

# DISTRICT FIVE TRACK & FIELD INDIVIDUAL CHAMPIONS 1975-2011

## CHAMPIONSHIP MEET SITES

1975	Somerset High School
1976	Frostburg State University, Frostburg, MD
1977	Johnstown Vo-Tech High School
1978-79	McConnellsburg High School
1980-83	Everett High School
1984-2004	Chestnut Ridge High School
2005-	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 <sup>nd</sup> and 3 <sup>rd</sup> Place at the PIAA meet
Green	4 <sup>th</sup> through 8 <sup>th</sup> Place at the PIAA meet



## 100 METER DASH

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

## 200 METER DASH

### Boys

1975 Rick Hoffman, McConnellsburg 23.7y  
PIAA meet: Ed Souders, McConnellsburg 23.9y  
2nd Place

1976 Rick Hoffman, McConnellsburg 22.9y

1977 Rick Hoffman, McConnellsburg 22.4y

1978 Alan Bluebaugh, Rockwood 24.36

1979 John Chobany, Conemaugh Township 23.35

1980 Bill Bain, McConnellsburg 23.01

1981 Barry Spriggs, McConnellsburg 22.72

1982 Barry Spriggs, McConnellsburg 22.47  
PIAA meet: 22.79 4th Place

1983 Barry Spriggs, McConnellsburg 22.44  
Q: D.Robinson, McConnellsburg 22.50  
PIAA meet: 23.18 4th Place

1984 Darren Robinson, McConnellsburg 22.7  
PIAA meet: 23.18 2nd Place

1985 Darren Robinson, McConnellsburg 23.13  
PIAA meet: 22.96 5th Place

1986 Scott Lemon, Chestnut Ridge 22.8

1987 Travis Marshall, Bedford 23.4

1988 Ray Barclay, Tussey Mountain 23.0

1989 Jerry Rasmussen, Tussey Mountain 23.3

1990 Jerry Rasmussen, Tussey Mountain 22.7

1991 Shane Smith, Meyersdale 22.9

1992 Brett Walat, North Star 23.2

1993 Bill Benbow, Bedford 22.8  
PIAA meet: 23.21 8th Place

1994 Bill Benbow, Bedford 22.4  
PIAA meet: 22.93 3rd Place

1995 Eric Korhut, Windber 23.4

1996 Rich Watkins, Tussey Mountain 23.6

1997 Jason Berkhimer, Chestnut Ridge 22.9  
PIAA meet: 23.25 7th Place

1998 Jeff Iagulli, Chestnut Ridge 23.2  
PIAA meet: 23.21 6th Place

1999 Joe Cannoni, Windber 22.7

2000 Nick Rizzo, Windber 23.29

2001 Dan Gardner, Berlin 23.42

2002 Dan Gardner, Berlin 22.89

2003 John Marshall, Bedford 23.76

2004 John Marshall, Bedford 23.38

2005 Shane Fox, Bedford 22.78  
Q: Eric D'Carrion, Berlin 22.78

2006 Zach Marshall, Bedford 23.48

2007 Mike Tomovich, Chestnut Ridge 23.18

2008 Zach Millin, Everett 23.33

2009 Zach Millin, Everett 23.20  
PIAA Meet: 23.00 8th Place

2010 Ian Saylor, Berlin 23.02

2011 Ian Saylor, Berlin 22.90

### Girls

Kim Rogers, Tussey Mountain ?

Mel Dodson, Northern Bedford 27.3y

Mel Dodson, Northern Bedford 26.9y

Trina Pensyl, Bedford 27.57

Trina Pensyl, Bedford 27.1

Trina Pensyl, Bedford 26.51

Carol Peck, McConnellsburg 27.28

Diehl, Chestnut Ridge 26.92

Angie Plessinger, McConnellsburg 26.37

Michelle Smith, Tussey Mountain 26.4  
PIAA meet: 26.74 3rd Place

Angie Plessinger, McConnellsburg 26.21  
Q: M. Smith, Tussey Mountain 26.40  
PIAA meet: 26.36 3rd Place  
Angie Plessinger, McConnellsburg 25.9  
PIAA meet: 26.04 4th Place

Kristen Miller, Northern Bedford 27.0

Kristen Miller, Northern Bedford 27.0

Dee Cee Tallyen, Windber 26.9

Ginger Hite, Everett 27.6  
Marla McElhaney, McConnellsburg 26.2  
PIAA meet: 26.74 6th Place

Mandy Hoover, Northern Bedford 26.4

Jessica Haynes, Conemaugh Township 26.9

Mandy Hoover, Northern Bedford 26.9

Jessica Haynes, Conemaugh Township 27.2

Holly Watkins, Tussey Mountain 27.6

Holly Watkins, Tussey Mountain 27.2

Evie Shade, Bedford 27.5

Laura Chamberlain, Tussey Mountain 27.9

Meredith Troutman, Meyersdale 26.29  
Q: Tracie Clair, Chestnut Ridge 26.31  
PIAA Meet: 27.12 7th Place

Meredith Troutman, Meyersdale 26.48  
Q: Tracie Clair, Chestnut Ridge 26.52

Meredith Troutman, Meyersdale 26.26

Ashley Hartman, Berlin 27.57

Shnella Burke, McConnellsburg 27.08

Amy Whetstone, Chestnut Ridge 27.21

Amanda Ritchey, Northern Bedford 26.99

Samantha Valiton, Chestnut Ridge 26.75  
Samantha Valiton, Chestnut Ridge 26.55 (26.19 in prelim)  
PIAA Meet: 26.19 8th Place

Nicki Leach, Northern Bedford 26.71

Nicki Leach, Northern Bedford 26.66

Ashley Waugerman, Bedford 27.10

## 400 METER DASH

### Boys

1975 Rick Hoffman, McConnellsburg 52.8  
1976 **Rick Hoffman, McConnellsburg 51.5**  
**PIAA meet: 50.2 State Champion**  
1977 Rick Hoffman, McConnellsburg 51.6  
1978 Barry Noon, Conemaugh Township 51.74  
1979 Pierre Finella, Windber 53.39  
1980 Todd Klotz, Northern Bedford 51.10  
1981 Barry Spriggs, McConnellsburg 50.35  
1982 **Barry Spriggs, McConnellsburg 50.06**  
**PIAA meet: 49.44 2nd Place**  
1983 **Barry Spriggs, McConnellsburg 50.49**  
**PIAA meet: 48.71 State Champion**  
1984 Darren Robinson, McConnellsburg 51.3  
1985 Darren Robinson, McConnellsburg 50.55  
1986 Ray DuVall, Tussey Mountain 52.6  
1987 John Lody, Shade 50.9  
1988 Jerry Rasmussen, Tussey Mountain 50.6  
1989 **Jerry Rasmussen, Tussey Mountain 49.5**  
**PIAA meet: 51.11 4th Place**  
  
