Bedford 6-4 PIAA Meet: 6-8 State Champion | Nikki Fleming, McConnellsburg 5-2 |
| 2014 | Bryce Chilcote, Fannett-Metal 6-2 PIAA Meet: 6-6 2 nd Place | Kaitlynn Lippincott, Bedford 5-0 |
| 2015 | Aaron Fyock, Shade 6-0 | Jordan Fockler, Conemaugh Twp. 5-2 |
| 2016 | Gavin Gilbert, Northern Bedford 6-2 | Jaden Fuller, Bedford 5-2 |
| 2017 | Phillip Dull, Chestnut Ridge 6-4 | Stefanie Ketterman, Everett 5-2 |
| 2018 | Logan Pfister, Chestnut Ridge 6-2 | Stefanie Ketterman, Everett 5-0 |

LONG JUMP

| | Boys | Girls |
|------|--|--|
| 1975 | Greg Gordon, McConnellsburg 20-6 | Nanette Gable, Northern Bedford ? |
| 1976 | McDaniels, Somerset 20-1 | Nanette Gable, Northern Bedford 15-9 |
| 1977 | Steve Morocco, Somerset 19-11.25 | Miller, Bedford 13-10.75 |
| 1978 | Roger Shepko, Windber 18-11 | Lu Shaffer, Chestnut Ridge 14-8 |
| 1979 | Mike Williams, Everett 20-2 | Leslie Miller, Bedford 15-2 |
| 1980 | Ron Ramsey, Tussey Mountain 21-2.25 | Lori Swartzwelder, Everett 15-7.25 |
| 1981 | Boone Minnick, Meyersdale 19-11.5 | Leona Felton, Everett 16-6 |
| 1982 | Jeff Burkett, Chestnut Ridge 20-7.25 | Brenda Runk, Tussey Mountain 17-9.25 |
| 1983 | Shaw, Southern Fulton 20-10.75 | Brenda Runk, Tussey Mountain 16-9 PIAA meet: 16-11.25 5 th Place |
| 1984 | Steve Lewis, Everett 20-10.25 | Kim Spriggs, McConnellsburg 18-0 PIAA meet: 17-8.5 State Champion |
| 1985 | Aaron Souders, McConnellsburg 20-7 | Kim Spriggs, McConnellsburg 18-2 PIAA meet: 16-5.75 6 th Place |
| 1986 | Donnie Gordon, Southern Fulton 20-9 | Angie Plessinger, McConnellsburg 17-0 PIAA meet: 16-5.5 6 th Place |
| 1987 | Eugene Oakes, Meyersdale 20-11.75 | Rene Hann, McConnellsburg 15-2.5 |
| 1988 | Shawn Tewell, Everett 21-0.25 | Cheryl Meyers, Chestnut Ridge 16-7 |
| 1989 | Joel Livingston, Chestnut Ridge 20-3.5 | Genny Washington, Bedford 16-8.5 |
| 1990 | Joel Livingston, Chestnut Ridge 21-4 PIAA meet: 21-2 6 th Place | Genny Washington, Bedford 16-3.75 PIAA meet: 17-0.5 5 th Place |
| 1991 | Darnell Spriggs, McConnellsburg 20-2.75 | Timarie May, Tussey Mountain 16-11 |
| 1992 | Duane Senior, Windber 20-11.25 | Stephanie Walter, Chestnut Ridge 16-3.25 |
| 1993 | Jason Snider, Northern Bedford 20-2.5 | Stephanie Walter, Chestnut Ridge 17-6 PIAA meet: 17-2 4 th Place |
| 1994 | Jason Snider, Northern Bedford 20-9.5 | Julie Harclerode, Bedford 15-9.5 |
| 1995 | Jeff Mills, Everett 20-9.75 | Brandi Woy, Everett 16-4.5 |
| 1996 | Jeff Mills, Everett 22-7 PIAA meet: 22-8.5 State Champion | Julie Ickes, Chestnut Ridge 15-6.25 |
| 1997 | Brad Foor, Everett 20-8.75 | Renee Baker, McConnellsburg 14-11.25 |
| 1998 | Dan Parks, Chestnut Ridge 20-11.25 | Renee Baker, McConnellsburg 16-1 |
| 1999 | Jeremy Bradley, Southern Fulton 21-2 | Tracie Clair, Chestnut Ridge 17-1 PIAA meet: 16-11.5 3 rd Place |
| 2000 | Derek Bollman, Tussey Mountain 21-8.5 Q: Jarrod Way, Chestnut Ridge 21-8 PIAA Meet: 21-10.25 3 rd Place | Tracie Clair, Chestnut Ridge 17-1.25 PIAA Meet: 16-7 5 th Place |
| 2001 | Keith Felix, Chestnut Ridge 20-8.5 | Tracie Clair, Chestnut Ridge 17-10.75 |

