

DISTRICT FIVE TRACK & FIELD INDIVIDUAL CHAMPIONS 1975-2023

CHAMPIONSHIP MEET SITES

1975	Somerset High School (Boys) Tussey Mountain HS (Girls)
1976	Frostburg State University, Frostburg, MD
1977	Johnstown Vo-Tech High School
1978-79	McConnellsburg High School
1980-83	Everett High School
1984-2004	Chestnut Ridge High School
2005-2023	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
 2018 Evan Germaux, Tussey Mt. 11.37
 2019 Jarred Sipes, Tussey Mt. 11.26
 2021 Ethan Black, Conemaugh Twp. 11.14
 PIAA Meet: 11.16 8th Place
 2022 Ethan Black, Conemaugh Twp. 10.63
 PIAA Meet: 10.78 State Champion
 Q: Ethan Weber, Bedford 11.19
 2023 Ethan Black, Conemaugh Twp. 10.48
 PIAA Meet: 10.55 State Champion
 Q: Maylin Gunby, Everett 11.09
 Q: Tristan Ohler, Meyersdale 11.02
 Q: Collin Gillis, Tussey Mt. 11.14
 Q: Jonathan Updyke, Conemaugh Twp. 11.29

Ivie Morningstar, Tussey Mt. 12.66
 Morgan Maurer, Shade 13.06
 Morgan Maurer, Shade 12.70
 Mary Hostetter, Shade 12.70
 Mary Hostetter, Shade 12.99

Mary Hostetter, Conemaugh Twp. 12.76
 PIAA Meet: 13.02 8th Place

Sydney Rush, Somerset 12.02
 PIAA Meet: 12.36 5th Place
 Q: Izzy Slezak, Conemaugh Twp. 12.27
 PIAA Meet: 12.51 8th Place

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

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

2001	Dan Gardner, Berlin 23.42	Meredith Troutman, Meyersdale 26.48
2002	Dan Gardner, Berlin 22.89	Q: Tracie Clair, Chestnut Ridge 26.52
2003	John Marshall, Bedford 23.76	Meredith Troutman, Meyersdale 26.26
2004	John Marshall, Bedford 23.38	Ashley Hartman, Berlin 27.57
2005	Shane Fox, Bedford 22.78	Shnella Burke, McConnellsburg 27.08
	Q: Eric D'Carrion, Berlin 22.78	Amy Whetstone, Chestnut Ridge 27.21
2006	Zach Marshall, Bedford 23.48	Amanda Ritchey, Northern Bedford 26.99
2007	Mike Tomovich, Chestnut Ridge 23.18	Samantha Valiton, Chestnut Ridge 26.75
2008	Zach Millin, Everett 23.33	Samantha Valiton, Chestnut Ridge 26.55 (26.19 in prelim)
		PIAA Meet: 26.19 8th Place
2009	Zach Millin, Everett 23.20	Nicki Leach, Northern Bedford 26.71
	PIAA Meet: 23.00 8th Place	
2010	Ian Saylor, Berlin 23.02	Nicki Leach, Northern Bedford 26.66
2011	Ian Saylor, Berlin 22.90	Ashley Waugerman, Bedford 27.10
2012	Dan Meyer, Somerset 22.81	Abbey Turner, Fannett-Metal 26.89
2013	Darrin Sipes, Tussey Mt. 23.29	Abbey Turner, Fannett-Metal 26.98
2014	Darrin Sipes, Tussey Mt. 23.66	Whitley Furry, Northern Bedford 27.33
2015	Kyle Sheaffer, Everett 23.94	Devin Folk, Tussey Mt. 26.80
2016	August Cooke, Bedford 22.55	Lorna Spiegle, Shade 26.59
2017	Evan Germaux, Tussey Mt. 22.90	Lorna Spiegle, Shade 26.96
2018	Evan Germaux, Tussey Mt. 23.23	Jaden Fuller, Bedford 26.30
2019	Wes Lippincott, Bedford 23.69	Mary Hostetter, Shade 27.57
2021	Ethan Black, Conemaugh Twp. 23.03	Grace Sarver, Bedford 27.01
2022	Ethan Black, Conemaugh Twp. 21.56	Izzy Slezak, Conemaugh Twp. 26.47
	PIAA Meet: 21.45 State Champion	
2023	Ethan Black, Conemaugh Twp. 22.05	Izzy Slezak, Conemaugh Twp. 25.54
	PIAA Meet: 21.07 State Champion	PIAA Meet: 24.88 3rd Place
	Q: Tristan Ohler, Meyersdale 22.59	
	PIAA Meet: 22.19 5th Place	

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

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

1995	Mike Cihlar, Bedford 51.9	PIAA meet: 61.29 7th Place	Eleanor Baker, McConnellsburg 64.9
1996	Mark Bromley, Chestnut Ridge 52.0		Ashley Finnegan, Chestnut Ridge 62.7
1997	Ron Mash, Windber 50.4 PIAA meet: 50.55 State Champion		Holly Watkins, Tussey Mountain 63.3
1998	Kris Sheffield, McConnellsburg 51.1		Renee Baker, McConnellsburg 62.2
1999	Nick Wolfe, McConnellsburg 52.0		Jenny Thomas, Northern Bedford 62.8
2000	Nick Rizzo, Windber 51.29		Tracie Clair, Chestnut Ridge 61.50 PIAA Meet: 61.40 7th Place
2001	Bobby Turkovich, Bedford 52.08		Natalie Dell, Everett 58.82 PIAA Meet: 59.29 3rd Place
2002	Dan Gardner, Berlin 50.16 Q: Bobby Turkovich, Bedford 50.40 PIAA Meet: 49.94 3rd Place		Meredith Troutman, Meyersdale 58.21 PIAA Meet: 57.90 2nd Place
2003	Eric Shedlock, Bedford 52.69		Natalie Dell, Everett 61.97
2004	Jarod Gordon, Chestnut Ridge 53.12		Christie Ritchey, Bedford 61.55
2005	Eric D'Carrion, Berlin 51.16		Marie Buffy, Shade 62.23
2006	Jordan Donaldson, Tussey Mountain 50.60 PIAA Meet: 50.42 5th Place		Brittany Beland, Bedford 61.50
2007	Jordan Donaldson, Tussey Mountain 49.87 PIAA Meet: 49.45 5th Place		Nicki Hankinson, Berlin 61.96
2008	Jordan Donaldson, Tussey Mountain 49.38 PIAA Meet: 48.89 3rd 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 6th Place
2011	Isaac Will, Berlin 50.91		Amy Bard, Southern Fulton 59.91
2012	Jacob Ashkettle, S.Fulton 50.51 PIAA Meet: 50.48 8th Place		Abbey Turner, Fannett-Metal 59.95
2013	Jacob Ashkettle, S.Fulton 51.01 PIAA Meet: 51.25 5th 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 5th Place		Devin Folk, Tussey Mt. 62.02
2016	Zane Baker, Bedford 50.24		Mckenzie Gelvin, McConnellsburg 57.04 PIAA Meet: 57.28 4th Place
2017	Chase Varner, S. Fulton 52.31		Q: Maddie Sprankle, Shade 59.91
2018	Nathaniel Maxwell, Everett 51.85		McKenzie Gelvin, McConnellsburg 58.32 Kaitlyn Maxwell, Everett 57.94 PIAA Meet: 58.11 4th
2019	Nathaniel Maxwell, Everett 51.16		Q: Lorna Spiegle, Shade 58.00 PIAA Meet: 58.33 6th Kaitlyn Maxwell, Everett 58.63 PIAA Meet: 57.32 3rd Q: Lorna Spiegle, Shade 59.72 PIAA Meet: 58.83 7th
2021	Jonah Hillegass, Chestnut Ridge 51.31		Natalie Lippincott, Bedford 61.42
2022	Jonah Hillegass, Chestnut Ridge 51.92		Deborah Bozovich, Shade 60.13
2023	Logan Seslow, Somerset 51.47		Deborah Bozovich, Shade 61.10

