

**DISTRICT 5 TRACK & FIELD  
MEET RECORDS  
As of May 20, 2010**

EVENT	BOYS	GIRLS
100 METERS	Rick Hoffman, McConn. 10.7c 1976	Jessica Haynes, Conemaugh Twp. 12.3 1995
200 METERS	Rick Hoffman, McConn. 22.3c 1977	Samantha Valiton, C.Ridge 26.19 2008
400 METERS	Jordan Donaldson, Tussey Mt. 49.38 2008	Meredith Troutman, Meyersdale 58.21 2002
800 METERS	Mike Podlesnik, Mey. 1:57.04 2006	Chloe Mapes, Shade 2:23.48 2010
1600 METERS	Mike Podlesnik, Mey. 4:23.66 2007	Alex Zanella, Everett 5:11.44 2010
3200 METERS	Terry Croyle, Conemaugh Twp. 9:15.62 1982	Megan Elder, Berlin 11:49.11 2004
4 X 100 RELAY	Bedford 43.81 2005 (B.Duff, T.Harris, S.Fox, J.Marshall)	McConnellsburg 50.80 1982 (F.Sickles, A.Spriggs, E.Souders, C. Plessinger)
4 X 400 RELAY	Bedford 3:28.0 1990	Bedford 4:08.73 2010 (Diehl, Lashley, Beegle, Baker)
4 X 800 RELAY	Bedford 8:19.55 1982	Bedford 9:56.34 2010 (Diehl, Lashley, Beegle, Baker)
100/110 HH	Mark Hollinshead, McConn. 14.51 1985	Kim Spriggs, McConnellsburg 14.9 1984
300 HURDLES	Bill Ford, Bedford 39.0 1989	Kim Spriggs, McConn. 45.2 1984
HIGH JUMP	Jeremy Bradley, S.Fulton 6-6 1999 Dave Thomas, Tussey Mt. 6-6 2000	Shannon Keeney, C.Ridge 5-3 1987 Joanna Nist, Rockwood 5-3 2006 Corrine Moser, Mey. 5-3 2005 Joanna Geisel, Wind. 5-3 2007
LONG JUMP	Jeff Mills, Everett 22-7 1996	Taylor Crawford, NB 18-2 ¼ 2009
TRIPLE JUMP	Jeremy Bradley, S.Fulton 45-10 1999	Kim Spriggs, McConnellsburg 37-2 1985
POLE VAULT	Jared Treece, Everett 14-1 ¼ 1993	Kelly Vann, Con. Twp. 11-0 2009
SHOT PUT	Jordan Hess, McConnellsbg. 52-4 ½ 2004	Crystal Dibert, Bedford 38-1 ¼ 2009
DISCUS	Jim Benbow, Bedford 162-9 1990	Michelle Barner, N.Bedford 120-8 1991
JAVELIN	Mike DiPasquale, Meyersdale 190-5 ¾ 1997	Beth Burkett, C.Ridge 143-8 ¼ 1996