1990 Jerry Rasmussen, Tussey Mountain 51.0  
**PIAA meet: 49.29 2nd Place**  
1991 **Weldon Branche, McConnellsburg 50.8**  
**PIAA meet: 51.14 8th Place**  
1992 Paul Close, Rockwood 52.6  
1993 Paul Kuharchek, Conemaugh Township 51.5  
1994 Pete Kuharchek, Conemaugh Township 51.3  
  
1995 Mike Cihlar, Bedford 51.9  
1996 Mark Bromley, Chestnut Ridge 52.0  
1997 **Ron Mash, Windber 50.4**  
**PIAA meet: 50.55 State Champion**  
1998 Kris Sheffield, McConnellsburg 51.1  
1999 Nick Wolfe, McConnellsburg 52.0  
2000 Nick Rizzo, Windber 51.29  
  
2001 Bobby Turkovich, Bedford 52.08  
  
2002 Dan Gardner, Berlin 50.16  
Q: Bobby Turkovich, Bedford 50.40  
PIAA Meet: 49.94 3rd Place  
2003 Eric Shedlock, Bedford 52.69  
2004 Jarod Gordon, Chestnut Ridge 53.12  
2005 Eric D'Carrion, Berlin 51.16  
2006 **Jordan Donaldson, Tussey Mountain 50.60**  
**PIAA Meet: 50.42 5<sup>th</sup> Place**  
2007 **Jordan Donaldson, Tussey Mountain 49.87**  
**PIAA Meet: 49.45 5<sup>th</sup> Place**  
2008 Jordan Donaldson, Tussey Mountain 49.38  
PIAA Meet: 48.89 3<sup>rd</sup> Place  
2009 Drew Bollman, Bedford 52.05  
2010 Logan Zimmerman, Northern Bedford 51.41  
  
2011 Isaac Will, Berlin 50.91

### 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**  
**PIAA meet: 61.29 7th Place**  
Eleanor Baker, McConnellsburg 64.9  
Ashley Finnegan, Chestnut Ridge 62.7  
Holly Watkins, Tussey Mountain 63.3  
  
Renee Baker, McConnellsburg 62.2  
Jenny Thomas, Northern Bedford 62.8  
**Tracie Clair, Chestnut Ridge 61.50**  
**PIAA Meet: 61.40 7th Place**  
Natalie Dell, Everett 58.82  
PIAA Meet: 59.29 3rd Place  
Meredith Troutman, Meyersdale 58.21  
PIAA Meet: 57.90 2nd Place  
  
Natalie Dell, Everett 61.97  
Christie Ritchey, Bedford 61.55  
Marie Buffy, Shade 62.23  
Brittany Beland, Bedford 61.50  
  
Nicki Hankinson, Berlin 61.96  
  
Nicki Hankinson, Berlin 60.68  
  
Amy Bard, Southern Fulton 61.10  
**Nicki Leach, Northern Bedford 59.27**  
**PIAA Meet: 58.32 6<sup>th</sup> Place**  
Amy Bard, Southern Fulton 59.91

## 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 S. Rhodes, Shade 2:02.32  
1983 Robert Bard, Southern Fulton 2:05.09  
1984 Anthony Stout, Shade 2:03.2  
1985 Daren Duncan, North Star 2:07.1  
1986 Eric Ziemba, Southern Fulton 2:07.5  
1987 Jon Trimpey, Rockwood 2:02.8  
1988 Brandon McKenzie, Meyersdale 2:05.0  
1989 Bill Smith, Chestnut Ridge 2:02.0  
1990 Chris Carr, McConnellsburg 2:06.7  
1991 Jason Cole, Bedford 2:01.6  
1992 Jason Cole, Bedford 1:59.5  
  
1993 Brandon Becker, Bedford 2:05.7  
1994 Randy Keefer, McConnellsburg 2:02.8  
1995 Jeremy Wentz, Chestnut Ridge 2:05.9  
1996 Brett Gerhart, Meyersdale 2:02.4  
1997 Nick Wolfe, McConnellsburg 2:02.5  
1998 Nick Wolfe, McConnellsburg 2:02.5  
1999 Nick Wolfe, McConnellsburg 2:02.5  
2000 Croyle, Conemaugh Township 2:06.24  
2001 Adam Claycomb, Chestnut Ridge 2:06.9  
2002 Kirk Morningstar, Northern Bedford 2:03.02  
2003 Tom Brambley, Everett 2:02.08  
2004 Ben Keefer, McConnellsburg 2:02.19  
2005 Mike Podlesnik, Meyersdale 1:59.46  
PIAA meet: 1:57.99 7<sup>th</sup> Place  
Q: Tony Clement, Windber 1:59.66  
2006 Mike Podlesnik, Meyersdale 1:57.04  
PIAA Meet: 1:55.33 3<sup>rd</sup> Place  
Q: Jordan Donaldson, Tussey Mountain 1:57.99  
2007 Jordan Donaldson, Tussey Mountain 1:57.68  
PIAA Meet: 1:55.72 4<sup>th</sup> Place  
Q: Mike Podlesnik, Meyersdale 1:57.70  
2008 Jordan Donaldson, Tussey Mountain 1:58.87  
PIAA Meet: 1:55.55 2<sup>nd</sup> Place  
2009 Isaac Goodin, Bedford 2:02.24  
2010 Chris Foore, Tussey Mt. 2:01.47  
2011 Kenny White, Fannett-Metal 2:03.49

### Girls

Cheryl Henry, Everett ?  
Cheryl Henry, Everett 2:32.3  
  
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  
Vicki Black, Everett 2:30.12  
Amy Gould, Bedford 2:30.3  
Kristi Dunkle, Bedford 2:29.61  
Christy Ott, McConnellsburg 2:34.7  
Kristi Dunkle, Bedford 2:31.7  
Marla McElhaney, McConnellsburg 2:34.7  
Marsha Whitfield, Bedford 2:32.5  
Marla McElhaney, McConnellsburg 2:25.0  
Bridget Jeffers, Conemaugh Township 2:28.1  
Shannon Stevens, Everett 2:27.7  
PIAA meet: 2:27.08 8th Place  
Shannon Stevens, Everett 2:31.5  
Shannon Stevens, Everett 2:26.5  
Angie Kepple, Northern Bedford 2:25.6  
Beth Pile, Conemaugh Township 2:33.0  
Beth Pile, Conemaugh Township 2:30.3  
Beth Pile, Conemaugh Township 2:27.5  
Jenny Thomas, Northern Bedford 2:30.7  
Jenny Thomas, Northern Bedford 2:30.63  
Natalie Dell, Everett 2:26.6  
Robyn Weaver, Everett 2:26.51  
Robyn Weaver, Everett 2:25.92  
Robyn Weaver, Everett 2:23.81  
Sara Fyock, Chestnut Ridge 2:29.26  
  