800 METER RUN

Boys

1975	Lee Hoffer, Windber 2:03.1
1976	Lee Hoffer, Windber 2:00.2 PIAA meet: 1:59.3 6th 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	Steven Rhodes, Shade 2:02.32

Girls

	Cheryl Henry, Everett ?
	Cheryl Henry, Everett 2:32.3
	Bev 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

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	Sara Fyock, Chestnut Ridge 2:29.26
	PIAA meet: 1:57.99 7 th Place	
	Q: Tony Clement, Windber 1:59.66	
2006	Mike Podlesnik, Meyersdale 1:57.04	Brittany Beland, Bedford 2:28.43
	PIAA Meet: 1:55.33 3 rd Place	
	Q: Jordan Donaldson, Tussey Mountain 1:57.99	
2007	Jordan Donaldson, Tussey Mountain 1:57.68	Heather Schrader, Meyersdale 2:29.09
	PIAA Meet: 1:55.72 4 th Place	
	Q: Mike Podlesnik, Meyersdale 1:57.70	
2008	Jordan Donaldson, Tussey Mountain 1:58.87	Amy Bard, Southern Fulton 2:30.75
	PIAA Meet: 1:55.55 2 nd Place	
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	Jalissa Snyder, Bedford 2:27.81
	PIAA Meet: 2:00.44 5 th Place	
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	McKenzie Gelvin, McConnellsburg 2:24.10
	PIAA Meet: 1:57.61 7th Place	PIAA Meet: 2:13.25 2 nd Place
2018	Kobe Charney, Windber 2:04.14	Kaitlynn Maxwell, Everett 2:19.70
		PIAA Meet: 2:18.64 6 th Place
		Q: Emily Coddington, Shade 2:19.98
2019	Nathaniel Maxwell, Everett 2:01.42	Kaitlyn Maxwell, Everett 2:23.87
		PIAA Meet: 2:16.25 5 th Place
2021	Holden Cessna, Everett 2:01.99	Ava Whysong, Chestnut Ridge 2:27.33
2022	Holden Cessna, Everett 1:59.88	Ava Whysong, Chestnut Ridge 2:23.28
		PIAA Meet: 2:18.52 5 th Place
2023	Calan Bollman, Chestnut Ridge 2:02.50	Ava Whysong, Chestnut Ridge 2:24.92

1600 METER RUN

Boys

1975 Randy Keep, Berlin 4:35.6

Girls

Cheryl Henry, Everett ?

1976 Jim Shaffer, Meyersdale 4:45.0
 1977 Kevin Mellott, Southern Fulton 4:34.9
 2nd Neil Shockey, Somerset
 PIAA meet: 4:25.3 5th Place
 1978 Brian Ferrari, Conemaugh Township 4:31.7
 PIAA meet: 4:22.75 5th 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 David Ericson, Southern Fulton 4:39.57
 1983 David 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 6th PIAA
 1990 Jason Cole, Bedford 4:42.18
 1991 Jason Cole, Bedford 4:39.3
 PIAA meet: 4:24.44 3rd 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
 2004 Donnie Sanner, Meyersdale
 2005 Tony Clement, Windber 4:35.94
 PIAA meet: 4:28.92 8th Place
 2006: Mike Podlesnik, Meyersdale 4:24.50
 PIAA Meet: 4:18.64 State Champion
 2007: Mike Podlesnik, Meyersdale 4:23.66
 PIAA Meet: 4:21.36 4th Place
 Q: Chris Snyder, McConnellsburg 4:24.11
 PIAA Meet: 4:20.61 2nd Place
 2008 Jeremy Wilt, Shade 4:28.59
 PIAA Meet: 4:22.86 5th Place
 2009 Aaron Benner, Northern Bedford 4:38.60
 2010 Aaron Benner, Northern Bedford 4:32.88
 2011 Chris Foore, Tussey Mountain 4:36.93
 2012 Jordan Wilt, Shade 4:42.54
 2013 Tyler Richards, S.Fulton 4:37.55
 2014 Will Kachman, Bedford 4:38.69
 2015 Will Kachman, Bedford 4:33.15
 2016 Will Kachman, Bedford 4:36.13
 2017 Cam Sherlock, Northern Bedford 4:46.79
 2018 Ian Zimmerman, Northern Bedford 4:34.16
 2019 Ian Zimmerman, Northern Bedford 4:37.16
 PIAA Meet: 4:23.04 4th Place
 2021 Ian Zimmerman, Northern Bedford 4:37.98
 2022 Calan Bollman, Chestnut Ridge 4:40.17
 2023 Calan Bollman, Chestnut Ridge 4:34.30

 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 6th 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
 Megan Elder, Berlin 5:25.03
 Megan Elder, Berlin 5:33.69

 Kaity Showalter, Northern Bedford 5:37.80

 Mary Munnion, Meyersdale 5:39.57

 Polina Osmolinski, Conemaugh Township 5:33.26

 Jenna Hollenshead, Southern Fulton 5:36.88
 Alex Zanella, Everett 5:11.44
 Maria Snyder, Northern Bedford 5:09.67
 Maria Snyder, Northern Bedford 5:20.23
 Maria Snyder, Northern Bedford 5:37.51
 Annalee Tokarsky, Windber 5:41.82
 Whitley Furry, Northern Bedford 5:35.48
 Whitley Furry, Northern Bedford 5:29.66
 Whitley Furry, Northern Bedford 5:33.01
 Emily Coddington, Shade 5:17.49
 Emily Coddington, Shade 5:30.49

 Ava Whysong, Chestnut Ridge 5:26.80
 Ava Whysong, Chestnut Ridge 5:26.23
 Ava Whysong, Chestnut Ridge 5:35.82

3200 METER RUN

Boys

1975 Randy Keep, Berlin 10:31.5
1976 Kevin Mellott, Southern Fulton 10:13.9
1977 Kevin 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 6th 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 6th Place
1982 Terry Croyle, Conemaugh Township 9:15.62
PIAA meet: 9:16.17 2nd Place
1983 David Ericson, Southern Fulton 9:51.01
1984 Tom Croyle, Conemaugh Township 10:10.9
1985 Carl 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 2nd Place
1993 Jake Raymond, Bedford 10:45.6
1994 Steve Moyer, Northern Bedford 10:21.6
1995 Steve Moyer, Northern Bedford 10:04.4
1996 Steve Moyer, Northern Bedford 9:56.7
PIAA meet: 9:42.29 7th Place
1997 Wes Gates, Bedford 10:23.6
1998 Mark Long, Everett 10:33.8
1999 Guy Woods, Meyersdale 10:13.8
2000 Chad Davis, Bedford 10:51.01
2001 Conor Mulcahy, Windber 10:50.87
2002 Don Sanner, Meyersdale 10:22.76
2003 Dillon Gracey, McConnellsburg 10:09.84
2004 Donnie Sanner, Meyersdale 9:56.35
2005 Donnie Sanner, Meyersdale 10:12.66
2006 Ian Mitchell, Tussey Mountain 10:30.38
2007 Ian Mitchell, Tussey Mountain 10:09.95
2008 Ian Mitchell, Tussey Mountain 10:07.41
2009 Steve Ketner, Conemaugh Township 10:31.19
2010 Tim Roddy, Windber 9:57.39
2011 Colin Coffield, Bedford 10:25.28

