

Girls Outdoor Track & Field 2008 Meet Results

2008 Outdoor Ches-Mont Champions

PIAA State Championships

5/23-5/24 at Shippensburg

East Results:

4x800 Relay

Splits:

Ashley Fornshell:

2:18.7

Taylor Carcella:

2:19.6

Emily Rugh: 2:27.5

Marie Thompson:

2:19.4

4x800 Relay Finals

9:16.73

Splits

Ashley Fornshell:

2:17.8

Tory Mullane: 2:22.0

Taylor Carcella:

2:17.3

Marie Thompson:

2:19.4

1600 Run

Marie Thompson: 5:07.56

7th place at States

District 1 AAA Championships

5/16-5/17 at Coatesville High School

East Results:

* = New School Record # = Advancing to the State Meet

4x800 Relay Final: 400 Run 1600 Run

Splits:

Rachel Hunte: 60.05	Marie Thompson: 5:11.61 / 5:06.55, 6th, #	
Ashley Fornshell: 2:18.7	Ashley Hamilton: 61.77	Ashley Fornshell: 5:15.15 / 5:10.35, 8th, #
Taylor Carcella: 2:20.3		Erin Casey: 5:22.74
Tory Mullane: 2:24.2		
Marie Thompson: 2:19.4		

4x100 Relay: 4x400 Relay: High Jump

Splits:

Jordyn Parsons: 4' 10"

Pole Vault

Alyssa Long: 9' 06",
5th, #

Long Jump: Shot Put

Bethany Houpt: 15' 09.5"

Carolyn Shirey: 31' 07"

Discus

Amber Yacenda: 106' 02" *



Novice Meet

Wednesday 5/14 at Kennett Square High School

East Results:

100 Dash

Avery Blue: 14.7 /
14.5, **4th**

Mackenzie
Anderson: 15.2

Bitsy Cairns: 15.5

4x800 Relay:

Splits:

Jill Rogowski: 2:34

Amanda Hesser:
2:35

Kristy Elwell: 2:39

Sophie Fogerty:
2:46

1600 SMR:

Splits:

Jenni Pline (400):
66.5

Sarah Shur (200):
31.0

Katie Wiant (200):
28.5

Cassie Stockhausen
(800): 2:42.6

1600 Run

Alaina
Stockhausen:
5:47.2, **3rd**

Amanda
Burkholder:
6:23.6

Natalie Marks:
6:30.8

400 Dash

Stephanie
Leonhardt: 66.8,
2nd

Jill Rogowski:
68.2, **3rd**

Jenni Kruse: 70.6

4x100 Relay

800 Run

Kristy Elwell: 2:38.0,
2nd

Rachel Mohler:
2:39.0, **3rd**

Conner Warren:
2:39.7, **4th**

800 SMR:

Splits:

Sarah Shur
(200): 32.7

Meredith Adams
(100): 13.8

Bitsy Cairns
(100): 14.8

Natalie Marks
(400): 73.8

4x400 Relay: Long Jump

Splits: Cassie
Stockhausen: 12'
08.5", **4th**
Sophie Fogerty: Amanda Hesser:
68.4 12' 06"
Amanda Hesser: Bitsy Cairns: 12'
65.7 02"
Courtney Bahlman:
68.8
Katie Wiant: 64.6

Ches-Mont League Championships

5/7-5/8 at Coatesville High School

East Results:

100 Dash

Ashley Hamilton: 13.95 / 12.95
Emily Bergen: 13.92 / 13.38
Lynsey Steffy: 14.31

110 Hurdles

Emily Bergen: 18.36 / 17.49 / 17.31, **4th**
Maeghan Sondermann: 18.26 / 17.49 / 17.57, **6th**
Hannah White: 18.38 / 18.04

4x800:

Splits

Tory Mullane: 2:23.8
Emily Rugh: 2:24.2
Taylor Carcella: 2:22.5
Elena Rogowski: 2:28.4

200 Dash

Bethany Houpt: 27.49 / 26.62 / 26.83, **6th**
Ashley Hamilton: 27.50 / 26.59 / 27.03, **7th**
Alyssa Long: 27.79 / 26.69
Lynsey Steffy: 28.49

