

Girls Spring Track 2015



There are no
shortcuts to
anywhere worth
going!

2015 UPPER MERION GIRLS TRACK AND FIELD TEAM

SENIORS

Irene Argiris
Eryn Brady
Grace Eppinger
Kelsey Fitzgerald
Bri Groth
Kaitlyn Lutz
Regie Robinson
Gab Rushlau
Mads Rushlau

JUNIORS

Mattie Barone
Jordan Garner
Carolyn Helenski
Tatiana Pleasant
Erin Rodenbaugh
Lexi Ryan
Rose Sedgwick
Marie Skaf
Dianna Wambach

SOPHOMORES

Katelyn Abreu
Cianí Andrews
Caitlin Bowe
Nicole Dunleavy
Avelia Groff
Meg Hall
Ashleigh Lugg
Kimberley Melck
Morgan Morton
Janvi Patel
Emma Straw
Carol Strubing
Chingching Taing
Rachel Wochele

FRESHMAN

Alexis Anderson
Hannah Anderson
Emma Andraka
Morgan Barone
Jessica Bowe
Carley Cirafesi
Hannah Delapaz
Mira Erzhanova
Lauren Galban
Kristen Lee
Arianna Ramsey
Jade Robinson
June Sanchez
Shreya Srinivasan
Amber Strouse
Nicolle Wall
Jordan Wilson
Mikayla Yatsko

2015 TRACK SEASON RESULTS (5 WINS/2 LOSSES)

Upper Merion	64 points	Upper Dublin	85 points
Upper Merion	119 points	Upper Moreland	26 points
Upper Merion	106 points	Springfield	41 points
Upper Merion	79 points	Plymouth Whitmarsh	69 points
Upper Merion	63 points	Cheltenham	86 points
Upper Merion	77 points	Wissahickon	73 points
Upper Merion	99 points	Norristown	44 points

2015 SPECIAL MEETS

Suburban American Championships	90 points
District I Championships	2 points

2015 TOP 10 SCORERS (IN POINTS)

1. Carolyn Helenski	72 points
2. Regie Robinson	68.25 points
3. Rose Sedgwick	65.75 points
4. Arianna Ramsey	61.75 points
5. Jordan Wilson	53.25 points
6. Kaitlyn Lutz	39.25 points
7. Emma Andraka	39 points
8. Lexi Ryan	29.25 points
9. Mattison Barone	27 points
10. Morgan Morton	21 points

2015 ALL LEAGUE SELECTIONS

<u>NAME</u>	<u>EVENT</u>	<u>HONOR</u>
Alexis Anderson	3200 Relay	Honorable Mention
Mattison Barone	Pole Vault	Honorable Mention
Nicole Dunleavy	Shot Put	3 rd Team
Kelsey Fitzgerald	3200 Relay	Honorable Mention
Carolyn Helenski	Javelin Discus	2 nd Team Honorable Mention
Kaitlyn Lutz	1600 Meters 3200 Relay	Honorable Mention Honorable Mention
Morgan Morton	3200 Relay	Honorable Mention
Regie Robinson	High Jump Triple Jump	1 st Team Honorable Mention
Lexi Ryan	100 Meters	Honorable Mention
Rose Sedgwick	Pole Vault	3 rd Team

SPECIAL 2015 TRACK SEASON HONORS

<u>AWARD</u>	<u>EVENT</u>	<u>PARTICIPANT</u>
7th Place District Finisher	High Jump	Regie Robinson
League Champion	High Jump	Regie Robinson

SOL American Sportsmanship Award

UPPER MERION SENIOR HIGH SCHOOL GIRLS TRACK AND FIELD
RECORDS

EVENT	NAME	DISTANCE/TIME	YEAR
100M Hurdles	Jada Wilson	15.57(FAT)	2013
300M Hurdles	Jada Wilson	45.63(FAT)	2014
100M Dash	Alysia Hubbard	12.2	1986
200M Dash	Alysia Hubbard	25.5	1985
400M Dash	Brianna Alvarez	57.54(FAT)	2009
800 M Run	Niya Adams	2:12.92(FAT)	2000
1600 M Run	Liz Churchville	5:04.8	1997
3200 M Run	Liz Churchville	10:39.93 (FAT)	1999
400 M Relay	Brittany Davis, Cookie Lockley Tyla Conicello, Latoya Byrd	50.27	2006
1600 M Relay	Joy, Hope and Faith Seymour and Niya Adams	4:00.99(FAT)	1999
3200M Relay	Kaitlyn Lutz, Morgan Morton Ashley Anderson, Jada Wilson	9:22.15(FAT)	2014
800 M Relay	Joy, Hope and Faith Seymour and Niya Adams	1:49.9	1999
Long Jump	Alysia Hubbard	20'2 1/2"	1987
Triple Jump	Alysia Hubbard	39' 3/4"	1986
High Jump	Lisa Powley	5'5"	1986
Pole Vault	Anecia Alexaki	12'0"	2014
Shot Put	Tina Stewart	38'6 1/2"	2011
Discus	Ashley Simon	117'3"	2004
Javelin	Cindy Parks	119'7"	1982
	New Javelin – Allison Tether	119'5"	2006
Distance Medley	Kristen Becht, Suzanne McAllister Mara Patterson, Liz Churchville	13:01.9	1997
Sprint Medley	Cherie Amooore, Rebekay Mauldin, Hope Seymour, Niya Adams	4:16.9	2000

Best Efforts 2015

Name	Time	Date	Meet
<u>300 Hurdles</u>			
Emma Andraka	50.9	5/5	Upper Merion
Emma Andraka	51.2	3/24	Upper Merion
Emma Andraka	51.3	4/14	Upper Merion
Emma Andraka	51.6	4/28	Springfield
Mikayla Yatsko	52.0	5/5	Upper Merion
Rose Sedgwick	52.2	3/24	Upper Merion
Emma Andraka	52.5	3/31	Upper Merion
Mikayla Yatsko	52.59	5/9	SOL American Championships
Emma Andraka	53.0	4/7	Upper Merion
Mikayla Yatsko	53.6	4/14	Upper Merion
Mikayla Yatsko	54.1	4/7	Upper Merion
Emma Andraka	54.4	3/13	Scrimmage Upper Merion
Rose Sedgwick	54.4	3/13	Scrimmage Upper Merion
Mikayla Sedgwick	54.65	4/30	Trojan Track Classic
Mikayla Yatsko	54.7	3/31	Upper Merion
Mikayla Yatsko	55.70	4/11	Hurricane Track Classic
Mikayla Yatsko	55.5	4/28	Springfield
Mikayla Yatsko	56.66	4/24	Hatters Classic
Mikayla Yatsko	56.9	3/13	Scrimmage Upper Merion
Rose Sedgwick	57.0	3/18	Scrimmage Hatboro
Emma Andraka	57.7	3/18	Scrimmage Hatboro
<u>4x800 Meters</u>			
Lutz, Fitzgerald, Anderson, Morton	9:51.20	5/8	SOL American Championships
Bowe, Fitzgerald, Morton, Anderson	10:24.8	4/14	Upper Merion
Straw, Morgan, Lutz, A. Anderson	10:28.57	4/11	Hurricane Track Classic
Bowe, Straw, A. Anderson, Lutz	10:38.35	4/18	Wissahickon Relays
Fitzgerald, Straw, Bowe, Argiris	10:59.4	5/5	Upper Merion
Bowe, A. Anderson, Strouse, Fitzgerald	11:03.8	3/24	Upper Merion
Erzhanova, Strouse, Straw, Sanchez	11:16.8	3/31	Upper Merion
Straw, Rodenbaugh, Lee, A. Anderson	11:32.8	4/28	Springfield
Argiris, Erzhanova, Lee, Strouse	11:56.7	4/7	Upper Merion