2012 Gabriel Goizueta, Tussey Mt. 10:08.42

2013 Will Kachman, Bedford 10:15.85
2014 Will Kachman, Bedford 10:05.00
PIAA Meet: 9:31.22 2nd Place
2015 Will Kachman, Bedford 9:56.33
PIAA Meet: 9:18.53 3rd Place
2016 Will Kachman, Bedford 10:03.70
2017 Silas Eckenroad, Berlin 10:27.38
2018 Silas Eckenroad, Berlin 10:14.00
2019 Van May, Bedford 10:10.73

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 5th Place
Kelly Snyder, Tussey Mountain 12:31.5
Sarah Oakman, McConnellsburg 12:42.9
Fanny Klimekova, Bedford 12:58.7
Sarah Oakman, McConnellsburg 12:48.1

Lindsay Baker, Tussey Mountain 12:39.6
Johnna Detterline, Northern Bedford 12:22.7
Nicole Zack, Bedford 12:20.1
Nicole Zack, Bedford 12:18.53
Stephanie Blackstone, Everett 12:28.41
Stephanie Blackstone, Everett 12:02.20
Stephanie Blackstone, Everett 11:56.9
Megan Elder, Berlin 11:49.11
Megan Elder, Berlin 12:15.43
Kaity Showalter, Northern Bedford 12:24.70
Natalie Miller, Meyersdale 12:26.57
Chelsy Hollinshead, Southern Fulton 12:41.99
Alex Zanella, Everett 12:38.50
Alex Zanella, Everett 12:10.38
Maria Snyder, Northern Bedford 11:17.58
PIAA Meet: 10:56.86 2nd Place
Maria Snyder, Northern Bedford 11:57.40
PIAA Meet: 11:05.24 4th Place
Maria Snyder, Northern Bedford 12:04.21
Marsha Baker, Meyersdale 12:30.05

Graycen Breckenridge, Rockwood 12:36.34

Graycen Breckenridge, Rockwood 12:21.74
Carolyn Telfer, Windber 12:39.36
Carolyn Telfer, Windber 12:22.29
Olivia Roman, Conemaugh Twp. 12:47.20

2021 Van May, Bedford 10:21.32
2022 Calan Bollman, Chestnut Ridge 9:58.21
2023 Joseph McKelvey, Windber 10:19.16

Ava Whysong, Chestnut Ridge 12:26.16
Ava Whysong, Chestnut Ridge 13:00.06
Avrey Weaverling, Bedford 12:39.45

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 Mark Hollinshead, McConnellsburg 15.98

1984 Ray Black, Tussey Mountain 15.7

1985 Mark Hollinshead, McConnellsburg 14.51

1986 Dave Park, Tussey Mountain 15.5
1987 Troy Greenawalt, Bedford 15.8
1988 Troy Greenawalt, Bedford 15.6
1989 Bill Ford, Bedford 14.9
PIAA meet: 15.50 8th Place
1990 Bill Ford, Bedford 14.6
PIAA meet: 15.01 7th Place
Q: Jim Weimer, Everett 15.3
Q: Joe Morrow, Tussey Mountain 15.4
1991 Paul Kazupas, Shade 15.6

1992 Paul Kazupas, Shade 15.2
1993 Chris Buck, Chestnut Ridge 15.8
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 8th Place
1998 Dan Kiss, Windber 15.1
1999 Dan Kiss, Windber 14.7
PIAA meet: 15.38 4th Place
2000 Dan Kiss, Windber 15.09
2001 Jeff Kiss, Windber 15.09
PIAA Meet: 15.61 3rd Place
2002 Jeff Kiss, Windber 14.59
PIAA Meet: 14.39 State Champion

80 YD. LOW HURDLES

Mel Dodson, Northern Bedford 11.05
Mel Dodson, Northern Bedford 11.5
100 YD LOW HURDLES
Mel Dodson, Northern Bedford 14.8
Lu Shaffer, Chestnut Ridge 16.7
100 HURDLES
Penny Leidy, Northern Bedford 17.02
Barb Henry, Everett 17.19
Cindy Plessinger, McConnellsburg 16.28
Cindy Plessinger, McConnellsburg 15.66
Kim Spriggs, McConnellsburg 15.52
PIAA meet: 14.93 State Champion
Kim Spriggs, McConnellsburg 14.9
PIAA meet: 14.88 State Champion
and State Record
Kim Spriggs, McConnellsburg 15.33
PIAA meet: 14.84 2nd Place
Darla Warnick, Shade 16.5
Cheryl Meyers, Chestnut Ridge 16.4
Cheryl Meyers, Chestnut Ridge 16.0
Nette Lowery, McConnellsburg 16.7

Daphne Liska, Chestnut Ridge 16.7

Daphne Liska, Chestnut Ridge 16.5
Q: Wendy Clark, Everett 16.5
Q: Marla McElhaney, McConnellsburg 16.5
Lori Young, Windber 16.7
Lana Arnold, Bedford 16.1
Lana Arnold, Bedford 16.2
Lana Arnold, Bedford 15.3
PIAA meet: 15.93 8th Place
Mandy Nicholson, Conemaugh Township 16.3
Erica Kopusko, Windber 17.0

Erica Kopusko, Windber 15.9
Kristie O'Conner, North Star 16.0

Beth O'Conner, North Star 17.05
Sheena Smith, Northern Bedford 17.07

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	Terrah Stock, Berlin 16.19
2006	Dan Gardner, Windber 15.15	Sarah Snyder, Windber 15.92 Q: Joanna Geisel, Windber 16.05
2007	Dan Gardner, Windber 15.28	Sarah Snyder, Windber 15.98
2008	Bobby Rhodes, Chestnut Ridge 15.31	Sarah Snyder, Windber 15.31 Q: Taylor Crawford, Northern Bedford 15.60 Taylor Crawford, Northern Bedford 15.79
2009	Zack Hess, Bedford 15.57	Ashley Stoltzfus, Berlin 16.71
2010	Alex Will, Berlin 15.34	Ashlee McMullen, Windber 16.30
2011	Alex Will, Berlin 14.99 Q: Matt Dull, C.Ridge 15.01	
2012	Matt Dull, C.Ridge 15.05	Jenna Bracken, Windber 15.61
2013	Corey Hill, McConnellsburg 15.93	Jenna Bracken, Windber 15.45 PIAA Meet: 15.78 8 th Place Q: Catelyn Hittie, Berlin 15.99
2014	Cole Clark, Meyersdale 16.03	Brittany Clegg, Berlin 17.03
2015	John Emerick, Berlin 16.02	Allie Kalp, Berlin 16.51
2016	John Emerick, Berlin 15.06	Allie Kalp, Berlin 16.01
2017	Josh Booth, McConnellsburg 15.43	Allie Kalp, Berlin 15.98
2018	Justin Vasas, Windber 15.11 PIAA Meet: 15.52 6th Place	Kara McKenzie, Berlin 16.44
2019	Dalton Meyers, Conemaugh Twp 16.41	Kara McKenzie, Berlin 16.34
2021	Braden Ford, Bedford 15.95	Violet Johnson, Everett 16.23
2022	Sam Albright, Chestnut Ridge 15.50 PIAA Meet: 15.62 6th Place	Autumn Becker, Bedford 16.18
2023	Sam Albright, Chestnut Ridge 15.09 PIAA Meet: 14.64 4th Place	Autumn Becker, Bedford 16.31