Brittany Beland, Bedford 2:28.43  
  
Heather Schrader, Meyersdale 2:29.09  
  
Amy Bard, Southern Fulton 2:30.75  
  
Sara Bibby, Windber 2:28.45  
Chloe Mapes, Shade 2:23.48  
Esther Wind, N. Bedford 2:21.80

## 1600 METER RUN

### Boys

1975 Randy Keep, Berlin 4:35.6  
1976 Shaffer, Meyersdale 4:45.0  
1977 K. 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 D. Ericson, Southern Fulton 4:39.57  
1983 D. 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 8<sup>th</sup> 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 4<sup>th</sup> Place**  
**Q: Chris Snyder, McConnellsburg 4:24.11**  
**PIAA Meet: 4:20.61 2<sup>nd</sup> Place**  
2008 **Jeremy Wilt, Shade 4:28.59**  
**PIAA Meet: 4:22.86 5<sup>th</sup> 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

### Girls

Cheryl Henry, Everett ?  
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

## 3200 METER RUN

### Boys

1975 Randy Keep, Berlin 10:31.5  
1976 K. Mellott, Southern Fulton 10:13.9  
1977 K. Mellott, Southern Fulton 10:09.4  
1978 Brian Ferrari, Conemaugh Township 10:03.43  
1979 **Kirk Heath, Tussey Mountain 10:10.0**  
**PIAA meet: 9:37.68 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 D. Ericson, Southern Fulton 9:51.01  
1984 Tom Croyle, Conemaugh Township 10:10.9  
1985 Good, Conemaugh Township 10:13.59  
1986 Troy McFarland, Northern Bedford 10:27.0  
1987 Mike Newman, Forbes Road 10:33.6  
1988 Mike Newman, Forbes Road 10:27.7  
1989 Scott Raley, Tussey Mountain 10:27.3  
1990 Jason Cole, Bedford 10:18.0  
1991 Jason Cole, Bedford 10:26.3  
1992 **Shawn Goss, Bedford 10:13.1**  
**PIAA meet: 9:43.53 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

### 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  
Kaitly 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 2<sup>nd</sup> Place**

## 110 HIGH HURDLES

1975 Tom Miller, Chestnut Ridge 15.6  
1976 Mulcahy, Windber 15.4

1977 Brian Pressel, Northern Bedford 15.3  
1978 **Jeff Hess, Bedford 15.57**  
PIAA meet: 15.25 4th Place

1979 Tom Hoffman, Southern Fulton 15.73  
1980 Scott Almonds, Tussey Mountain 15.26  
1981 Brian Gilmer, Bedford 15.54  
1982 Steve Mykut, Tussey Mountain 15.72  
1983 Hollinshead, McConnellsburg 15.98

1984 Ray Black, Tussey Mountain 15.7

1985 Hollinshead, McConnellsburg 14.51

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**

2003 Chris Perkosky, Windber 15.30  
2004 Chris Perkosky, Windber 15.21  
2005 **Nate Kiss, Windber 14.64**  
PIAA meet: **14.64 State Champion**  
Q: Troy Harris, Bedford 15.01  
Q: Brad Beverly, Berlin 15.35

2006 Dan Gardner, Windber 15.15

2007 Dan Gardner, Windber 15.28  
2008 Bobby Rhodes, Chestnut Ridge 15.31

2009 Zack Hess, Bedford 15.57  
2010 Alex Will, Berlin 15.34  
2011 Alex Will, Berlin 14.99  
Q: Matt Dull, C.Ridge 15.01

## 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

Sheena Smith, Northern Bedford 16.83  
Nichole Gardner, Windber 16.29  
Stock, Berlin 16.19

Sarah Snyder, Windber 15.92  
Q: Geisel, Windber 16.05  
Sarah Snyder, Windber 15.98  
Sarah Snyder, Windber 15.31  
Q: Taylor Crawford, Northern Bedford 15.60  
Taylor Crawford, Northern Bedford 15.79  
Ashley Stoltzfus, Berlin 16.71  
Ashlee McMullen, Windber 16.30

## 300 HURDLES

### Boys

1975 B.B. Snyder, Windber 41.3  
1976 Goodrich, Southern Fulton 41.6  
1977 Goodrich, Southern Fulton 41.7  
1978 Randy Hoover, Tussey Mountain 40.35  
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 Hollinshead, McConnellsburg 42.38  
  
1984 Jeff Morrow, Tussey Mountain 42.6  
1985 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  
1993 Ben Haynes, Conemaugh Township 41.6  
1994 **Ben Haynes, Conemaugh Township 40.1**  
PIAA meet: 40.82 5th Place  
1995 **Jack Bunja, Chestnut Ridge 41.6**  
PIAA meet: 40.14 7th Place  
1996 Nathaniel Davis, Windber 41.3  
1997 Andy Keefer, Bedford 40.9  
1998 Brian Smith, Rockwood 40.6  
1999 Brian Smith, Rockwood 40.6  
2000 Dan Kiss, Windber 40.74  
  
2001 Jon Lightner, Bedford 40.77  
  
2002 **Jeff Kiss, Windber 40.06**  
PIAA Meet: 41.33 7th Place  
2003 **Troy Harris, Bedford 40.91**  
PIAA Meet 40.51 8th Place  
2004 Troy Harris, Bedford 41.02  
2005 **Troy Harris, Bedford 39.82**  
PIAA meet: 40.16 3<sup>rd</sup> Place  
**Q: Josh Lowery, McConnellsburg 39.89**  
PIAA meet: 40.70 4<sup>th</sup> Place  
2006 Josh Lightner, Bedford 40.89  
2007 Jordan Soliday, Chestnut Ridge 41.27  
2008 Jordan Soliday, Chestnut Ridge 40.72  
  
2009 David Burkett, Windber 40.46  
Q: Zack Hess, Bedford 40.80  
2010 **David Burkett, Windber 39.55**  
PIAA Meet: 39.82 4<sup>th</sup> Place  
2011 **Matt Dull, Chestnut Ridge 39.50**  
PIAA Meet: 39.99 5<sup>th</sup> Place  
Q: Josh Wakefield, Bedford 40.59

### 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  
Lana Arnold, Bedford 47.6  
Lana Arnold, Bedford 48.5  
  
Lana Arnold, Bedford 47.4  
  
Melissa Shaffer, Northern Bedford 48.7  
Kirsten Davis, Windber 49.9  
Erica Kopusko, Windber 48.9  
Meredith Troutman, Meyersdale 48.2  
Meredith Troutman, Meyersdale 46.22  
PIAA Meet: 45.30 2nd Place  
Meredith Troutman, Meyersdale 47.57  
PIAA Meet: 44.29 2nd Place  
Meredith Troutman, Meyersdale 46.51  
PIAA Meet: 44.70 3rd Place  
Sheena Smith, Northern Bedford 48.86  
  
