

Lehigh Valley Region – Top Ten All Time Track and Field Performances
Courtesy of Bruce Buratti of the Express Times
April 22, 2010

Region track top 10 list

BOYS

100 METERS

- 10.4 Brandon Carter (BC) LVC dual meet vs. Liberty 4-21-04
- 10.5 Jason Kremus (N) 1989 District 11 Championships at NL
- 10.5* Gary Wagner (Park) *converted 9.6 over 100y at LNL dual at Palis. 5-5-65
- 10.5 Jared Patterson (Belv) 2002 Skyland Conference Championships at NH 5-7-02
- 10.5 Phil Flowers (F) LVC dual meet vs. Northampton 4-15-04
- 10.5 Rushane Scott (A) 2006 LVC Championships 5-10-06 at J. Birney Crum
- 10.5 Brad Walter (Wi) in 2006 tri-meet vs. Nolehi and Solehi 4-18-06
- 10.5 Kevin Kroboth (Naz) 2008 in LVC dual meet at Liberty 4-17-08
- 10.6 Christian Day (F) 2000 District 11 Championships at Bangor 5-17-00
- 10.6 John Dieser (BC) 2000 District 11 Championships at Bangor 5-17-00
- 10.6 Juan Gaddy (E) EPC dual at Easton 5-3-90
- 10.6 James Mungro (ES) 1997 District 11 Championships
- 10.6* Todd Parton (D) *converted 9.7 over 100y at EPC dual vs. Easton 4-27-78
- 10.6 John Clipper (Park) MVC meet prelims 5-11-99
- 10.6 Michael Gaddy (E) in tri-meet vs. Whitehall and Dieruff 4-26-99
- 10.6 Terrell Hardman (D) in tri-meet vs. Whitehall and Easton 4-26-99
- 10.6 Jeff Giglio (F) in LVC Championships 5-10-06 at J. Birney Crum
- 10.6 Oscar Rivera (L) in dual meet vs. Easton at Liberty 4-25-06
- 10.7 Mike Turner (P' burg) in Skyland Conf. triangular vs. NH and HC 5-9-05
- 10.7 Tevrin Brandon (BC) 2009
- 10.7 Andre Williams (Park) 2009
- 10.7 Marlon Worthy (E) in dual vs. Liberty 1990
- 10.7 Stacey McCarthy (D) at Pottsville Invitational 4-22-95
- 10.7* Bob Roberson (St) *converted 9.8 4-14-65 in LVL dual (Catty track opens)
- 10.7* Artie Owens (St) *converted 9.8 at 1971 District 11 meet at Allen
- 10.7* Jim Heeps (A) *converted 9.8 at 1965 District 11 Championships at Allen
- 10.7 Nate Pendry (C) at District 11 AA Championships at Pottville 5-4-98
- 10.7 Mike Quinn (Leh) at Bangor Invitational 5-7-99
- 10.7 Tevrin Brandon (BC) 2008 LVC Championships at Allen 5-7-08

200

- 21.2* Wagner (Park) *converted 21.3 over 220y in trials of 1964 LNL meet
- 21.2* Roberson (St) *converted 21.3 over 220y in LVL dual (Catty track opens) 1965
- 21.37* Parton (D) *converted FAT 21.47 over 220y in 1978 PIAA semi heat
- 21.4 Scott (A) in LVC Championships at Allen 5-10-06
- 21.5* Heeps (A) *converted 21.6 over 220y in dual at Emmaus 5-4-65
- 21.5* Greg Stauffer (He) *converted 21.6 over 220y in dual at Bangor in 1968
- 21.6 Jeff Giglio (F) in LVC Championships 5-10-06 at J. Birney Crum
- 21.6 Clipper (Park) in MVC Championships prelim 5-11-99
- 21.6 McCarthy (D) at Pottsville Invitational 4-22-95
- 21.7 Eddie Scipio (BC) in EPC Championships at Muhlenberg 5-8-01
- 21.7 Mark Kalo (Em) 2006 LVC Championships at J. Birney Crum 5-10-06
- 21.73 Anthony Davidson (Wi) 2009 PIAA prelims
- 21.8 Jared Patterson (Belvidere) in North 2 Group 1 sectionals 5-25-02
- 21.8* Barry Emmons (HC) *converted 21.9 over 220y in 1970
- 21.8 Jimmy O' Donnell (Sal) 1981
- 21.8* Tommy Donchez (L) *converted 21.9 over 220y 1970 in EPL dual meet at Freedom
- 21.8* H. Peters (L) *converted 21.9 over 220y 1962
- 21.8* Bob Collura (B) *converted 21.9 over 220y PIAA Meet at PSU 1961
- 21.8* Frank Scagliotta (B) *converted 21.9 over 220y in 1968
- 21.8 Jermaine Moore (E) in MVC Championships prelims 5-11-99
- 21.8 Todd Mills (F) in LVC dual meet vs. Northampton 4-2-03
- 21.8 Brandon Carter (BC) in LVC dual meet vs. Freedom 4-6-04
- 21.8 Kroboth (Naz) in LVC dual meet at Liberty 4-17-08

21.8* Owens (St) 1971 (converted 21.9 over 220y)
21.9 Eric Woodruff (PX) in Colonial League tri-meet w/SV, NL and ND 5-3-07
21.9 Justin Gaymon (P' burg) in Skyland Conf. dual vs. Franklin 4-19-05
21.9* Joe Visnosky (Palm) *converted 22.0 over 220y 1964 LVL Meet (retired)
21.9 Beau Heeps (Park) at 1998 Pottsville Invitational 4-17-98
21.9 Quinn (Leh) at Bangor Invitational 5-7-99
21.9 O.J. Buie (BC) 2009 LVC Championships

400

46.97 Anthony Davidson (Wi) 2009 PIAA trials (also 47.76 in final, 47.99 in D-11 meet; 48.04 Colonial)
48.2 Dave Pesce (V) in night tri-meet against BE at Somerville 5-6-82
48.28 Lou Corominas (Hack) in NJSIAA Meet of Champions at So. Brunswick 6-5-02
48.45 Ryan Lanyi (Em) in PIAA Class AAA final 5-25-02 (2nd)
48.5 Bill Griffing (HC) CJ Group 4 sectionals 1984
48.5 Milton Hayles (A) in ASD Invitational 4-30-04
48.55 Austin Czeh (Palm) in 2008 Colonial League Championships at Bangor 5-8-08
48.56 Steve Stern (Park) in 2004 PIAA Class AAA Championships 5-29-04
48.79 Tony Hegedus (SL) PIAA Class AAA prelims 5-24-02
48.8* Rod Kish (He) *converted 49.1 over 440y in LNL dual at Salisbury 5-12-64
48.9* Pete Pozefsky (F) *converted 49.2 over 440y 1971
48.93 Tony Recker (W) FAT at PIAA Championships 1980
49.1 Jon Notary (L) at District 11 Championships 5-20-99
49.1* Stauffer (He) *converted 49.4 over 440y in 1968
49.1* Tom Brown (B) *converted 49.4 over 440y in PIAA Meet 1966
49.17 O' Donnell (Sal) FAT time from PIAA Championships 1980 (2nd)
49.2 Quinn (Leh) at Bangor Invitational 5-7-99
49.2 Carter (BC) 2004 in LVC dual meet vs. Parkland 4-15-04
49.25 Justin Gaymon (P' burg) in Skyland Conf. Championships at Hillsboro 5-5-05
49.3 Mark Wachter (L) District 11 Championships at Pottsville 1996
49.3* Dave Hoffman (Park) *converted 49.6 over 440y 1964
49.3 Steve Lang (NH) 1993
49.3 Robin Schofield (P' burg) 1982
49.3 Todd Mills (F) 2003 District 11 Class AAA Championships