| | | |
|------|--|--|
| 2002 | Josh Lininger, McConnellsburg 20-11.5 | 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 |
| 2003 | RJ Hillenbrand, Everett 20-5.5 | Vanessa Housel, Meyersdale 15-7.25 |
| 2004 | Derrick Harris, Bedford 21-6 PIAA Meet: 21-3 7 th Place | Joanna Nist, Rockwood 15-9 PIAA Meet: 17-1.5 5 th Place |
| 2005 | Colby Mock, Chestnut Ridge 21-8 PIAA meet: 21-6.75 5 th Place | Joana Nist, Rockwood 17-3 PIAA meet: 17-2 6 th Place Q: Megan Lamens, Berlin 16-10.25 PIAA meet: 17-0.75 7 th Place |
| 2006 | John Marshall, Bedford 21-0 | Joanna Nist, Rockwood 17-3 PIAA Meet: 17-2¼ 4 th Place Q: Megan Lamens, Berlin 17-0 ½ Brandy Harris, Bedford 17-1 ¼ |
| 2007 | Mike Tomovich, Chestnut Ridge 21-9 PIAA Meet: 20-11½ 8 th Place | Brandi Harris, Bedford 18-1 Q: Taylor Crawford, Northern Bedford 17-1 ½ |
| 2008 | Mike Webb, Windber 21-6 ¼ PIAA Meet: 21-9 ¼ 5 th Place | Taylor Crawford, Northern Bedford 18-2 ¼ |
| 2009 | Cory Waltman, Everett 21-2 ¾ | Rebecca Hiravi, Conemaugh Twp. 16-0 ½ |
| 2010 | Paul Detwiler, Bedford 20-0 | Leah Hershberger, Northern Bedford 16-4 ¾ |
| 2011 | Ian Saylor, Berlin 21-9 ¾ | Baylee Beegle, Everett 16-5 |
| 2012 | Michael Young, Chestnut Ridge 21-3 | Kaitlyn Lippincott, Bedford 16-4 ¼ |
| 2013 | Blake Over, Northern Bedford 21-7 ¼ PIAA Meet: 21-0 ¾ 8 th Place | Celina Merchant, Southern Fulton 16-1 ¾ |
| 2014 | Blake Over, Northern Bedford 20-11 ¼ PIAA Meet: 22-4 State Champion | Celina Merchant, Southern Fulton 16-2 ½ Claire Bechter, Meyersdale 16-5 ¾ Stefanie Ketterman, Everett 17-2 |
| 2015 | Jacobe Miksich, Chestnut Ridge 19-11 ¾ | |
| 2016 | Gavin Gilbert, Northern Bedford 20-6 ¼ | |
| 2017 | Cleeford Sylne, Bedford 22-1 PIAA Meet: 21-8 ¼ 5 th Place Q: Nate Formica, Conemaugh Twp. 21-11 Q: Noah Dillow, Chestnut Ridge 21-10 ¾ | |
| 2018 | Noah Dillow, Chestnut Ridge 20-9 | Stefanie Ketterman, Everett 16-6 ¾ |