Strouse, Sanchez,
Lee, Argiris 12:07.35 4/4 Colonial Relays

100 Meters

*Arianna Ramsey	12.1	4/7	Upper Merion
*Lexi Ryan	12.60	5/8	SOL American Championships
*Lexi Ryan	12.62	5/14	District I Championships
*Arianna Ramsey	12.5	5/5	Upper Merion
Lexi Ryan	12.83	5/16	District I Championships
Arianna Ramsey	12.7	3/31	Upper Merion
Lexi Ryan	12.8	4/7	Upper Merion
Lexi Ryan	13.13	5/9	SOL American Championships
Arianna Ramsey	12.9	3/24	Upper Merion
Arianna Ramsey	12.9	4/14	Upper Merion
Lexi Ryan	13.1	3/13	Scrimmage Upper Merion
Arianna Ramsey	13.1	3/13	Scrimmage Upper Merion
Arianna Ramsey	13.2	3/18	Scrimmage Hatboro
Ciani Andrews	13.3	4/7	Upper Merion
Lauren Galban	13.6	5/5	Upper Merion
Lauren Galban	13.88	4/30	Trojan Track Classic
Rachel Wochele	13.92	5/8	SOL American Championships
Ciani Andrews	13.8	4/14	Upper Merion
Hannah Anderson	13.9	5/5	Upper Merion
Carley Cirafesi	14.17	4/24	Hatters Classic
Rachel Wochele	14.0	3/13	Scrimmage Upper Merion
Rachel Wochele	14.34	4/24	Hatters Classic
Lauren Galban	14.2	3/13	Scrimmage Upper Merion
Jade Robinson	14.2	5/5	Upper Merion
Ciani Andrews	14.41	4/11	Hurricane Track Classic
Ciani Andrews	14.2	3/31	Upper Merion
Rachel Wochele	14.2	5/5	Upper Merion
Rachel Wochele	14.50	4/30	Trojan Track Classic
Carley Cirafesi	14.3	4/28	Springfield
Ciani Andrews	14.4	3/18	Scrimmage Hatboro
Ciani Andrews	14.4	3/24	Upper Merion
Carley Cirafesi	14.4	3/31	Upper Merion
Jade Robinson	14.4	4/7	Upper Merion
Hannah Delapaz	14.4	4/14	Upper Merion
Hannah Delapaz	14.4	5/5	Upper Merion
Hannah Anderson	14.5	4/14	Upper Merion
Jade Robinson	14.6	3/31	Upper Merion
Rachel Wochele	14.6	4/14	Upper Merion
Rachel Wochele	14.6	4/28	Springfield
Rachel Wochele	14.89	4/11	Hurricane Track Classic
Carley Cirafesi	14.8	3/13	Scrimmage Upper Merion
Hannah Anderson	14.8	3/31	Upper Merion

Hannah Delapaz	14.8	4/28	Springfield
Rachel Wochele	14.9	3/24	Upper Merion
Jade Robinson	14.9	4/28	Springfield
Rachel Wochele	15.0	3/18	Scrimmage Hatboro
Jade Robinson	15.1	3/24	Upper Merion
Katelyn Abreu	15.37	4/24	Hatters Classic
Jade Robinson	15.2	3/13	Scrimmage Upper Merion
Morgan Barone	15.2	4/7	Upper Merion
Jade Robinson	15.2	4/14	Upper Merion
Katelyn Abreu	15.3	5/5	Upper Merion
Morgan Barone	15.4	3/31	Upper Merion
Morgan Barone	15.5	3/13	Scrimmage Upper Merion
Monika Francis	15.8	3/13	Scrimmage Upper Merion
Nicholle Wall	15.8	3/31	Upper Merion
Katelyn Abreu	15.8	4/14	Upper Merion
Katelyn Abreu	15.8	4/28	Springfield
Morgan Barone	15.8	4/28	Springfield
Morgan Barone	16.12	4/11	Hurricane Track Classic
Katelyn Abreu	15.9	3/24	Upper Merion
Bri Groth	15.9	3/24	Upper Merion
Angelique Wood	16.0	3/31	Upper Merion
Katelyn Abreu	16.0	4/7	Upper Merion
Morgan Barone	16.0	4/14	Upper Merion
Angelique Wood	16.1	3/24	Upper Merion
Meg Hall	16.2	3/13	Scrimmage Upper Merion
Nicholle Wall	16.2	3/13	Scrimmage Upper Merion
Katelyn Abreu	16.2	3/18	Scrimmage Hatboro
Katelyn Abreu	16.2	3/31	Upper Merion
Nicholle Wall	16.5	3/24	Upper Merion
Katelyn Abreu	16.7	3/13	Scrimmage Upper Merion
Avelia Groff	16.8	3/13	Scrimmage Upper Merion
Julianna Denick	18.6	3/31	Upper Merion

1600 Meters

Kaitlyn Lutz	5:24.06	5/9	SOL American Championships
Kaitlyn Lutz	5:29.94	4/30	Trojan Track Classic
Kaitlyn Lutz	5:33.5	4/14	Upper Merion
Emma Straw	5:36.90	5/9	SOL American Championships
Kaitlyn Lutz	5:39.8	3/31	Upper Merion
Emma Straw	5:44.03	4/30	Trojan Track Classic
Emma Straw	5:46.3	4/14	Upper Merion
Kaitlyn Lutz	5:46.6	3/24	Upper Merion
Emma Straw	5:48.48	4/24	Hatters Classic
Morgan Morton	5:53.3	5/5	Upper Merion
Emma Straw	5:54.3	4/7	Upper Merion
Kaitlyn Lutz	5:55.7	3/18	Scrimmage Hatboro

Caitlin Bowe	5:58.1	4/7	Upper Merion
Alexis Anderson	5:59.6	3/31	Upper Merion
June Sanchez	6:00.3	5/5	Upper Merion
Mira Erzhanova	6:00.4	5/5	Upper Merion
Amber Strouse	6:01.1	5/5	Upper Merion
Morgan Morton	6:02.4	3/13	Scrimmage Upper Merion
Mira Erzhanova	6:05.4	4/28	Springfield
Mira Erzhanova	6:10.10	4/24	Hatters Classic
Amber Strouse	6:10.83	4/24	Hatters Classic
Caitlin Bowe	6:14.7	3/13	Scrimmage Upper Merion
Amber Strouse	6:16.17	4/11	Hurricane Track Classic
Amber Strouse	6:19.0	4/28	Springfield
Mira Erzhanova	6:20.3	3/24	Upper Merion
June Sanchez	6:27.0	3/24	Upper Merion
Emma Straw	6:27.8	3/18	Scrimmage Hatboro
Mira Erzhanova	6:42.3	3/13	Scrimmage Upper Merion
Irene Argiris	6:52.8	3/13	Scrimmage Upper Merion
Irene Argiris	6:54.33	4/11	Hurricane Track Classic
Carolyn Helenski	7:06.1	4/7	Upper Merion
Irene Argiris	7:23.5	3/18	Scrimmage Hatboro
Grace Eppinger	7:36.5	3/18	Scrimmage Hatboro

400 Meter Relay

Andrews, Ryan, Cirafesi, Ramsey	51.71	4/18	Wissahickon Relays
Andrews/Sedgwick/ R. Robinson/Ryan	51.87	4/23	Penn Relays
Andrews/Ryan/ Cirafesi/Ramsey	51.6	4/14	Upper Merion
Andrews/Cirafesi/ Sedgwick/Ryan	51.9	5/5	Upper Merion
Andrews/Cirafesi/ Sedgwick/Ryan	52.88	5/9	SOL American Championships
Andrews/Ryan/ Sedgwick/Ramsey	53.0	3/24	Upper Merion
Andrews/R. Robinson Pleasant/Ryan	53.1	3/31	Upper Merion
Sedgwick/Galban/ Cirafesi/Ryan	53.4	4/28	Springfield
Yatsko, Wochele, Pleasant, Sedgewick	53.67	4/18	Wissahickon Relays
Andraka/Galban/ Cirafesi/Ramsey	53.6	4/7	Upper Merion
Andraka/Galban/ Cirafesi/Yatsko	53.92	4/24	Penn Relays
Andraka/Galban/			