800

1:52.1* Charlie Norelli (Em) *converted 1:52.7 (880y) in PIAA 1973 (retired record)
1:53.46 Scott Portlock (E) FAT at PIAA Championships 1988 (3rd)
1:53.69 Chris Pruitt (HC) FAT at NJSIAA Meet of Champions 6-7-00 at South Brunswick (4th)
1:54.27 Josh Davis (P' burg) at NJSIAA Group 4 Championships at Egg Harbor Twp. 6-4-05 (2nd)
1:54.39 Trevor VanAckeren (L) 2008 PIAA Class AAA Championships 5-24-08 (8th)
1:54.42 Matt Hoh (NH) FAT NJSIAA Meet of Champions 1991 at S. Plainfield
1:54.8* Dave Sherrer (NH) *converted 1:55.4 over 880y 1975
1:54.9* John Bayliss (WH) 1978 *converted 1:55.5 over 880y
1:55.0* Mickey Collins (E) *converted 1:55.6 over 880y 1971
1:55.32 Jon Tillman (NH) FAT at NJSIAA Meet of Champions 1995
1:55.5* Jeff Capone (HC) *converted 1:56.1 over 880y 1978
1:55.6* Lynn Bellis (DV) *converted 1:56.2 over 880y 1965
1:55.6* Paul Keller (SL) *converted 1:56.2 over 880y at PIAA Meet 1977 (5th)
1:55.67 Alex Macri (Park) 2009 PIAA Class AAA trials
1:55.7* Scott Silfies (Naz) *converted 1:56.3 over 880y 1977 District 11 meet
1:55.71 James Leckie (HC) 2008 NJSIAA Meet of Champions at S. Plainfield 6-5-08
1:55.74 Eric Yeager (BC) 2006 District 11 Championships 5-18-06 at Blue Mt.
1:55.9* Randy Zimmerman (P' burg) *converted 1:56.5 over 880y 1973

1600

4:10.51* Jon Fasulo (HC) converted 4:11.97 mile (FAT) at Golden West meet 6-12-99
4:13.6* Mickey Collins (E) *converted 4:15.0 mile at PIAAs at PSU 1971 (1st)
4:14.0 Mike Kerrigan (BA) *converted 4:15.5 mile 2003
4:14.19* Brad Browne (Palm) *converted 4:15.67 mile (FAT) at PIAAs 1977 (1st)
4:14.67 Brendan Heffernan (NH) NJSIAA Group 3 (FAT) at S.P. 1992 (1st)
4:14.75 Rich Ryan (E) 2004 PIAA Class AAA Championships 5-29-04 (3rd)
4:15.74 Bob McGinty (SL) PIAA Championships (FAT) at Shipp 1983 (3rd)
4:15.80 Tim Erickson (SL) PIAA Championships at Shipp 5-26-01 (2nd)
4:15.91 Trevor VanAckeren (L) 2007 District 11 Class AAA Championships at J.Birney Crum 5-17-07

4:16.03 Chris Robinson (NH) NJSIAA Meet of Champions (FAT) at S.P. 1996 (2nd)
4:16.24 Josh Davis (P' burg) 2004 NJSIAA Group 3 Championships at Egg Harbor 5-28-04 (1st)
4:16.24 Sam Luff (Em) 2004 District 11 Class AAA Championships at B.M. 5-20-04
4:16.87 Tim Stepp (Park) 2007 District 11 Class AAA Championships at J.Birney Crum 5-17-07
4:17.2 Jim Herdman (HC) NJSIAA Meet of Champions 1984
4:17.33 Colin Brett (E) 2006 PIAA Class AAA Championships at Shippensburg 5-27-06 (5th)
4:17.4 Andy Martin (NH) NJSIAA Group 3 Championships 1984
4:17.69 Chris Pannone (HC) NJSIAA Group 4 Championships 5-30-03 (4th)
4:18.07 Kevin McFadden (ACC) 2005 PIAA Class AAA Championships at Shippensburg 5-28-05 (5th)
4:18.14 Charlie Hoch (E) PIAA Championships (FAT) at Shipp 1987 (3rd)
4:18.15 Dale Taylor (NH) 2006 NJSIAA Meet of Champs 6-8-06 at S. Plainfield
4:18.37 Nathan Sisco (NH) NJSIAA Group 3 Championships (1st) (FAT) at S. Plainfield 1998
4:18.4 Brian Harris (NH) NJSIAA Group 3 Championships at South Plainfield 1992
4:18.42 Doug Creveling (E) PIAA Class AAA Championships 5-26-01 (3rd)
4:19.1 Bill Babcock (NH) Skyland Conference Championships at NH 1984
4:19.3 Jeff Dishman (V) 1980
4:19.38 Bryan Lein (P' burg) 2006 Loucks Games in White Plains, N.Y. 5-13-06
4:19.7 Pat Dolan (NH) Skyland Conference Championships at HC 1993

3200

9:02.84 (i) Chris Pannone (HC) 2004 NJSIAA Group 4 Indoor Championships
9:02.91* Martin (NH) *converted 9:06.08 2-mile at Keebler Invitational 6-14-85
9:05.6* Collins (E) *converted 9:08.7 2-mile Knights of Columbus Meet 6-5-71
9:06.8* Barney Costello (HC) *converted 9:09.9 2-mile at 1978 NJ Champs Meet
9:10.14 Sam Luff (Em) 2004 PIAA Class AAA Championships 5-29-04 (2nd)
9:13.00 Gavin Sloane (NH) FAT 1985 NJSIAA Meet of Champions
9:13.01 Tyler McCandless (No) 2005 District 11 Class AAA Championships at ASD 5-18-05
9:13.87 Chris Pannone (HC) 2003 NJSIAA Group 4 Meet (2nd) at Egg Harbor Twp. 5-31-03
9:14.59 Heffernan (NH) FAT 1992 NJSIAA Group 3 Championships (1st)
9:15.88 Fasulo (HC) at NJSIAA Group 4 Championships 5-28-99
9:16.00 Monty Meeks (NH) FAT 1988 NJSIAA Meet of Champions
9:18.21 Brian Partlow (NH) FAT 1989 NJSIAA Meet of Champions
9:18.29 Joel Thomas (Em) FAT 2002 PIAA Class AAA Championships (5th)
9:18.33 Jack Cuvo (E) FAT 1985 PIAA Championships (3rd)
9:19.21 Matt Gillette (Park) 2009 District 11 Class AAA Championships
9:19.83 Will Rowland (HC) 2004 NJSIAA Group 4 Championships at Egg Harbor 5-29-04
9:20.17 Ed Sheridan (Ph) 2007 NJSIAA Meet of Champions at S.P. 6-06-07
9:21.58 Mike Vidumsky (Northampton) 2001 PIAA Class AAA Championships (2nd)
9:21.92 Dorian McDonald (Liberty) 2002 PIAA Class AAA Championships (7th)
9:22.32 Rob Chandler (NL) FAT 1993 PIAA Championships (1st)
9:22.60 Todd Pomnitz (Palis) FAT 1983 PIAA Championships

110 HURDLES

13.9 Kremus (No) ran 6 times in 1989 including EPC and Dist. 11; ran 13.91 in PIAA (1st)
13.9 Stephen Lewis (L) 2009 ASD Invitational trials 4-24-09
13.95 Dion Reed (D) FAT 1983 PIAA Championships semifinal heat
14.0 Chris Franklin (A) 2000 District 11 Championships 5-17-00 at Bangor
14.09 Justin Gaymon (P' burg) 2005 NJSIAA Meet of Champions at So. Plainfield 6-8-05 (1st)
14.1 Rahsaan "Sonny" Uldaneta (PM) 1997 Pottsville Inv. and Dist. 11 meet
14.2 Dick Fischl (A) 1953 PIAA Championships (2nd to Rod Perry of Coatesville)
14.2 Brandon Mason (P' burg) 2004 Skyland Conf. dual vs. Watchung and BH20 4-6-04
14.3 Allen Hamlin (DV) 1971
14.3 Ruddy Santana (SV) 1992 District 11 Championships at NL
14.4 David Hightower (E) 2009 in LVC dual vs. Nazareth 4-9-09
14.4 James Goodliffe (HC) 2007
14.4 Roy Kushner (V) 1989
14.4 Shawn Tice (E) 1971
14.4 Dave Osanowitch (F) 1992
14.4 Brian Powell (Park) 2002
14.5 Michael Loftin (NH) 1990 dual meet vs. HC
14.5 Gary Thau (HC) 1997 Skyland Conference Championships at NH