300 HURDLES

Boys

1975	B.B. Snyder, Windber 41.3
1976	Paul Goodrich, Southern Fulton 41.6
1977	Paul 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	Mark Hollinshead, McConnellsburg 42.38
1984	Jeff Morrow, Tussey Mountain 42.6
1985	Mark Hollinshead, McConnellsburg 40.51
1986	Mark Wise, Bedford 41.2
1987	Dave Weimer, Rockwood 40.8
1988	Bill Ford, Bedford 40.2 PIAA meet: 41.37 8th Place
1989	Bill Ford, Bedford 39.0 PIAA meet: 40.00 3rd Place
1990	Bill Ford, Bedford 39.4 PIAA meet: 60.0 (fell) 8th Place
1991	Fred Ream, Rockwood 41.5
1992	Darryl Mitchell, McConnellsburg 42.3

Girls

Kim Spriggs, McConnellsburg 48.03 PIAA meet: 46.22 3rd Place
Kim Spriggs, McConnellsburg 46.05 PIAA meet: 43.31 2nd Place
Kim Spriggs, McConnellsburg 45.2 Kim Spriggs, McConnellsburg 46.07 PIAA meet: 43.13 State Champion Angie Plessinger, McConnellsburg 46.2 PIAA meet: 45.39 State Champion
Tracy Wible, McConnellsburg 48.4
Cheryl Meyers, Chestnut Ridge 47.4 2nd Marla McElhaney, McConnellsburg 47.4 PIAA meet: 47.23 7th Place
Tracy Wible, McConnellsburg 49.0
Wendy Clark, Everett 50.1
Marla McElhaney, McConnellsburg 47.2
Lana Arnold, Bedford 48.3

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
2019	Nick Vasas, Windber 43.08	Ashley Ferguson, Bedford 49.06
2021	Braden Ford, Bedford 40.86 PIAA Meet: 41.20 7 th Place	Autumn Becker, Bedford 47.58 PIAA Meet: 47.36 7 th Place
2022	RJ Gates, Northern Bedford 42.20	Autumn Becker, Bedford 47.91 PIAA Meet: 44.87 2 nd Place
2023	Sam Albright, Chestnut Ridge 40.48	Autumn Becker, Bedford 48.70

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	Girls
1978	Conemaugh Township 45.87	Northern Bedford 53.4
1979	Windber 45.85	Bedford 57.71
1980	Shade 45.78	Everett 52.15
1981	Everett 45.28	McConnellsburg 51.55
1982	McConnellsburg 44.48	McConnellsburg 50.80
1983	McConnellsburg 44.42 PIAA meet: 43.34 2nd Place	McConnellsburg 51.79 PIAA meet: 50.20 3rd Place
1984	Chestnut Ridge 44.4	McConnellsburg 53.3
1985	Chestnut Ridge 44.54	McConnellsburg 52.95
1986	Chestnut Ridge 44.8	Chestnut Ridge 52.1
1987	Chestnut Ridge 45.0	Chestnut Ridge 51.9
1988	Everett 44.8	Northern Bedford 51.3 PIAA meet: 50.79 7th Place
1989	Bedford 44.4	Northern Bedford 53.9
1990	Bedford 44.2 Q: Meyersdale 44.3 PIAA meet: 43.94 2nd Place Q: Chestnut Ridge 44.3	Northern Bedford 52.4 PIAA meet: 51.46 8th Place
1991	Meyersdale 44.2	Northern Bedford 51.7
1992	Northern Bedford 45.2	Northern Bedford 52.3
1993	Bedford 44.9	Chestnut Ridge 52.1 PIAA meet: 52.0 5th Place
1994	Bedford 44.6	Conemaugh Township 52.6
1995	Chestnut Ridge 45.7	Conemaugh Township 52.0 PIAA meet: 53.43 8th Place
1996	Bedford 45.3	Chestnut Ridge 52.6
1997	Chestnut Ridge 44.4 PIAA meet: 44.85 8th Place	Meyersdale 53.1
1998	Chestnut Ridge 44.7	Chestnut Ridge 52.4
1999	Chestnut Ridge 45.0	Meyersdale 52.7
2000	Chestnut Ridge 44.98	Meyersdale 51.38
2001	Chestnut Ridge 45.65	Chestnut Ridge 51.83
2002	Chestnut Ridge 44.96	Shade 53.15
2003	Bedford 43.85 PIAA Meet 44.61 8th Place	Berlin 53.50
2004	Bedford 43.97 PIAA Meet 43.93 6 th Place	Berlin 53.15
2005	Bedford 43.81	Bedford 52.92
2006	Bedford 44.37 PIAA Meet: 44.08 6 th Place	Shade 52.32
2007	Chestnut Ridge 44.40	Chestnut Ridge 51.15
2008	Bedford 44.53	Chestnut Ridge 51.22
2009	Bedford 44.41 PIAA Meet: 43.55 6 th Place	Shade 51.82
2010	Chestnut Ridge 44.62	Chestnut Ridge 51.12
2011	Berlin 44.62	Bedford 51.37
2012	Chestnut Ridge 44.72	Berlin 51.24
2013	Shade 44.42	Berlin 51.70
2014	Chestnut Ridge 44.93	Tussey Mountain 52.27
2015	Chestnut Ridge 45.02	Tussey Mountain 52.14
2016	Bedford 44.11	Bedford 52.17
2017	Bedford 44.75	Shade 50.81
2018	Tussey Mountain 44.34	Shade 50.72
2019	Bedford 44.52	Shade 50.25 PIAA Meet: 49.99 4 th Place
2021	Bedford 44.07	Everett 51.52
2022	Bedford 43.22 Q: Conemaugh Twp. 43.55 Q: Windber 43.84	Conemaugh Twp. 50.29 PIAA Meet: 50.31 2 nd Place Q: Bedford 50.36

2023	Conemaugh Twp. 43.21 PIAA Meet: 42.51 State Champions Q: Bedford 43.80	PIAA Meet: 50.40 3 rd Place Somerset 50.15 PIAA Meet: 48.93 3 rd Place
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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
2018	Windber 3:36.75	Shade 4:09.82 PIAA Meet: 4:12.90 8 th Place
2019	Bedford 3:35.64	Shade 4:12.95
2021	Bedford 3:35.54	Bedford 4:22.50

2022	Bedford 3:32.21	Bedford 4:13.42
		PIAA Meet: 4:08.09 7 th Place
2023	Everett 3:30.37	Bedford 4:18.98
	PIAA Meet: 3:27.51 5 th Place	