Cirafesi/Ramsey Wochele/Galban/ Cirafesi/Andrews Andrews/Pleasant/ Cirafesi/Ryan	53.7 54.07 54.10	3/31 4/30 4/4	Upper Merion Trojan Track Classic Colonial Relays
Cirafesi/Galban/ Andrews/Ryan Cirafesi/Delapaz/ Pleasant/Galban Cirafesi/Wochele/ Barone/Andrews Andrews/Robinson/ Sedgwick/Ramsey	54.42 55.9 56.54 56.4	4/24 3/24 4/11 3/18	Hatters Classic Upper Merion Hurricane Track Classic Scrimmage Hatboro
Cirafesi/Andraka/ Pleasant/Galban Wochele/Yatsko/ Barone/Wambach Wall/Wochele Andrews/Robinson Robinson/Pleasant Wilson/Ramsey Helenski/Lugg/ Rushlau/Wilson Groth/Helenski/ Rushlau/Lugg	58.6 57.9 60.1 60.3 60.95 61.63	3/18 5/5 3/13 3/13 4/30 4/18	Scrimmage Hatboro Upper Merion Scrimmage Upper Merion Scrimmage Upper Merion Trojan Track Classic Wissahickon Relays
Cirafesi/Yatsko/ Delapaz/Barone Helenski/Rushlau/ Lugg/Strubing Melck/J. Bowe/ Patel/Abreu Strubing/Dunleavy/ Brady/Taing Garner/Bowe Lugg/Strubing	62.1 64.9 69.5 72.2 88.8	3/13 4/24 4/18 4/18 3/13	Scrimmage Upper Merion Hatters Classic Wissahickon Relays Wissahickon Relays Scrimmage Upper Merion

400 Meters

Arianna Ramsey	61.9	5/5	Upper Merion
Alexis Anderson	62.8	5/5	Upper Merion
Alexis Anderson	63.24	5/9	SOL American Championships
Alexis Anderson	63.67	4/30	Trojan Track Classic
Alexis Anderson	64.5	4/28	Springfield
Carley Cirafesi	64.97	5/9	SOL American Championships
Regie Robinson	64.9	3/24	Upper Merion
Kaitlyn Lutz	65.3	5/5	Upper Merion
Alexis Anderson	66.1	3/13	Scrimmage Upper Merion

Morgan Morton	66.1	4/28	Springfield
Tatiana Pleasant	68.7	4/14	Upper Merion
Tatiana Pleasant	69.4	4/7	Upper Merion
Kelsey Fitzgerald	69.8	3/13	Scrimmage Upper Merion
Avelia Groff	70.2	5/5	Upper Merion
Avelia Groff	71.8	4/14	Upper Merion
Erin Rodenbaugh	72.1	3/31	Upper Merion
Erin Rodenbaugh	72.5	4/14	Upper Merion
Erin Rodenbaugh	72.6	3/24	Upper Merion
Erin Rodenbaugh	72.7	4/7	Upper Merion
Dianna Wambach	72.9	4/14	Upper Merion
Tatiana Pleasant	73.7	4/28	Springfield
Avelia Groff	74.5	3/24	Upper Merion
Diana Wambach	74.5	4/28	Springfield
Avelia Groff	74.8	3/31	Upper Merion
Dianna Wambach	75.3	4/7	Upper Merion
Dianna Wambach	75.4	3/24	Upper Merion
Dianna Wambach	75.4	5/5	Upper Merion
Dianna Wambach	75.9	3/31	Upper Merion
Nicholle Wall	77.4	4/14	Upper Merion
Kristen Lee	78.3	3/31	Upper Merion
Avelia Groff	79.3	4/28	Springfield
Erin Rodenbaugh	79.8	3/18	Scrimmage Hatboro
Nicholle Wall	81.0	4/7	Upper Merion
Avelia Groff	81.5	3/18	Scrimmage Hatboro
Dianna Wambach	84.8	3/18	Scrimmage Hatboro
Amber Strouse	87.1	3/18	Scrimmage Hatboro
Kristen Lee	87.4	3/18	Scrimmage Hatboro
Nicholle Wall	90.8	3/18	Scrimmage Hatboro

110 Meter High Hurdles

Mikayla Yatsko	17.54	5/8	SOL American Championships
Mikayla Yatsko	17.70	4/24	Hatters Classic
Emma Andraka	17.5	3/31	Upper Merion
Emma Andraka	17.6	5/5	Upper Merion
Mikayla Yatsko	17.88	5/9	SOL American Championships
Emma Andraka	17.7	4/14	Upper Merion
Mikayla Yatsko	17.8	3/31	Upper Merion
Emma Andraka	17.8	4/7	Upper Merion
Mikayla Yatsko	17.8	4/14	Upper Merion
Mikayla Yatsko	17.8	5/5	Upper Merion
Mikayla Yatsko	18.09	4/11	Hurricane Track Classic
Mikayla Yatsko	18.15	4/11	Hurricane Track Classic
Mikayla Yatsko	18.17	4/30	Trojan Track Classic
Emma Andraka	18.1	3/24	Upper Merion
Mikayla Yatsko	18.2	4/28	Springfield

Emma Andraka	18.2	4/28	Springfield
Mikayla Yatsko	18.4	3/24	Upper Merion
Mikayla Yatsko	18.8	4/7	Upper Merion

800 Meters

Morgan Morton	2:23.18	5/9	SOL American Championships
Kaitlyn Lutz	2:25.72	4/24	Hatters Classic
Morgan Morton	2:26.08	4/30	Trojan Track Classic
Kaitlyn Lutz	2:28.27	5/9	SOL American Championships
Morgan Morton	2:30.35	4/24	Hatters Classic
Kaitlyn Lutz	2:32.1	4/14	Upper Merion
Kelsey Fitzgerald	2:32.79	5/9	SOL American Championships
Kaitlyn Lutz	2:34.29	3/28	Haverford Invitational
Alexis Anderson	2:35.08	4/24	Hatters Classic
Kelsey Fitzgerald	2:35.4	4/7	Upper Merion
Kaitlyn Lutz	2:35.8	4/28	Springfield
Kelsey Fitzgerald	2:36.37	4/30	Trojan Track Classic
Alexis Anderson	2:37.1	3/31	Upper Merion
Emma Andraka	2:38.0	3/31	Upper Merion
Caitlin Bowe	2:38.92	4/11	Hurricane Track Classic
Emma Straw	2:38.9	5/5	Upper Merion
Alexis Anderson	2:39.2	3/24	Upper Merion
Kaitlyn Lutz	2:39.9	3/31	Upper Merion
Caitlin Bowe	2:42.1	3/24	Upper Merion
Alexis Anderson	2:42.3	4/14	Upper Merion
Kaitlyn Lutz	2:44.3	5/5	Upper Merion
Carley Cirafesi	2:44.5	5/5	Upper Merion
Emma Straw	2:45.7	3/13	Scrimmage Upper Merion
Alexis Anderson	2:45.9	3/18	Scrimmage Hatboro
Morgan Morton	2:46.5	4/28	Springfield
Mira Erzhanova	2:47.3	4/7	Upper Merion
Amber Strouse	2:51.5	4/14	Upper Merion
Mira Erzhanova	2:52.1	4/28	Springfield
Kristen Lee	2:55.38	4/11	Hurricane Track Classic
Kristen Lee	2:57.1	4/14	Upper Merion
Amber Strouse	3:00.8	4/7	Upper Merion
June Sanchez	3:01.2	3/18	Scrimmage Hatboro
Irene Argiris	3:01.6	4/14	Upper Merion
Amber Strouse	3:02.7	3/24	Upper Merion
Irene Argiris	3:03.6	3/24	Upper Merion
Kristen Lee	3:04.3	3/24	Upper Merion
Mira Erzhanova	3:06.4	3/18	Scrimmage Hatboro
Amber Strouse	3:08.1	3/13	Scrimmage Upper Merion
Kristen Lee	3:11.5	3/13	Scrimmage Upper Merion
Irene Argiris	3:14.8	4/7	Upper Merion

