

Mens Senior High Records as of May 10, 2014

Men 100 Meter Dash 11.39 5/8/2004 Brandon Tress - Bible Baptist

Men 200 Meter Dash 22.53 5/10/14 Emmitt Miller - Mount Airy

Men 400 Meter Dash 49.70 5/10/2003 Andrew Cox - Riverdale

Men 800 Meter Run 1:58.00 5/11/2013 Josiah Hanko - Trinity Christian

Men 1600 Meter Run 4:13.1 5/12/2007 Andrew Hanko - Trinity Christian

Men 3200 Meter Run 9:50.38 5/11/2013 Josiah Hanko - Trinity Christian

Men 110 Meter Hurdles 15.09 5/14/2011 Josh Nesmith - Bible Baptist

Men 4x100 Meter Relay 45.11 5/10/2003 Riverdale - Riverdale

Men 4x200 Meter Relay 1:34.81 5/10/2003 Riverdale - Riverdale

Men 4x400 Meter Relay 3:33.43 5/10/2003 Riverdale - Riverdale

Men Long Jump 20-08.25 5/8/2004 Josiah Stoltzfus - Bible Baptist

Men Shot Put 51-04.75 5/8/2004 David Leonard - Riverdale

Men Discus Throw 142-06 5/12/2012 Rashad Manning - Riverdale

Men High Jump 6'2" 5/14/2011 Daniel Klase - Berks Christian and

5/12/2012 and 5/11/2013 Samuel Tvardzik, Mount Airy

Men Triple Jump 41'7.75" 05/14/2011 Daniel Klase - Berks Christian

Men Javelin Throw 154'10" 5/10/2014 Joe Fischer - Calvary Christian

High School Womens Records as of May 10, 2014

Women 100 Meter Dash 12.40 5/7/2005 Krystin Lawson - Riverdale

Women 200 Meter Dash 26.02 5/9/2009 Joy Santos - Berks Christian

Women 400 Meter Dash 58.82 5/12/2012 Kayla Tucker - Riverdale Baptist

Women 800 Meter Run 2:22.98 5/12/2012 Kayla Tucker, Riverdale Baptist

Women 1600 Meter Run 5:17.59 5/12/2001 Hannah Powlison - Stony Brook

Women 3200 Meter Run 11:49.12 5/12/2001 Ellen Davies - Cumberland

Women 100 Meter Hurdles 16.22 5/10/2008 Taylor Brown - Faith Christian Academy

Women 4x100 Meter Relay 52.04 5/10/1997 Riverdale Baptist - Riverdale Baptist

Women 4x200 Meter Relay 1:46.05 5/7/2005 Riverdale Baptist - Riverdale Baptist

Women 4x400 Meter Relay 4:09.70 5/12/2012 Riverdale Baptist - Riverdale Bapt.

Women Long Jump 15-10.5 5/10/2014 Madison Burrows - Meadowbrook

Women Shot Put 35-02.50 5/12/2001 Erva Cockfield - Stony Brook

Women Discus Throw 116-11.50 5/12/2001 Erva Cockfield - Stony Brook

Women High Jump 5-03 5/9/2009 Nicole Deneseus - Faith West Virginia

Women Triple Jump 34-05.25 5/8/2004 Robin Gross - Riverdale Baptist

Women Javelin Throw 119'06.5" 5/09/2009 Lauren Heliger - Berks Christian