

State College Girls' Track and Field All-Time Top 15 Teams

4x100m Relay

	Year	Time	Lead Leg	2 nd Leg	3 rd Leg	Anchor	AWARD
1	2016	47.51	Rachel Wylie	Taylor Givens	Zoe Wicks	Haley Crawford	District Champ/PIAA 6 th
2	2015	48.42	Emma Domico	Taylor Givens	Rachel Wylie	Haley Crawford	District Champ
3	2011	48.54	Paige Fry	Carolyn Hay	Gina Torretti	Niara Valentine	District Champ/PIAA 5 th
4	2012	48.98	Lauren Bonness	Carolyn Hay	Gina Torretti	Niara Valentine	District Champ
4	1987	49.02	Heather Rockey	Amy Gervinski	Dana Toscano	Lee Lochbaum	District Champ
6	2009	49.11	Paige Fry	Meghan Hart	Gina Torretti	Megan Andersen	District Champ
7	2013	49.11	Lauren Bonness	Olivia Watkins	Haley Crawford	Niara Valentine	District Champ/PIAA 7 th
8	2018	49.18	Jessica Lose	Ava Michael	Mak Graham	Myca Ingram	District Champ
9	1988	49.41	Heather Rockey	Amy Gervinski	Dana Toscano	Lee Lochbaum	District Champ
10	1982	49.2	Mari Warland	Sarah Shaw	Pat Doty	Margit Bisztray	District Champ
11	2002	49.45	Liz Gabrielle	Amber Strouse	Megan Burke	Mara Modest	District Champ
12	2010	49.48	Paige Fry	Carolyn Hay	Jessica Lightner	Lauren Bonness	District Champ
13	1983	49.62	Mari Warland	Sarah Shaw	Pat Doty	Margit Bisztray	District Champ
14	2014	49.86	Niara Valentine	Monye Valentine	Rachel Wylie	Haley Crawford	
15	2017	49.98	Sophie Bollinger	Ava Michael	Zoe Wicks	Jessica Lose	
						Updated 5/30/22	

State College Girls' Track and Field All-Time Top 15 Teams

4x400m Relay

	Year	Time	Lead Leg	2 nd Leg	3 rd Leg	Anchor	AWARD
1	2017	3:53.30	Jordi Rohrbach	Taylor Givens	Zoe Wicks	Esther Seeland	District Champ/PIAA 5 th
2	1977	3:54.1	Michelle Markham	Bonnie Sax	Bette Tobey	Paula Froke	District Champ
3	2016	3:54.49	Jordi Rohrbach	Rachel Wylie	Natasha Fedkina	Zoe Wicks	District Champ
4	1983	3:54.8	Wendy Skipper	Mari Warland	Margit Bisztray	Ann Luckie	District Champ
5	1984	3:55.6	Wendy Skipper	Sally Doerrier	Margit Bisztray	Ann Luckie	District Champ
6	1985	3:55.8	Sally Doerrier	Lisa Gold	Margit Bisztray	Jill Lynch	District Champ
7	2011	3:56.86	Chandley Book	Megan Bland	Niara Valentine	Gina Torretti	District Champ/PIAA 8 th
8	1982	3:57.4	Wendy Skipper	Margit Bisztray	Meredith White	Tracy Spalvins	District Champ
9	1980	3:57.9	Meredith White	Tracy Spalvins	Mona Livingston	Kathy Hettmansperger	District Champ
10	2008	3:59.07	Olivia Kerr	Izabel Scott	Liz Regan	Chloe Schmidt	District Champ
11	1981	3:59.09	Lisa Dignazio	Ann Luckie	Tracy Spalvins	Meredith White	District Champ
12	2003	3:59.29	Liz Gabrielle	Christina Davies	Mara Modest	Amber Strouse	District Champ/PIAA 6 th
13	2012	3:59.73	Chandley Book	Victoria Crawford	Lauren Bonness	Niara Valentine	District Champ
14	1987	3:59.89	Heather Rockey	Lee Lochbaum	Jill Lynch	Mara Salamon	District Champ
15	2013	3:59.90	Kaelyn Yoder	Chandley Book	Niara Valentine	Victoria Crawford	District Champ
						Updated 5/30/22	

