

Mens Senior High Records as of May 11, 2019

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 Hanco - Trinity Christian
Men 1600 Meter Run 4:13.01 5/12/2007 Andrew Hanco - Trinity Christian
Men 3200 Meter Run 9:50.38 5/11/2013 Josiah Hanco - 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 21-1.0 5/14/2016 Ricky Leach - Abundant Life
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 6'4" 5/12/2018 Caleb Willey - Greenwood Mennonite and
Brian Glen - West Shore Christian
Men Triple Jump 42-8.75 5/9/15 Caleb Snyder - Calvary MD
Men Javelin Throw 154'10" 5/10/2014 Joe Fischer - Calvary Christian

High School Womens Records as of May 11, 2019

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 16-0 5/9/15 Meghan Chaffins - Holly Grove
Women Shot Put 35-11 5/11/2019 Alicia Tucker - Faith Christian Academy (WV)
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