Novice 1600 Run

Alaina
Stockhausen:
5:46.04, **1st**
Shannon Casey:
5:46.12, **2nd**
Amanda
Burkholder:
6:24.52
Lauren Perry:
6:26.16

1600 Run

Marie Thompson: 5:05.65,
1st
Ashley Fornshell: 5:08.55,
3rd
Emily Rugh: 5:26.62, **8th**
Erin Casey: 5:26.75

400 Dash

Rachel Hunte:
59.48, **5th**
Ashley Hamilton:
59.87, **6th**
Bethany Houpt:
61.38
Amanda Hesser:
65.30

4x100:

Alyssa Long
Lynsey Steffy
Bethany Houpt
Emily Bergen

300 IH

Maeghan
Sondermann:
51.27, **5th**
Hannah White:
53.04
Natalie Tully: 53.59

800 Run

Marie Thompson: 2:19.19,
3rd
Taylor Carcella: 2:19.69,
6th
Ashley Fornshell: 2:20.49
Corinne Lillis: 2:33.21

3200 Run

Ashley Fornshell:
11:30.08, **2nd**
Erin Casey:
11:55.47, **6th**
Ali Burkholder:
12:03.60, **7th**
Allison Zeeger:
12:47.02

4x400:

Splits
Alyssa Long: 61.5
Ashley Hamilton:
59.0
Taylor Carcella: 60.6
Rachel Hunte: 57.6

Triple Jump

Amber Yacenda:
33' 10.5", **7th**
Shelby Ballaron:
33' 00"
Jordyn Parsons:
32' 00"

Long Jump

Bethany Houpt: 16' 07",
3rd
Emily Bergen: 16' 01.75",
5th
Maeghan Sondermann:
15' 09.5"
Shelby Ballaron: 15' 05.5"

High Jump

Jordyn Parsons:
5' 00", **1st**
Nicole Sitler: 4'
10", **2nd**
Carolyn Byers: 4'
08", **4th**
Hannah White: 4'
06"

Pole Vault

Alyssa Long: 9' 06",
3rd
Sarah Weber: 7' 00"
Molly Wilkie: NH

Javelin

Amber Yacenda:
77' 04"
Casey McCarthy:
77' 03"
Danine McCarthy:
72' 02"
Rachel Erwin: 71'
08"

Shot Put

Carolyn Shirey: 33' 10",
6th
Rachel Erwin: 29' 04.5
Hillary Hanford: 28' 07.25"

Discus

Amber Yacenda:
95' 09", **7th**
Carolyn Shirey:
80' 06"
Rachel Erwin: 68'
05"
Hillary Hanford:
64' 02"

Lower Merion Invitational

Saturday 5/3 at Lower Merion High School

East Results:

400 Run

Bethany Houpt: 60.3, **3rd**

3200 Run

Erin Casey: 11:49.95, **2nd**

4x400 Relay:

Splits:

4x800 Relay:

Splits:

High Jump

Jordyn Parsons: 5' 00", **1st**

Nicole Sitler: 4' 08", **4th**

Discus

Amber Yacenda: 101' 01", **3rd NSR**

3rd Henderson Track & Field Invitational

Friday 5/2 at West Chester Henderson High School

East Results:

100 Dash

Bethany Houpt: 13.53

100 Hurdles

Maeghan Sondermann: 18.35
Emily Bergen: 18.60

200 Dash

Rachel Hunte: 27.76
Lynsey Steffy: 28.62

1600 Run

Marie Thompson: 5:08.00, **5th**

4x100 Relay:

Lynsey Steffy
Emily Bergen
Alyssa Long
Bethany Houpt

300 IH

Maeghan Sondermann: 52.32

800 Run

Taylor Carcella: 2:19.94, **5th NSR**

Pole Vault

Alyssa Long: 10' 06", **1st**

High Jump

Nicole Sitler: 5' 00",
1st
 Jordyn Parsons: 4'
 10", **2nd**
 Caroline Byers: 4' 8"

Shot Put

Carolyn Shirey: 32'
 07.75"