200 Meters

*Lexi Ryan	26.10	5/14	District I Championships
*Lexi Ryan	26.27	5/8	SOL American Championships
*Lexi Ryan	26.43	4/24	Hatters Classic
Lexi Ryan	26.2	4/14	Upper Merion
Arianna Ramsey	26.3	4/7	Upper Merion
Lexi Ryan	26.57	5/16	District I Championships
Lexi Ryan	26.70	4/30	Trojan Track Classic
Lexi Ryan	26.75	5/9	SOL American Championships
Arianna Ramsey	27.0	3/31	Upper Merion
Lexi Ryan	27.33	4/11	Hurricane Track Classic
Arianna Ramsey	27.1	3/13	Scrimmage Upper Merion
Arianna Ramsey	27.6	3/24	Upper Merion
Lexi Ryan	27.7	4/28	Springfield
Arianna Ramsey	28.2	5/5	Upper Merion
Ciani Andrews	28.2	5/5	Upper Merion
Ciani Andrews	28.51	5/8	SOL American Championships
Ciani Andrews	28.62	4/30	Trojan Track Classic
Arianna Ramsey	28.5	3/18	Scrimmage Hatboro
Ciani Andrews	28.5	4/14	Upper Merion
Ciani Andrews	28.6	4/7	Upper Merion
Hannah Anderson	28.6	5/5	Upper Merion
Ciani Andrews	29.13	4/24	Hatters Classic
Ciani Andrews	29.57	4/11	Hurricane Track Classic
Carley Cirafesi	29.79	4/11	Hurricane Track Classic
Hannah Delapaz	28.6	4/28	Springfield
Jade Robinson	29.4	5/5	Upper Merion
Tatiana Pleasant	29.7	4/7	Upper Merion
Lauren Galban	29.8	3/24	Upper Merion
Ciani Andrews	29.9	3/24	Upper Merion
Hannah Delapaz	29.9	4/14	Upper Merion
Carley Cirafesi	30.3	3/24	Upper Merion
Carley Cirafesi	30.3	3/31	Upper Merion
Hannah Anderson	30.4	4/7	Upper Merion
Jordan Wilson	30.6	3/31	Upper Merion
Jade Robinson	30.6	4/7	Upper Merion
Tatiana Pleasant	30.7	3/18	Scrimmage Hatboro
Tatiana Pleasant	30.7	4/14	Upper Merion
Hannah Anderson	30.8	4/14	Upper Merion
Lauren Galban	30.9	3/18	Scrimmage Hatboro
Rachel Wochele	31.2	4/14	Upper Merion
Jade Robinson	31.2	4/28	Springfield
Ciani Andrews	31.3	3/13	Scrimmage Upper Merion
Rachel Wochele	31.3	3/24	Upper Merion
Jade Robinson	31.3	3/24	Upper Merion
Avelia Groff	31.4	3/18	Scrimmage Hatboro

Carley Cirafesi	31.5	3/18	Scrimmage Hatboro
Jade Robinson	31.6	3/31	Upper Merion
Jade Robinson	31.8	4/14	Upper Merion
Rachel Wochele	31.8	4/28	Springfield
Avelia Groff	32.1	4/14	Upper Merion
Tatiana Pleasant	32.1	4/28	Springfield
Morgan Barone	32.2	4/7	Upper Merion
Morgan Barone	32.3	5/5	Upper Merion
Morgan Barone	32.52	4/24	Hatters Classic
Morgan Barone	32.9	4/14	Upper Merion
Mattie Barone	32.5	3/13	Scrimmage Upper Merion
Dianna Wambach	32.7	4/7	Upper Merion
Avelia Groff	32.9	3/31	Upper Merion
Morgan Barone	33.0	3/31	Upper Merion
Marie Skaf	33.3	4/7	Upper Merion
Marie Skaf	33.4	4/28	Springfield
Marie Skaf	33.4	5/5	Upper Merion
Amber Strouse	33.4	5/5	Upper Merion
Mattie Barone	33.5	3/24	Upper Merion
Angeliqued Wood	33.5	3/24	Upper Merion
Nicholle Wall	33.6	4/7	Upper Merion
Dianna Wambach	33.8	4/14	Upper Merion
Avelia Groff	33.8	4/28	Springfield
Mira Erzhanova	34.0	5/5	Upper Merion
Dianna Wambach	34.1	4/28	Springfield
Monika Francis	34.2	3/13	Scrimmage Upper Merion
Marie Skaf	34.2	4/14	Upper Merion
Dianna Wambach	34.5	3/31	Upper Merion
Nicholle Wall	34.7	3/24	Upper Merion
Katelyn Abreu	34.8	3/13	Scrimmage Upper Merion
Marie Skaf	34.9	3/24	Upper Merion
Katelyn Abreu	34.9	3/24	Upper Merion
Mattie Barone	35.0	3/18	Scrimmage Hatboro
Nicholle Wall	35.0	3/31	Upper Merion
Diana Wambach	35.8	3/13	Scrimmage Upper Merion
Katelyn Abreu	36.2	3/31	Upper Merion
Irene Argiris	37.3	5/5	Upper Merion
Julianna Denick	42.7	3/31	Upper Merion

3200 Meter Run

Amber Strouse	12:48.39	5/9	SOL American Championships
Kaitlyn Lutz	12:48.5	3/24	Upper Merion
Amber Strouse	12:50.82	4/30	Trojan Track Classic
Mira Erzhanova	12:54.66	4/30	Trojan Track Classic
Mira Erzhanova	12:54.93	5/9	SOL American Championships
Mira Erzhanova	13:04.1	4/14	Upper Merion

June Sanchez	13:20.49	4/24	Hatters Classic
Emma Straw	13:25.4	4/28	Springfield
June Sanchez	13:32.8	4/14	Upper Merion
Mira Erzhanova	13:42.8	3/31	Upper Merion
Kaitlyn Lutz	13:53.3	4/7	Upper Merion
June Sanchez	13:55.8	3/31	Upper Merion
Amber Strouse	14:01.0	3/31	Upper Merion
Morgan Morton	14:40.1	4/7	Upper Merion
Grace Eppinger	15:25.7	3/24	Upper Merion
Grace Eppinger	15:33.4	5/5	Upper Merion
Kristen Lee	15:39.7	5/5	Upper Merion