300 INTERMEDIATES

36.94 Kremus (No) 1989 PIAA Championships FAT (meet record)

38.4 Franklin (A) 2000 Pottsville Invitational 4-20-00
38.5 Tony Hegedus (SL) dual meet vs. Parkland 3-27-03
38.52 Bobby Apgar (E) 1991 PIAA Championships FAT (trials)
38.55 David Hightower (E) 2009 District 11 Class AAA Championships 5-14-09 at Whitehall
38.60 Billy Seibold (ND) 1980 PIAA Championships FAT (1st)
38.62 Troy Kiick (Wi) 1981 PIAA Championships FAT (2nd)
38.7 Rashid Sayles (ES) 1989
38.8 Jason DeGroat (St) 1991 District 11 Championships
38.86 Mike Snowden (SL) 2005 PIAA Class AAA Championships at Shippensburg 5-28-05 (3rd)
38.9 Brian Powell (Park) 2002
38.9 Jean Joseph (E) at District 11 Championships 5-20-99
38.9 Bob Sutjack (NL) 2004 Colonial League Championships at Bangor 5-13-04
39.0 Charlie Richardson (L) 1977 District 11 Championships
39.02 Thomas Mahoney (ACC) 2001 District 11 Class AAA Championships at Blue Mt.
39.02 Mike Snowden (SL) 2004 District 11 Class AAA Championships
39.1 D. Reed (D) 1983 EPC Championships
39.1 Santos Morales (F) 1991

400 INTERMEDIATES

51.55 Justin Gaymon (P' burg) 2005 NJSIAA Meet of Champions at South Plainfield 6-8-05 (1st)
53.0 Pesce (V) 1982 Central Jersey Group 2 Sectionals
53.74 Pat Redmond (NH) 1992 NJSIAA Group 3 Championships (FAT) 2nd
54.6 Darren Okunlola (HC) 1991
55.1 Mark Hicken (HC) 1989
55.4 M. Loftin (NH) 1990 dual meet vs. H.C.
55.80 Ryan Arreola (P' burg) 2006 North 2 Group 4 sectionals at S. Plainfield 5-27-06
55.8 Mark Leonardi (V) 1984
55.9 David Hightower (E) 2009 Easton-Pburg dual 4-30-09
55.9 Eric Casal (P' burg) 2009 Easton-P' burg dual 4-30-09
56.0 Brandon Seedall (HC) 1999
56.23 Jeff Franz (V) 1995 NJSIAA Group 2 Championships (FAT)
56.27 Mike Turner (P' burg) 2005 North 2 Group 4 sectionals at So. Plainfield 5-28-05
56.29 Steve Kaplan (NC) 2009
56.49 Fred Fischl (HC) 2008 Central Jersey Group 4 sectionals at Hillsborough
56.5 James Goodliffe (HC) 2007
56.7 Toby Sessions (DV) 1996
56.7 Justin Johnson (V) 2000 Central Jersey Group 2 Championships 5-27-00

400 RELAY

42.1 Bethlehem Catholic 2000 District 11 Championships 5-17-00 at Bangor
42.4 Allen 2005 LVC Championships at ASD 5-11-05
42.48 Bethlehem Catholic 2003 PIAA Class AA Championships at Shipp. 5-24-03 (1st)
42.5 Easton 2000 District 11 Championships 5-17-00 at Bangor
42.67 Bethlehem Catholic 2009 PIAA Class AA Championships (1st)
42.7 Liberty 2006 dual meet vs. Freedom 5-2-06
42.7 Parkland 2009 LVC Championships 5-7-09 at Allen
42.8 Parkland 1998 District 11-AAA Championships 5-13
42.8 Allentown Central Catholic 2005 LVC Championships at ASD 5-11-05
42.81 Bethlehem Catholic 2002 PIAA Class AA Championships (1st)
42.84 Phillipsburg 2005 East Coast Relays at Morristown 5-16-05
42.9 Pocono Mountain 1992 District 11 Championships
42.9 Parkland 2000 District 11 Championships 5-17-00 at Bangor
42.91 Bethlehem Catholic 2001 PIAA Class AA Championships (2nd)
43.0 Emmaus 1999 District 11 Championships
43.0 Stroudsburg 1992 District 11 Championships
43.0 Bethlehem Catholic 2008
43.0 Liberty 2008
43.07 Liberty 2000 PIAA Championships trials 5-26-00 at Shippensburg
43.09 Emmaus 2004 PIAA Class AAA prelims 5-29-04
43.1 Liberty 1999 District 11 Championships
43.1 Liberty 2001 MVC Championships
43.1 Easton 1998 District 11-AAA Championships 5-13
43.1 Stroudsburg 1991 District 11 Championships
43.1 Parkland 2003

43.1 Allen 2003

43.1 Central Catholic 2009

1600 RELAY

3:18.2* Parkland (*converted 3:19.4 over mile in 1977 PIAA Championships)

3:19.26 Bethlehem Catholic 2003 PIAA Championships (1st) 5-24-03

3:20.38 Southern Lehigh 2004 PIAA Class AAA Championships 5-29-04 (3rd)

3:20.4 Freedom

3:20.71 Southern Lehigh 2005 PIAA Class AAA trials at Shippensburg 5-27-05

3:21.2 Parkland 2000 District 11 Championships 5-17-00 at Bangor

3:21.21 Parkland 2003 PIAA Class AAA Championships at Shipp 5-24-03

3:21.71 Hunterdon Central 2006 NJSIAA Meet of Champs 6-8-06 at S. Plainfield

3:21.72 Emmaus 2002 PIAA Class AAA Championships (6th)

3:21.73 Parkland 2004 District 11 Class AAA Championships at B.M. 5-20-04

3:22.07 Easton 1991 PIAA Championships (FAT)

3:22.7* Bangor (*converted 3:23.9 over mile in 1966 PIAA Championships)

3:23.0 Easton 2000 District 11 Championships 5-17-00 at Bangor

3:23.6 Parkland 1998 District 11 Championships

3:23.6 Stroudsburg 1998 District 11 Championships

3:23.7 Voorhees 1984

3:23.72 Bethlehem Catholic 2006

3:24.11 Bethlehem Catholic 2004

3:24.2 North Hunterdon 1991

3:24.39 North Hunterdon 2007 Penn Relays

3:24.44 Hunterdon Central 2008

3:24.46 Phillipsburg 2002

3:24.72 Delaware Valley 2006

3:25.0 Whitehall 1991

3:25.1 Phillipsburg 1981

3200 RELAY

7:46.69 Southern Lehigh (1983 PIAA Championships)

7:48.67 North Hunterdon 1991 Penn Relays (FAT)

7:49.9* Easton (*converted 7:52.3 two-mile at 1976 PIAA Championships)

7:52.58 Easton 2005 PIAA Class AAA Championships at Shippensburg 5-28-05 (6th)

7:52.63 Phillipsburg 2005 East Coast Conference Relays at Morristown 5-16-05

7:54.0* Freedom (*converted 7:56.4 two-mile in 1977 District 11 Championships)

7:55.20 Liberty 2006 PIAA Class AAA Championships at Shippensburg 5-27-06

7:55.45 Liberty 2008 PIAA Class AAA Championships at Shippensburg 5-24-08

7:55.8 Parkland 2009 LVC Championships at Allen 5-6-09

7:55.97 Hunterdon Central 2000 Penn Relays 4-29-00

7:56.02 Liberty 2001 PIAA Class AAA Championships

7:56.9 Liberty 1998 EPC Championships at Moravian

7:57.07 Bangor 1981 PIAA Championships (FAT) 2nd

7:57.32 Easton 2004 District 11 Class AAA Championships 5-19-04 at B.M.