4 X 800 METER RELAY

Boys		Girls
1975	Conemaugh Township 8:37.6	
1976	Windber 8:28.0	
1977	Somerset 8:25.0	
1978	Northern Bedford 8:29.5	McConnellsburg 10:26.9
1979	Northern Bedford 8:26.06	McConnellsburg 10:27.9
1980	Northern Bedford 8:31.91	McConnellsburg 10:27.64
1981	Bedford 8:39.22	McConnellsburg 10:25.39
1982	Bedford 8:19.55	McConnellsburg 10:31.72
1983	Southern Fulton 8:27.74	Bedford 10:25.53
1984	Conemaugh Township 8:35.7	Bedford 10:24.8
1985	Shade 8:45.42	Everett 10:45.71
1986	Shade 8:32.3	Everett 10:34.3
1987	Windber 8:46.2	Chestnut Ridge 10:34.7
1988	Windber 8:30.0	Northern Bedford 10:32.5
1989	Windber 8:33.7	Everett 10:23.9
1990	Tussey Mountain 8:28.6	Everett 10:29.4
1991	Bedford 8:31.0	Northern Bedford 10:36.2
1992	Bedford 8:38.4	Everett 10:18.3
		PIAA meet: 10:02.86 6 th Place
1993	Chestnut Ridge 8:49.0	Conemaugh Township 10:26.7
1994	Chestnut Ridge 8:33.3	Everett 10:22.3
1995	Chestnut Ridge 8:34.8	McConnellsburg 10:24.9
1996	Meyersdale 8:25.6	McConnellsburg 10:27.7
1997	Bedford 8:44.5	Meyersdale 10:37.8
1998	McConnellsburg 8:31.3	McConnellsburg 10:06.4
1999	Windber 8:31.0	Northern Bedford 10:21.0
2000	McConnellsburg 9:00.02	Bedford 10:16.14
2001	McConnellsburg 8:37.89	Bedford 10:52.26
2002	Conemaugh Township 8:37.63	Everett 10:09.90
2003	McConnellsburg 8:32.12	Everett 10:00.76
		PIAA Meet 9:41.67 7 th Place
2004	McConnellsburg 8:31.97	Bedford 10:03.18
2005	Meyersdale 8:20.38	Chestnut Ridge 10:11.59
2006	Bedford 8:26.16	Bedford 10:03.10
2007	Bedford 8:21.03	Meyersdale 10:13.79
2008	Berlin 8:24.35	Windber 10:22.79
2009	Berlin 8:31.70	Bedford 10:20.69
2010	Windber 8:21.27	Bedford 9:56.34
2011	Northern Bedford 8:33.35	Bedford 10:00.67
2012	Windber 8:14.63	Northern Bedford 10:20.24
2013	Windber 8:18.45	Bedford 10:09.68
2014	Windber 8:11.46	Windber 10:24.12
	PIAA Meet: 8:05.78 6 th Place	
2015	Bedford 8:34.26	Bedford 10:23.29
2016	Bedford 8:26.84	Windber 10:03.10
2017	Southern Fulton 8:34.85	Windber 10:29.79
2018	Windber 8:41.92	Windber 10:31.69
2019	Northern Bedford 8:33.00	Bedford 10:43.09
2021	Northern Bedford 8:42.31	Bedford 11:09.81
2022	Chestnut Ridge 8:22.35	Bedford 10:50.54
2023	Bedford 8:41.46	Bedford 10:46.68

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)

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

	Q: Jay Ifert, Southern Fulton 6-4 PIAA Meet: 6-6 2 nd Place	
2006	Ben Way, Chestnut Ridge 6-2 PIAA Meet: 6-4 7 th Place	Joanna Nist, Rockwood 5-3
2007	Mike Webb, Windber 6-4 PIAA Meet: 6-4 5 th Place	Joanna Geisel, W 5-3
2008	Devin Livingston, Chestnut Ridge 6-0	Brandi Harris, Bedford 5-2 PIAA Meet: 5-4 3 rd Place Chloe Mapes, Shade 5-2
2009	Alex Will, Berlin 6-0 PIAA Meet: 6-2 Tie 8 th Place	
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	Nikki Fleming, McConnellsburg 5-2
	Q: Justin Baker, Northern Bedford 6-4	
2013	Zach Pressel, Northern Bedford 6-4 PIAA Meet: 6-8 State Champion	Nikki Fleming, McConnellsburg 5-2
2014	Bryce Chilcote, Fannett-Metal 6-2 PIAA Meet: 6-6 2 nd Place	Kaitlynn Lippincott, Bedford 5-0
2015	Aaron Fyock, Shade 6-0	Jordan Fockler, Conemaugh Twp. 5-2
2016	Gavin Gilbert, Northern Bedford 6-2	Jaden Fuller, Bedford 5-2
2017	Phillip Dull, Chestnut Ridge 6-4	Stefanie Ketterman, Everett 5-2
2018	Logan Pfister, Chestnut Ridge 6-2	Stefanie Ketterman, Everett 5-0
2019	Logan Pfister, Chestnut Ridge 6-6 ½ PIAA Meet: 6-2 8 th Place	Mikala Faith, Conemaugh Twp. 5-1
2021	Logan Pfister, Chestnut Ridge 6-1 PIAA Meet: 6-7 State Champion	Jaden Blough, Meyersdale 5-0
2022	Keith Charney, Windber 6-3	Natalie Lippincott, Bedford 5-2
2023	Noah Pittman, Northern Bedford 5-10	Katie McDevitt, Bedford 4-10

LONG JUMP

	Boys	Girls
1975	Greg Gordon, McConnellsburg 20-6	Nanette Gable, Northern Bedford ?
1976	Jim McDaniels, Somerset 20-1	Nanette Gable, Northern Bedford 15-9
1977	Steve Morocco, Somerset 19-11.25	Leslie 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	Julie Ickes, Chestnut Ridge 15-6.25

	PIAA meet: 22-8.5 State Champion		
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	Tracie Clair, Chestnut Ridge 17-1.25	
	Q: Jarrod Way, Chestnut Ridge 21-8	PIAA Meet: 16-7 5 th Place	
	PIAA Meet: 21-10.25 3 rd Place		
2001	Keith Felix, Chestnut Ridge 20-8.5	Tracie Clair, Chestnut Ridge 17-10.75	
		PIAA Meet: 17-11.75 2 nd Place	
		Q: Kate Koenig, Chestnut Ridge 17-3.75	
		PIAA Meet: 16-7.75 6 th Place	
2002	Josh Lininger, McConnellsburg 20-11.5	Kate Koenig, Chestnut Ridge 16-5.5	
		PIAA Meet: 17-0.5 8 th Place	
2003	RJ Hillenbrand, Everett 20-5.5	Vanessa Housel, Meyersdale 15-7.25	
2004	Derrick Harris, Bedford 21-6	Joanna Nist, Rockwood 15-9	
	PIAA Meet: 21-3 7 th Place	PIAA Meet: 17-1.5 5 th Place	
2005	Colby Mock, Chestnut Ridge 21-8	Joanna Nist, Rockwood 17-3	
	PIAA meet: 21-6.75 5 th Place	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		
2008	Mike Webb, Windber 21-6 ¼	Brandi Harris, Bedford 18-1	
	PIAA Meet: 21-9 ¼ 5 th Place	Q: Taylor Crawford, Northern Bedford 17-1 ½	
2009	Cory Waltman, Everett 21-2 ¾	Taylor Crawford, Northern Bedford 18-2 ¼	
		Q: Brandi Harris, Bedford 18-0 ¾	
		PIAA Meet: 18-0 ½ 2 nd Place	
2010	Paul Detwiler, Bedford 20-0	Rebecca Hiravi, Conemaugh Twp. 16-0 ½	
2011	Ian Sayler, Berlin 21-9 ¾	Leah Hershberger, Northern Bedford 16-4 ¾	
2012	Michael Young, Chestnut Ridge 21-3	Baylee Beegle, Everett 16-5	
2013	Blake Over, Northern Bedford 21-7 ¼	Kaitlyn Lippincott, Bedford 16-4 ¼	
	PIAA Meet: 21-0 ¾ 8 th Place		
2014	Blake Over, Northern Bedford 20-11 ¼	Celina Merchant, Southern Fulton 16-1 ¾	
	PIAA Meet: 22-4 State Champion		
2015	Jacobe Miksich, Chestnut Ridge 19-11 ¾	Celina Merchant, Southern Fulton 16-2 ½	
2016	Gavin Gilbert, Northern Bedford 20-6 ¼	Claire Bechter, Meyersdale 16-5 ¾	
2017	Cleeford Sylne, Bedford 22-1	Stefanie Ketterman, Everett 17-2	
	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	
2019	Logan Pfister, Chestnut Ridge 20-9 ½	Jenna Pavlosky, Conemaugh Twp. 16-7 ¼	
2021	Brandon Mills, Everett 21-7 ½	Madison Hillegass, Chestnut Ridge 16-1	
		PIAA Meet: 16-9 ½ 7 th Place	
2022	Keven Ressler, Bedford 20-6 ½	Madison Hillegass, Chestnut Ridge 16-10	
2023	Jackson Sotosky, Conemaugh Twp. 21-4 ½	Sydney Rush, Somerset 17-1 ½	
	PIAA Meet: 21-5 ½ 5 th Place	PIAA Meet: 16-11 ¾ 7 th Place	