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: 37-2¼ State Champion |
| 1985 | Earl Schooley, Everett 41-9 | Kim Spriggs, McConnellsburg 37-2 PIAA meet: 38-0 2 nd Place |
| 1986 | Mike Mort, Rockwood 41-2.75 | Tammy Seiders, McConnellsburg 32-8 ¼ |
| 1987 | Shawn Tewell, Everett 42-1.5 | Rene Hann, McConnellsburg 31-6.5 |
| 1988 | Shawn Tewell, Everett 43-3 PIAA meet: 44-2 8 th Place | Timarie May, Tussey Mountain 33-5.5 |
| 1989 | Greg Washington, Bedford 43-3 | Wendy Clark, Everett 34-8.25 |
| 1990 | Greg Washington, Bedford 42-4.5 | Genny Washington, Bedford 36-0 PIAA meet: 35-10 2 nd Place Q: Wendy Clark, Everett 35-1.75 |

| | | |
|------|---|--|
| 1991 | Paul Close, Rockwood 41-6.75 | Wendy Clark, Everett 36-0.5 PIAA meet: 37-5 $\frac{3}{4}$ 3rd Place |
| 1992 | John Becker, Everett 44-3 | Genny Washington, Bedford 35-10 $\frac{3}{4}$ PIAA meet: 37-3 $\frac{1}{4}$ 5th Place |
| 1993 | Danny Miller, McConnellsburg 41-5 | Stephanie Slack, Chestnut Ridge 34-6 $\frac{3}{4}$ |
| 1994 | Mike Long, Everett 41-2.5 | Julie Harclerode, Bedford 34-9 |
| 1995 | Jeff Mills, Everett 41-5.75 | Koren Woy, Everett 34-10 $\frac{3}{4}$ |
| 1996 | Jeff Mills, Everett 44-2 PIAA meet: 45-7.5 4th Place | Koren Woy, Everett 34-7 |
| 1997 | Percy Clair, Chestnut Ridge 42-7 | Ashley Foor, Everett 32-0.5 |
| 1998 | Jeremy Bradley, Southern Fulton 43-6 | Tracie Clair, Chestnut Ridge 35-1.25 |
| 1999 | Jeremy Bradley, Southern Fulton 45-10 PIAA meet: 45-4.5 6th Place | Tracie Clair, Chestnut Ridge 35-4 |
| 2000 | Jeff Kiss, Windber 43-9 | Tracie Clair, Chestnut Ridge 36-8.25 PIAA Meet: 35-6.75 5th Place |
| 2001 | Keith Felix, Chestnut Ridge 42-9 | Tracie Clair, Chestnut Ridge 36-3.5 PIAA Meet: 36-9.75 2nd Place Q: Jenny Thomas, NB 35-6.5 PIAA Meet: 35-6.25 5th Place |
| 2002 | Josh Lininger, McConnellsburg 44-3.5 PIAA Meet: 44-7.5 4th Place | Jess Andrasick, Windber 31-11.75 |
| 2003 | John Marshall, Bedford 41-8.5 | Johna Bardell, Bedford 31-11 |
| 2004 | John Marshall, Bedford 42-0 PIAA Meet: 43-5 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 $\frac{3}{4}$ 8 th Place | Joanna Nist, Rockwood 36-2 $\frac{3}{4}$ PIAA Meet: 36-8 3 rd Place Q: Megan Lamens, Berlin 35-11 $\frac{1}{2}$ Q: Megan Lasut, Shade 35-7 PIAA Meet: 36-6 4 th Place Q: Taylor Crawford, Northern Bedford 35-4 $\frac{1}{2}$ |
| 2007 | Justin Houck, Meyersdale 44-0 $\frac{1}{4}$ | Taylor Crawford, Northern Bedford 35-6 |
| 2008 | Bryce McVicker, Chestnut Ridge 43-10 $\frac{1}{2}$ | Taylor Crawford, Northern Bedford 36-2 PIAA Meet: 38-0 $\frac{1}{2}$ 2 nd Place |
| 2009 | Cory Waltman, Everett 44-3 $\frac{1}{4}$ PIAA Meet: 43-7 8 th Place | Taylor Crawford, Northern Bedford 37-1 $\frac{1}{2}$ PIAA Meet: 36-11 $\frac{1}{4}$ 8 th Place |
| 2010 | Zach Reed, Northern Bedford 44-4 $\frac{1}{2}$ | Ashleigh Munnion, Meyersdale 33-3 |
| 2011 | Michael Young, Chestnut Ridge 45-4 PIAA Meet: 45-2 $\frac{1}{2}$ 7 th Place | Carrie Baker, Bedford 34-2 $\frac{1}{2}$ |
| 2012 | Michael Young, Chestnut Ridge 45-5 $\frac{3}{4}$ PIAA Meet: 45-9 $\frac{1}{4}$ 2 nd Place Q: Tayler Pressel, Northern Bedford 44-0 | Jenna Bracken, Windber 35-4 $\frac{1}{4}$ |
| 2013 | Blake Over, Northern Bedford 44-9 $\frac{1}{2}$ 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 $\frac{3}{4}$ 3 rd Place | Brittany Clegg, Berlin 33-8 |
| 2015 | Jacobe Miksich, Chestnut Ridge 44-0 | Stefanie Ketterman, Everett 34-3 $\frac{1}{2}$ |
| 2016 | Gavin Gilbert, Northern Bedford 42-10 | Stefanie Ketterman, Everett 36-0 Q: Caitlyn Lazorka, Bedford 35-6 PIAA Meet: 35-11 $\frac{1}{4}$ 8 th Place |
| 2017 | Nate Formica, Conemaugh Twp. 43-2 | Stefanie Ketterman, Everett 35-1 |
| 2018 | Noah Dillow, Chestnut Ridge 42-3 $\frac{1}{2}$ | Stefanie Ketterman, Everett 34-2 |