Discus

Amber Yacenda: 99'
 01", **5th**

Dual-Meet vs. Coatesville

Wednesday, 4/30 at

Home

East Results:**100 Run**

Rachel Hunte: 13.0

Emily Bergen: 13.3

Lynsey Steffy: 13.8

Bethany Houpt: 13.9

Sarah Weber: 13.9

Gillman: 14.7

Avery Blue: 15.03

Meredith Adams: 15.04

Sarah Shur: 15.08

Mackenzie Anderson:
 15.09

100HH

Emily Bergen: 17.3

Maeghan
 Sondermann: 17.9

Hannah White: 18.2

Catherine Johnson:
 18.9

Melissa Baker: 19.6
 Jordyn Parsons:
 21.3

200 Run

Rachel Hunte:
 27.0

Ashley Hamilton:
 27.7

Bethany Houpt:
 28.4

Lynsey Steffy:
 28.5

Katie Wiant: 29.0

Jenni Pline: 30.2

Meredith Adams:
 30.3

Avery Blue: 31.2

Jordan Gillman:
 31.5

Molly Wilkie: 32.2

Sarah Shur: 32.5

Cairns: 32.5

Mackenzie

Anderson: 32.6

300 HH

Maeghan
 Sondermann:
 50.8

Hannah White:
 52.6

Natalie Tully:
 54.9

400 Run

Rachel Hunte: 60.4

Ashley Hamilton: 60.8

Katie Wiant: 66.1

800 RunAshley Fornshell:
2:20.4Taylor Carcella:
2:24.4Elaina Rogowski:
2:29.7

Emily Rugh: 2:30.3

Tory Mullane: 2:30.6

Erin Casey: 2:35.4

Jill Rogowski: 2:36.2

Kristy Elwell: 2:36.5

Amanda Hesser:
2:38.1Sophie Fogerty:
2:38.8

Lexie Alicea: 2:39.3

Connor Warren:
2:40.8

Cassie

Stockhausen: 2:41

Stephanie

Leonhardt: 2:41.6

Rachel Mohler:
2:41.8Natalie Marks:
2:42.0Courtney Bahlman:
2:42.8

Jenni Kruse: 2:53

1600 Run

Marie Thompson: 5:15.4

Erin Casey: 5:29.7

Corinne Lillis: 5:40.0

Shannon Casey:
5:47.6

Alaina

Stockhausen: 5:56.5

Amanda

Burkholder: 6:32.9

3200 Run

Ali Burkholder: 11:55.6

Marie Thompson: 11:57.2

Allison Zeeger: 12:20.3

4x100 Relay

52.2
splits:

4x400 Relay

Relay 1: 4:04.3
splits:

4x800 Relay

9:42.6
splits:
 Taylor Carcella:
 2:20
 Ashley
 Fornshell: 2:22
 Tory Mullane:
 2:29
 Emily Rugh:
 2:29

Relay 2:
splits:

High Jump

Jordyn Parsons: 5' 2"
 Caroline Byer: 5'
 Nicole Sitler: 4' 10"
 Hannah White: 4' 4"

Long Jump

Emily Bergen: 15' 5"
 Shelby Ballaron: 15' 2 1/4"
 Bethany Houpt: 14' 6"
 Maeghan
 Sondermann: 14' 2 3/4"
 Amber Yacenda: 13' 11"

Pole Vault

Alyssa Long: 10'
 Sarah Weber: 7' 6"
 Molly Wilkie: 7'

Triple Jump

Jordyn Parsons:
 31' 9 3/4"
 Shelby Ballaron:
 31' 9"
 Amber Yacenda:
 31' 4 1/4"

Shot Put

Carolyn Shirey: 32' 1 1/4"
 Rachel Erwin: 27' 7"
 Hilary Hanford: 26' 8 1/4"

Javelin

Danine McCarthy: 76' 9"
 Casey McCarthy: 74' 4"
 Amber Yacenda: 70' 3"
 Rachel Erwin: 68' 8"

Discus

Amber Yacenda:
 106' 5"
 Carolyn Shirey:
 82' 6"
 Rachel Erwin: 70' 0"
 Hilary Hanford:
 52' 11"



Unionville Invitational

Saturday, 4/26 at

Unionville HS

East Results:

100 Dash

100 Hurdles

200 Dash

400 Dash

300 IH Hurdles

800 Run

1600 Run

Erin Casey: 5:25.16,
6th

3200 Run

4x100 Relay

4x400 Relay:
4:05.66, **1st**

Splits:

Taylor Carcella:

Bethany Houpt:

Ashley Hamilton:

Rachel Hunte:

4x800 Relay: 9:30.25,
1st, NMR, NSR

Splits:

Taylor Carcella: 2:22.4

Marie Thompson:
2:21.1

Tory Mullane: 2:29.8

Ashley Fornshell:
2:17.4

Pole Vault

Alyssa Long:
10' 00", **1st**

Long Jump

Triple Jump

High Jump

Jordyn Parsons: 5'
01", **1st**
Nicole Sitler: 4' 10",
6th

Shot Put

Discus

Javelin

Novice 1600 Run

Corinne Lillis: 5:40.01,
4th



Great Valley Invitational

Saturday, 4/19 at Great Valley HS

East Results:

Shuttle Hurdle

1:12.48

splits:

SMR

4:23.11

splits:

4x400 Relay

4:03.11

splits:

4x800 Relay

9:55.89

splits:

Taylor Carcella: 2:24.8

Tory Mullane: 2:29.1

Elaina Rogowski: 2:28.7

Corinne Lillis: 2:33.2

DMR

13:08.18, 4th

splits:

Erin Casey: 4:02

Ashley Fornshell: 61

Marie Thompson: 2:22

Ali Burkholder: 5:40

4x1600

21:28.22, 1st NSR

splits:

Ashley Fornshell: 5:11

Emily Rugh: 5:28

Marie Thompson: 5:19

Erin Casey: 5:29

High Jump Relay

10' 0"

Pole Vault Relay

16' 6"

Throwers 4x100

62.21

Tri-Meet vs. Downingtown West and Avon Grove

Wednesday, 4/16
at Home

East Results:

100 Run

Bethany Houpt: 13.1

Emily Bergen: 13.3

Sarah Weber: 14.1

Sarah Shur: 14.8

100HH

Maeghan
Sonderman: 17.3

Emily Bergen: 17.6

Hannah White:
18.0

Catherine Johnson:
18.2

200 Run

Ashley Hamilton:
26.3

Bethany Houpt:
26.9

Katie Wiant: 28.1

Sarah Weber:
29.0

300 HH

Maeghan
Sonderman:
50.5

Hannah
White: 54.4

Natalie Tully:
55.0

Catherine
Johnson: 55.0

400 Run

Rachel Hunte: 57.9

Ashley Hamilton: 59.3

Lynsey Steffy: 1:01.9

Amanda Hesser:
1:02.2Sophie Fogerty:
1:03.9

Katie Wiant: 1:04

800 RunTaylor Carcella:
2:24.6Tory Mullane:
2:29.7Elaina Rogowski:
2:32.7

Lexi Alicea: 2:39.2

Kristy Elwell:
2:39.8Jill Rogowski:
2:40.6Logan Carey:
2:40.8Cassie
Stockhausen: 2:42Rachel Mohler:
2:42.4Stephanie
Leonhardt: 2:42.5

Warren: 2:42.7

Natalie Marks:
2:44.4Courtney Bahlman:
2:45.9**1600 Run**Ashley Fornshell:
5:20.9Marie Thompson:
5:21.3Emily Rugh:
5:22.6

5:40.9

6:00.8

Lauren Perry:
6:24.9Amanda
Burkholder: 6:57.7**3200 Run**Ashley
Fornshell:
11:36.4Erin Casey:
11:59.7Ali
Burkholder:
11:59.8**4x100 Relay**

52.8

splits:

Alyssa Long

Emily Bergen:

4x400 Relay

4:00

splits:**4x800 Relay**

9:57.8

splits:

Taylor Carcella:

Tory Mullane:

Elaina Rogowski:

Shannon Casey:

High Jump

Nicole Sitler: 4' 10"

Jordyn Parsons: 4' 10"

Carolyn Byer: 4' 6"

Long JumpJordyn Parsons:
14' 4 1/2"Maeghan
Sondermann: 14'Shelby Ballaron: 13'
11 1/4"Amber Yacenda:
13' 11"Kiera Craig: 13' 8
1/2"