4x400 Meter Relay

Robinson/Morton/ Ryan/A. Anderson	4:13.25	4/18	Wissahickon Relays
Ryan/Lutz/ Cirafesi/Anderson	4:14.26	5/9	SOL American Championships
Sedgwick/Cirafesi/ Ryan/A. Anderson	4:16.75	4/11	Hurricane Track Classic
Sedgwick/Cirafesi/ Ryan/Anderson	4:18.0	4/30	Trojan Track Classic
Lutz/Morton/ Ryan/A. Anderson	4:21.13	4/24	Hatters Classic
R. Robinson/Pleasant Ryan/Sedgwick	4:21.2	3/31	Upper Merion
Lutz/R. Robinson/ A. Anderson/ Ryan	4:22.58	4/23	Penn Relays
R. Robinson/Lutz/ Pleasant/Ryan	4:24.88	4/4	Colonial Relays
Cirafesi/Ryan/ Morton/Fitzgerald	4:24.9	4/14	Upper Merion
Lutz/Morton/ Cirafesi/R. Robinson	4:26.3	4/28	Springfield
Morton/Fitzgerald Ryan/A. Anderson	4:27.7	5/5	Upper Merion
Straw/Ryan/ Pleasant/Wilson	4:31.0	3/24	Upper Merion
Cirafesi/Robinson/ Rodenbaugh/Sedgwick	4:38.1	4/7	Upper Merion
Fitzgerald/Erzhanova/ Bowe/Straw	4:39.7	4/7	Upper Merion
Lutz/Straw/ Strouse/Argiris	4:54.6	4/14	Upper Merion
Bowe/Anderson/ Lutz/Strouse	4:59.5	3/18	Scrimmage Hatboro

Rodenbaugh/Yatsko/
Wambach/Wall 5:02.04 4/18 Wissahickon Relays

Long Jump

Rose Sedgwick	15'3"	4/14	Upper Merion
Mikayla Yatsko	15'3"	5/8	SOL American Championships
Mikayla Yatsko	14'11"	4/28	Springfield
Regie Robinson	14'10"	3/18	Scrimmage Hatboro
Meg Hall	14'8"	5/8	SOL American Championships
Rose Sedgwick	14'7 ½"	3/24	Upper Merion
Hannah Delapaz	14'7"	5/5	Upper Merion
Mikayla Yatsko	14' 6 ¼"	4/24	Hatters Classic
Rose Sedgwick	14'4"	3/31	Upper Merion
Meg Hall	14'3"	5/5	Upper Merion
Meg Hall	14'2"	3/18	Scrimmage Hatboro
Meg Hall	14'2"	4/24	Hatters Classic
Mikayla Yatsko	14'2"	5/5	Upper Merion
Meg Hall	14' ½"	4/30	Trojan Track Classic
Mikayla Yatsko	14'0"	4/18	Wissahickon Relays
Meg Hall	13'10 ½"	3/31	Upper Merion
Mikayla Yatsko	13'10"	4/30	Trojan Track Classic
Mikayla Yatsko	13'10"	4/11	Hurricane Track Classic
Lauren Galban	13'9 ½"	3/18	Scrimmage Hatboro
Lauren Galban	13'9"	3/24	Upper Merion
Mikayla Yatsko	13'9"	3/31	Upper Merion
Meg Hall	13'9"	4/4	Colonial Relays
Mikayla Yatsko	13'8 ¾"	4/4	Colonial Relays
Meg Hall	13'6"	4/28	Springfield
Meg Hall	13' 5 ½"	4/18	Wissahickon Relays
Meg Hall	13'3"	4/11	Hurricane Track Classic
Meg Hall	13'0"	4/14	Upper Merion
Mikayla Yatsko	12'11"	4/14	Upper Merion
Mikayla Yatsko	12'9"	4/7	Upper Merion
Meg Hall	12'7 ½"	3/24	Upper Merion
Meg Hall	12' 6 ½"	4/7	Upper Merion
Morgan Barone	12'6"	4/28	Springfield
Morgan Barone	12' 5 ¼"	5/8	SOL American Championships
Morgan Barone	11' 11 ¼"	5/5	Upper Merion
Morgan Barone	11' 7 ½"	4/14	Upper Merion
Marie Skaf	11'3"	4/28	Springfield
Morgan Barone	11'2"	4/7	Upper Merion
Marie Skaf	10'9"	4/14	Upper Merion
Marie Skaf	10'6"	3/31	Upper Merion
Marie Skaf	10'0"	4/7	Upper Merion

Triple Jump

Regie Robinson	34' 5 ½"	4/30	Trojan Track Classic
Rose Sedgwick	34' 4 ½"	4/11	Hurricane Track Classic
Rose Sedgwick	33'1"	4/18	Wissahickon Relays
Rose Sedgwick	32'10"	4/4	Colonial Relays
Meg Hall	32'10"	4/4	Colonial Relays
Regie Robinson	32'9"	5/9	SOL American Championships
Regie Robinson	32' 6 ½"	4/18	Wissahickon Relays
Rose Sedgwick	32'6"	5/5	Upper Merion
Rose Sedgwick	32'5"	4/28	Springfield
Rose Sedgwick	32'4 ½"	4/7	Upper Merion
Rose Sedgwick	32'3 ½"	4/14	Upper Merion
Regie Robsinon	32'0"	3/18	Scrimmage Hatboro
Meg Hall	30' 8 ¼"	5/5	Upper Merion
Regie Robinson	30'6"	4/28	Springfield
Regie Robinson	30'2"	3/24	Upper Merion
Meg Hall	30' 1 ½"	4/24	Hatters Classic
Meg Hall	30' 1 ½"	5/9	SOL American Championships
Rose Sedgwick	30'0"	3/31	Upper Merion
Meg Hall	28'6"	4/14	Upper Merion
Meg Hall	27'10"	4/28	Springfield
Meg Hall	27'7 ¾"	3/31	Upper Merion

High Jump

*Regie Robinson	5'4"	5/9	SOL American Championships
*Regie Robinson	5'2"	4/18	Wissahickon Relays
*Regie Robinson	5'2"	4/30	Trojan Track Classic
*Regie Robinson	5'1"	5/14	District I Championships
Regie Robinson	5'0"	4/11	Hurricane Track Classic
Regie Robinson	4'10"	3/31	Upper Merion
Regie Robinson	4'10"	4/7	Upper Merion
Regie Robinson	4'10"	5/5	Upper Merion
Regie Robinson	4'8"	4/14	Upper Merion
Arianna Ramsey	4'8"	4/14	Upper Merion
Arianna Ramsey	4'8"	4/18	Wissahickon Relays
Regie Robinson	4'8"	4/28	Springfield
Regie Robinson	4'6"	3/24	Upper Merion
Arianna Ramsey	4'6"	3/31	Upper Merion
Arianna Ramsey	4'6"	4/7	Upper Merion
Arianna Ramsey	4'4"	3/24	Upper Merion

Shot Put

*Jordan Wilson	34'7"	4/30	Trojan Track Classic
Jordan Wilson	34'0"	5/14	District I Championships
Jordan Wilson	33'9"	4/28	Springfield
Jordan Wilson	33'2"	4/14	Upper Merion