7:57.6* Parkland (*converted 8:00.0 two-mile in 1967)

7:58.0 Stroudsburg 1998 Pottsville Invitational

7:59.11 Liberty 2000 PIAA Championships (trials) at Shippensburg 5-26-00

7:59.6 Liberty 2007

SHOT PUT

64-10» Joe Kovacs (BC) 2007 PIAA Class AA Championships at Shippensburg 5-25-07

62-11» Mike Hartenstine (L) 1971 EPL Championships at Allen

60-2» Myron Comstock (PM) 1978 PIAA Championships

59-11½ Dave Paffenroth (S) 1978 District 11 Championships

59-11¼ Frank Bell (S) 1974 Catty Relays

59-11 Chuck Koenig (NW) 1979 Centennial dual meet vs. Stroudsburg

59-» Greg Fisher (BA) 1989

58-9 Bill Lacey (S) 1989

58-1½ Scott Saylor (W) 1982

58-1 Sam Segond (ESS) 2001 MVC dual meet

57-10 Doug Henninger (W) 2009 LVC Championships at Whitehall 5-7-09

57-2» Steve Kocher (Palm) 1976

57-2¼ Ron Sherry (Leh) 1974

57- $\frac{3}{4}$ Glenn Eichman (Em) 1966

DISCUS

202-0 Sam Segond (ESS) 2001 District 11 Championships 5-17-01 at Blue Mt.

187-2 Andy Fahringer (Wh) 2007 ASD Invitational 4-29-07

184-10 Joe Kovacs (BC) 2007 District 11 Class AA Championships at J. Birney Crum 5-16-07

180-0 Mike Dakan (Palm) 1974 dual meet vs. Marian Catholic

179-4 Ed Zagorsky (S) 1996 PIAA Championships (1st)

176-10 John Blick (PV) 4-25-96 dual meet vs. Stroudsburg

172-6 Joe Sperduti (Em) 1988 District 11 Championships (state champ)

170-2 Travis Hand (Palm) 5-1-01 in Colonial dual vs. NL

169-1 Morris Pagni (PA) 1975 District 11 Championships (state champ)

167-11 Gerry LaMontagne (SL) 5-7-90 dual meet vs. NL

166-10 Ron Madden (HC) 1967

166-3 Comstock (PM) 1978

165-10 Michael Lieberman (ES) 1981

165-0 Tommy Blair (S) 1975

JAVELIN

220-4 Carl Wolter (Leh) 1994 Centennial dual meet at N.D.

210-2 Mark Argust (Park) 1997 EPC Championships at Moravian

210-0 Bob Vorhees (PM) 5-5-82 in Centennial dual vs. Stroudsburg

209-6 Zach Miers (P' burg) 4-30-98 in Skyland dual vs. Watchung at P' burg

208-4 Tom Coleman (L) 1978 PIAA Championships

207-7 Mike Hopstetter (B) 1991 Colonial League dual vs. P.A. at Bangor

206-5 Andy Fahringer (W) 2007 LVC Championships at J. Birney Crum 5-9-07

203-9 Tom Nikles (Naz) 1977

203-5 Mike Hodge (C) 1982

202-0 Ron Musselman (Naz) 1968 District 11 Championships

201-9 Jason Godusky (Em) 1986

201-5 Jon Moyer (Wh) 1997 District 11 Championships

200-9 Bill Buis (No) 2007 LVC Championships at J. Birney Crum 5-9-07

LONG JUMP

24-2 Devin Street (L) in 2008 LVC dual vs. Nazareth 4-17-08 (also went 24-1 on 4-10-08 vs. BC)

23-5 $\frac{1}{4}$ Russell Holmes (Sal) 5-2-96 Colonial tri-meet vs. Catty & N.D.

23-4 $\frac{1}{2}$ Dan Reichenbach (Sal) 1986 District 11 Championships

23-4 $\frac{1}{4}$ Mike Edwards (L) 2006 PIAA Class AAA Championships at Shippensburg 5-27-06 (5th)

23-4 $\frac{1}{4}$ Tom Riley (E) 1971 triangular vs. P' burg & Wilson

23-4 $\frac{1}{4}$ Dennis McWhite (A) 1990 District 11 Championships

23-3 $\frac{3}{4}$ Kim Bellis (B) 1968 PIAA Class B Championships (1st)

23-3 Rico Goldstone (Park) 2009 LVC Championships at Allen 5-7-09

23-2 Rusty Fulford (Park) 1979 District 11 Championships (qualifier)

23-1 Frank Scagliotta (B) 1967 LNL Championships

23- $\frac{3}{4}$ Daryl Imhoff (E) 1977 District 11 Championships

23-0 Bob Surls (PM) 1983

22-11» Rashan Smith (F) 1993

22-11 $\frac{1}{2}$ Art Statum Jr. (L) 1976 District 11 Championships

TRIPLE JUMP

50-1 $\frac{1}{2}$ Kendrick Morgan (PM) 1992 PIAA Championships (1st-then state record)

49-0 Jerry Hatfield (L) 1977 PIAA Championships (1st)

48-11 $\frac{1}{2}$ Nate Gilbert (Em) 2005 PIAA Class AAA Championships at Shippensburg 5-27-05 (1st)

48-7 Jonathan Thompson (D) 1976 PIAA Championships (1st)

48-6» Mike McNeal (A) 1979 PIAA Championships (1st)

48-6 $\frac{1}{4}$ John Carelli (Park) 2006 PIAA Class AAA Championships at Shipp 5-26-06 (2nd)

48-4 $\frac{3}{4}$ Tyrone Faverey (Park) 2006 PIAA Class AAA Championships at Shipp 5-26-06 (3rd)

47-11» Jerry Werkheiser (ES) 1977 PIAA Championships (1st Class AA)

47-7 $\frac{1}{2}$ Reichenbach (Sal) 1986

47-4 Ryan Kleintop (Park) 2003 PIAA Championships 5-23-03 (4th)

46-10» Hodari Grant (ES) 1997 PIAA Championships (3rd)

46-8 $\frac{1}{2}$ Reggie Felton (L) 1995 dual meet vs. Freedom

46-7 $\frac{1}{2}$ Tremayne Powell (L) 1995

46-7 Bruce Fuller (E) 1986

46-7 Russell Holmes (C) 1995

46-7 Adam Eckhart (Wi) 2008 District 11 Class AA Championships at Blue Mt. 5-15-08

HIGH JUMP

7-0 $\frac{1}{4}$ Rob Arnold (L) 1998 District 11 Championships at Pottsville

7-0 (i) Michael Loftin (NH) 1991 indoor NJSIAA championships at Rutgers (1st)

7-0 Mike Newhard (SL) 2000 Colonial League dual vs. NL 4-26-00

6-11 Brian Richard (Palis) 1995 Colonial League Tri-Meet Championships at Sal

6-10 Tyrone Faverey (Park) 2005 LVC dual meet vs. Liberty 4-5-05 and PIAA meet 5-27-06 (3rd)

6-10 (i) Joe Lake (Hack) 1989 West Point (N.Y) Indoor Invitational

6-10 Michael Loftin (NH) in 1991 opening season dual meet against Hunterdon Central

6-10 (i) Stephen Lewis (L) 2010 Eastern Indoor States Championship at Armory in NYC 3-2-10

6-8 $\frac{1}{2}$ Jeff Bartman (Park) 1989 EPC dual meet

6-8 $\frac{1}{4}$ Mike Wertman (NW) 1991 Centennial League Championships

6-8 Alex Maurer (V) 2008 NJSIAA Meet of Champions at South Plainfield 6-5-08

6-8 John Carelli (Park) 2005 LVC dual vs. Emmaus 4-21-05

6-8 Trent Clark (F) 1997 (3 times)

6-8 Rich Motruk (SL) 1997 (3 times)

6-8 Lock Jennings (L) 1988 Nazareth Relays

6-8 Delon Waller (ES) 1990 District 11 Championships

6-8 Lee Fritchman (Park) at MVC Championships 5-11-99

6-8 Vince Wimberly (Sal) 2000 Colonial League dual vs. PA 5-1-00

6-8 Nathan Hahn (Palis) 2000

POLE VAULT

15-5 Jay Tomsic (Park) 1994 District 11 Class AAA Championships

15-3 Kyle Miller (C) 2008 District 11 Class AA Championships at Blue Mt. 5-14-08

15-3 (i) Bruce Wodder (NH) 1974 indoor meet

15-0 Noah Billig (NW) 2008 District 11 Class AAA Championships at Blue Mt. 5-15-08

15-0 Andrew Lee (Lib) 2005 LVC dual vs. Northampton 4-19-05

15-0 Frank Dumbreski (HC) 1998 East Coast Relays at Morristown, N.J.

