

Conestoga Girls Outdoor Track & Field Records

Event	Athlete(s)	Time/Dist.	Date	Site	Notes
Running Events					
100 M	Whitney Winters	11.7	5/9/07	Lower Merion H.S.	Central Leag. Champ
200 M	Whitney Winters	25.34	5/18/07	Coatesville	District I Trials
400 M	Marta Klebe	58.11	5/2/09	LM Invt.	Winner & PA#9
800 M	Liz Costello	2:12.30	6/18/05	UNC A&T Greensboro	11th @ Nike Nationals
1500M	Liz Costello	4:29.32	6/21/06	Indianapolis	USATF Jr's - 5th place
1600 M	Liz Costello	4:55.08	5/27/06	Shippensburg	*STATE CHAMPION*
Mile Run	Liz Costello	4:58.02	6/09/06	Henderson H.S.	PA Distance Fest. (1st)
3200 M	Liz Costello	10:49.52	5/05/06	Henderson H.S.	Henderson Invt. M.R.
100 MH	Whitney Winters	15.16	5/4/07	Henderson H.S.	Henderson Invt. M.R.
300 MH	Kelly Grady	44.10	1984	Shippensburg	STATE MEET
400 MH	Kat Allen	66.09	2003	N.C. State	21st @ Adidas Nationals
<i>3000 M</i>	<i>Louise Collins</i>	<i>10:47.4</i>	<i>1984</i>	<i>Lehigh Univ.</i>	<i>Emerly Relays</i>
Field Events					
Shot Put	Jody Buckley	36' 8"	1990	Radnor	
Discus	Sandra Richter	124' 7 1/4"	1983	U. of Penn	Freebird Invitational
Javelin	Sandra Richter	139' 9"	1983	Shippensburg	**STATE MEET**
High Jump	Traci Claussen	5' 7"	1985	Shippensburg	**STATE MEET**
Triple Jump	Sue Marchiano	37' 1"	1998	Lower Merion Invt.	*1st PLACE*
Long Jump	Melissa Helak	18' 10 1/4"	1979	Shippensburg	**STATE MEET**
Heptathlon	Kelly Grady	4590 Pts.	1984	Penn State Univ.	
4x100 M	Whitney Winters Katie Petroka Shonte' Kennedy Kacie O'Neil	48.12	5/23/08	Shippensburg University	State Meet Finals *2nd Place*
4x400 M	Ashley Niness (58.4) Liz Costello (58.3) Kierstin Quinn (58.6) Carly Niness (56.3)	3:52.40	5/26/06	Shippensburg University	State Meet Trials Fastest of Trials 3rd Place in Finals with 3:54.86
4x800 M	Kierstin Quinn (2:22.4) Ashley Niness (2:20.4) Liz Costello (2:12.3) Carly Niness (2:11.7)	9:07.23	5/27/06	Shippensburg University	2nd Place at States NEW LEAGUE RECORD
DMR 1200-400-800-MILE	Meghan Shanley (3:48) Ashley Niness (57.9) Carly Niness (2:16.1) Liz Costello (5:03)	12:06.99	6/17/06	UNC A&T Greensboro	13th at Nike Nationals
4x200	Whitney Winters Meagan Fabere Shonte Kennedy Carly Niness	1:44.88	4/21/07	Great Valley Relays	2nd Place

Conestoga Girls Outdoor Track & Field Records

Page 2 of 2

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Relays Cont.					
SMR 200-200-400-800	Whitney Winters (26.1) Shonte' Kennedy (25.6) Carly Niness (55.6) Kacie O'Neil (2:13.6)	4:01.48	6/20/08	UNC A&T Greensboro	Nike Nationals 3rd Place! All-America
Shut Put Relay	Jody Buckley Therese Stephen	64' 2 1/2"	1990	C. L. Relays	
Discus Relay	Therese Stephen Jody Buckley	172' 4 1/2"	1990	C. L. Relays	1st Place
Javelin Relay	Emily Kuhns N/A	177' 0"	1999	C. L. Relays	1st Place
Long Jump Relay	Shonte' Kennedy (16-8.5) Katie McCoubrie (16-8)	33-8.50	4/3/10	Central League Relays	1st Place
Triple Jump Relay	Kacie O'Neil (35-10) Katie McCoubrie (33-11)	69' 10"	4/18/09	Great Valley Relays	5th Place
High Jump Relay	Kacie O'Neil (5'1") Carly Niness (5'1")	10' 2"	4/19/08	Great Valley Relays	1st Place

