

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 MH	Kat Allen	8.7	2003	Ursinus	
55 MH	Whitney Winters	8.7	12/08/06	Kutztown	
60 MH	Whitney Winters	8.71	3/1/08	Penn State Univ.	*2nd at State Meet*
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	Penn State Invt.
600M	Carly Niness	1:37.0	12/23/05	Lehigh Univ.	DVGTCA #2 ALL-TIME
800M	Kacie O'Neil	2:14.74	3/6/10	Penn State Univ.	*3rd at State Meet*
1000 M	Claire McDugall	3:17.81	12/23/09	Ursinus	3rd at DVGTCA #3
Mile	Liz Costello	4:56.09	1/21/06	NYC Armory	1st at New Balance Games US #3 (Millrose Auto Qualifier)
3000 M	Liz Costello	10:12.9	12/02/05	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 Niness	36-10.75	3/1/08	Penn State Univ.	4th at State Championships
Triple Jump	Katie McCoubrie	36-10.75	2/18/11	Lehigh Univ.	3rd at Meet of Champs
Long Jump	Katie McCoubrie	17-7	2/26/11	Penn State Univ.	*6th at State Meet*
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.	5th Place @ State Meet
4x400	Kacie O'Neil (59.4) Marta Klebe (59.9) Shonte' Kennedy (60.0) Carly Niness (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 **ALL-AMERICAN** Ties #3 PA All-Time
4x800	Kacie O'Neil (2:17.9) Megan Deakins (2:17.9) Marta Klebe (2:18.6) Carly Niness (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 New Meet Record
Distance Medley Relay	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 National Scholastic Championships **ALL-AMERICAN**

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Event	Athlete(s)	Time/Dist.	Date	Site	Notes
Relays Cont.					
Sprint Medley Relay 200-200 400-800	Whitney Winters (25.8) Shonte' Kennedy (26.3) Carly Niness (59.2) Kacie O'Neil (2:18)	4:09.84	3/15/08	Prince George Sports & Learning Center	Nike Indoor Nationals <i>3rd Place</i> **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>	

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

Shaded, italicized records have been retired

Bolded Records were set during 2011 Season

Revised 03.01.11