Alyssa Long: 13' 8"

Pole Vault

Alyssa Long: 9' 6"

Sarah Weber: 7' 6"

Molly Wilkie: 7'

Shot PutCarolyn Shirey: 31' 9
1/4"Rachel Erwin: 28' 6
3/4"Hilary Hanford: 25' 9
1/2"Caroline Byer: 23' 7
1/2"

McCarthy: 18' 7 1/4"

Walk: 18' 1 1/4"

DiscusAmber Yacenda:
99' 7"Carolyn Shirey: 82'
10"Rachel Erwin: 67'
7"Hilary Hanford: 56'
3"Casey McCarthy:
54' 10"**Triple Jump**

Amber

Yacenda: 32' 2 1/2"

Jordyn Parsons:
31' 4 1/2"Alyssa Long: 30' 9
1/2"Hannah White: 29'
11 1/2"Kiera Craig: 29'
11"

Hurricane Track Classic**Saturday, 4/12 at Villa Maria****Academy****East Results:****100HH**

Emily Bergen: 17.67

Maeghan Sondermann:
18.27

Hannah White: 18.81

300HHMaeghan
Sondermann: 50.95

Emily Bergen: 53.06

Hannah White:
53.90**200 Run**Alyssa Long:
27.65Lynsey Steffy:
28.44**400 Run**Rachel Hunte:
61.31Ashley
Hamilton: 61.77Lynsey Steffy:
66.20

800 Run

Elaina Rogowski:
2:33.25

Mile Run

Erin Casey: 5:24.73
Emily Rugh: 5:28.08

3200 Run

Ali Burkholder:
11:58.4
Allison Zeeger:
12:38.2

4x100 Relay**51.5**splits:

Emily Bergen

Rachel Hunte

Ashley Hamilton

Alyssa Long

High Jump

Nicole Sitler: 4' 10"

Shot Put

Rachel Erwin: 25' 9"

Hilary Harford: 26' 7
3/4"**4x400 Relay****4:04.8**splits:

Taylor Carcella:

60.1

Ashley Fornshell:

62.5

Rachel Hunte: 62.2

Ashley Hamilton:

59.9

Long JumpEmily Bergen: 14' 1
3/4"Shelby Ballaron: 13' 9
3/4"Hannah White: 13' 8
1/2"**Javelin**Casey McCarthy:
67' 1"Danine MaCarthy:
64' 9"

Nicole Sitler: 64' 4"

4x800 Relay**9:40.10**splits:

Taylor Carcella:

2:23.2

Tory Mullane:

2:27.5

Ashley Fornshell:

2:19.7

Elaina Rogowski:

2:29.3

DiscusRachel Erwin: 69'
1"Hilary Hanford:
55' 3"

Dual-Meet vs. W.C. Henderson

Wednesday, 4/9 at Henderson

East Results:

100 Run

100HH

Emily Bergen: 18.36

200 Run

Bethany Houpt:
27.4

Ashley Hamilton:
27.74

Lynsey Steffy:
28.5

Emily Bergen:
28.9

Katie Wiant: 30.1

Meredith Adams:
31.2

400 Run

Rachel Hunte:
59.04

Ashley Hamilton:
60.65

800 Run

Taylor Carcella: 2:22.74

Elaina Rogowski:
2:30.93

1600 Run

Ashley Fornshell:
5:14.80

Erin Casey: 5:26.53

Emily Rugh: 5:26.78

3200 Run

Ali Burkholder:
12:13.20

Ashley Fornshell:
12:13.71

300HH

Maeghan
Sondermann:
52.03

Jordyn Parsons:
54.6

Catherine
Johnson: 55.4

Natalie Tully:
56.9

Hannah White:
58.2

Melissa Baker:
61.4

4x100 Relay

51.49

splits:

Alyssa Long
Carly Long
Bethany Houpt
Lynsey Steffy

4x400 Relay

4:12.17

splits:

4x800 Relay

10:06.04

splits:

High Jump

Jordyn Parsons: 5' 2"

Nicole Sitler: 5'

Caroline Byers: 4' 8"

Hannah White: 4' 6"