State College Girls' Track and Field All-Time Top 15 Teams

4x800m Relay

	Year	Time	Lead Leg	2 nd Leg	3 rd Leg	Anchor	AWARD
1	1981	9:07.80	Tracy Spalvins	Eileen Yarashus	Meredith White	Lynne Strauss	District Champ
2	1985	9:07.84	Laura Gardiner	Lisa Gold	Jill Lynch	Heidi Roe	District Champ
3	2014	9:08.00	Natasha Fedkina	Hannah Catalano	Emma Cousins	Victoria Crawford	District Champ/PIAA 4th
4	1984	9:08.80	Laura Gardiner	Tracy Horner	Liz Brugel	Lisa Gold	District Champ
5	1986	9:13.50	Laura Gardiner	Jill Lynch	Amanda Dudley	Laurie Morrow	District Champ
6	1982	9:13.86	Dana DeTreuk	Lisa Schroeder	Tracy Spalvins	Meredith White	
7	2017	9:14.06	Sophie Bollinger	Catherine Curtin	Elly Haushalter	Esther Seeland	District Champ/PIAA 3rd
8	1987	9:14.51	Pam Matten	Jill Lynch	Mara Salamon	Laurie Morrow	District Champ
9	1983	9:14.8	Tracy Horner	Liz Brugel	Hiedi Roe	Dana DeTeurk	District Champ
9	1988	9:14.8	Pam Matten	Mara Salamon	Jill Lynch	Laurie Morrow	District Champ
11	2018	9:17.03	Elly Haushalter	Kileigh Kane	Emma Maras	Esther Seeland	District Champ/PIAA 3rd
12	1978	9:21.21	Martha White	Terry Sweitzer	Beverly Pazur	Paula Froke	District Champ
13	2012	9:22.14	Nora Adams	Kathryn McNaughton	Victoria Crawford	Emma Cousins	District Champ
14	1994	9:22.70	Lou Hohnka	Megan McCormick	Rachel Gregory	Chris Shea	
15	1980	9:22.96	Tracy Spalvins	Kim Long	Tina Gardiner	Meredith White	District Champ
						Updated 5/30/22	

State College Girls' Track and Field

All-Time Top 15 Individuals

100m Dash

Rank	Grade	Name	Time	Year	Awards
1	12	Taylor Givens	12.18	2018	District Champ
2	11	Jessica Lose	12.27	2019	District Champ
3	12	Lauren Bonness	12.29	2013	District Champ
4	10	Haley Crawford	12.41	2014	
5	11	Myca Ingram	12.48	2018	
6	12	Megan Andersen	12.50	2009	District Champ
7	10	Niara Valentine	12.54	2012	District Champ
8		Lisa Dignazio	12.4	1981	
8		Lee Lochbaum	12.4	1987	
10		Margit Bisztray	12.5	1983	
10	11	Amanda Hood	12.5	2007	
10	9	Gina Torretti	12.5	2009	
13	12	Liz Gabrielle	12.77	2003	
14	10	Carolyn Hay	12.78	2010	
15	12	Megan Burke	12.81	2002	
15	9	Sanai Abdullah	12.81	2022	
					Updated 5/30/22

State College Girls' Track and Field

All-Time Top 15 Individuals

200m Dash

Rank	Grade	Name	Time	Year	Awards
1	12	Haley Crawford	25.17	2016	District Champ PIAA 6th
2	12	Lauren Bonness	25.68	2013	District Champ
3	12	Megan Andersen	25.69	2009	
4	9	Taylor Givens	25.75	2015	
5	11	Gina Torretti	25.76	2011	
6		Margit Bisztray	25.8	1984	
6	11	Niara Valentine	26.04	2011	
8	9	Jessie Beers-Altman	25.9	1999	
9	12	Mak Graham	26.15	2019	District Champ
10		Chloe Schmidt	26.0	2008	
11	12	Liz Gabrielle	26.30	2003	
11	11	Jessica Lose	26.30	2019	
13		Lisa Dignazio	26.1	1981	
13	11	Chantal Barnyak	26.1	2005	
13		Katrina Porter	26.1	1995	
					Updated 5/30/22

State College Girls' Track and Field

All-Time Top 15 Individuals

400m Run

Rank	Grade	Name	Time	Year	Awards
1	12	Esther Seeland	56.34	2018	
2	9	Chloe Schimidt	57.34	2008	
3		Margit Bisztray	57.4	1984	
4	9	Jen Seitz	58.04	2001	
5	12	Victoria Crawford	58.28	2014	District Champ
6		Paula Froke	57.8	1977	
6		Ann Luckie	58.74	1983	
8	9	Niara Valentine	58.74	2011	
9		Bette Tobey	58.8	1977	
10		Tracy Spalvins	59.0	1982	
11	11	Jessie Beers-Altman	59.1	1999	
12	12	Zoe Wicks	59.36	2017	District Champ
13	12	Casie Eifrig	59.40	2021	District Champ
14	11	Chandley Book	59.44	2013	
15	10	Melissa Burroughs	59.4	1991	
					Updated 5/30/22