POLE VAULT

Boys

| | |
|------|--------------------------------|
| 1975 | Jim Campitelli, Windber 11-6 |
| 1976 | Rod Truax, McConnellsburg 11-6 |
| 1977 | Sines, Meyersdale 12-0 |

Girls

| | | |
|------|---------------------------------------|---|
| 1978 | Steve Schmitz, Chestnut Ridge 11-6 | |
| 1979 | Dwight Lasure, Shade 12-0 | |
| 1980 | Tim Clark, Everett 12-0 | |
| 1981 | Robert Kylor, McConnellsburg 12-0 | |
| 1982 | Robert Kylor, McConnellsburg 12-0 | |
| 1983 | Shives, Southern Fulton 10-3 | |
| 1984 | Eugene Phillips, Windber 11-6 | |
| 1985 | Eugene Phillips, Windber 11-0 | |
| 1986 | Scott Jones, Everett 13-1 | |
| | PIAA meet: 14-0 State Champion | |
| 1987 | Troy Greenawalt, Bedford 11-6 | |
| 1988 | Mike Ream, Rockwood 13-6 | |
| 1989 | Mike Ream, Rockwood 12-0 | |
| 1990 | Art Pierce, Windber 12-0 | |
| 1991 | Jared Treece, Everett 13-3 | |
| | PIAA meet: 13-6 3rd Place | |
| 1992 | Mike Baumgardner, Chestnut Ridge 12-0 | |
| 1993 | Jared Treece, Everett 14-1.25 | |
| 1994 | Dave Leister, Chestnut Ridge 12-0 | |
| 1995 | Dave Leister, Chestnut Ridge 13-0 | |
| 1996 | Brad Foor, Everett 12-0 | |
| 1997 | Brad Foor, Everett 12-6 | |
| | PIAA meet: 13-6 6th Place Tie | |
| 1998 | Cliff Sleasman, Meyersdale 12-6 | |
| | PIAA meet: 13-0 6th Place | |
| 1999 | Cliff Sleasman, Meyersdale 12-6 | Cristy Thompson, Windber 9-0 |
| | | Q: Katie Koenig, Chestnut Ridge 8-6 |
| | | Q: Megan Heuston, Bedford 8-0 |
| 2000 | Aaron Leister, Chestnut Ridge 12-0 | Katie Koenig, Chestnut Ridge 8-6 |
| 2001 | Aaron Leister, Chestnut Ridge 12-0 | Katie Koenig, Chestnut Ridge 8-6 |
| 2002 | Matt Schendel, Bedford 11-6 | Amanda Moshgat, Windber 7-6 |
| 2003 | Matt Schendel, Bedford 11-9 | Amy Burkholder, Meyersdale 8-0 |
| 2004 | Mike Young, Bedford 13-0 | Amanda Moshgat, Windber 8-6 |
| 2005 | Trevor Young, Chestnut Ridge 13-3 | Daphne Hoover, Northern Bedford 9-0 |
| 2006 | Trevor Young, Chestnut Ridge 13-3 | Anna Samole, Berlin 9-6 |
| 2007 | Mike Andrascik, Windber 12-0 | Anna Samole, Berlin 9-7 |
| 2008 | Joe Darr, Berlin 12-6 | Kelly Vann, Conemaugh Township 10-1 |
| 2009 | TJ Young, Chestnut Ridge 12-6 | Kelly Vann, Conemaugh Twp. 11-0 |
| | | PIAA Meet: 10-6 Tie 3rd Place |
| 2010 | TJ Young, Chestnut Ridge 12-10 ½ | Kelly Vann, Conemaugh Twp. 10-9 |
| | | Q: Brittany Kidd, Bedford 10-3 |
| 2011 | Drew Romesberg, Berlin 13-6 ¼ | Brittany Kidd, Bedford 10-6 |
| 2012 | JR Hemminger, Somerset 12-6 | Carrie Baker, Bedford 10-6 |
| | | Q: Keira Bair, Everett 10-6 |
| 2013 | Dylan Cross, Southern Fulton 13-0 | Carrie Baker, Bedford 9-0 |
| 2014 | McKenzi Yuko, Shade 12-0 | Amanda Kostryk, Chestnut Ridge 9-0 |
| 2015 | Zach Rhodes, Bedford 12-6 | Jordan Fockler, Conemaugh Twp. 9-0 |
| | | PIAA Meet: 10-6 7th Place |
| 2016 | Cole Booth, Berlin 12-0 | Lauren Vasas, Windber 10-0 |
| 2017 | Gavin Wills, Southern Fulton 13-0 | Grace Romesberg, Berlin 9-6 |
| 2018 | Scotty Miller, Chestnut Ridge 12-0 | McKenzie Troutman, Northern Bedford 9-0 |
| | PIAA Meet: 13-6 7th Place | |