Jordan Wilson	32' 5 ¼"	4/4	Colonial Relays
Jordan Wilson	32' 4 ¼"	3/31	Upper Merion
Jordan Wilson	31' 10 ½"	4/7	Upper Merion
Jordan Wilson	30' 7 ¼"	3/24	Upper Merion
Kimberley Melck	30' 5 ½"	4/24	Hatters Classic
Jordan Wilson	29' 7 ½"	3/18	Scrimmage Hatboro
Kimberley Melck	29' 2"	4/18	Wissahickon Relays
Nicole Dunleavy	29' ½"	5/9	SOL American Championships
Carolyn Helenski	28' 11"	4/18	Wissahickon Relays
Nicole Dunleavy	28' 5 ½"	5/5	Upper Merion
Kimberley Melck	27' 11 ½"	3/18	Scrimmage Hatboro
ChingChing Taing	27' 11 ¼"	5/5	Upper Merion
Kimberley Melck	27' 9 ¾"	4/7	Upper Merion
Kimberley Melck	27' 7 ¼"	3/28	Haverford Invitational
Kimberley Melck	27' 7"	4/14	Upper Merion
Kimberley Melck	27' 4 ¼"	5/5	Upper Merion
ChingChing Taing	27' 4"	4/28	Springfield
Kimberley Melck	27' 3 ½"	4/11	Hurricane Track Classic
Kimberley Melck	27' 2"	5/9	SOL American Championships
Nicole Dunleavy	26' 9"	4/28	Springfield
Nicole Dunleavy	26' 8 ½"	4/7	Upper Merion
ChingChing Taing	26' 8"	4/24	Hatters Classic
Nicole Dunleavy	26' 7"	4/18	Wissahickon Relays
Kimberley Melck	26' 5 ¾"	3/31	Upper Merion
ChingChing Taing	26' 4 ½"	4/18	Wissahickon Relays
Kimberley Melck	26' 4 ¼"	4/30	Trojan Track Classic
Kimberley Melck	26' 3"	3/24	Upper Merion
Nicole Dunleavy	26' 3"	4/11	Hurricane Track Classic
ChingChing Taing	25' 6 ½"	3/28	Haverford Invitational
Nicole Dunleavy	25' 3"	4/14	Upper Merion
ChingChing Taing	24' 8"	5/9	SOL American Championships
ChingChing Taing	24' 4 ¼"	3/31	Upper Merion
Jessica Bowe	24' 4"	4/28	Springfield
ChingChing Taing	24' 3"	4/11	Hurricane Track Classic
ChingChing Taing	24' 2"	4/14	Upper Merion
Nicole Dunleavy	23' 10"	4/4	Colonial Relays
Jessica Bowe	23' 5 ½"	4/14	Upper Merion
Jordan Garner	23' 5"	4/28	Springfield
Nicole Dunleavy	23' 2 ¾"	3/31	Upper Merion
Jessica Bowe	23' 2 ½"	4/24	Hatters Classic
Jessica Bowe	23' 2"	4/18	Wissahickon Relays
Jessica Bowe	23' 1 ¼"	5/5	Upper Merion
ChingChing Taing	22' 10"	4/7	Upper Merion
Jordan Garner	22' 7"	3/18	Scrimmage Hatboro
Ching Ching Taing	22' 4"	3/24	Upper Merion
Jessica Bowe	21' 10 ¾"	4/7	Upper Merion

Jordan Garnder	21'6"	3/24	Upper Merion
ChingChing Taing	21'4"	3/18	Scrimmage Hatboro
Jessica Bowe	21' 3 ¼"	3/31	Upper Merion
Jessica Bowe	20'6"	3/18	Scrimmage Hatboro
Jessica Bowe	20' 5 ¼"	3/24	Upper Merion
Janvi Patel	19'8"	4/18	Wissahickon Relays
Eryn Brady	19' ¾"	3/31	Upper Merion
Eryn Brady	18' 6 ½"	4/7	Upper Merion
Janvi Patel	18'6"	4/28	Springfield
Janvi Patel	18' 3 ¾"	3/24	Upper Merion
Janvi Patel	17'11"	3/18	Scrimmage Hatboro
Janvi Patel	17' 7 ¼"	4/14	Upper Merion
Janvi Patel	17' 3 ½"	4/7	Upper Merion
Janvi Patel	17' 1 ½"	3/31	Upper Merion
Carol Strubing	14'6"	3/18	Scrimmage Hatboro

Discus

*Carolyn Helenski	102'3"	4/18	Wissahickon Relays
Carolyn Helenski	97'5"	4/30	Trojan Track Classic
Carolyn Helenski	97'2"	4/4	Colonial Relays
Carolyn Helenski	93'6"	4/11	Hurricane Track Classic
Carolyn Helenski	93'6"	4/14	Upper Merion
Jordan Wilson	92'7"	4/4	Colonial Relays
Carolyn Helenski	91'10"	5/5	Upper Merion
Carolyn Helenski	91'6"	5/8	SOL American Championships
Jordan Wilson	91'4"	4/28	Springfield
Carolyn Helenski	91'2"	3/28	Haverford Invitational
Jordan Wilson	90'6"	4/14	Upper Merion
Jordan Wilson	90'3"	4/7	Upper Merion
Carolyn Helenski	88'6"	3/24	Upper Merion
Jordan Wilson	88'6"	3/31	Upper Merion
Carolyn Helenski	86'5"	3/31	Upper Merion
Carolyn Helenski	84'0"	4/28	Springfield
Jordan Wilson	83'4"	3/18	Scrimmage Hatboro
Jordan Wilson	82'4"	3/24	Upper Merion
Bri Groth	80'2"	5/8	SOL American Championships
Carolyn Helenski	77'4"	5/16	District I Championships
Bri Groth	76'3"	4/7	Upper Merion
Carolyn Helenski	75'10"	4/24	Hatters Classic
Ashleigh Lugg	73'10"	4/28	Springfield
Bri Groth	73'8"	5/5	Upper Merion
Bri Groth	73' 5 ½"	4/18	Wissahickon Relays
Bri Groth	73'4"	4/11	Hurricane Track Classic
Bri Groth	72'2"	4/28	Springfield
Carolyn Helenski	70'8"	4/7	Upper Merion
Bri Groth	70'1"	4/14	Upper Merion

Eryn Brady	68' 1 ½"	4/18	Wissahickon Relays
Nicole Dunleavy	68'0"	4/7	Upper Merion
Nicole Dunleavy	66'7"	3/18	Scrimmage Hatboro
Nicole Dunleavy	66'4"	4/28	Springfield
Bri Groth	65'11"	3/24	Upper Merion
Ashleigh Lugg	65'9"	4/30	Trojan Track Classic
Kimberley Melck	65'0"	3/31	Upper Merion
Ashleigh Lugg	64'3"	4/18	Wissahickon Relays
Nicole Dunleavy	63'11"	5/5	Upper Merion
Eryn Brady	63'6"	5/5	Upper Merion
Kimberley Melck	62'8"	5/5	Upper Merion
Jessica Bowe	62'8"	5/5	Upper Merion
Nicole Dunleavy	61'9"	3/24	Upper Merion
Eryn Brady	61'5"	4/14	Upper Merion
Nicole Dunleavy	61'3"	3/31	Upper Merion
Ashleigh Lugg	61'3"	4/24	Hatters Classic
Eryn Brady	59'2"	4/7	Upper Merion
Ashleigh Lugg	58'11"	5/5	Upper Merion
Jessica Bowe	58' 2 ½"	4/18	Wissahickon Relays
Ashleigh Lugg	58'2"	4/7	Upper Merion
Jessica Bowe	58'1"	4/28	Springfield
Eryn Brady	57'10"	3/31	Upper Merion
Eryn Brady	56'1"	3/24	Upper Merion
Nicole Dunleavy	55'10"	3/28	Haverford Invitational
Mads Rushlau	55'7"	4/7	Upper Merion
Kimberley Melck	55'6"	4/7	Upper Merion
Ashleigh Lugg	54'6"	4/14	Upper Merion
Eryn Brady	53'9"	4/28	Springfield
ChingChing Taing	52'6"	4/7	Upper Merion
Ashleigh Lugg	50'8"	3/31	Upper Merion
Ashleigh Lugg	50'5"	3/24	Upper Merion
Kimberley Melck	49'9"	3/24	Upper Merion
Jessica Bowe	45'3"	4/7	Upper Merion
Bri Groth	44'10"	3/18	Scrimmage Hatboro
Kimberley Melck	44'8"	3/18	Scrimmage Hatboro
Carol Strubing	42'0"	4/14	Upper Merion
Carol Strubing	39'5"	4/24	Hatters Classic
Carol Strubing	38' 8 ½"	4/18	Wissahickon Relays
Jess Bowe	34'11"	3/31	Upper Merion
Ashleigh Lugg	30'10"	3/18	Scrimmage Hatboro

Javelin

*Carolyn Helenski	112'6"	5/14	District I Championships
*Carolyn Helenski	107'10"	5/5	Upper Merion
*Carolyn Helenski	105'9"	3/24	Upper Merion
*Carolyn Helenski	105'3"	3/28	Haverford Invitational