State College Girls' Track and Field
All-Time Top 15 Individuals

100m Intermediate Hurdles

Rank	Name	Time	Year	Grade	Awards
1	Rachel Wylie	14.79	2016	12	District Champ
2	Juile Roth	14.7	1993		
3	Paige Fry	15.02	2011	12	District Champ PIAA 8 th
4	Jordi Rohrbach	15.48	2017	12	
5	Christie Johnson	15.71	2008	12	District Champ
6	Sheara Williamson	15.5	1995		
7	Rachael Spencer	15.83	2019	11	
8	Sarah Tate	15.90	2022	9	District Champ
9	Bethany Baumbach	15.8	1995		
10	Lisa Schroeder	15.8	1984		
11	Molly Love	16.11	2012	12	
12	Mari Warland	15.9	1985		
13	Dana Toscano	16.0	1990		
14	Megan Vonada	16.32	2013	12	
15	Emily Randolph	16.41	2014	12	
				Updated 5/30/22	

State College Girls' Track and Field

All-Time Top 15 Individuals

300m Low Hurdles

Rank	Name	Time	Year	Grade	Awards
1	Rachel Wylie	43.80	2016	12	District Champ PIAA 4th
2	Jordi Rohrbach	45.15	2017	12	District Champ
3	Emily Randolph	45.53	2014	12	District Champ
4	Amber Strouse	45.80	2003	12	District Champ
5	Olivia Kerr	45.99	2009	12	District Champ
6	Rachael Spencer	46.62	2018	10	
7	Dana Toscano	46.63	1990		
8	Mari Warland	46.64	1983		
9	Sheara Williamson	46.9	1993		
10	Caitlin Burke	47.1	2006	12	District Champ
11	Bethany Baumbach	47.2	1997		
12	Lisa Schroeder	47.2	1982		
13	Mara Modest	47.52	2002	11	
14	Megan Bland	47.57	2011	12	
15	Sarah Tate	47.93	2022	9	
					Updated 5/30/22

State College Girls' Track and Field

All-Time Top 15 Individuals

800m Run

Rank	Name	Time	Year	Grade	Awards
1	Esther Seeland	2:08.71	2018	12	District Champ PIAA GOLD *Indoor Best Record *Outdoor Best 2:09.69
2	Chloe Schmidt	2:09.98	2010	11	District Champ PIAA GOLD
3	Lisa Gold	2:13.02	1985		
4	Emma Cousins	2:14.71	2012	10	District Champ
4	Paule Froke	2:15.10	1977		
6	Lynne Strauss	2:15.10	1982		
7	Meredith White	2:15.77	1982		
8	Grace Morningstar	2:15.90	2022	11	District Champ
9	Natasha Fedkina	2:16.07	2014	10	District Champ
10	Laurie Morrow	2:16.3	1988		
11	Heidi Roe	2:16.3	1985		
12	Megan McCormick	2:16.65	1994		
13	Kileigh Kane	2:16.7	2019	12	
14	Jill Lynch	2:18.5	1985		
15	Victoria Crawford	2:19.58	2013	11	
					Updated 5/30/22

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State College Girls' Track and Field

All-Time Top 15 Individuals

1600m Run

Rank	Name	Time	Year	Grade	Awards
1	Lynne Strauss	4:48.94	1982	12	
2	Kileigh Kane	*4:49.36	2019	12	District Champ PIAA 4th
3	Martha White	4:52.88	1978	12	
4	Esther Seeland	4:54.77	2018	12	
5	Chloe Schmidt	4:55.08	2010	11	District Champ PIAA SILVER
6	Laurie Morrow	4:56.68	1987	12	
7	Natasha Fedkina	5:00.97	2016	12	District Champ PIAA 6th
8	Chris Shea	5:03.31	1994	12	
9	Marlee Kwasnica	5:03.61	2021	10	District Champ
10	Heidi Roe	5:04.0	1985	11	
11	Colleen Glyde	5:04.2	1992	12	
12	Hannah Catalano	5:06.51	2014	12	District Champ
13	Tracy Horner	5:06.9	1981	10	
14	Edel Crowe	5:07.62	2007	12	District Champ
15	Eileen Yarashus	5:07.4	1981	10	
		*denotes converted mile time			Updated 5/30/22