Nicole Gardner, Windber 48.77  
Sarah Schendel, Bedford 47.40  
  
Sarah Snyder, Windber 46.94  
Sarah Snyder, Windber 48.36  
**Sarah Snyder, Windber 45.85**  
PIAA Meet: 45.82 4<sup>th</sup> Place  
**Sarah Snyder, Windber 40.46**  
PIAA Meet: 46.74 7<sup>th</sup> Place  
Ashlee McMullen, Windber 49.17  
  
Janelle Long, Meyersdale 48.63

**880 RELAY**

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

**440 RELAY**

Tussey Mountain ?  
 Northern Bedford 53.3  
 Tussey Mountain 54.5

**4x100 METER RELAY****Boys**

1978 Conemaugh Township 45.87  
 1979 Windber 45.85  
 1980 Shade 45.78  
 1981 Everett 45.28  
 1982 McConnellsburg 44.48  
 1983 McConnellsburg 44.42  
 PIAA meet: 43.34 2nd Place  
 1984 Chestnut Ridge 44.4  
 1985 Chestnut Ridge 44.54  
 1986 Chestnut Ridge 44.8  
 1987 Chestnut Ridge 45.0  
 1988 Everett 44.8  
  
 1989 Bedford 44.4  
 1990 Bedford 44.2  
 Q: Meyersdale 44.3  
 PIAA meet: 43.94 2nd Place  
 Q: Chestnut Ridge 44.3  
  
 1991 Meyersdale 44.2  
 1992 Northern Bedford 45.2  
 1993 Bedford 44.9  
  
 1994 Bedford 44.6  
 1995 Chestnut Ridge 45.7  
  
 1996 Bedford 45.3  
 1997 Chestnut Ridge 44.4  
 PIAA meet: 44.85 8th Place  
  
 1998 Chestnut Ridge 44.7  
 1999 Chestnut Ridge 45.0  
 2000 Chestnut Ridge 44.98  
 2001 Chestnut Ridge 45.65  
 2002 Chestnut Ridge 44.96  
 2003 Bedford 43.85  
 PIAA Meet 44.61 8th Place  
 2004 Bedford 43.97  
 PIAA Meet 43.93 6<sup>th</sup> Place  
 2005 Bedford 43.81  
 2006 Bedford 44.37  
 PIAA Meet: 44.08 6<sup>th</sup> Place  
 2007 Chestnut Ridge 44.40  
 2008 Bedford 44.53  
 2009 Bedford 44.41  
 PIAA Meet: 43.55 6<sup>th</sup> Place  
 2010 Chestnut Ridge 44.62  
 2011 Berlin 44.62

**Girls**

Northern Bedford 53.4  
 Bedford 57.71  
 Everett 52.15  
 McConnellsburg 51.55  
 McConnellsburg 50.80  
 McConnellsburg 51.79  
 PIAA meet: 50.20 3rd Place  
 McConnellsburg 53.3  
 McConnellsburg 52.95  
 Chestnut Ridge 52.1  
 Chestnut Ridge 51.9  
 Northern Bedford 51.3  
 PIAA meet: 50.79 7th Place  
 Northern Bedford 53.9  
 Northern Bedford 52.4  
 PIAA meet: 51.46 8th Place  
  
  
 Northern Bedford 51.7  
 Northern Bedford 52.3  
 Chestnut Ridge 52.1  
 PIAA meet: 52.0 5th Place  
 Conemaugh Township 52.6  
 Conemaugh Township 52.0  
 PIAA meet: 53.43 8th Place  
 Chestnut Ridge 52.6  
 Meyersdale 53.1  
  
 Chestnut Ridge 52.4  
 Meyersdale 52.7  
 Meyersdale 51.38  
 Chestnut Ridge 51.83  
 Shade 53.15  
 Berlin 53.50  
  
 Berlin 53.15  
  
 Bedford 52.92  
 Shade 52.32  
  
 Chestnut Ridge 51.15  
 Chestnut Ridge 51.22  
 Shade 51.82  
  
 Chestnut Ridge 51.12  
 Bedford 51.37

## 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

## 4 X 800 METER RELAY

<b>Boys</b>		<b>Girls</b>	
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 6th 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 7th 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	

## HIGH JUMP

### Boys

1975 Mike Spinazzola, Windber 5-9  
1976 Mike Spinazzola, Windber 6-3  
PIAA meet: 6-5 5th Place  
1977 Chris Davis, McConnellsburg 6-0  
  
1978 Jim Spinos, Windber 6-1  
1979 Bob Brown, Bedford 6-2  
1980 Brian Gilmer, Bedford 6-3  
1981 Brian Gilmer, Bedford 5-10  
1982 Steve Rhoads, Shade 6-0  
2nd Dan Swain, Southern Fulton 6-0  
PIAA meet: 6-2 (4 way tie) 5th Place  
1983 Dave Thomas, McConnellsburg 6-3  
PIAA meet: 6-3 6th Place Tie  
1984 Steve Lewis, Everett 5-11  
1985 Mike Mort, Rockwood 6-0  
1986 Mike Mort, Rockwood 6-3.5  
1987 Mike Reed, Northern Bedford 6-3  
  
1988 Shawn Tewell, Everett 6-2.25  
1989 Greg Hummel, Rockwood 6-2  
1990 Shannon Showalter, Everett 6-3.75  
  
1991 Shannon Showalter, Chestnut Ridge 6-4  
1992 Shannon Showalter, Chestnut Ridge 6-3  
  
1993 Tom Miller, Chestnut Ridge 6-1  
  
1994 Tom Miller, Chestnut Ridge 6-2  
1995 K.L. Lambertus, Conemaugh Township 6-4  
  
1996 Jeff Mills, Everett 6-4.75  
  
1997 Tyler Edwards, Everett 6-0  
  
1998 Jeremy Bradley, Southern Fulton 6-0  
PIAA meet: 6-6 5th Place  
1999 Jeremy Bradley, Southern Fulton 6-6  
PIAA meet: 6-7 2nd Place  
2000 Dave Thomas, Tussey Mountain 6-6  
PIAA Meet: 6-4 3rd Place  
2001 Josh Arnold, Meyersdale 6-0  
PIAA Meet: 6-2 Tied for 8th Place  
2002 Thor Maast, Berlin 6-5  
PIAA Meet: 6-4 Tie 5th Place  
2003 Mark Morningstar, Northern Bedford 6-2  
PIAA Meet: 6-2 6th Place (Tie)  
2004 Ben Keefer, McConnellsburg 6-0  
2005 Ben Way, Chestnut Ridge 6-5  
PIAA Meet: 6-4 5th Place (Tie)  
Q: Jay Ifert, Southern Fulton 6-4  
PIAA Meet: 6-6 2nd Place  
2006 Ben Way, Chestnut Ridge 6-2  
PIAA Meet: 6-4 7th Place  
2007 Mike Webb, Windber 6-4  
PIAA Meet: 6-4 5th Place  
2008 Devin Livingston, Chestnut Ridge 6-0