Bolded records set during 2010 season

Shaded, italicized records have been retired

Revised 03.01.11



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Running Events					
100 M	Curtis Baylis	10.5	5/5/10	Harriton	League Meet
100 M	Dante Coles	10.5	1997	Springfield	
200 M	Curtis Baylis	21.3	5/5/10	Harriton	League Meet
400 M	Ryan Bird	48.60	2003	Lower Merion	
800 M	Joe Beck	1:53.8	1977	Conestoga	
1500 M	Michael Sullivan	3:56.4	1980	Penn Relays	
1600m	Mike Sullivan	4:18.6	1979	Shippensburg Univ.	*STATE CHAMP & RECORD*
Mile Run	Joe Beck	4:13.0	1977	M.O.C.	
3200m	James Ferguson	9:51.45	5/07/10	Henderson	Puma Twilight
110M HH	Jeff Shumake	14.4	1988	Track Classic	
300M Hurdles	Maurice Weeks	39.1	1997	C.B. West	
400M Hurdles	Jim Hegarty	56.6	1999	Father Judge	
Field Events					
Shot Put	Eric Krohn	60-9	1985	Radnor	
Discus	Dave Steimke	165-5 1/2	1978		Central League Meet
Javelin	Chris Roe	178-03	5/20/06	Coatesville H.S.	District I Champion
High Jump	Jim Jones	6-9 1/2"	1976		District I Championships
Pole Vault	Mark Wark	14-6	1977		Eastern States
Triple Jump	Mark Wark	42-10	1977	Conestoga	
Long Jump	Nick Piccoli	22- 1/2	1992	Conestoga	
Relays					
4x100	Kurt Whiteman Mariel Nzouenkeu Will Betts Curtis Baylis	42.45	5/21/10	Coatesville H.S.	District Championships Trials (won heat, 2nd best overall)
4x200	Will Betts Kurt Whiteman Curtis Baylis Tom Mayer	1:30.2	4/4/09	Central League Relays at Haverford H.S.	* 1st Place *
4x400	Matt Hegarty (49.7) Rich Watson (49.5) Ricky Knowles (50.4) Aarron Cherry (48.4)	3:18.30	1999	Shippensburg University	State Championships *2nd Place*
4x800M	Tim Ferris (2:00) Connor Tait (1:59) Dan Essex (2:01) Michael Krone (2:00)	8:02. 57	5/21/10	Coatesville H.S.	Distict Championship Trials (14th of 30)
Distance Medley Relay	John Brenner Robert Archer Mark Rue Mike Sullivan	10:35.7	1979	Father Judge Relays	
Sprint Medley Relay	Brian Holland Jim Walsh Fritz Brenner Joe Beck	3:32.0	1977	Conestoga	Conestoga Relays

Conestoga Boys Outdoor Track & Field Records

Page 2 of 2

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Throwers 4x100 Relay	Matt Watson Phil Hunt Matt Roe Chris Nelson	49.90	4/18/09	Great Valley H.S.	Great Valley Relays *3rd Place*
Shot Put Relay	Tom Batgos Matt Seasholtz	103' 4 1/2"	1975	Conestoga	Conestoga Relays
High Jump Relay	Michael Krone 6' 2" Tom Mayer 6' 0"	12' 2"	4/4/09	Haverford H.S.	*1st Place* Central Leag. Relays
Long Jump Relay	Drew Snader Jeff Mitchell	40' 11 1/8	1972	Conestoga	Conestoga Relays
Triple Jump Relay	Jeff Mitchell Ray Sweeney	82' 6 1/2"	1973	Conestoga	Conestoga Relays
Pole Vault Relay	Dave Jones Steve Powell	24' 0"	1973	Conestoga	Conestoga Relays
Discus Relay	Rich Cooke Marr Seasholtz	281' 5 1/4"	1974	Conestoga	Conestoga Relays
Javelin Relay	Chris Roe (168-4) Aris Polites (165-3)	333-7	3/31/07	Haverford H.S.	Central Leag. Relays
<i>100 yds.</i>	<i>Brian Holland</i>	<i>9.8</i>	<i>1977</i>	<i>Conestoga</i>	
<i>110 Low Hurd</i>	<i>Craig Welburn</i>	<i>19.8</i>	<i>1967</i>	<i>District Meet</i>	
<i>220 yds *</i>	<i>Warren Smith</i>	<i>21.7</i>	<i>1977</i>	<i>Haverford</i>	<i>* 220 Yards Straight</i>
<i>220 yds</i>	<i>Brian Holland</i>	<i>22.0</i>	<i>1977</i>	<i>Conestoga</i>	
<i>440 yds.</i>	<i>"Fast" Eddie Foster</i>	<i>49.9</i>	<i>1973</i>	<i>C.L. Champs</i>	
<i>880 yds.</i>	<i>Joe Beck</i>	<i>1:52.9</i>	<i>1977</i>	<i>M.O.C.</i>	
<i>2-Mile</i>	<i>Michael Sullivan</i>	<i>9:28.6</i>	<i>1979</i>	<i>Father Judge</i>	
<i>Javelin</i>	<i>Mark Bezek</i>	<i>191-2 1/2</i>	<i>1981</i>		<i>Meet of Champs</i>
<i>Shuttle Hurdle (Low Hurdles)</i>	<i>Joe Pace Al Bower Chris Bernet Craig Welburn</i>	<i>56.9</i>	<i>1967</i>	<i>Lower Merion Relays</i>	
<i>Mile Relay</i>	<i>Mike King Alvin Banks Ed Battisfore Nathan Byrd</i>	<i>3:21.4</i>	<i>1972</i>		<i>District I Championsips</i>
<i>2 Mile Relay</i>	<i>Steve Austin Mike Abele Steve Weinstein Jeff Mitchell</i>	<i>7:52.2</i>	<i>1973</i>	<i>Shippensburg University</i>	<i>State Championships</i>

Shaded records have been retired

Revised 03.01.11

