

Conestoga Girls Indoor Track & Field Records

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Event	Athlete(s)	Time/Dist.	Date	Site	Notes
Running Events					
60M Dash	Whitney Winters	7.60	3/1/08	Penn State Univ.	STATE CHAMPION!!!
55 HH	Kat Allen	8.7	2003	Ursinus	
55 HH	Whitney Winters	8.7	12/08/06	Kutztown	
60M Hurdles	Whitney Winters	8.71	3/1/08	Penn State Univ.	2nd @ State Champs
200M	Whitney Winters	25.20	2/23/08	Penn State Univ.	2nd at Kevin Dare Invt.
300M	Kierstin Quinn	43.5	2/4/05	Kutztown Univ.	
400M	Kierstin Quinn	59.38	2003	Penn State	
600M	Carly Ninness	1:37.0	12/23/05	Lehigh Univ.	DVGTCA #2 ALL-TIME
800M	Liz Costello	2:16.29	2/11/06	Lehigh Univ.	*3rd @ Track Carnival*
1000 M	Lisa Price	3:18.5	1988	Haverford	
1000M	Katherine Fenwick	3:18.74	12/16/06	NYC Armory	Bishop Loughlin Games
Mile	Liz Costello	4:56.09	1/21/06	NYC Armory	1st (Millrose Auto Qualifier)
3000 M	Liz Costello	10:12.9	12/05/05	Lehigh Univ.	#5 All-Time in DVGTCA
50 HH	Kelly Grady	7.4	1984	Convention Center	
300Y	Lindsey Renninger	39.2	2000	Kutztown Univ.	
500M	Laura Champion	1:34.7	1985	Haverford	
600Y	Ann Hansgate	1:27.9	2000	Kutztown	
1000 Yd.	Gwyn Tracy	2:43.4	1981	Lehigh	
2-Mile	Louise Collins	11:33.6	1983	Haverford	
Field Events					
Shot Put 4k	Lara Mears	34-8	1986	Widener	
High Jump	Emily Moles	5-5	2/4/05	Kutztown Univ.	
Triple Jump	Carly Ninness	36-10.75	3/1/08	Penn State Univ.	4th at State Championships
Long Jump	Shonte' Kennedy	17-01	2/13/09	Lehigh - M.O.C.	6th Place
Pole Vault	Kristen Johnson	8-0	1/6/06	Lehigh Univ.	
Relays					
4x200	Whitney Winters (25.1) Katie Petroka (26.2) Shonte' Kennedy (26.1) Kacie O'Neil (26.1)	1:44.31	3/1/08	Penn State Univ. State Championship	5th Place
4x400	Kacie O'Neil (59.4) Marta Klebe (59.9) Shonte' Kennedy (60.0) Carly Ninness (58.1)	3:58.73	1/19/08	NYC Armory New Balance Games	5th Place Overall
4x800	Marta Klebe (2:14.5) Dina Ramadane (2:18.6) Meghan Shanley (2:22.6) Kacie O'Neil (2:14.9)	9:11.48	3/15/09	Boston, MA Reggie Lewis Center Nike Indoor Nats.	6th Place Ties #3 PA All-Time
4x800	Kacie O'Neil (2:17.9) Megan Deakins (2:17.9) Marta Klebe (2:18.6) Carly Ninness (2:16.5)	9:11.48	1/19/08	NYC Armory New Balance Games	1st Place Ranked #1 in the US Ties #3 PA All-Time
Distance Medley	Kristin Mutzig (3:47.6) Lindsey Renninger (58.8) Ann Hansgate (2:14.8) Katie Turner (5:08.8)	12:10.18	3/20/00	NYC Armory	2nd PLACE at National Scholastic Championships

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Relays Cont.					
Sprint Medley Relay 200-200 400-800	Whinney Winters (25.8) Shonte' Kennedy (26.3) Carly Ninness (59.2) Kacie O'Neil (2:18)	4:09.84	3/15/08	Prince George Sports & Learning Center	Nike Indoor Nationals 3rd Place ** ALL-AMERICAN **
<i>880yd. Relay</i>	<i>Stephanie Myers Kelly Grady Courtany Grady Kris Brown</i>	<i>1:57.1</i>	<i>1982</i>	<i>Lehigh</i>	
<i>4 Lap Relay 11 Laps to the Mile Track</i>	<i>Lori Dennis Betsy Carson Karen Trudel Mary Beth Sagar</i>	<i>1:25.3</i>	<i>1981</i>	<i>Civic Center</i>	
<i>4 Lap Relay 10 Laps to the Mile Track</i>	<i>Kris Krouse Kelly Grady Claire Grady Teri Stagnaro</i>	<i>1:35.5</i>	<i>1984</i>	<i>St. Joe's Univ.</i>	
<i>Mile Relay</i>	<i>Lindsey Renninger (61.9) Jessica Zodtner (63.4) Karin Bergguist (63.8) Katie Turner (62.9)</i>	<i>4:12.0</i>	<i>1998</i>	<i>Lehigh</i>	

Notable Performance:

2000: State Meet: 8th Place Team (20pts.) 4x800- 9:23.90 (state champs & state meet record)

2003: New Balance Games: 4x4- 4:04.21 (3rd Place)

2004: Penn State Inv: Liz Costello (Soph)- 2:17.82 (3rd)

2005: Megan Deakins (FR) 5:14.3 (12/17) ; Liz Costello (JR) 5:09.99 (3rd @ State Meet, only 3rd attempt at this distance)

NIN (MD) All-America (6th) 4x400 (4:03.00) Ashley Ninness, Kierstin Quinn, Carly Ninness(FR), Liz Costello

