

PHAC TRACK AND FIELD All Stars

Div 3 GIRLS

EVENT	FIRST TEAM NOMINATION	SECOND TEAM NOMINATION
3200 METER RELAY	Warrior Run	Loyalsock
	Emily Ritner, Paige Bowman	Elizabeth Schranghmer, Elisa DiNicola
	Hayden Wilkins, Tori Ross	Mackenzie Rodarmel Isabel Sagar
110/100 HURDLES	Nicole Varano, Mt Carmel	Kari Cambria, Southern
100 METERS	Charlotte Neylon, Loyalsock	Alexa Thrush, Bloomsburg
1600 METERS	Maci Mazzatesta, Mt Carmel	Isabel Sagar, Loyalsock
400 METERS	Sage Harmon, Bloomsburg	Hanna Davis, Southern
400 METER RELAY	Loyalsock	Bloomsburg
	Erin Machmer, Maddie Fox	Alexa Thrush, Leah Fogelsanger
	Hailey Zurich, Charlotte Neylon	Emilee Borchert, Sage Harmon
300 INT. HURDLES	Nicole Varano, Mt Carmel	Allie Dowell, Loyalsock
800 METERS	Autumn Avery, Hughesville	Maci Mazzatesta, Mt Carmel
200 METERS	Charlotte Neylon, Loyalsock	Sage Harmon, Bloomsburg
3200 METERS	Isabel Sagar, Loyalsock	Marissa Kleman, Mt Carmel
1600 METER RELAY	Bloomsburg	Hughesville
	Alexa Thrush, Leah Fogelsanger	Olivia Bower, Morgan Hopkins
	Emilee Borchert, Sage Harmon	Ashlynn Eichenlaub, Autumn Avery
LONG JUMP	Charlotte Neylon, Loyalsock	Nicole Varano, Mt Carmel
TRIPLE JUMP	Nicole Varano, Mt Carmel	Jayden Leighow, Hughesville
HIGH JUMP	Maddie Fox, Loyalsock	Maggie Morrison, Southern
POLEVAULT	Katie Jones, S. Williamsport	Hailey Zurich, Loyalsock
SHOT PUT	Madelyn Witoski, Mt Carmel	Madison Welliver, Warrior Run
DISCUS	Madelyn Witoski, Mt Carmel	Jane James, Warrior Run
JAVELIN	Maura Fiamoncini, Mt Carmel	Christina Podpora, Southern
Coach of the year	Ana Ditchey, Mt Carmel	