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 |

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 |

| | | |
|------|--|---|
| 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 Tresnicky, Conemaugh Township 45-7.75 | Lindsey Miller, McConnellsburg 36-5 |
| 2000 | Justin Emerick, Chestnut Ridge 40-10.75 | LeeAnn Malloy, Northern Bedford 34-10.25 |
| 2001 | Luke Rininger, Conemaugh Township 44-6 | LeeAnn Malloy, Northern Bedford 33-8.25 |
| 2002 | Damian Crissey, Bedford 47-4 | Samantha Lovely, Conemaugh Township 33-0.75 |
| 2003 | Dave Houseworth, Bedford 47-6 | Emily Clark, Bedford 34-4 |
| 2004 | Jordan Hess, McConnellsburg 52-4.5 PIAA Meet: 52-11 4 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

| | |
|------|--------------------------------|
| 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 |

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 |

1981 Steve Bollman, Everett 134-0.5
 1982 Knoblach, Rockwood 136-0.5
 1983 Rick Thompson, Everett 138-1
 1984 Jim Peters, Rockwood 139-6.5
 1985 Gerald Gordon, Everett 121-1.5
 1986 Mark Knapp, Shade 121-5
 1987 Jeff Fisher, Conemaugh Township 141-3.5
 1988 Jeff Shearer, Rockwood 132-11
 1989 [Jim Benbow, Bedford 150-2](#)
[PIAA meet: 156-10 4th Place](#)
 1990 [Jim Benbow, Bedford 162-9](#)
[PIAA meet: 161-8 2nd Place](#)
 Q: Ray Hart, Northern Bedford 146-11
 1991 Andy Hershberger, Meyersdale 153-2
 1992 Tim Bowser, Northern Bedford 138-10
 1993 Tim Bowser, Northern Bedford 140-1
 1994 Nathan Babinsack, McConnellsburg 142-1.25
 1995 Ryan Schmuck, Rockwood 140-8
 1996 Andy Sindes, Meyersdale 134-11
 1997 [Andy Sines, Meyersdale 151-5](#)
[PIAA meet: 159-2 State Champion](#)
 Q: Cole, Chestnut Ridge 145-8
 Q: Emmons, Southern Fulton 143-2
 1998 Ben Leese, McConnellsburg 142-9
 1999 Dave Knopsnyder, Meyersdale 144-0
 2000 Marteney, Meyersdale 134-3