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

Girls

Mel Dodson, Northern Bedford 31-8.75
Lu Shaffer, Chestnut Ridge 32-3.5
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 2nd Place
1986	Mike Mort, Rockwood 41-2.75	Tammy Seiders, McConnellsburg 32-8 ¼
1987	Shawn Tewell, Everett 42-1.5	Rene Hann, McConnellsburg 31-6.5
1988	Shawn Tewell, Everett 43-3 PIAA meet: 44-2 8th Place	Timarie May, Tussey Mountain 33-5.5
1989	Greg Washington, Bedford 43-3	Wendy Clark, Everett 34-8.25
1990	Greg Washington, Bedford 42-4.5	Genny Washington, Bedford 36-0 PIAA meet: 35-10 2nd Place Q: Wendy Clark, Everett 35-1.75
1991	Paul Close, Rockwood 41-6.75	Wendy Clark, Everett 36-0.5 PIAA meet: 37-5 ¾ 3rd Place
1992	John Becker, Everett 44-3	Q: Genny Washington, Bedford 35-10 ¾ PIAA meet: 37-3 ¼ 5th Place
1993	Danny Miller, McConnellsburg 41-5	Stephanie Slack, Chestnut Ridge 34-6 ¾
1994	Mike Long, Everett 41-2.5	Julie Harclerode, Bedford 34-9
1995	Jeff Mills, Everett 41-5.75	Koren Woy, Everett 34-10¾
1996	Jeff Mills, Everett 44-2 PIAA meet: 45-7.5 4th Place	Koren Woy, Everett 34-7
1997	Percy Clair, Chestnut Ridge 42-7	Ashley Foor, Everett 32-0.5
1998	Jeremy Bradley, Southern Fulton 43-6	Tracie Clair, Chestnut Ridge 35-1.25
1999	Jeremy Bradley, Southern Fulton 45-10 PIAA meet: 45-4.5 6th Place	Tracie Clair, Chestnut Ridge 35-4
2000	Jeff Kiss, Windber 43-9	Tracie Clair, Chestnut Ridge 36-8.25 PIAA Meet: 35-6.75 5th Place
2001	Keith Felix, Chestnut Ridge 42-9	Tracie Clair, Chestnut Ridge 36-3.5 PIAA Meet: 36-9.75 2nd Place Q: Jenny Thomas, NB 35-6.5 PIAA Meet: 35-6.25 5th Place
2002	Josh Lininger, McConnellsburg 44-3.5 PIAA Meet: 44-7.5 4th Place	Jess Andrasick, Windber 31-11.75
2003	John Marshall, Bedford 41-8.5	Johnna Bardell, Bedford 31-11
2004	John Marshall, Bedford 42-0 PIAA Meet: 43-5 7th Place	Megan Lamens, Berlin 34-0.5
2005	John Marshall, Bedford 44-7.75 PIAA meet: 45-5.5 3rd Place	Megan Lamens, Berlin 34-10.75
2006	John Marshall, Bedford 45-0 PIAA Meet: 43-3 ¾ 8th Place	Joanna Nist, Rockwood 36-2 ¾ PIAA Meet: 36-8 3rd Place Q: Megan Lamens, Berlin 35-11 ½ Q: Megan Lasut, Shade 35-7 PIAA Meet: 36-6 4th Place
2007	Justin Houck, Meyersdale 44-0 ¼	Q: Taylor Crawford, Northern Bedford 35-4 ½
2008	Bryce McVicker, Chestnut Ridge 43-10 ½	Taylor Crawford, Northern Bedford 35-6
2009	Cory Waltman, Everett 44-3 ¼ PIAA Meet: 43-7 8th Place	Taylor Crawford, Northern Bedford 36-2 PIAA Meet: 38-0 ½ 2nd Place Taylor Crawford, Northern Bedford 37-1 ½ PIAA Meet: 36-11 ¼ 8th Place
2010	Zach Reed, Northern Bedford 44-4 ½	Ashleigh Munnion, Meyersdale 33-3
2011	Michael Young, Chestnut Ridge 45-4 PIAA Meet: 45-2 ½ 7th Place	Carrie Baker, Bedford 34-2 ½
2012	Michael Young, Chestnut Ridge 45-5 ¾ PIAA Meet: 45-9 ¼ 2nd Place Q: Tayler Pressel, Northern Bedford 44-0	Jenna Bracken, Windber 35-4 ¼
2013	Blake Over, Northern Bedford 44-9 ½ PIAA Meet: 44-6 3rd Place Q: Tayler Pressel, Northern Bedford 44-4	Kaitlyn Lippincott, Bedford 34-11

	PIAA Meet: 44-1 4 th Place		
2014	Blake Over, Northern Bedford 45-0		Brittany Clegg, Berlin 33-8
	PIAA Meet: 44-2 ¾ 3 rd Place		
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
2018	Noah Dillow, Chestnut Ridge 42-3 ½		Stefanie Ketterman, Everett 34-2
2019	Logan Pfister, Chestnut Ridge 43-10		Bryia Swick, Meyersdale 34-3
2021	Mason Detterline, Northern Bedford 44-0		Riley Brubaker, Windber 34-3
2022	Mason Detterline, Northern Bedford 43-2		Madison Hillegass, Chestnut Ridge 35-7
			PIAA Meet: 36-4 8 th Place
2023	Noah Shaffer, Everett 41-10 ½		Riley Brubaker, Windber 34-8

POLE VAULT

Boys

1975	Jim Campitelli, Windber 11-6
1976	Rod Truax, McConnellsburg 11-6
1977	Bob Sines, Meyersdale 12-0
1978	Steve Schmitz, Chestnut Ridge 11-6
1979	Dwight Lasure, Shade 12-0
1980	Tim Clark, Everett 12-0
1981	Robert Kylor, McConnellsburg 12-0
1982	Robert Kylor, McConnellsburg 12-0
1983	Shives, Southern Fulton 10-3
1984	Eugene Phillips, Windber 11-6
1985	Eugene Phillips, Windber 11-0
1986	Scott Jones, Everett 13-1
	PIAA meet: 14-0 State Champion
1987	Troy Greenawalt, Bedford 11-6
1988	Mike Ream, Rockwood 13-6
1989	Mike Ream, Rockwood 12-0
1990	Art Pierce, Windber 12-0
1991	Jared Treece, Everett 13-3
	PIAA meet: 13-6 3rd Place
1992	Mike Baumgardner, Chestnut Ridge 12-0
1993	Jared Treece, Everett 14-1.25
1994	Dave Leister, Chestnut Ridge 12-0
1995	Dave Leister, Chestnut Ridge 13-0
1996	Brad Foor, Everett 12-0
1997	Brad Foor, Everett 12-6
	PIAA meet: 13-6 6th Place Tie
1998	Cliff Sleasman, Meyersdale 12-6
	PIAA meet: 13-0 6th Place
1999	Cliff Sleasman, Meyersdale 12-6
2000	Aaron Leister, Chestnut Ridge 12-0
2001	Aaron Leister, Chestnut Ridge 12-0
2002	Matt Schendel, Bedford 11-6
2003	Matt Schendel, Bedford 11-9
2004	Mike Young, Bedford 13-0
2005	Trevor Young, Chestnut Ridge 13-3
2006	Trevor Young, Chestnut Ridge 13-3
2007	Mike Andrascik, Windber 12-0
2008	Joe Darr, Berlin 12-6
2009	TJ Young, Chestnut Ridge 12-6
2010	TJ Young, Chestnut Ridge 12-10 ½