15-0 Mike Tucholski (HC) 2004 Central Jersey Group 4 Championships at Hillsboro 5-22-04

15-0 Scott Ragosta (Park) 2004 District 11 Class AAA Championships 5-20-04 at B.M.

14-10 Matt Foust (Sal) 1989 Colonial League dual vs. S.L.

14-9 Adam Phillippi (SV) 2009 District 11 Class AAA Championships at Whitehall 5-14-09

14-7 Mike Roberti (HC) 2004 Skyland Conference Championships at Hillsboro 5-6-04

14-7 (i) Brad Lawrence (V) 2005 Indoor Nationals at Armory

14-6 Scott Crans (V) 1981

14-6 Shannon Tillman (NH) 1989 Bernards Invitational

14-6 Chip McCarthy (Park) 1977 PIAA Championships (1st)

14-3 $\frac{1}{2}$ Darrin Evans (NL) 1983 Centennial League meet

14-3 $\frac{1}{4}$ Dennis Lentz (Palm) 1977 PIAA Championships (1st)

14-3 Jeff Stella (Wh) 1983

14-2 Tony Strein (C) 2006 Colonial League tri-meet vs. Salisbury and Wilson 5-4-06

14-1 Joe Steffie (No) 1968

14-1 Lanny Buck (Palm) 2009 ASD Invitational 4-24-09

14-» Eddie Lint (C) 1974

14-0 Matt Deery (Ph) 2010 Reno PV Summit

14-0 Neil Schwab (BC) 2002

14-0 Jason Lewis (Ca) 2003

14-0 John Contursi (HC) 2004

14-0 Mike Bowyer (F) 2006

14-0 George Vallone (NH) 2007

14-0 Andy Morris (HC) at NJSIAA Group 4 Championships at Egg Harbor 5-31-08 (3rd)

GIRLS

100 METERS

11.74* Vivian Riddick (D) (*converted 10.84 100yards in 1978 PIAA prelims)

11.8 Ashante Andrews (E) 2000 MVC prelims 5-16-00 at Bangor

11.8* Penny Fales (Hack) (*converted 10.9 100yards in 1976 DRC dual meet)

11.80 Pam Hudson (NH) 1983 NJSIAA Meet of Champions (FAT) 2nd

11.8 Meghan Venable-Thomas (Em) 2003 ASD Invitational 4-25-03

11.9 Ashley Williams (Naz) in 2008 LVC dual at Liberty 4-17-08

11.9 Jessica Dorsey (E) 2006 LVC dual meet at Liberty 4-25-06

11.9 Tamara Ellis (E) 2004 LVC dual vs. Liberty 5-2-04
11.95 Cindy Lawrence (F) 1986 PIAA Championships (FAT) 2nd
12.0 Robin Luster (HC) 1992 Central Jersey Group 4 sectionals
12.0 Kristen Zeleznik (V) in season-ending Skyland dual 1999
12.08 Dea Tomsic (Park) 1995 PIAA Championships (FAT)
12.1 Brianna Broyles (A) 2006
12.1 Jenny Betz (Naz) 2007
12.1 Ebony Barbosa (A) 2003
12.1 Caty Lewis (Naz) 2000
12.1 Kathy Carson (S) 1982
12.1 JoAnn Kertesz (DV) 1996 Skyland Conference Championships
12.1 Kathy Isaac (A) 1980
12.1 Lisa Hudock (L) 1979
12.1 Debbie Linton (C) 1984
12.1 Lacey Strohl (NL) 2001
12.1 Julie Coley (E) 2004 LVC dual vs. Liberty 5-2-04

200

23.90 P. Hudson (NH) 1983 NJSIAA Meet of Champions (FAT)
24.3 Isaac (A) 1979 EPC dual vs. Dieruff
24.5 Dorsey (E) 2007 LVC Championships at J. Birney Crum 5-9-07
24.5 Andrews (E) 2000 MVC Championships (trials) at Bangor 5-17-00
24.7* Fales (Hack) 1976 (*converted 24.8 over 220 yards)
24.8 Broyles (A) 2006 LVC Championships 5-10-06 at J. Birney Crum
24.8 Meghan Venable-Thomas (Em) 2003 ASD Invitational 4-25-03
24.85 Darlene Andrews (NH) 1986 NJSIAA Group 3 Championships (FAT)
25.0 (i) Tenesia Simpson (E) 2008 Pa. Coaches Assn. Pa. state meet at PSU 3-1-08
25.1 Jenny Betz (Naz) 2007
25.1 Tenesia Simpson (E) 2007
25.1 Tomsic (Park) 1995 EPC Championships
25.1 Luster (HC) 1992 Central Jersey Group 4 Sectionals
25.13 Karen Hudson (NH) 1990 NJSIAA Group 3 Championships (FAT)
25.2 Kara Snyder (NH) in Skyland Conference Championships 5-4-99
25.2 Rehana Lanewala (HC) 2000
25.26 Chris Haberstumpf (Em) 1982 PIAA Championships (FAT)
25.3 Riddick (D) 1979
25.3 Sequeena Thomas (Park) 2009 LVC dual vs. Emmaus 4-21-09

400

54.2 Chanelle Price (E) 2008 LVC Championships at Allen 5-7-08
55.7* Fales (Hack) (*converted 56.0 over 440y at NJSIAA Group 2 Meet) 1st 1976
55.73 Alyssa Lombardo (SV) PIAA Class AA Championships 5-23-09 (1st)
55.80 Darlene Andrews (NH) 1986 NJSIAA Meet of Champions (FAT)
55.85 Haberstumpf (Em) 1982 PIAA Championships (FAT)
56.0 Lindsay Owen (Voor) 2002 Central Jersey Group 2 sectionals 05-25-02
56.19 Ashante Andrews (E) 2000 PIAA Championships (trials) 5-26-00 at Shippensburg
56.48 Katie Lambracht (HC) 2004 Skyland Conference Championships at Hillsboro 5-6-04
56.57 Rehana Lanewala (HC) 2001 NJSIAA Meet of Champions at South Brunswick
56.7 Kari Shoolbraid (V) 2007 dual meet vs. Ridge 4-19-07
56.8 Angela Davis (ES) 1992 District 11 Championships
56.9* Barbara Best (E) (*converted 57.2 over 440y in 1980 Easton Invitational)
57.03 Amy Neitzel (ND) 1983 PIAA Championships (FAT)
57.1 Jessica Dorsey (E) 2007
57.40 Pam Aiken (A) 1981 PIAA Championships (FAT)
57.52 Danielle Lattimore (E) 2003 PIAA Championships
57.56 Sheri Hershey (SV) 1980 PIAA Championships (FAT)
57.6 Sandi Schuler (Em) 1986

800

2:01.61 Price (E) 2008 Prefontaine Classic in Eugene, Ore., 6-8-08 (6th-No. 2 time all-time prep time)
2:02.90 Price (E) 2008 PIAA Class AAA meet at Shippensburg 5-24-08 (U.S. Federation record)
2:09.32 Jodie Bilotta (NH) 1986 NJSIAA Group 3 Championships (FAT) meet record
2:10.14 Lanie Thompson (V) 2009 NJSIAA Group 3 Championships (2nd) 5-30-09 at S. Plainfield
2:10.55 Schuler (Em) 1984 PIAA Championships (FAT) 1st
2:11.36 Kari Shoolbraid (V) 2009 NJSIAA Meet of Champions 6-4-09 at S.P. (5th)