### Girls

Tracy Skinner, Everett 4-9  
Lori Thompson, Everett 4-10  
  
Lori Thompson, Everett 5-0  
PIAA meet: 5-3 5th Place  
Robin Vaughn, Tussey Mountain 4-9  
Robin Vaughn, Tussey Mountain 5-0  
Leona Felton, Everett 4-11  
Leona Felton, Everett 4-11  
Leona Felton, Everett 4-10.5  
  
Nora Johnson, Northern Bedford 4-8  
  
Wendy Fox, Tussey Mountain 5-0  
Wendy Fox, Tussey Mountain 4-11  
Renee Malkin, Shade 5-1  
Shannon Keeney, Chestnut Ridge 5-3  
PIAA meet: 5-2 6th Place Tie  
Shannon Keeney, Chestnut Ridge 5-2  
Sharon Wright, Chestnut Ridge 5-0  
Sharon Wright, Chestnut Ridge 5-2  
PIAA meet: 5-2 7th Place  
Q: Maggie Fox, Tussey Mountain 5-2  
Maggie Fox, Tussey Mountain 5-0  
Rebecca Peterson, Rockwood 5-2  
PIAA meet: 5-3 3rd Place  
Stephanie Walter, Chestnut Ridge 5-1  
PIAA meet: 5-0 7th Place  
Amy Kretchman, Meyersdale 5-0  
Petra Lang, Northern Bedford 5-2  
PIAA meet: 5-2 4th Place  
Koren Woy, Everett 5-0  
PIAA meet: 5-1 8th Place  
Tracy Buck, Chestnut Ridge 5-0  
PIAA meet: 5-0 8th Place Tie  
Kristie O'Conner, North Star 5-1  
  
Kristie O'Conner, North Star 5-0  
  
Kristie O'Conner, North Star 5-0  
  
Sarah Steeves, Chestnut Ridge 4-10  
  
Natalie Dell, Everett 4-10  
  
Joanna Nist, Rockwood 5-0  
  
Joanna Geisel, Windber 4-10  
Corrine Moser, Meyersdale 5-3  
PIAA Meet: 5-4 2nd Place  
  
Joanna Nist, Rockwood 5-3  
  
Joanna Geisel, W 5-3  
  
Brandi Harris, Bedford 5-2  
PIAA Meet: 5-4 3rd Place

2009 Alex Will, Berlin 6-0  
PIAA Meet: 6-2 Tie 8<sup>th</sup> Place  
2010 Alex Will, Berlin 6-2  
2011 Zach Pressel, Northern Bedford 6-4  
PIAA Meet: 6-5 5<sup>th</sup> Place

Chloe Mapes, Shade 5-2  
Leanna Showalter, Chestnut Ridge 5-2  
Nikki Fleming, McConnellsburg 5-0

## LONG JUMP

### Boys

1975 Greg Gordon, McConnellsburg 20-6  
1976 McDaniels, Somerset 20-1  
1977 Steve Morocco, Somerset 19-11.25  
1978 Roger Shepko, Windber 18-11  
1979 Mike Williams, Everett 20-2  
1980 Ron Ramsey, Tussey Mountain 21-2.25  
1981 Boone Minnick, Meyersdale 19-11.5  
1982 Jeff Burkett, Chestnut Ridge 20-7.25  
1983 Shaw, Southern Fulton 20-10.75  
1984 Steve Lewis, Everett 20-10.25  
1985 Aaron Souders, McConnellsburg 20-7  
1986 Donnie Gordon, Southern Fulton 20-9  
1987 Eugene Oakes, Meyersdale 20-11.75  
1988 Shawn Tewell, Everett 21-0.25  
1989 Joel Livingston, Chestnut Ridge 20-3.5  
1990 Joel Livingston, Chestnut Ridge 21-4  
PIAA meet: 21-2 6<sup>th</sup> Place  
1991 Darnell Spriggs, McConnellsburg 20-2.75  
1992 Duane Senior, Windber 20-11.25  
1993 Jason Snider, Northern Bedford 20-2.5  
1994 Jason Snider, Northern Bedford 20-9.5  
1995 Jeff Mills, Everett 20-9.75  
1996 Jeff Mills, Everett 22-7  
PIAA meet: 22-8.5 State Champion  
1997 Brad Foor, Everett 20-8.75  
1998 Dan Parks, Chestnut Ridge 20-11.25  
1999 Jeremy Bradley, Southern Fulton 21-2  
2000 Derek Bollman, Tussey Mountain 21-8.5  
Q: Jarrod Way, Chestnut Ridge 21-8  
PIAA Meet: 21-10.25 3rd Place  
2001 Keith Felix, Chestnut Ridge 20-8.5  
2002 Josh Lininger, McConnellsburg 20-11.5  
2003 RJ Hillenbrand, Everett 20-5.5  
2004 Derrick Harris, Bedford 21-6  
PIAA Meet: 21-3 7<sup>th</sup> Place  
2005 Colby Mock, Chestnut Ridge 21-8  
PIAA meet: 21-6.75 5<sup>th</sup> Place  
2006 John Marshall, Bedford 21-0  
2007 Mike Tomovich, Chestnut Ridge 21-9