State College Girls' Track and Field

All-Time Top 15 Individuals

3200m Run

Rank	Name	Time	Year	Grade	Awards
1	Martha White	10:12.55	1978	12	
2	Lynne Strauss	10:34.8	1982	12	
3	Kileigh Kane	10:44.0	2019	12	
4	Jordan Reed	10:55.34	2021	12	District Champ PIAA 7th
5	Colleen Glyde	10:55.3	1992	12	
6	Chris Crowe	10:59.79	1998	12	
7	Kim Long	11:02.88	1980	11	
8	Heidi Roe	11:04.0	1985	12	
9	Cindy Sterling	11:07.12	1978	10	
10	Katherine Ward	11:08.56	2006	11	District Champ
11	Tracy Horner	11:09.0	1982	10	
12	Tresa Hohnka	11:09.6	1993	12	
13	Sarah Almarzooqi	11:16.54	2016	12	District Champ
14	Amy Devan	11:17.99	2022	11	
15	Emma Cousins	11:22.63	2011	9	District Champ
					Updated 5/30/22

State College Girls' Track and Field

All-Time Top 15 Individuals

Long Jump

Rank	Name	Distance	Year	Grade	Awards
1	Taylor Givens	19-09	2018	12	District Champ PIAA GOLD
2	Shannon Mullin	19-0	2022	12	District Champ PIAA SILVER
3	Veronika Karpenko	18-11.5	2015	11	District Champ PIAA BRONZE
4	Hanna Humphreys	18-03.75	1981		
5	Julie Roth	18-02	1993		
6	Sara Scott	17-08	2005	11	
7	Mara Modest	17-05.5	2001	10	
8	Meghan Hart	17-05	2009	12	
9	Rashawn Dickerson	17-04	1991		
10	Shannon Daniels	17-01.5	2011	12	
11	Dana Toscano	17-01	1989		
12	Betsy Yost	17-0.25	2000		
13	Stacy Koontz	16-11.5	1992		
14	Noelia Pagano	16-11.25	2019	12	
14	Alex Antoniono	16-11.25	2022	11	
					Updated 5/30/22

State College Girls' Track and Field All-Time Top 15 Individuals

Triple Jump

Rank	Name	Distance	Year	Grade	Awards
1	Shannon Mullin	40-8	2022	22	District Champ PIAA GOLD
2	Veronika Karpenko	40-01.75	2015	11	District Champ PIAA GOLD *Indoor Best Record *Outdoor Best 40-01.25
3	Julie Roth	38-05	1993		
4	Shannon Daniels	37-11	2011	12	District Champ PIAA 4 th
5	Noelia Pagano	37-11	2019	12	District Champ
6	Sara Scott	37-10	2005	11	PIAA 7 th
7	Hanna Humphreys	37-07.75	1980		
8	Taylor Givens	37-06.5	2018	12	District Champ PIAA 7 th
9	Pat Doty	36-10	1984		
10	Laura Brewer	36-05.5	1992		
11	Katrina Porter	36-04	1995		
12	Sally Bingaman	36-04.5	1979		
13	Meghan Hart	35-10.25	2009	12	
14	Sarah Marchione	35-09.5	2010	11	
15	Paige Kennington	35-05	1984		
					Updated 5/30/22

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State College Girls' Track and Field

All-Time Top 15 Individuals

High Jump

Rank	Name	Height	Year	Grade	Awards
1	Amber Strouse	5-6	2003	12	District Champ/PIAA 7th
2	Donna Howes	5-5.75	1982		
3	Kristin Marciniak	5-5	1990		
3	Christie Johnson	5-5	2008	12	District Champ
5	Rachael Spencer	5-4	2018	10	PIAA 7th
5	Megan Burke	5-4	2002		
5	Sue Tracey	5-4	1971		
5	Christy Benson	5-4	1992		
9	Erin Robinson	5-3	1991		
9	Julie Roth	5-3	1992		
11	Paige Kennington	5-2	1984		
11	Laurie Upshaw	5-2	1978		
11	Sue Baker	5-2	1977	10	
14	Jodi Hall	5-1	1990		
15	Taylor Givens	5-0	2015	9	
15	Olivia Watkins	5-0	2014	12	
15	Shannon Daniels	5-0	2011	12	
15	Grace Eveleth	5-0	2009	11	
15	Meghan Hart	5-0	2008	11	
15	Monica Henderson	5-0	2006	12	
15	Rachael Belinda	5-0	2006	12	
15	Beth Kempton	5-0	1998		
15	Amy Gervinski	5-0	1988	11	
15	Nina Sim	5-0	1977		
					Updated 5/30/22