2:12.34 Casey Nelson (HC) 2003 NJSIAA Group 4 meet at Egg Harbor Twp. (1st) 5-31-03
2:12.35 Lindsay Owen (Voor) 2002 NJSIAA Meet of Champions 6-05-02
2:13.13 S. Hershey (SV) 1980 PIAA Championships (FAT) 1st
2:13.37 Frances Koons (ACC) 2004 Pottstown Invitational 5-1-04
2:13.5 Neitzel (ND) 1984 PIAA Championships (FAT) 1st but DQ for interference
2:13.86 Becky Crossin (NH) 2003 NJSIAA Meet of Champions at S. Plainfield 6-5-03
2:14.00 Brigitte Mania (HC) 2009 Skyland Conference Championships 5-12-09 at Hillsboro
2:14.0* Sandra Guidotti (HC) (*converted 2:14.6 over 880y in 1976)
2:14.1 Erin Matyus (Lib) 2005 LVC Championships at ASD 5-11-05
2:14.2 Sara Best (Voor) 2002 Central Jersey Group 2 sectionals 05-25-02
2:14.50 Linda Hershey (SV) 1981 PIAA Championships (FAT) 3rd
2:14.63 Rachel Love (Em) 1997 PIAA Championships (FAT) 4th
2:14.71 Lori Mahr (A) 1982 PIAA Championships (FAT) 4th
2:14.80* Barb Best (E) (*converted 2:15.40 FAT in 1978 PIAA Meet) 1st
2:14.80 Justina Doyle (HC) 1987 NJSIAA Meet of Champions (3rd-FAT)
2:14.9 Janelle Thomas (L) 1995 EPC Championships at Moravian
2:14.96 Amy DeRaymond (Naz) 1980 PIAA Championships (FAT)
2:15.25 Emma Giantisco (DV) 2009 NJSIAA Group 2 Championships 5-30-09
2:15.3 Autumn Fogg (HC) 1995 Central Jersey Group 4 sectionals

1600

4:46.28 Lanie Thompson (V) 2009 NJSIAA Meet of Champions at S.P. 6-4-09 (1st)
4:46.7 Price (E) 2008 LVC Championships 5-7-08 at Allen
4:47.7 J. Bilotta (NH) 1987 Mid-State Conference Championships at NH
4:48.78 Frances Koons (ACC) 2004 PIAA Class AAA Championships at Shippensburg 5-29-04
4:51.2 Thomas (L) 1996 Icebreaker Invitational & Wallenpaupack Invitational
4:52.16* Casey Nelson (HC) 2002 National Scholastic Indoor Championships (*converted 4:53.86 mile)
4:52.70 Stacey Bilotta (NH) 1984 NJSIAA Group 3 Championships (FAT) 1st
4:54.17 Sue Kozelnicky (SL) 1987 PIAA Championships (FAT) 1st
4:54.2 Fogg (HC) 1996 Arcadia Invitational 4-13
4:55.56 Lindsey Graybill (Em) 2008 PIAA Championships at Shippensburg 5-24-08 (3rd)
4:56.08 Laretta Dezubay (F) 2003 PIAA Championships (1st) 5-24-03
4:56.36 Emma Giantisco (DV) 2009 NJSIAA Meet of Champions at S.P. 6-4-09
4:57.45 Shannon Hawrylo (HC) 2001 NJSIAA Meet of Champions at So. Brunswick
4:58.0 Ann Letko (NH) 1987 Bernards Invitational
4:58.3 Barb Lane (D) 1983
4:58.33 Mahr (A) 1981 PIAA Championships (FAT) 6th
4:58.5 Cricket Batz (HC) 1982
5:00.11 Theresa Mazurek (Park) 1997 PIAA Championships (3rd)
5:02.59 Georgianna Messinger (Palm) 1984 PIAA Championships (1st)

3200

10:17.18 Thompson (V) 2008 NJSIAA Meet of Champions at S.P. 6-5-08 (1st-meet record)
10:18.20 J. Bilotta (NH) 1987 NJSIAA Meet of Champions (FAT) meet record
10:21.5 Thomas (L) 1996 District 11 Championships
10:30.25 Frances Koons (ACC) 2004 District 11 Class AAA Championships at B.M. 5-19-04
10:34.13 Laretta Dezubay (F) 2004 PIAA Class AAA Championships 5-29-04 (1st)
10:38.0 Letko (NH) 1987 Bernards Invitational
10:46.50 S. Bilotta (NH) 1984 NJSIAA Group 3 Championships (FAT)
10:46.7 Barb Lane (D) 1983 District 11 Championships
10:47.081 Jess Cygan (L) 2009 District 11 Championships 5-13-09 at Whitehall
10:47.082 Lindsey Graybill (Em) District 11 Championships 5-13-09 at Whitehall
10:47.38 Fogg (HC) NJSIAA Meet of Champions (FAT) 1st
10:49.42 Christa Plummer (Palis) 2004 PIAA Class AA Championships 5-29-04 (1st)
10:49.8 Jeannie LaPlaca (NH) 1986
10:49.93 Liz Wort (V) 2002 NJSIAA Meet of Champions 6-5-02 (1st)
10:50.91 Julia Mark (DV) 2009 NJSIAA Meet of Champions at S.P.
10:51.38 Katie Spratford (V) 2008 NJSIAA Meet of Champions at South Plainfield 6-5-08
10:56.2 Batz (HC) 1982
10:58.92 Molly Lare (L) 2003 PIAA Championships 5-24-03
10:59.69 Carla Thomas (Park) 1993 PIAA Championships (FAT) 1st

100 HURDLES

13.9 Fales (Hack) 1977 Loucks Games in White Plains (N.Y.) then U.S. record
14.11 Julie Farrell (WH) 2000 NJSIAA Meet of Champions 6-7-00 at South Brunswick (FAT) 2nd

14.2 Maryann Wojcicki (Hack) 1976
14.26 Brianna Broyles (A) 2006 PIAA Class AAA Championships 5-27-06 at Shippensburg (1st)
14.32 Colleen Farrell (WH) 2004 NJSIAA Group 3 Championships at Egg Harbor Twp. (2nd)
14.34 Kara Snyder (NH) 2001 NJSIAA Group 3 Championships at Egg Harbor Twp. (1st)
14.4 Linton (C) 1984
14.55 Thea Ackerman (SV) 1979 PIAA Championships (FAT) 1st
14.62 Pam Searfoss (PA) 1977 PIAA Championships (FAT)
14.7 Tara Bright (E) 2007
14.7 Robin Pangi (NH) 1990 Randolph Invitational
14.71 Rachel Villa (HC) 2007
14.8 Erin Cadden (Park) 2002
14.9 Tara Santoroski (No) 1996 District 11 Championships at Pottsville
14.9 Kelsi Russell (P' burg) 2001 Skyland Conference Championships 5-8-01 at NH
15.0 Aniyah Williams (P' burg) 2008
15.1 Tara Bright (E) 2005
15.1 Liz Heard (PA) 2000
15.1 Sue Finkel (V) 1980
15.1 Brianna Broyles (A) 2003
15.1 Ashley Hunter (No) 2009
15.2 Lindsay Regan (E) 2005
15.2 Mary Neff (ND) 1983
15.2 Jeanine Fisher (DV)
15.2 Ashley Hunter (No) 2007
15.2 Kristi Conti (L) 2007

300 INTERMEDIATES

42.9 Broyles (A) 2006 ASD Invitational 4-28-06; also ran 42.91 (FAT) at 2006 Dist. 11 meet
43.00 Linton (C) 1984 PIAA Championships (FAT) meet record
44.48 Lauren Kelchner (PV) 2001 PIAA Class AAA Championships (2nd)
44.78 Trish Kelley (E) 1983 PIAA Championships (FAT)
45.42 Amanda Denger (Naz) 2009 PIAA Class AAA prelims 5-22-09
45.70 Jess Moninghoff (Palis) 2003 PIAA Championships (4th) 5-24-03
45.72 Stacie Reichard (Em) 1988 PIAA Championships (FAT)
45.8 Shavanna Ross (A) 1997 District 11 Championships (meet record)
45.8 Tara Bright (E) 2007 LVC Championships at J. Birney Crum 5-8-07
45.86 Kerry McDermott (BC) 2008 District 11 Class AA Championships at Blue Mt. 5-14-08
45.9 Ashley Hunter (Northampton) 2008 ASD Invitational 4-25-08 at Allen
45.9 Nichelle Maultsby (PM) 1996 District 11 Championships
45.9 Elena Roberts (ES) 1998 District 11 Championships
46.1 Santoroski (No) 1996 District 11 Championships
46.2 Megan Brown (NW) 2004 Colonial League Championships at Bangor 5-13-04
46.28 Sheri Papsy (PV) 1983 PIAA Championships (FAT)
46.3 Bridget O' Connell (E) 1991 District 11 Championships
46.3 Nicole Murraro (Sal) 1988
46.3 Tonya Moran (No) 1989 District 11 Championships
46.3 Conti (L) 2007