 2001 Kyler Gates, Chestnut Ridge 138-10
 2002 Damian Crissey, Bedford 151-10
 2003 David Houseworth, Bedford 132-0
 2004 Jordan Hess, McConnellsburg 148-2
 2005 [Adam Henderson, Chestnut Ridge 141-0](#)
[PIAA meet: 147-3 8th Place](#)
 2006 Jeremy Faidley, Meyersdale 134-1
 2007 Robert Shehan, McConnellsburg 129-3
 2008 Nick Stultz, Chestnut Ridge 147-8
 2009 Lucas Banks, McConnellsburg 151-9
 2010 [Lucas Banks, McConnellsburg 156-7](#)
[PIAA Meet: 155-7 2nd Place](#)
 2011 [Lucas Banks, McConnellsburg 161-0](#)
[PIAA Meet: 160-4 3rd Place](#)
 2012 Ryan Stoeckle, McConnellsburg 142-1
 2013 Josiah Koontz, Bedford 138-10
 2014 Austin Miller, Meyersdale 141-1
 2015 [Tom Peppernick, Fannett-Metal 169-1](#)
[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](#)

Dana Shearer, McConnellsburg 110-2.5
 Dana Shearer, McConnellsburg 100-10
 Nicki Morgan, McConnellsburg 91-7
 Johnette Rhoads, North Star 98-7
 Melissa Wigfield, Everett 116-1
 Melissa Wigfield, Everett 114-2
 Brenda Wigfield, Everett 110-0
 Dodie Kerlin, McConnellsburg 99-4
 Dodie Kerlin, McConnellsburg 105-1

 Wendy Moyer, Northern Bedford 97-6

 Michelle Barner, Northern Bedford 120-8
 Krista Jay, Everett 99-0
 Dee DeShong, McConnellsburg 101-8.25
 Donna Moyer, Northern Bedford 101-4
 Holly Hawbaker, McConnellsburg 93-10
 Holly Hawbaker, McConnellsburg 91-9
 Diane Berkheimer, Northern Bedford 101-7

 Kami Showalter, Chestnut Ridge 110-10
 Christy Imler, Northern Bedford 98-0
[Jamie King, Chestnut Ridge 113-8](#)
[PIAA Meet: 113-10 8th Place](#)
 LeeAnn Malloy, Northern Bedford 112-3
 Erin Sines, Meyersdale 105-10
 Enise Kennedy, Berlin 101-1
 Ella Meese, Berlin 96-1
 Ella Meese, Berlin 98-6

 Heather Cramer, Rockwood 102-2
 Ashley Hutchison, Rockwood 101-5
 Catya Gilbert, Northern Bedford 96-0
 Crystal Dibert, Bedford 108-3
 Crystal Dibert, Bedford 114-7

 Theole Feuillet, Everett 91-5

 Emily Finnegan, Chestnut Ridge 105-8
 Emily Finnegan, Chestnut Ridge 111-1
 Emily Finnegan, Chestnut Ridge 117-1
[Emily Finnegan, Chestnut Ridge 119-0](#)
[PIAA Meet: 125-2 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
 2004 Kevin Bittner, Berlin 175-10
 PIAA Meet: 180-1 5th Place
 2005 Mike Bowman, Berlin 165-8
 2006 Mike Bowman, Berlin 157-6

 2007 Billy Sipko, Windber 161-1
 2008 Jeremy Wilt, Shade 165-8
 2009 Jacob Hillegas, Berlin 164-7
 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 5th Place
 2015 August Cook, Bedford 175-8
 2016 August Cook, Bedford 209-8

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

 Megan Lamens, Berlin 132-11

 Megan Lamens, Berlin 122-6.5
 Megan Lamens, Berlin 130-11
 PIAA Meet: 129-11 8th Place
 Q: Ella Meese, Berlin 118-11
 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 8th Place
 Katie Strapple, Windber 115-0
 Erica Craig, Berlin 115-9
 Erica Craig, Berlin 115-3

 Hannah Meyers, Bedford 117-7
 Sarah Wright, S.Fulton 116-3

PIAA Meet: 189-3 2nd Place
 2017 Timothy Wright, Southern Fulton 167-5
 2018 Cole Weist, Tussey Mountain 172-1

Olivia Mottern, S.Fulton 114-4
 Kiera Booth, Berlin 117-5

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 | |