### Girls

Nanette Gable, Northern Bedford ?  
Nanette Gable, Northern Bedford 15-9  
Miller, Bedford 13-10.75  
Lu Shaffer, Chestnut Ridge 14-8  
Leslie Miller, Bedford 15-2  
Lori Swartzwelder, Everett 15-7.25  
Leona Felton, Everett 16-6  
Brenda Runk, Tussey Mountain 17-9.25  
Brenda Runk, Tussey Mountain 16-9  
PIAA meet: 16-11.25 5<sup>th</sup> Place  
Kim Spriggs, McConnellsburg 18-0  
PIAA meet: 17-8.5 State Champion  
Kim Spriggs, McConnellsburg 18-2  
PIAA meet: 16-5.75 6<sup>th</sup> Place  
Angie Plessinger, McConnellsburg 17-0  
PIAA meet: 16-5.5 6<sup>th</sup> Place  
Rene Hann, McConnellsburg 15-2.5  
Cheryl Meyers, Chestnut Ridge 16-7  
Genny Washington, Bedford 16-8.5  
Genny Washington, Bedford 16-3.75  
PIAA meet: 17-0.5 5<sup>th</sup> Place  
Timarie May, Tussey Mountain 16-11  
Stephanie Walter, Chestnut Ridge 16-3.25  
Stephanie Walter, Chestnut Ridge 17-6  
PIAA meet: 17-2 4<sup>th</sup> Place  
Julie Harclerode, Bedford 15-9.5  
Brandi Woy, Everett 16-4.5  
Julie Ickes, Chestnut Ridge 15-6.25  
Renee Baker, McConnellsburg 14-11.25  
Renee Baker, McConnellsburg 16-1  
Tracie Clair, Chestnut Ridge 17-1  
PIAA meet: 16-11.5 3rd Place  
Tracie Clair, Chestnut Ridge 17-1.25  
PIAA Meet: 16-7 5<sup>th</sup> Place  
Tracie Clair, Chestnut Ridge 17-10.75  
PIAA Meet: 17-11.75 2nd Place  
Q: Kate Koenig, Chestnut Ridge 17-3.75  
PIAA Meet: 16-7.75 6<sup>th</sup> Place  
Kate Koenig, Chestnut Ridge 16-5.5  
PIAA Meet: 17-0.5 8<sup>th</sup> Place  
Vanessa Housel, Meyersdale 15-7.25  
Joanna Nist, Rockwood 15-9  
PIAA Meet: 17-1.5 5<sup>th</sup> Place  
Joana Nist, Rockwood 17-3  
PIAA meet: 17-2 6<sup>th</sup> Place  
Q: Megan Lamens, Berlin 16-10.25  
PIAA meet: 17-0.75 7<sup>th</sup> Place  
Joanna Nist, Rockwood 17-3  
PIAA Meet: 17-2¼ 4<sup>th</sup> Place  
Q: Megan Lamens, Berlin 17-0 ½  
Brandy Harris, Bedford 17-1 ¼

2008	PIAA Meet: 20-11½ 8 <sup>th</sup> Place Mike Webb, Windber 21-6 ¼ PIAA Meet: 21-9 ¼ 5 <sup>th</sup> Place	Brandi Harris, Bedford 18-1 Q: Taylor Crawford, Northern Bedford 17-1 ½
2009	Cory Waltman, Everett 21-2 ¾	Taylor Crawford, Northern Bedford 18-2 ¼
2010	Paul Detwiler, Bedford 20-0	Rebecca Hiravi, Conemaugh Twp. 16-0 ½
2011	Ian Saylor, Berlin 21-9 ¾	Leah Hershberger, Northern Bedford 16-4 ¾

## TRIPLE JUMP

	Boys	Girls
1975	Greg Gordon, McConnellsburg 41-3	
1976	Palumbo, Windber 43-5	
1977	Steve Morocco, Somerset 42-2	Mel Dodson, Northern Bedford 31-8.75
1978	Randy Hoover, Tussey Mountain 43-3	Lu Shaffer, Chestnut Ridge 32-3.5
1979	Roger Shepko, Windber 43-1.5	Robin Vaughn, Tussey Mountain 34-4
1980	Steve Zwick, Conemaugh Township 42-4.75	Deb O'Neal, Northern Bedford 32-6.25
1981	Curtis Mellott, McConnellsburg 40-4.5	Annette Spriggs, McConnellsburg 34-2
1982	Dave Thomas, McConnellsburg 42-7	Kim Spriggs, McConnellsburg 35-11
1983	Dave Thomas, McConnellsburg 42-0.75	Brenda Runk, Tussey Mountain 35-5.75
1984	Keith Newell, McConnellsburg 41-2	Kim Spriggs, McConnellsburg 36-3.5 PIAA meet: 37-2¼ State Champion
1985	Earl Schooley, Everett 41-9	Kim Spriggs, McConnellsburg 37-2 PIAA meet: 38-0 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
1991	Paul Close, Rockwood 41-6.75	Q: Wendy Clark, Everett 35-1.75 Wendy Clark, Everett 36-0.5 PIAA meet: 37-5 ¾ 3rd Place
1992	John Becker, Everett 44-3	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	Johna Bardell, Bedford 31-11
2004	John Marshall, Bedford 42-0 PIAA Meet: 43-5 7 <sup>th</sup> Place	Megan Lamens, Berlin 34-0.5
2005	John Marshall, Bedford 44-7.75 PIAA meet: 45-5.5 3 <sup>rd</sup> Place	Megan Lamens, Berlin 34-10.75
2006	John Marshall, Bedford 45-0 PIAA Meet: 43-3 ¾ 8 <sup>th</sup> Place	Joanna Nist, Rockwood 36-2 ¾ PIAA Meet: 36-8 3 <sup>rd</sup> Place Q: Megan Lamens, Berlin 35-11 ½

2007	Justin Houck, Meyersdale 44-0 ¼	Q: Megan Lasut, Shade 35-7
2008	Bryce McVicker, Chestnut Ridge 43-10 ½	PIAA Meet: 36-6 4 <sup>th</sup> Place
		Q: Taylor Crawford, Northern Bedford 35-4 ½
		Taylor Crawford, Northern Bedford 35-6
2009	Cory Waltman, Everett 44-3 ¼	Taylor Crawford, Northern Bedford 36-2
	PIAA Meet: 43-7 8 <sup>th</sup> Place	PIAA Meet: 38-0 ½ 2 <sup>nd</sup> Place
2010	Zach Reed, Northern Bedford 44-4 ½	Taylor Crawford, Northern Bedford 37-1 ½
2011	Michael Young, Chestnut Ridge 45-4	PIAA Meet: 36-11 ¼ 8 <sup>th</sup> Place
	PIAA Meet: 45-2 ½ 7 <sup>th</sup> Place	Ashleigh Munnion, Meyersdale 33-3
		Carrie Baker, Bedford 34-2 ½

## POLE VAULT

	Boys	Girls
1975	Jim Campitelli, Windber 11-6	
1976	Rod Truax, McConnellsburg 11-6	
1977	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 3 <sup>rd</sup> 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 6 <sup>th</sup> Place Tie	
1998	Cliff Sleasman, Meyersdale 12-6	
	PIAA meet: 13-0 6 <sup>th</sup> Place	
1999	Cliff Sleasman, Meyersdale 12-6	
		Cristy Thompson, Windber 9-0
2000	Aaron Leister, Chestnut Ridge 12-0	Q: Katie Koenig, Chestnut Ridge 8-6
2001	Aaron Leister, Chestnut Ridge 12-0	Q: Megan Heuston, Bedford 8-0
2002	Matt Schendel, Bedford 11-6	Katie Koenig, Chestnut Ridge 8-6
2003	Matt Schendel, Bedford 11-9	Katie Koenig, Chestnut Ridge 8-6
2004	Mike Young, Bedford 13-0	Amanda Moshgat, Windber 7-6
2005	Trevor Young, Chestnut Ridge 13-3	Amy Burkholder, Meyersdale 8-0
2006	Trevor Young, Chestnut Ridge 13-3	Amanda Moshgat, Windber 8-6
2007	Mike Andrascik, Windber 12-0	Daphne Hoover, Northern Bedford 9-0
2008	Joe Darr, Berlin 12-6	Anna Samole, Berlin 9-6
2009	TJ Young, Chestnut Ridge 12-6	Anna Samole, Berlin 9-7
		Kelly Vann, Conemaugh Township 10-1
		Kelly Vann, Conemaugh Twp. 11-0
		PIAA Meet: 10-6 Tie 3 <sup>rd</sup> Place
2010	TJ Young, Chestnut Ridge 12-10 ½	Kelly Vann, Conemaugh Twp. 10-9
		Q: Brittany Kidd, Bedford 10-3
2011	Drew Romesberg, Berlin 13-6 ¼	Brittany Kidd, Bedford 10-6