400 INTERMEDIATES

1:01.4 Sue Wallace (NH) 1984
1:02.4 Rochelle McPherson (V) 1991
1:02.8 Colleen Ginty (NH) in Skyland Conference Championships 5-4-99
1:02.8 Karin Stephens (V) 1991
1:03.1 Jocelyn Doyle (HC) 1989
1:03.11 Villa (HC) 2007 Skyland Conference Championships at Hillsboro 5-2-07
1:03.22 Kara Snyder (NH) 2000 NJSIAA Meet of Champions (FAT) 6-7-00 at South Brunswick
1:03.29 Brianna Broyles (A) 2005 Father Judge Relays 4-9-05
1:03.88 Colleen Ginty (NH) 2000 NJSIAA Meet of Champions (FAT) 6-7-00 at South Brunswick
1:04.0 Colleen O' Brien (NH) 2003
1:04.31 Linda Packard (HC) 1994 NJSIAA Group 4 Championships (FAT)
1:04.79 Christina Waldele (Hack) 2003
1:04.90 Katie Petruzzellis (V) 2009
1:05.4 Caitlin Scala (P' burg) 2002
1:05.9 Lisa Adams (DV)

400 RELAY

48.7 Easton 2006 LVC Championships 5-10-06 at J. Birney Crum
48.98 Easton 2007 District 11 Championships 5-17-07 at J. Birney Crum
49.18 Easton 2004 District 11 Class AAA Championships at B.M. 5-20-04
49.4 Liberty 1979
49.6 Easton 2005 dual meet vs. Parkland 4-12-05
49.6 Allen 2005 LVC Championships at ASD 5-11-05
49.61 Allen 2004 District 11 Class AAA Championships at B.M. 5-20-04
49.7 Allen 2003 ASD Invitational 4-25-03
49.72 Catasauqua 1991 PIAA Championships (FAT) 2nd
49.8* Whitehall (*converted 50.1 over 440y in 1977)
49.82 Nazareth 2007
49.9 Allen 1980
50.1 East Stroudsburg 1992 District 11 Championships
50.1 East Stroudsburg 1999 District 11 Championships
50.1 Catasauqua 1989
50.1 Allen 2000
50.1 Pocono Mountain 2002 MVC Championships
50.19 East Stroudsburg 1998
50.2 Freedom 1981-
50.2 Parkland 1999 District 11 Championships

1600 RELAY

3:51.56 Easton 2007 PIAA Championships (Abbie Dubin-Rhodin, Dorsey, Allyse Barlow and Price)
3:55.73 Voorhees 2008 NJSIAA Group 3 Championships 5-31-08 at South Plainfield
3:56.23 Voorhees 2003 NJSIAA Meet of Champs at So. Plainfield 6-5-03
3:56.43 Voorhees 2009 NJSIAA Meet of Champions at S.P. 6-4-09
3:56.52 Easton 2003 PIAA Championships 5-24-03
3:56.66 Hunterdon Central 2001 NJSIAA Meet of Champions at So. Brunswick
3:57.3 Hunterdon Central 2003 Central Jersey Group 4 Championships at Hillsboro 5-24-03
3:57.45 Easton 2005 PIAA Class AAA trials at Shippensburg 5-27-05
3:57.66 Easton 2006 PIAA Class AAA trials at Shippensburg 5-26-06
3:58.10 Hunterdon Central 2002 NJSIAA Meet of Champions at So. Brunswick
3:58.38 Voorhees 2002 NJSIAA Group 2 Championships at Egg Harbor Twp.
3:58.7 Easton 2008 ASD Invitational at Allen 4-25-08
3:58.74 Palisades 1988 PIAA Championships (FAT) 1st
3:58.90 North Hunterdon 2000 NJSIAA Meet of Champions (FAT) 6-7-00 at South Brunswick
3:58.91 Liberty 2004 PIAA Championships prelims 5-28-04
3:59.28 Hunterdon Central 2004 Penn Relays 4-22-04
3:59.6 North Hunterdon 1986
3:59.6 Liberty 1979
3:59.8* Hunterdon Central (*converted 4:01.0 mile in 1977)
4:00.04* Easton (*converted 4:02.24 mile in 1978) FAT
4:00.13 Hunterdon Central 2009
4:00.17 Voorhees 2007 NJSIAA Group 3 Championships at S.P. 6-2-07
4:00.17 North Hunterdon NJSIAA Meet of Champions 6-2-99

3200 RELAY

8:59.14 Voorhees (Wort, Ruge, Best, Owen) 2002 National Scholastics at Raleigh, N.C. 6-8-02
9:06.80 Voorhees 2008 Penn Relays 4-24-08
9:07.36 Voorhees 2003 Penn Relays 4-24-03
9:09.43 Easton 2007 PIAA Class AAA Championships at Shippensburg 5-26-07
9:10.76 Allentown Central Catholic 2004 PIAA Class AAA Championships 5-29-04 (2nd)
9:15.16 (i) Hunterdon Central 2010 New Balance Games at NYC Armory 1-16-10
9:17.04 Voorhees 2001 National Scholastics in Raleigh, N.C. 6-7-01
9:18.77 (i) Easton 2007 Pa. Coaches Assn. Championships at PSU 2-24-07
9:18.90 Allentown Central Catholic 2005 District 11 Class AAA Championships at ASD 5-18-05
9:20.60 Easton 2005 District 11 Class AAA Championships at ASD 5-18-05
9:20.96 Allentown Central Catholic 2006 PIAA Class AAA Championships at Shipp 5-27-06
9:22.56 Hunterdon Central 2009 Penn Relays
9:24.39 Emmaus 2009
9:24.70 Voorhees 2007 Penn Relays 4-26-07
9:27.2 Easton 2006 LVC Championships at J. Birney Crum Stadium 5-10-06
9:28.13 Easton 1979 PIAA prelims (FAT)

9:28.3 Bethlehem Catholic 2008
9:28.34 Hunterdon Central 2001 Hartford Invitational
9:29.79 Hunterdon Central 1995 Father Judge Relays (FAT)
9:29.8 Emmaus 2008

SHOT PUT

42-7 Penney Roth (Naz) 1984 Colonial League Championships
42-6* Joanna Rampulla (Naz) 1978 PIAA Meet (*used smaller 8-lb. shot)
42-3 Tiffany Hungerford (E) 1992 EPC dual
42-½ Corey Gutowski (HC) 1996 NJSIAA Indoor Championships at Rutgers
41-8 Rachel Swift (P' burg) 1988
41-1 Diane Wruble (L) 1981 EPC Championships
40-7 Danielle Thurgood (V) 1991
40-2½ Kelly Applegate (Wi) 2003 District 11 Class AAA Championships at Allen 5-15-03
40-1¼*Sarah Grover (HC) 1977 (*used smaller 8-lb. shot)
40-» Cassie Alpaugh (V) 1999
40-½ Maggie Gutowski (HC) 1997 East Coast Relays

DISCUS

136-3 Michelle McKinney (ND) 1991 District 11 Championships
136-0 Chris Bogard (HC) 1989 NJSIAA Meet of Champions (1st)
134-3 Hungerford (E) 1992
133-10 Chloe Early (DV) 2009 NJSIAA Central Jersey Group 2 Championships at Monmouth Reg.
132-0 Thurgood (V) 1991 Skyland Conference Championships
131-6 Alice Hedden (NH) 1976
129-11 Heike Koopman (NW) 1981
129-0 Laura Peipher (Lib) 2000 MVC dual vs. Freedom at Moravian 5-1-00
128-9 Swift (P' burg) 1988
126-8 Mary Getz (V) 1979
126-1 Jen Lee (L) 1985
126-0 Jane Rinker (PM)