Girls

	Cristy Thompson, Windber 9-0
	Q: Katie Koenig, Chestnut Ridge 8-6
	Q: Megan Huston, Bedford 8-0
	Katie Koenig, Chestnut Ridge 8-6
	Katie Koenig, Chestnut Ridge 8-6
	Amanda Moshgat, Windber 7-6
	Amy Burkholder, Meyersdale 8-0
	Amanda Moshgat, Windber 8-6
	Daphne Hoover, Northern Bedford 9-0
	Anna Samole, Berlin 9-6
	Anna Samole, Berlin 9-7
	Kelly Vann, Conemaugh Township 10-1
	Kelly Vann, Conemaugh Twp. 11-0
	PIAA Meet: 10-6 Tie 3 rd Place
	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 7 th 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 7 th Place	
2019	David Smith, Tussey Mountain 12-0	McKenzie Troutman, Northern Bedford 8-6
2021	David Smith, Tussey Mountain 13-0	Violet Johnson, Everett 11-1
		PIAA Meet: 10-6 7 th (Tie)
2022	Ayden Warren, Fannett-Metal 11-6	Lana Fairman, Berlin 8-0
2023	Quinton Robison, Somerset 12-0	Lana Fairman, Berlin 7-6

SHOT PUT

Boys

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

Girls

Joyce Defibaugh, Tussey Mountain ?
Joyce Defibaugh, Tussey Mountain 30-3.75
Carole Furry, Northern Bedford 32-0.5
Tracy Mattson, Bedford 33-9
Carla England, Everett 33-5.5
Dana Shearer, McConnellsburg 30-11.75
Dana Shearer, McConnellsburg 32-10
Dana Shearer, McConnellsburg 33-7.5
Cindy Plessinger, McConnellsburg 36-6.5
Jeanne Barkman, Northern Bedford 31-10.75
Jeanne Barkman, Northern Bedford 33-11.5
Jeanne Barkman, Northern Bedford 33-9.75
Jeanne Barkman, Northern Bedford 33-11.5
Jennifer Beach, Northern Bedford 31-2
Jennifer Beach, Northern Bedford 33-8
Heather DeShong, McConnellsburg 32-1
Michelle Barner, Northern Bedford 34-1
Misty Hinson, Chestnut Ridge 32-6
Erin Vent, Bedford 32-7.5
Mandy Miller, Chestnut Ridge 31-7.5
Candy Hetz, Meyersdale 30-8.5
Diane Berkheimer, Northern Bedford 31-10
Diane Berkheimer, Northern Bedford 34-0
Lindsey Miller, McConnellsburg 33-2.5
Lindsey Miller, McConnellsburg 36-5
LeeAnn Malloy, Northern Bedford 34-10.25
LeeAnn Malloy, Northern Bedford 33-8.25
Samantha Lovely, Conemaugh Township 33-0.75
Emily Clark, Bedford 34-4
Samantha Lavelly, Conemaugh Township 32-10
Catya Gilbert, Northern Bedford 34-2.5
Megan Lamens, Berlin 35-9 ½
Catya Gilbert, Northern Bedford 35-9
Catya Gilbert, Northern Bedford 35-3 ½
Crystal Dibert, Bedford 38-1 ¼
Crystal Dibert, Bedford 37-0 ½
Ruthie Effland, Fannett-Metal 32-2
Theole Feuillet, Everett 32-11
Erica Craig, Berlin 34-5
Erica Craig, Berlin 34-4

2015 Tom Peppernick, Fannett-Metal 45-5 ½
 2016 Seth Foor, Bedford 49-7 ¼
 2017 Vincent Fernandez, Bedford 44-6 ¼
 2018 Duane Knisely, Chestnut Ridge 46-5
 2019 Duane Knisely, Chestnut Ridge 53-5 ¼
 PIAA Meet: 56-11 3rd Place
 2021 Chad Morningstar, Tussey Mountain 49-4 ½
 2022 Gino Flori, Windber 52-3
 PIAA Meet: 51-7 ¼ 5th Place
 2023 Blake Klosky, Windber 54-7 ½

Ellie Fleegle, Berlin 37-3
 Alexis Imler, Bedford 31-11 ½
 Hailey Dodson, McConnellsburg 33-1 ¼
 Hailey Dodson, McConnellsburg 37-3
 Hailey Dodson, McConnellsburg 34-10
 Alexis Hoover, McConnellsburg 35-2
 Linzee Emerick, Meyersdale 36-2
 Lizzie Long, Northern Bedford 34-3 ½

DISCUS

Boys

1975 Rick Growden, Bedford 140-1
 1976 Joe Nist, Somerset 129-5
 1977 Frank Zborovancik, Shade 142-2
 1978 Roger Shepko, Windber 140-1
 1979 Greg Zborovancik, Shade 146-4
 1980 Albert Knoblach, Rockwood 122-5
 1981 Steve Bollman, Everett 134-0.5
 1982 Albert 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: Corey Cole, Chestnut Ridge 145-8
 Q: Emmons, Southern Fulton 143-2
 1998 Ben Leese, McConnellsburg 142-9
 1999 Dave Knopsnyder, Meyersdale 144-0
 2000 Andy Marteney, Meyersdale 134-3
 2001 Kyler Gates, Chestnut Ridge 138-10
 2002 Damian Crissey, Bedford 151-10
 2003 David Houseworth, Bedford 132-0

Girls

Debbie Colledge, Everett ?
 Debbie Colledge, Everett 91-10.5
 Carole Furry, Northern Bedford 98-7
 Tracy Mattson, Bedford 96-8.75
 Zeta Furry, Northern Bedford 87-0
 Dana Shearer, McConnellsburg 100-1.5
 Dana Shearer, McConnellsburg 110-2.5
 Dana Shearer, McConnellsburg 100-10
 Nicki Morgan, McConnellsburg 91-7
 Johnette Rhoads, North Star 98-7
 Melissa Wigfield, Everett 116-1
 Melissa Wigfield, Everett 114-2
 Brenda Wigfield, Everett 110-0
 Dodie Kerlin, McConnellsburg 99-4
 Dodie Kerlin, McConnellsburg 105-1
 Wendy Moyer, Northern Bedford 97-6
 Michelle Barner, Northern Bedford 120-8
 Krista Jay, Everett 99-0
 Dee DeShong, McConnellsburg 101-8.25
 Donna Moyer, Northern Bedford 101-4
 Holly Hawbaker, McConnellsburg 93-10
 Holly Hawbaker, McConnellsburg 91-9
 Diane Berkheimer, Northern Bedford 101-7
 Kami Showalter, Chestnut Ridge 110-10
 Christy Imler, Northern Bedford 98-0
 Jamie King, Chestnut Ridge 113-8
 PIAA Meet: 113-10 8th Place
 LeeAnn Malloy, Northern Bedford 112-3
 Erin Sines, Meyersdale 105-10
 Enise Kennedy, Berlin 101-1