## SHOT PUT

### Boys

1975	Garth Miller, Rockwood 50-6
1976	Burroughs, Somerset 48-11
1977	Frank Zborovancik, Shade 51-11.75
1978	Greg Zborovancik, Shade 47-9.5
1979	Greg Zborovancik, Shade 51-5.75
1980	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 <sup>th</sup> 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

### 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

## DISCUS

### Boys

- 1975 Rick Growden, Bedford 140-1  
1976 Nist, Somerset 129-5  
1977 Frank Zborovancik, Shade 142-2  
1978 Roger Shepko, Windber 140-1  
1979 Greg Zborovancik, Shade 146-4  
1980 Knoblach, Rockwood 122-5  
1981 Steve Bollman, Everett 134-0.5  
1982 Knoblach, Rockwood 136-0.5  
1983 Rick Thompson, Everett 138-1  
1984 Jim Peters, Rockwood 139-6.5  
1985 Gerald Gordon, Everett 121-1.5  
1986 Mark Knapp, Shade 121-5  
1987 Jeff Fisher, Conemaugh Township 141-3.5  
1988 Jeff Shearer, Rockwood 132-11  
1989 **Jim Benbow, Bedford 150-2**  
**PIAA meet: 156-10 4th Place**  
1990 **Jim Benbow, Bedford 162-9**  
**PIAA meet: 161-8 2nd Place**  
**Q: Ray Hart, Northern Bedford 146-11**  
1991 Andy Hershberger, Meyersdale 153-2  
1992 Tim Bowser, Northern Bedford 138-10  
1993 Tim Bowser, Northern Bedford 140-1  
1994 Nathan Babinsack, McConnellsburg 142-1.25  
1995 Ryan Schmuck, Rockwood 140-8  
1996 Andy Sindes, Meyersdale 134-11  
1997 **Andy Sines, Meyersdale 151-5**  
**PIAA meet: 159-2 State Champion**  
**Q: Cole, Chestnut Ridge 145-8**  
**Q: Emmons, Southern Fulton 143-2**  
1998 Ben Leese, McConnellsburg 142-9  
1999 Dave Knopsnyder, Meyersdale 144-0  
2000 Marteney, Meyersdale 134-3  
  
2001 Kyler Gates, Chestnut Ridge 138-10  
2002 Damian Crissey, Bedford 151-10  
2003 David Houseworth, Bedford 132-0  
2004 Jordan Hess, McConnellsburg 148-2  
2005 **Adam Henderson, Chestnut Ridge 141-0**  
**PIAA meet: 147-3 8<sup>th</sup> Place**  
2006 Jeremy Faidley, Meyersdale 134-1  
2007 Robert Shehan, McConnellsburg 129-3  
2008 Nick Stultz, Chestnut Ridge 147-8  
2009 Lucas Banks, McConnellsburg 151-9  
2010 **Lucas Banks, McConnellsburg 156-7**  
**PIAA Meet: 155-7 2<sup>nd</sup> Place**  
2011 **Lucas Banks, McConnellsburg 161-0**  
**PIAA Meet: 160-4 3<sup>rd</sup> Place**

### 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  
Ella Meese, Berlin 96-1  
Ella Meese, Berlin 98-6  
  
Heather Cramer, Rockwood 102-2  
Ashley Hutchison, Rockwood 101-5  
Catya Gilbert, Northern Bedford 96-0  
Crystal Dibert, Bedford 108-3  
Crystal Dibert, Bedford 114-7  
  
Theole Feuillet, Everett 91-5

## JAVELIN

### Boys

1975 Rich Adams, Conemaugh Township 149-8  
1976 John Brallier, Everett 160-4  
1977 George Lasure, Shade 150-0  
1978 George Lasure, Shade 168-2.5  
1979 Sam Evans, Northern Bedford 153-8.5  
1980 Tommy Souders, McConnellsburg 161-7  
1981 Tommy Souders, McConnellsburg 173-5.5  
1982 Tommy Souders, McConnellsburg 178-1.5  
PIAA meet: 193-1 4th Place  
1983 Tommy Souders, McConnellsburg 177-9  
PIAA meet: 189-0 3rd Place  
1984 Bill Tosten, Everett 160-8  
1985 Wade Mellott, McConnellsburg 149-11.5  
1986 Mike Dull, Chestnut Ridge 169-9  
1987 Shawn Barton, Tussey Mountain 173-8  
1988 Jeff Shearer, Rockwood 153-8  
1989 Sean Pruchnic, Windber 160-10  
1990 Eric Romanchock, Windber 171-7  
1991 Dave Raymond, Bedford 160-9  
1992 Mike Hetz, Meyersdale 174-4  
  
1993 Mike Hetz, Meyersdale 182-2  
  
1994 Mike Heck, Northern Bedford 162-1  
1995 Mike Heck, Northern Bedford 161-11  
  
1996 Shawn Morse, Everett 180-3  
  
1997 Mike DiPasquale, Meyersdale 190-5.75  
PIAA meet: 179-8 6th Place  
1998 Tony Liberato, Chestnut Ridge 155-9.5  
  
1999 Dave Knopsnyder, Meyersdale 166-10  
2000 Josh Arnold, Meyersdale 163-0  
2001 Josh Arnold, Meyersdale 175-8  
2002 Devon Beegle, Bedford 170-8  
2003 George Childers, Shade 180-2  
PIAA Meet: 179-7 8th Place  
2004 Kevin Bittner, Berlin 175-10  
PIAA Meet: 180-1 5<sup>th</sup> Place  
2005 Mike Bowman, Berlin 165-8  
2006 Mike Bowman, Berlin 157-6  
  
2007 Billy Sipko, Windber 161-1  
2008 Jeremy Wilt, Shade 165-8  
2009 Jacob Hillegas, Berlin 164-7  
2010 Zach Shearer, Rockwood 162-7  
2011 Steven Meyer, Southern Fulton 159-6