Shot Put

Carolyn Shirey: 33'

Rachel Erwin: 26' 10"

Long Jump

Shelby Ballaron: 14' Alyssa Long: 10'

Amber Yacenda: 13'
10"**Pole Vault****Discus**Amber Yacenda: 95'
9"Carolyn Shirey: 78'
1"**Tri-Meet vs. W.C. East and Bishop
Shanahan****Wednesday, 4/2 at Bishop****Shanahan****East Results:****100 Run**

Alyssa Long: 13.3

Emily Bergen: 13.4

Bethany Houpt: 13.9

Adams: 14.58

Lisa Andriate: 14.65

100HH

Emily Bergen: 16.5

Maeghan
Sondermann: 17.8Catherine Johnson:
18.4Hannah White:
18.6Melissa Baker:
20.5**200 Run**Bethany Houpt:
27.4Ashley Hamilton:
27.5Lynsey Steffy:
28.3Emily Bergen:
28.7

Katie Wiant: 30.1

Adams: 31.2

400 RunAshley
Hamilton: 61.1Lynsey Steffy:
64.6Katie Wiant:
67.4Amanda
Hesser: 68.2

800 RunElena Rogowski:
2:33.9

Corinne Lillis: 2:34.5

Mile RunAshley Fornshell:
5:33

Erin Casey: 5:39

Ali Burkholder:
5:53

Kristy Elwell: 6:09

Amanda
Burkholder: 6:38**3200 Run**Ashley Fornshell:
11:53Erin Casey:
12:10Ali Burkholder:
12:26Allison Zeeger:
12:40.7Alaina
Stockhausen:
13:23**300HH**Maeghan
Sondermann:
51.9Jordyn
Parsons: 54.5Catherine
Johnson: 55.4Natalie Tully:
56.9Hannah White:
58.2Melissa Baker:
61.4**4x100 Relay**54.4
splits:

Kiera Craig

Alyssa Long

Bethany Houpt

Emily Bergen

4x400 Relay**Relay 1:** 4:12.6
splits:

Ashley Hamilton

Alyssa Long

Lynsey Steffy

Taylor Carcella

Relay 2:
Emily Rugh
Logan Carey
Amanda Hesser
Natalie Tully**4x800 Relay**10:22
splits:Tory Mullane:
2:32Elena Rogowski:
2:34Taylor Carcella:
2:32

Emily Rugh: 2:35

High Jump

Jordyn Parsons: 4' 10"

Nicole Sitler: 4' 10"

Caroline Byers: 4' 6"

Hannah White: 4' 6"

Long JumpAmber Yacenda:
13' 10"Kiera Craig: 13'
1/2"Shelby Ballaron:
13' 1"**Triple Jump**Jordyn Parsons:
30' 7"Kiera Craig: 30'
2"Shelby Ballaron:
30' 2"Amber Yacenda:
28' 9"Hannah White:
27' 10"**Pole Vault**Alyssa Long:
10'

Molly Wilkie: 6'

Shot Put

Carolyn Shirey: 33' 1"

Rachel Erwin: 24' 6"

Javelin

Danine McCarthy: 74' 5"

Casey MaCarthy: 74'2"

Discus

Amber Yacenda: 94' 2"

Carolyn Shirey: 71' 3"

Rachel Erwin: 67' 11"

**PA Track
Classic****Tuesday, 3/29 at Great Valley****East Results:****100 Run**

Carly Long: 13.20

Lindsey Damberg:
13.50**100 HH**

Emily Bergen: 16.30

200 Run

Rachel Hunte: 26.60

Ashley Hamilton:
26.90**400 Run**

Rachel Hunte: 58.44

Ashley Hamilton:
60.33**800 Run**

Emily Rugh: 2:36

Elaina Rogowski:
2:38Shannon Casey:
2:39**Mile Run**Ashley
Fornshell: 5:24**3200 Run**Ali Burkholder:
12:11**4x100 Relay****51.50**splits:

Emily Bergen

Lindsey Damberg

Alyssa Long

Lynsey Steffy

4x400 Relay**4:11**splits:Ashley
Formshell: 63Alyssa Long:
63Ashley
Hamilton: 62Taylor Carcella:
63**4x800 Relay****10:20**splits:

Emily Rugh: 2:35

Shannon Casey:
2:38Elaina Rogowski:
2:34Taylor Carcella:
2:32**DMR****13:34**splits:

Corinne Lillis: 4:19

Lynsey Steffy:

Tory Mullane: 2:33

Erin Casey: 5:37

Scrimmage vs. Unionville

Tuesday, 3/25 at Home

East Results:

100 Run

Carly Long: 13.6
Lynsey Steffy:
13.7
Ashley Hamilton:
13.7
Bethany
Haupt: 13.7
Lindsey
Damberg: 14.3
Kiera Craig: 14.4
McLanglin: 14.7

100 HH

Maeghan
Sondermann: 18.7
Emily Bergen: 18.9
Hannah White: 19.0
Catherine Johnson:
19.2
Melissa Baker: 20.5
Jessica Isenberg:
21.1

200 Run

Rachel Hunte:
26.8
Lindsey Damberg:
27.7
Ashley Hamilton:
28.4
Jenni Pline: 31.8

300 HH

Maeghan
Sondermann: 52.2
Emily Bergen: 54.7
Jordyn Parsons:
55.6
Natalie Tully: 56.9
Catherine Johnson:
57.9
Hannah White: 60
Melissa Baker: 64

400 Run

Rachel Hunte:
61.9
Lynsey Steffy:
64.3
Logan Carey:
68.9
Sophie Fogerty:
69.3
Amanda Hesser:
69.8
Jenni Pline: 72.3

800 Run

Taylor Carcella:
2:31.3
Erin Casey: 2:36.7
Emily Rugh: 2:37.2
Corinne Lillis: 2:42.9
Biz Matta: 2:44.1

1600 Run

Erin Casey: 5:40.8
Emily Rugh:
5:41.3
Amy Drinkwater:
6:09.1
Kristy Elwell:
6:17.3
Amanda
Burkholder: 6:55.1
Amanda Embry:
6:58.6

3200 Run

Ali Burkholder:
12:36.5
Allison Zeeger:
13:16.6
Alaina
Stockhausen: 13:31

4x100 Relay

Relay 1: 58.27

Splits:

Meredith Adams:
15.6
Sarah Weber:
14.5
Katie Wiant: 14.8
Elizabeth Cairns:
15.0

4x400 Relay

Relay 1: 4:35.3

Splits:

Shannon Casey:
69.9
Lynsey Steffy: 68.8
Alyssa Long: 66.6
Rachel Hunte: 68.2

4x800 Relay

10:28.3

Splits:

Relay 2: 61.84Splits:

Lauren Bakale:
17.0
Mackenzie
Anderson: 15.0
Sarah Shur: 16.0
Bethany Houpt:
13.7

Relay 2: 4:44.6Splits:

Elaina Rogowski:
68.0
Logan Carey: 70.4
Biz Matta: 74.4
Taylor Carcella: 71.0

Relay 3: 4:51Splits:

Stephanie
Leonhardt: 68.0
Jill Rogowski: 73.0
Rachel Mohler: 74.0
Natalie Marks: 76.0

Javelin

Casey McCarthy:
71' 2"

Rachel Erwin: 64'

Mager: 56' 2"

Danine
McCarthy: 54' 07"

Shot Put

Carolyn Shirey: 30'
10"

Rachel Erwin: 26' 9"

Hilary Hinford: 25' 4"

Pole Vault

Alyssa Long: 9'

Molly Wilkie: 6'

Discus

Amber Yacenda:
108' 0.5"
Carolyn Shirey: 75'
3"
Rachel Erwin:
65' 10"
Hilary Hinford: 56'
10"

Triple Jump

Amber Yacenda:
30' 9"
Kiera Craig: 30'
3"
Shelby Ballaron:
29' 11"
Jordyn Parsons:
29' 1"
Hannah White:
26' 11"

High Jump

Jordyn Parsons: 4'
8"
Caroline Byers: 4' 8"
Nicole Sitler: 4' 6"
Hannah White: 4' 6"
Jessica Isenberg: 4'
6"

Long Jump

Kiera Craig: 14' 4"
Bethany Houpt:
14' 4"