*Carolyn Helenski	104'10"	4/18	Wissahickon Relays
*Carolyn Helenski	104'6"	4/30	Trojan Track Classic
*Carolyn Helenski	104'3"	5/9	SOL American Championships
Carolyn Helenski	103'7"	4/14	Upper Merion
Carolyn Helenski	103'4"	3/18	Scrimmage Hatboro
Carolyn Helenski	101'11"	3/31	Upper Merion
Carolyn Helenski	101'3"	4/24	Hatters Classic
Carolyn Helenski	100'6"	4/11	Hurricane Track Classic
Carolyn Helenski	95'3"	4/28	Springfield
Carolyn Helenski	94' 11"	4/4	Colonial Relays
Mads Rushlau	90'6"	4/11	Hurricane Track Classic
Bri Groth	89'8"	4/11	Hurricane Track Classic
Bri Groth	89'5"	4/28	Springfield
Mads Rushlau	88'8"	4/14	Upper Merion
Carolyn Helenski	88'3"	4/7	Upper Merion
Bri Groth	86'8"	4/18	Wissahickon Relays
Mads Rushlau	85'4"	4/24	Hatters Classic
Mads Rushlau	84'7"	5/9	SOL American Championships
Mads Rushlau	83'0"	3/24	Upper Merion
Mads Rushlau	82'0"	4/18	Wissahickon Relays
Mads Rushlau	79'4"	3/28	Haverford Invitational
Mads Rushlau	79'2"	3/31	Upper Merion
Bri Groth	78'9"	5/5	Upper Merion
Mads Rushlau	77'7"	4/7	Upper Merion
Bri Groth	77'3"	4/7	Upper Merion
Mads Rushlau	74'8"	5/5	Upper Merion
Mads Rushlau	73'2"	4/4	Colonial Relays
Mads Rushlau	72'7"	3/18	Scrimmage Hatboro
Mads Rushlau	72'0"	4/30	Trojan Track Classic
Mads Rushlau	70'6"	4/28	Springfield
Bri Groth	69'3"	4/14	Upper Merion
Bri Groth	64'10"	3/24	Upper Merion
Eryn Brady	56'0"	4/18	Wissahickon Relays
ChingChing Taing	54'5"	5/5	Upper Merion
ChingChing Taing	50'4"	4/28	Springfield

Pole Vault

*Rose Sedgwick	9'6"	4/18	Wissahickon Relays
*Rose Sedgwick	9'6"	5/14	District I Championships
Rose Sedgwick	8'6"	4/14	Upper Merion
Rose Sedgwick	8'6"	4/28	Springfield
Rose Sedgwick	8'6"	5/8	SOL American Championships
Rose Sedgwick	8'0"	4/11	Hurricane Track Classic
Mattie Barone	8'0"	5/8	SOL American Championships
Mattie Barone	7'6"	4/14	Upper Merion
Mattie Barone	7'6"	4/18	Wissahickon Relays

Mattie Barone	7'0"	3/31	Upper Merion
Mattie Barone	7'0"	4/7	Upper Merion
Mattie Barone	7'0"	4/11	Hurricane Track Classic
Lauren Galban	7'0"	5/8	SOL American Championships
Maddie Barone	6'6"	3/24	Upper Merion
Lauren Galban	6'6"	4/28	Springfield
Katelyn Abreu	5'0"	4/7	Upper Merion
Katelyn Abreu	5'0"	4/14	Upper Merion
Katelyn Abreu	5'0"	4/18	Wissahickon Relays
Katelyn Abreu	5'0"	4/28	Springfield

Shuttle Hurdles

Yatsko, R. Robinson, Wilson, Sedgwick	1:16.95	4/4	Colonial Relays
--	---------	-----	-----------------

4x200

Sedgwick, Pleasant, Cirafesi, Andrews Wall, Barone, Cirafesi, Andrews	1:54.13	4/18	Wissahickon Relays
Rodenbaugh, Wambach, Abreu, Wall	2:08.59	4/4	Colonial Relays
	2:09.67	4/18	Wissahickon Relays

Sprint Medley Relay

Ryan, Ramsey, Morton, Lutz R. Robinson, Pleasant, Ryan, Lutz	4:27.32	4/18	Wissahickon Relays
Abreu, Skaf, Rodenbaugh, Lee	4:34.13	4/4	Colonial Relays
Yatsko, Wochele, Lee, Argiris	5:12.4	5/8	SOL American Championships
Wissahickon and Argiris	5:20.38	4/18	Wissahickon Relays
	5:30.8	5/8	SOL American Championships

Distance Medley Relay

Bowe, Ryan, A. Anderson, Lutz Straw, Wambach, Erzhanova, Anderson	13:48.53	3/28	Haverford Invitational
Erzhanova, Cirafesi, Strouse, Sanchez	14:36.35	4/4	Colonial Relays
	14:51.01	4/18	Wissahickon Relays

4x1600

Sanchez, Strouse, Erzhanova, Straw	24:21.42	4/18	Wissahickon Relays
---------------------------------------	----------	------	--------------------

Hurdle Splits

Mikayla Yatsko	17.8	4/4	Colonial Relays
Regie Robinson	18.2	4/4	Colonial Relays
Rose Sedgwick	18.8	4/4	Colonial Relays
Jordan Wilson	21.7	4/4	Colonial Relays

200 Splits

Lexi Ryan	26.2	4/18	Wissahickon Relays
Ciani Andrews	26.2	4/18	Wissahickon Relays
Arianna Ramsey	26.7	4/18	Wissahickon Relays
Ciani Andrews	28.5	4/4	Colonial Relays
Tatiana Pleasant	28.6	4/4	Colonial Relays
Rose Sedgwick	28.6	4/18	Wissahickon Relays
Regie Robinson	29.2	4/4	Colonial Relays
Mikayla Yatsko	29.2	4/18	Wissahickon Relays
Tatiana Pleasant	29.9	4/18	Wissahickon Relays
Carley Cirafesi	30.3	4/18	Wissahickon Relays
Rachel Wochele	30.7	4/18	Wissahickon Relays
Carley Cirafesi	30.8	4/4	Colonial Relays
Katelyn Abreu	31.3	5/8	SOL American Championships
Erin Rodenbaugh	31.6	4/18	Wissahickon Relays
Nicholle Wall	32.2	4/18	Wissahickon Relays
Dianna Wambach	32.6	4/18	Wissahickon Relays
Katelyn Abreu	33.0	4/18	Wissahickon Relays
Marie Skaf	33.0	5/8	SOL American Championships
Morgan Barone	34.4	4/4	Colonial Relays
Nicholle Wall	34.7	4/4	Colonial Relays

400 Splits

Lexi Ryan	58.9	5/9	SOL American Championships
Lexi Ryan	59.5	4/14	Upper Merion
Lexi Ryan	60.0	4/18	Wissahickon Relays
Lexi Ryan	60.5	4/30	Trojan Track Classic
Lexi Ryan	60.6	5/5	Upper Merion
Lexi Ryan	60.7	4/24	Hatters Classic
Lexi Ryan	61.43	4/23	Penn Relays
Lexi Ryan	61.2	3/31	Upper Merion
Lexi Ryan	61.4	3/24	Upper Merion
Lexi Ryan	61.7	4/11	Hurricane Track Classic
Alexis Anderson	61.9	4/11	Hurricane Track Classic
Lexi Ryan	62.7	4/4	Colonial Relays
Lexi Ryan	62.9	4/4	Colonial Relays
Alexis Anderson	62.9	5/5	Upper Merion
Lexi Ryan	63.2	3/28	Haverford Invitational
Alexis Anderson	63.3	5/9	SOL American Championships
Regie Robinson	63.4	4/18	Wissahickon Relays