### Girls

Lisa Smith, Bedford ?  
Tracy Mattson, Bedford 88-7.5  
Tracy Mattson, Bedford 103-6.5  
Anita Reighard, Northern Bedford 102-6.25  
Carrie Matson, Bedford 102-5.25  
Carrie Matson, Bedford 105-6.75  
Cheryl Erickson, Southern Fulton 102-9  
Statler, Bedford 100-5  
  
Miller, North Star 104-3  
  
Nora Johnson, Northern Bedford 123-8.5  
Nora Johnson, Northern Bedford 117-3.5  
Jeanne Barkman, Northern Bedford 115-7  
Jeanne Barkman, Northern Bedford 119-3  
Michelle Williams, Windber 98-2.5  
Lisa Bokinsky, Windber 104-8  
Amy Booth, McConnellsburg 120-3  
Amy Booth, McConnellsburg 133-3  
Christy Albright, Northern Bedford 119-9  
PIAA meet: 132-8 3rd Place  
Rhandee Dibert, Bedford 113-10  
PIAA meet: 118-9 8th Place  
Rhandee Dibert, Bedford 114-11  
Beth Burkett, Chestnut Ridge 134-7  
PIAA meet: 142-3 2nd Place  
Beth Burkett, Chestnut Ridge 143-8.25  
PIAA meet: 141-10 2nd Place  
Susan Warnick, Meyersdale 121-8  
  
Susan Warnick, Meyersdale 133-5.5  
PIAA meet: 147-9 3rd Place  
Tara Hunter, Windber 117-3  
Knopsnyder, Meyersdale 107-10  
Beth Barnes, Windber 125-11  
Meredith Troutman, Meyersdale 125-6  
Vanessa Housel, Meyersdale 115-10  
  
Megan Lamens, Berlin 132-11  
  
Megan Lamens, Berlin 122-6.5  
Megan Lamens, Berlin 130-11  
PIAA Meet: 129-11 8<sup>th</sup> Place  
Q: Ella Meese, Berlin 118-11  
Courtney Mullen, Windber 112-9  
Kasie Shoemaker, Bedford 114-6  
Cassie Beach, Northern Bedford 125-1  
Cassie Beach, Northern Bedford 131-5  
Katie Strapple, Windber 121-5 ½  
PIAA Meet: 128-5 8<sup>th</sup> Place

# DISTRICT FIVE PLACEWINNERS AT PIAA MEET

PRIOR TO 1975

## CLASS A (now class AAA)

1928	Long Jump	Smith, Bedford	5th Place	
1929	Mile Relay	Bedford	5th Place	
	Long Jump	Smith, Bedford	4th Place	
1930	220 yd. Dash	Clark, Bedford	<b>1st PLACE</b>	<b>22.2</b>
	100 yd. Dash	Clark, Bedford	<b>1st PLACE</b>	<b>10.0</b>
	100 yd. Dash	Harris, Bedford	3rd Place	
	Pole Vault	Snell, Bedford	3rd Place (Tie)	
1943	880 Run	Trachak, Conemaugh Township	4th Place	
1944	100 yd. Dash	Kritzer, Shade	4th Place	
	Javelin	Kebblish, Somerset	<b>1st PLACE</b>	<b>160-0</b>
	Discus	Rose, Somerset	2nd Place	
1945	100 yd. Dash	Kritzer, Shade	5th Place	
	Javelin	Kebblish, Somerset	4th Place	
	Discus	Rose, Somerset	3rd Place	
1946	Mile	Lyman, Somerset	5th Place	
1947	Shot Put	Brumbaugh, Shade	2nd Place	
1951	Pole Vault	Rosbaugh, Somerset	3rd Place	
1957	Shot Put	Vincent, Somerset	2nd Place	

## CLASS B (Now Class AA)

1938	Mile Run	Beachem, Somerset Twp.	5th Place	
1947	Pole Vault	Paylor, McConnellsburg	<b>1st PLACE</b>	<b>11-9 1/4</b>
1948	Pole Vault	Paylor, McConnellsburg	<b>1st PLACE</b>	<b>12-3 3/4</b>
1949	Pole Vault	Paylor, McConnellsburg	<b>1st PLACE</b>	<b>12-3</b>
1950	Javelin	Spangler, Shade	5th Place	
1951	Shot Put	Ling, Shade	3rd Place	
1952	High Jump	Findley, Shade	5th Place	
1953	High Jump	Findley, Shade	3rd Place	
	Pole Vault	Bestvina, Shade	<b>1st PLACE</b>	<b>11-6</b>
1954	180 L.Hurdles	Strongosky, Shade	3rd Place	
	Pole Vault	Bestvina, Shade	<b>1st PLACE</b>	<b>11-9</b>
1955	Pole Vault	Bestvina, Shade	<b>1st PLACE</b>	<b>12-0</b>
1956	Mile Run	Donahue, Shade	3rd Place	
1958	440 yd. Dash	Cover, McConnellsburg	5th Place	
1959	Discus	Palya, Shade	3rd Place	
	440 yd. Dash	Cover, McConnellsburg	<b>1st PLACE</b>	<b>51.6</b>
	Mile Run	Ray, McConnellsburg	5th Place	
1960	Javelin	Turko, Shade	<b>1st PLACE</b>	<b>164-3</b>
	Mile Run	Ray, McConnellsburg	5th Place	
	Pole Vault	Palya, Shade	<b>1st PLACE</b>	<b>12-1</b>
1961	Pole Vault	Vidischak, Shade	5th Place (Tie)	
1962	Discus	Maticik, Shade	5th Place	
	Mile Run	Rose, Rockwood	4th Place	
1967	120 HH	Kohler, Windber	4th Place	
1968	120 HH	Vargo, Windber	3rd Place	
	180 LH	Vargo, Windber	6th Place	
1969	Pole Vault	Cleveland, Bedford	5th Place	
1970	880 yd. Run	Gindlesberger, Conemaugh Township	6th Place	
1971	Pole Vault	Cleveland, Bedford	5th Place	
1972	2-Mile Run	Bob Snyder, McConnellsburg	6th Place	
	100 yd. Dash	Craig Enyeart, Tussey Mountain	5th Place	
1973	Mile Run	Bob Snyder, McConnellsburg	<b>1ST PLACE</b>	<b>4:22.9</b>
	220 yd. Dash	Craig Enyeart, Tussey Mountain	6 <sup>th</sup> Place	

1974	440 yd. Dash	Rick Hoffman, McConnellsburg	6 <sup>th</sup> Place	
	Mile Run	Bob Snyder, McConnellsburg	<b>1<sup>st</sup> PLACE</b>	<b>4:17.6</b>
	330 Hurdles	McNelly, Somerset	4 <sup>th</sup> Place	
	880 yd. Run	Bob Snyder, McConnellsburg	5 <sup>th</sup> Place	
	Pole Vault	Naret, Shade	3 <sup>rd</sup> Place	