

**DISTRICT 5 TRACK & FIELD  
MEET RECORDS  
As of May 1, 2023**

EVENT	BOYS	GIRLS
100 METERS	Ethan Black, Conemaugh Twp. 10.63 2022	Jessica Haynes, Conemaugh Twp. 12.3 1995
200 METERS	Ethan Black, Conemaugh Twp. 21.56 2022	Samantha Valiton, C.Ridge 26.19 2008
400 METERS	Jordan Donaldson, Tussey Mt. 49.38 2008	McKenzie Gelvin, McConnellsbg. 57.04 2016
800 METERS	Mike Podlesnik, Mey. 1:57.04 2006	Kaitlynn Maxwell, Everett 2:19.70 2018
1600 METERS	Mike Podlesnik, Mey. 4:23.66 2007	Maria Snyder, N.Bedford 5:09.67 2011
3200 METERS	Terry Croyle, Conemaugh Twp. 9:15.62 1982	Maria Snyder, N.Bedford 11:17.58 2011
4 X 100 RELAY	Bedford 43.22 2022 (C. Wigfield, N. Wracher, K. Ressler, E. Weber)	Shade 50.25 2019 (Hostetter, E.Coddington, L.Spiegle, M.Maurer)
4 X 400 RELAY	Bedford 3:28.0 1990	Bedford 4:08.73 2010 (Diehl, Lashley, Beegle, Baker)
4 X 800 RELAY	Windber 8:11.46 2014 (Da.Tomlinson, Leonardis, Charney, De. Tomlinson)	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	Logan Pfister, Chestnut Ridge 6-6 ½ 2019	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	Duane Knisely, Chestnut Ridge 53-5 ½ 2019	Crystal Dibert, Bedford 38-1 ¼ 2009
DISCUS	Duane Knisely, Chestnut Ridge 170-4 2019	Michelle Barner, N.Bedford 120-8 1991
JAVELIN	August Cook, Bedford 209-8 2016	Beth Burkett, C.Ridge 143-8 ¼ 1996