Alexis Anderson	63.4	4/18	Wissahickon Relays
Rose Sedgwick	64.6	3/31	Upper Merion
Regie Robinson	64.7	3/31	Upper Merion
Rose Sedgwick	64.7	4/11	Hurricane Track Classic
Kaitlyn Lutz	65.31	4/23	Penn Relays
Regie Robinson	65.3	4/7	Upper Merion
Morgan Morton	65.4	4/18	Wissahickon Relays
Regie Robinson	65.4	4/28	Springfield
Alexis Anderson	65.4	4/30	Trojan Track Classic
Kaitlyn Lutz	65.4	5/9	SOL American Championships
Alexis Anderson	65.5	4/24	Hatters Classic
Kaitlyn Lutz	65.5	4/28	Springfield
Morgan Morton	65.7	4/18	Wissahickon Relays
Regie Robison	65.8	4/4	Colonial Relays
Kaitlyn Lutz	65.8	4/14	Upper Merion
Rose Sedgwick	66.0	4/7	Upper Merion
Rose Sedgwick	66.0	4/30	Trojan Track Classic
Carley Cirafesi	66.1	4/30	Trojan Track Classic
Kaitlyn Lutz	66.2	4/24	Hatters Classic
Carley Cirafesi	66.2	4/28	Springfield
Carley Cirafesi	66.7	5/9	SOL American Championships
Morgan Morton	66.8	5/5	Upper Merion
Kaitlyn Lutz	66.9	4/4	Colonial Relays
Regie Robinson	67.26	4/23	Penn Relays
Kelsey Fitzgerald	67.2	5/5	Upper Merion
Kelsey Fitzgerald	67.9	4/7	Upper Merion
Morgan Morton	68.6	4/24	Hatters Classic
Jordan Wilson	68.7	3/24	Upper Merion
Carley Cirafesi	68.1	4/11	Hurricane Track Classic
Carley Cirafesi	68.2	4/14	Upper Merion
Carley Cirafesi	68.3	4/18	Wissahickon Relays
Alexis Anderson	68.60	4/23	Penn Relays
Kelsey Fitzgerald	68.5	4/14	Upper Merion
Morgan Morton	68.8	4/14	Upper Merion
Emma Straw	68.8	4/14	Upper Merion
Carley Cirafesi	69.1	4/7	Upper Merion
Caitlin Bowe	69.2	4/7	Upper Merion
Emma Straw	69.2	4/7	Upper Merion
Tatiana Pleasant	69.3	4/4	Colonial Relays
Morgan Morton	69.3	4/28	Springfield
Emma Straw	69.5	3/24	Upper Merion
Tatiana Pleasant	71.5	3/24	Upper Merion
Tatiana Pleasant	70.5	3/31	Upper Merion
Nicholle Wall	70.8	4/18	Wissahickon Relays
Kaitlyn Lutz	72.4	3/18	Scrimmage Hatboro
Alexis Anderson	72.8	3/18	Scrimmage Hatboro

Mira Erzhanova	73.2	4/7	Upper Merion
Caitlin Bowe	73.5	3/18	Scrimmage Hatboro
Erin Rodenbaugh	74.8	5/8	SOL American Championships
Dianna Wambach	75.7	4/4	Colonial Relays
Erin Rodenbaugh	75.7	4/18	Wissahickon Relays
Kristen Lee	77.5	4/18	Wissahickon Relays
Erin Rodenbaugh	77.6	4/7	Upper Merion
Amber Strouse	78.0	4/14	Upper Merion
Dianna Wambach	78.9	4/18	Wissahickon Relays
Mikayla Yatsko	80.5	4/18	Wissahickon Relays
Amber Strouse	80.8	3/18	Scrimmage Hatboro
Irene Argiris	82.0	4/14	Upper Merion

800 Splits

Morgan Morton	2:24.7	5/8	SOL American Championships
Katelyn Lutz	2:27.5	5/8	SOL American Championships
Kaitlyn Lutz	2:29.0	4/18	Wissahickon Relays
Kaitlyn Lutz	2:29.3	4/11	Hurricane Track Classic
Kelsey Fitzgerald	2:29.9	5/8	SOL American Championships
Alexis Anderson	2:31.0	5/8	SOL American Championships
Kelsey Fitzgerald	2:31.6	5/5	Upper Merion
Kaitlyn Lutz	2:32.5	4/18	Wissahickon Relays
Kelsey Fitzgerald	2:34.4	4/14	Upper Merion
Kaitlyn Lutz	2:34.5	4/4	Colonial Relays
Morgan Morton	2:35.4	4/14	Upper Merion
Alexis Anderson	2:36.0	4/14	Upper Merion
Emma Straw	2:36.0	4/28	Springfield
Alexis Anderson	2:37.0	4/11	Hurricane Track Classic
Kelsey Fitzgerald	2:37.4	3/24	Upper Merion
Emma Straw	2:37.5	3/31	Upper Merion
Caitlin Bowe	2:38.8	4/14	Upper Merion
Emma Straw	2:39.0	4/11	Hurricane Track Classic
Emma Straw	2:39.9	5/5	Upper Merion
Emma Straw	2:40.5	4/18	Wissahickon Relays
Caitlin Bowe	2:41.9	4/18	Wissahickon Relays
Alexis Anderson	2:42.1	3/24	Upper Merion
Alexis Anderson	2:42.1	3/28	Haverford Invitational
Caitlin Bowe	2:42.2	5/5	Upper Merion
Caitlin Bowe	2:42.8	3/24	Upper Merion
Morgan Morton	2:43.0	4/11	Hurricane Track Classic
Alexis Anderson	2:43.4	4/18	Wissahickon Relays
Alexis Anderson	2:44.1	4/28	Springfield
Mira Erzhanova	2:46.2	3/31	Upper Merion
Mira Erzhanova	2:47.8	4/4	Colonial Relays
Mira Erzhanova	2:49.9	4/7	Upper Merion
June Sanchez	2:50.4	4/4	Colonial Relays

Amber Strouse	2:54.2	4/4	Colonial Relays
Kristen Lee	2:54.4	5/8	SOL American Championships
June Sanchez	2:56.0	3/31	Upper Merion
Amber Strouse	2:57.1	3/31	Upper Merion
Amber Strouse	2:57.7	4/7	Upper Merion
Amber Strouse	2:58.7	4/18	Wissahickon Relays
Amber Strouse	3:02.0	3/24	Upper Merion
Kristen Lee	3:02.5	4/28	Springfield
Kristen Lee	3:02.6	4/7	Upper Merion
Irene Argiris	3:02.7	4/18	Wissahickon Relays
Irene Argiris	3:03.3	5/8	SOL American Championships
Irene Agriris	3:06.0	5/5	Upper Merion
Irene Argiris	3:06.7	4/7	Upper Merion
Kristen Lee	3:10.7	4/4	Colonial Relays
Erin Rodenbaugh	3:11.2	4/28	Springfield
Irene Argiris	3:11.7	4/4	Colonial Relays

1200 Splits

Emma Straw	4:15.6	4/4	Colonial Relays
Cailin Bowe	4:18.5	3/28	Haverford Invitational
Mira Erzhanova	4:28.9	4/18	Wissahickon Relays

1600 Splits

Kaitlyn Lutz	5:44.8	3/28	Haverford Invitational
Emma Straw	6:00.4	4/18	Wissahickon Relays
June Sanchez	6:00.7	4/18	Wissahickon Relays
Mira Erzhanova	6:06.2	4/18	Wissahickon Relays
Amber Strouse	6:13.0	4/18	Wissahickon Relays
June Sanchez	6:15.0	4/18	Wissahickon Relays
Alexis Anderson	6:17.0	4/4	Colonial Relays

- Signifies District Qualifying Time/Height/Distance