JAVELIN

149-6 Laura Rycek (No) 2007 LVC Championships 5-9-07 at J. Birney Crum
148-4 Amber Troxell (A) 2009 PIAA Class AAA Championships 5-22-09 at Shippensburg (1st)
148-1 Beth Crocus (F) 2002 PIAA Class AAA Championships at Shippensburg (1st)
146-9 Heather Korhammer (Wi) 1985 District 11 Championships (2nd)
145-6 Joy Haydt (Leh) 1995 MVC dual 4-20-95 vs. PM
143-8 Stephanie Guidotti (HC) 1981
141-1 Emily Harlow (L) 2000 PIAA Championships (2nd) 5-26-00 at Shippensburg
138-10 Mary Drummond (SL) 1981 PIAA Championships
137-10 Jenn Grube (Wi) 1997 PIAA Championships (3rd)
137-2 Amy Seier (C) 1989
136-10 Lisa Mikulyne (NH) 1987
136-8 Chris Forte (PV) 1980 PIAA Class AA Championships (2nd)
136-7 Terri Vonderheide (PM) 1986
136-2 Beth Whitmore (V) 1988

LONG JUMP

19-1¼ Riddick (D) 1979 EPC Championships at Metzgar Fields
19-¾ Kelsi Russell (P' burg) 2002 NJSIAA Meet of Champions at So. Brunswick 6-5-02 (1st)
18-10½ Debi Rodrigues (Palm) 1976 PIAA Championships (then meet record)
18-10½ Kelly Finken (F) 1991 EPC Championships at Moravian
18-5» Julie Farrell (WH) 2000 NJSIAA Group 3 Championships at Egg Harbor 6-2-00 (1st)
18-4¼ Becky Osborne (E) 1993 EPC Championships at Moravian
18-4¼ Kristen Zeleznik (V) 2000 Westfield Relays
18-4 Michana Johnson (SV) 1989
18-3» Mechea Medine (DV) 2002
18-3¼ Papcsy (PV) 1983
18-2½ Katie Hartman (E) 2005 LVC Championships at ASD 5-10-05
18-1½ Kerry McDermott (BC) 2008
18-1½ Becky DeLong (NL) 2008 District 11 Class AA Championships
18-1 Casey Ord (Palm) 2008 District 11 Class AA Championships
18-» Brittny Boyd (Hack) 2002

17-11» Sue Van Horn (NH) 1977
17-11» Colleen Farrell (WH) 2002 NJSIAA Meet of Champions (6th)
17-10½ Ashley Williams (Naz) 2007 LVC Championships 5-9-07 at J. Birney Crum
17-10½ Lisa Mundy (S) 1983
17-10½ Lori James (C) 1979
17-10¼ Danielle Lattimore (E) 2003

TRIPLE JUMP

39-3 James (C) 1978 PIAA Championships (record-then 8" off national record)
39-0 Jenny Betz (Naz) in LVC dual at Easton 4-10-08
39-0 M. Johnson (SV) 1989 PIAA Championships (1st)
38-11¼ Finken (F) 1992 EPC Championships at Moravian
38-6» Sequeena Thomas (Park) 2009 PIAA Class AAA Championships 5-23-09 at Shippensburg
38-4 Joyce Phillips (D) 1983
37-7 Sandie Griffin (D) 1986
37-5¼ Jacque Meissner (SV) 2006 District 11 Championships 5-20-06 at Blue Mt.
37-5 Corinne Custodio (BC) 2008 LVC Championships at Allen 5-7-08
37-5 Justine Pobst (Palis) 1983
37-3» Kelly Gary (E) 1984
37-2» Katie Lambracht (HC) 2003 NJSIAA Group 4 meet at Egg Harbor Twp. (3rd) 5-30-03
37-2¼ Casey Ord (Palm) 2008
37-1 Meghan Brown (NW) 2005 District 11 Class AA Championships at ASD 5-18-05
37-¼ Lisa Hudock (L) 1980
37-¼ Lauren Roscus (NH) 2006
36-11 Lauren Kelchner (PV) 2001 District 11 Class AAA Championships at Blue Mt.
36-9¼ Caitlin Vanek (Wi) 2008
36-8½ Nadia Kutas (Wi) 1981
36-7¼ Kirsten Rotzell (B) 2000 Emrey Relays 4-29-00 at Bangor
36-7¼ Mary Neff (ND) 1983

HIGH JUMP

5-10 Ackerman (SV) 1979 PIAA Championships (meet record)
5-9» Leslie Lippincott (Palis) 1988 PIAA Championships (1st)
5-8½ Jessica Taibe (HC) 2000 Central Jersey Group 4 Championships 5-27-00
5-8 Colleen Farrell (WH) 2001 & 02 NJSIAA Meet of Champs at So. Bruns (2nd, 3rd); twice in 2003
5-8 Casie Williams (SV) 2002 Colonial League Championships 5-10-02
5-8 Sam Yeats (V) 2010 NJSIAA Central Jersey Group 2 sectional championships (indoors) 2-13-10
5-6» Bridget Wagner (HC) 1991 Skyland Conference trimeet vs. Somerville & FT
5-6¼ Van Horn (NH) 1978
5-6 Julie Farrell (WH) 2000 and 2001 NJSIAA Group 3 Championships 6-3-00 at Egg Harbor Twp (1st)
5-6 Julie Hartman (Naz) 2000 MVC dual vs. Northampton 5-1-00, 5-1-01 vs. Northampton and 02 MVC
5-6 Shiloh Costello (NH) 1989
5-6 Lauren Wynings (V) 1986
5-6 Sara Fields (SL) 1982
5-6 Searfoss (PA) 1977
5-6 Sam Yates (V) 2009 NJSIAA Group 3 Indoor Championships
5-6 Kayla Howland (L) 2009 ASD Invitational

POLE VAULT

13-6 Lindsay Regan (E) 2005 District 11 meet at ASD (No. 5 all-time in U.S. & No. 2 in U.S. that year)
13-2½ (i) Abby Schaffer (E) 2008 Nike Indoor Nationals at Georges Complex, Washington, D.C. 3-16-08
13-» Abby Schaffer (E) 2008 Penn Relays record; also holds PIAA Class AAA record at 13-½
12-6 (i) Beki Finn (L) 2007 Pa. Coaches Assn. Championships at PSU 2-24-07
12-6 Becky Frey (L) 2007 District 11 Class AAA Championships 5-17-07 at J. Birney Crum
12-6 Brooke Hamscher (W) 2008 District 11 Class AAA Championships 5-15-08 at Blue Mt.
12-3 Lauren Contursi (HC) 1999 Golden West meet at Sacramento 6-12-99 (also cleared 12-0 7 times)
12-3 Brooke Borso (Wh) 2006 District 11 Class AAA Championships at Blue Mt. 5-18-06
12-3 (i) Allison Vanek (W) 2010 Indoor Nationals
12-½ Courtney Regan (E) 2003 National Scholastic Championships at Raleigh, N.C. 6-14-03
12-0 Kristen Hafford (WH) 2005 (4 times, 3 times outdoors) at H/W, Group 3 (2nd) and M of C (1st)
12-0 Mary Lawrence (L) 2008 District 11 Class AAA Championships 5-15-08 at Blue Mt.
11-9 Jacque Meissner (SV) 2006 District 11 Class AA Championships at Blue Mt. 5-17-06
11-7 Julia Green (Em) 2005 LVC dual vs. ACC 5-3-05

11-7 Allison Vanek (Wi) 2009 Colonial League Championships 5-7-09 at Bangor
11-6 Sarah Finn (L) 2008
11-6 Kerry McDermott (BC) 2007 in both District 11 and PIAA Championships (1st Class AA)
11-6 Brooke Hamscher (Wh) 2007 District 11 Class AAA Championships 5-17-07 at J. Birney Crum
11-6 Steph Weber (C) 2007 Colonial League Championships 5-10-07 at Bangor
11-6 (i) Tara Oberg (HC) 2006 NJSIAA Group 4 Indoor Championships at Princeton
11-6 Lauren Birckhead (Lib) 2002 MVC Championships at Liberty 5-7-02 and Dist. 11 meet 5-15-03
11-6 Kristen Strizki (HC) 2002

Bruce Buratti
Sports Writer, **The Express-Times**