2004	Jordan Hess, McConnellsburg 148-2	Ella Meese, Berlin 96-1
2005	Adam Henderson, Chestnut Ridge 141-0 PIAA meet: 147-3 8 th Place	Ella Meese, Berlin 98-6
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 PIAA Meet: 155-7 2 nd Place	Crystal Dibert, Bedford 114-7
2011	Lucas Banks, McConnellsburg 161-0 PIAA Meet: 160-4 3 rd Place	Theole Feuillet, Everett 91-5
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 PIAA Meet: 167-10 2 nd Place	Emily Finnegan, Chestnut Ridge 119-0 PIAA Meet: 125-2 6 th 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
2018	Duane Knisely, Chestnut Ridge 159-10 PIAA Meet: 153-5 5 th Place	Kiera Booth, Berlin 97-5
2019	Duane Knisely, Chestnut Ridge 170-4 PIAA Meet: 171-9 2 nd Place	Hailey Dodson, McConnellsburg 95-3
2021	Chad Morningstar, Tussey Mountain 137-10	Alexis Hoover, McConnellsburg 106-4
2022	Blake Klosky, Windber 143-0	Lizzie Long, Northern Bedford 105-11
2023	Blake Klosky, Windber 137-7	Lizzie Long, Northern Bedford 112-6

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 4 th Place
1983	Tommy Souders, McConnellsburg 177-9 PIAA meet: 189-0 3 rd 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
Jean 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	Heidi 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
2018	Cole Weist, Tussey Mountain 172-1	Kiera Booth, Berlin 117-5
2019	Elijah Cook, Bedford 175-4	Lexi Yanosky, Berlin 117-9
2021	Elijah Cook, Bedford 177-0 PIAA Meet: 192-5 State Champion	Belle Bosch, Chestnut Ridge 128-11 PIAA Meet: 146-10 2 nd Place
2022	Ethan Miller, Bedford 156-6	Belle Bosch, Chestnut Ridge 131-10 PIAA Meet: 137-8 3 rd Place
2023	Bryson Hetz, Meyersdale 161-5	Belle Bosch, Chestnut Ridge 134-5 PIAA Meet: 142-3 4 th PLace

**DISTRICT FIVE PLACEWINNERS
AT PIAA MEET
PRIOR TO 1975**

*1930/1931 There were Team Championships and Individual Championships – Bedford competed as the D5 Team Champions in the Team Championship portion. They finished as the runnerup team in 1930.

CLASS A (now class AAA)

1928	Long Jump	Herold Smith, Bedford	5th Place	
1929	Mile Relay	Bedford	5th Place	
	Long Jump	Herold Smith, Bedford	4th Place	
1930*	220 yd. Dash	John “Boots” Clark, Bedford	1st PLACE	22.2
	100 yd. Dash	John “Boots” Clark, Bedford	1st PLACE	10.0
	100 yd. Dash	Don Harris, Bedford	3rd Place	
	Pole Vault	Snell, Bedford	4 th Place	
	Discus	Charles Brown, Bedford	5 th Place	
	Mile Relay	Bedford	5 th Place	
1931*	100 Yd. Dash	Don Harris, Bedford	2 nd Place	
	220 yd. Dash	Don Harris, Bedford	2 nd Place	
	High Jump	Harold Cessna, Bedford	3 rd Place	
	Pole Vault	Chester Burkett, Bedford	3 rd Place (Tie)	
	Pole Vault	Snell, Bedford	3 rd Place (Tie)	
1932	Discus	Charles Brown, Bedford	3 rd Place	
1943	440 yd. Dash	Richard Colliver, Conemaugh Twp.	1st PLACE	51.6
	100 Yd. Dash	Thomas Kalamanir, Conemaugh Twp.	4 th Place	
	880 Run	Richard Trachok, Conemaugh Twp.	4th Place	1:59.2
1944	100 yd. Dash	Robert Kritzer, Shade	4th Place	
	Javelin	William Kebblish, Somerset	1st PLACE	160-0
	Discus	Alvin Rose, Somerset	2nd Place	133-0
1945	100 yd. Dash	Robert Kritzer, Shade	5th Place	
	Javelin	William Kebblish, Somerset	4th Place	158-0
	Discus	Alvin Rose, Somerset	3rd Place	139-11
1946	Mile	Lyman, Somerset	5th Place	
1947	Shot Put	Charles Brumbaugh, Shade	2nd Place	
1951	Pole Vault	Bob Rosbaugh, Somerset	3rd Place (Tie)	
1957	Shot Put	Jim Vincent, Somerset	2nd Place	56.0
1971	180 LH	Craig Custer	5 th Place	19.6

CLASS B (Now Class AA)

1938	Mile Run	Beachem, Somerset Twp.	5th Place	
1947	Pole Vault	Carl Paylor, McConnellsburg	1st PLACE	11-9 ¼
1948	Pole Vault	Carl Paylor, McConnellsburg	1st PLACE	12-3 3/4
1949	Pole Vault	Carl Paylor, McConnellsburg	1st PLACE	12-3
1950	Javelin	Spangler, Shade	5th Place	
1951	Shot Put	Richard Ling, Shade	3rd Place	
1952	Discus	Bob Verna, Conemaugh Twp.	5 th Place	148-0
	High Jump	Lanier Findley, Shade	5 th Place	
1953	High Jump	Findley, Shade	3rd Place	
	Pole Vault	Vincent Bestvina, Shade	1st PLACE	11-6
1954	180 L.Hurdles	Strongosky, Shade	3rd Place	
	Pole Vault	Vincent Bestvina, Shade	1st PLACE (TIE)	11-9
1955	Pole Vault	Vincent Bestvina, Shade	1st PLACE	12-0
1956	Mile Run	Lenny Donahue, Shade	3rd Place	
1958	440 yd. Dash	Cover, McConnellsburg	5th Place	
1959	Discus	Palya, Shade	3rd Place	
	440 yd. Dash	Cover, McConnellsburg	1st PLACE	51.6
	Mile Run	Ray, McConnellsburg	5th Place	
1960	Javelin	Turko, Shade	1st PLACE	164-3
	Mile Run	Ray, McConnellsburg	5th Place	
	Pole Vault	Palya, Shade	1st PLACE	12-1
1961	Pole Vault	Vidischak, Shade	5th Place (Tie)	
1962	Discus	Maticik, Shade	5th Place	
	Mile Run	Rose, Rockwood	4th Place	

1963	Long Jump	Charlie Banks, Meyersdale	5 th Place	20-11 ½
1967	120 HH	Kohler, Windber	4th Place	
1968	120 HH	Steve Vargo, Windber	3rd Place	
	180 LH	Steve Vargo, Windber	6th Place	
1969	Pole Vault	Duane Cleveland, Bedford	5th Place	12-0
1970	880 yd. Run	Gindlesberger, Conemaugh Township	6th Place	
1971	Pole Vault	Neil Cleveland, Bedford	5th Place	12-6
1972	2-Mile Run	Bob Snyder, McConnellsburg	6th Place	
	100 yd. Dash	Craig Enyeart, Tussey Mountain	5th Place	10.2
	220 yd. Dash	Craig Enyeart, Tussey Mountain	4 th Place	23.3
	Triple Jump	Jack Wagner, Somerset	3 rd Place	44-10
1973	Mile Run	Bob Snyder, McConnellsburg	1ST PLACE	4:22.9
	220 yd. Dash	Craig Enyeart, Tussey Mountain	6 th Place	
1974	440 yd. Dash	Rick Hoffman, McConnellsburg	6 th Place	
	Mile Run	Bob Snyder, McConnellsburg	1st PLACE	4:17.6
	330 Hurdles	McNelly, Somerset	4 th Place	
	880 yd. Run	Bob Snyder, McConnellsburg	5 th Place	
	Pole Vault	Naret, Shade	3 rd Place	