2006: Costello New Bal. Games Winner, 8th at Millrose Games (5:03), 3000m State Champ (10:17) 3rd place team at State with 33pts set 8 new school records!

to convert a hand time to F.A.T. add .24

Shaded, italicized records have been retired

Bolded Records were set during 2008-09 Season

Revised 10.25.09

S O G A

 track & field

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Running Events					
50 Dash	Bryan Jackson	5.7	1980	Widener	
60 Dash	John Byrd	6.3	1981	Civic Center	
50 HH	Robert Archer	6.4	1980	Widener	
60 HH	Jeff Shumake	7.6	1987	Lehigh	
200 Meters	Ryan Bird	22.35	2/16/02	Penn State	
300 Meters	Jeff Shumake	37.0	1987	Haverford	
400 Meters	Ryan Bird	49.41	3/02/02	Penn State Univ.	*4th at State Meet*
500 Meters	Jeff Shumake	68.5	1987	Haverford	
800 Meters	J.C. Rizzo	1:57.97	2/23/08	Penn State Univ.	1st at Kevin Dare Inv.
Mile Run	Michael Sullivan	4:21.1	1979	Lehigh	
3000 Meters	Myles Lund	9:17.66	2/11/06	Lehigh Univ.	*7th @ Track Carnival*
5000 Meters	Matt Fahey	17:15.15	3/10/06	NYC Armory	NSIC Champs (59th)
<i>2-Mile Run</i>	<i>Michael Sullivan</i>	<i>9:37.2</i>	<i>1979</i>	<i>West Chester U.</i>	
<i>60 HH*</i>	<i>Craig Welburn</i>	<i>7.9</i>	<i>1966</i>	<i>Franklin Field</i>	
<i>300 Yd.</i>	<i>Jeff Shumake</i>	<i>32.17</i>	<i>1987</i>	<i>Lehigh</i>	
<i>600 Yards</i>	<i>Nathan Byrd</i>	<i>74.2</i>	<i>1972</i>	<i>U. of Delaware</i>	
<i>1000 Yards</i>	<i>Michael Sullivan</i>	<i>2:15.7</i>	<i>1979</i>	<i>Lehigh</i>	
Field Events					
Shot Put	Steve Meyers	60'0"	3/02/02	Penn State Univ.	*State Champion*
High Jump	Jim Jones	6'6"	1976	Princeton	
Pole Vault	Dave Jones	12'6"	1974	Civic Center	
Triple Jump	Nick Piccoli	40' 11.5"	1992	Lehigh	
Long Jump	Bryan Barley	21-2 1/2	1/06/07	Haverford	
Relays					
4x200 Meters	Michael Schmittlein (22.7) David Hopper (22.6) Alex Carroll (23.3) Billy Davis (22.9)	1:31.77	2/24/07	Penn State Univ.	State Meet *12th Place*
4x400 Meters	Curtis Baylis (51.1) J.C. Rizzo (49.9) Connor Tait (50.3) Tom Mayer (49.7)	3:21.65	2/21/09	Penn State Univ.	State Meet *2nd Place*
4x800 Meters	Dan Browne (2:02.5) Myles Lund (2:01.2) Tommy Ferguson (2:06) Travis Gerhardt (2:06)	8:16.70	1/21/06	NYC ARMORY	10th Place at New Balance Games
Sprint Medley (200, 200 400, 800)	Curtis Baylis (23.1) Connor Tait (23.3) Tom Mayer (51.1) J.C. Rizzo (1:56.6)	3:34.51	3/14/09	Boston, MA Reggie Lewis Center	Nike Indoor Nationals 5th Place **ALL-AMERICAN**
Distance Medley (1200, 400 800, Mile)	Ray Sweeney John Davis Norm Verhoog Steve Weinstein	10:42.8	1974	Princeton	

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4 Lap Relay (10 Laps to the Mile track)	Drew Snader Craig Battisfore Jim Tamm Al Bank	1:17.9	1972	Widener	
4 Lap Relay (7 Laps to the mile track)	Tom Latta Jim Walsh Fritz Brenner Brian Holland	1:53.3	1977	Haverford	
4 x 220 Relay	Marquis Weeks (23.1) Paul Kravitz (23.9) Matt Hegarty (23.5) Aaron Cherry (23.1)	1:33.81	1998	Lehigh	
Mile Relay	Marquis Weeks (52.6) Paul Kravitz (53.3) Matt Hegarty (52.5) Aaron Cherry (51.7)	3:30.1	1998	Lehigh	
8 Lap Relay (7 Laps to the mile track)	Steve Austin Ray Sweeney Chris Dutzman Jeff Mitchell	4:24.4	1973	Haverford	
2 Mile Relay	Steve Weinstein Norm Verhoog Chris Dutzman Ray Sweeney	8:01.2	1974	Princeton	
Sprint Medley (220, 220 440, 880)	Ed Battisfore Craig Battisfore Al Banks Nathan Byrd	3:45.8	1971	ESU	
SMR (7 Laps to the mile track)	Fritz Brenner Jim Walsh Brian Holland Pete Tunnell	4:25.5	1977	Haverford	

Other Notable Performances:

1998: State Meet: 4x440- 6th Place
 1999: State Meet: Aaron Cherry- 5th (51.59)
 2000: State Meet: Rich Watson- 7th (49.81), 4x200- 6th (1:33.03), 4x400- 7th (3:28.08)
 2001: State Meet: Ryan Bird- 7th (22.73)
 2002: State Meet: Ryan Bird- 7th (22.55). PSU INVT: 49.45

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Revised 10.25.09