State College Girls' Track and Field

All-Time Top 15 Individuals

Shot Put

Rank	Name	Distance	Year	Grade	Awards
1	Jordan Bair	42-3	2017	12	District Champ PIAA 6 th
2	Bethany Canner	39-8.5	1995		
3	Hannah Seeland	38-9.25	2010	12	District Champ
4	Nancy Crust	38-1	1986		
5	Kelli Jo Homan	37-10.5	1980		
6	Debbie Miller	37-6.5	1982		
7	Anne Krumrine	36-3	1982		
8	Lauren Kenney	35-8.5	2011	12	
9	Julie Hayes	35-7.5	2000	12	
10	Jackie Horner	35-2.25	2015	11	
11	Seember Ityokumbul	34-4.25	2000	12	
12	Jackie Evans	34-1	1999		
13	Esther Seeland	33-9	2016	10	
14	Gretchen Lingenfelter	33-8	1987		
14	Sandra Kakraba	33-8	2007	12	
					Updated 5/30/22

State College Girls' Track and Field

All-Time Top 15 Individuals

Discus

Rank	Name	Distance	Year	Grade	Awards
1	Jordan Bair	131-09	2017	12	PIAA 8th
2	Gretchen Lingenfelter	122-02	1987		
3	Bethany Canner	120-02	1995		
4	Denise Games	120-00	1978		
5	Kelli Jo Homan	119-10	1980		
6	Debbie Miller	117-00	1982		
7	Jennifer Hussey	113-09	1983		
8	Shelly Mitinger	111-05.2	1986		
9	Patti Kleban	110-09	1977		
10	Tina Burman	109-03	1980		
11	Jackie Evans	108-09	1999		
12	Taylor Love	108-05	2017	12	
13	Hannah Seeland	108-02	2010	12	
14	Meredith McKnight	107-10	1990		
15	Irene Garcia	106-6	2022	11	
					Updated 5/30/22

State College Girls' Track and Field

All-Time Top 15 Individuals

Javelin

Rank	Name	Distance	Year	Grade	Awards
1	Lauren Kenney	156-02	2011	12	District Champ PIAA Gold / Broke Penn Relays Record
2	Lauren Hirshon	134-04	1999	12	
3	Julie Hayes	133-07	2000	12	
4	Kimberly Lightner	131-06	2013	12	District Champ
5	Kelli Jo Homan	128-07	1979		
6	Bethany Canner	128-06	1995		
7	Lisa Hopey	128-05	2001	12	
8	Jackie Horner	127-08	2016	12	District Champ
9	Nancy Smilowitz	119-01	1988		
10	Jill Bontrager	115-05	2008	12	
11	Beth Kempton	113-11	1998		
12	Cari MacElwee	113-01	1977		
13	Ellen Tobey	111-10	1985		
14	Kate Nese	111-10	2014	12	
15	Ellie Strauss	110-10	2017	12	
					Updated 5/30/22

State College Girls' Track and Field

All-Time Top 15 Individuals

Pole Vault

Rank	Name	Height	Year	Grade	Awards
1	Lyndsey Reed	13-01.5	2019	12	District Champ PIAA 4 th *Indoor Best Record *Outdoor Best 12-6
2	Megan Fry	12-09	2015	12	District Champ PIAA 3rd
3	Kinsey Thompson	12-00	2016	12	District Champ
4	Laura Rosenberger	11-06	1999	12	PIAA GOLD
4	Molly Love	11-06	2012	12	District Champ PIAA 5th
4	Lily Plute	11-06	2018	12	District Champ
7	Jenna Kokoskie	11-04	2019	12	
7	Kate Nese	11-00	2014	12	
7	Mia Iceland	11-0	2021	11	District Champ
7	Sarah Neely	11-0	2021	12	
7	Tori Sodeinde	11-0	2021	12	
12	Dana Gioia	10-09	2001	12	
13	Christina Pollick	10-06	2009	10	District Champ
14	Janice Lin	10-00	2006	12	
14	Claire Hicks	10-00	2019	9	
					Updated 5/30/22

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