

RED LION GIRLS ALL TIME TRACK AND FIELD RECORDS

TOTAL CAREER POINTS EST 2010					TOTAL POINTS IN A SEASON EST 2010				
Rank	Name	Performance	Date	GRADE	Rank	Name	Performance	Date	GRADE
1	Angelica Gonzalez	530	2012-15	12	1	Angelica Gonzalez	235	2012	9
2	Madisen Kling	503	2015-18	12	2	Madisen Kling	186	2018	12
3	Cassidy Barshinger	418	2011-14	12	3	Angelica Gonzalez	180	2014	11
4	Kiersten Lloyd	367	2017-19	11	4	Taylor Flatau	174	2010	11
5	Brianna Wanbaugh	322	2014-17	12	5	Madisen Kling	156	2017	11
6	Julia Kendrick	303	2012-15	12	6	Cassidy Barshinger	155	2012	10
7	Amanda Wivell	302	2010-13	12	7	Kylyn McIntire	153	2019	9
8	Johnnie Tamny	294.5	2012-15	12	8	Aliyah Strausbaugh	145	2011	11
9	Tristan Schluderberg	293	2013-16	12	9	Cassidy Barshinger	133	2014	12
10	Anna Haynie	275	2011-14	12	10	Brianna Wanbaugh	131	2017	12

100M DASH					200M DASH				
Rank	Name	Performance	Date	Location	Rank	Name	Performance	Date	Location
1	Angelica Gonzalez	12.04 FAT	5/19/2012	Shippensburg	1	Angelica Gonzalez	24.27 FAT	5/19/2012	Shippensburg
2	Elisa Strickler	12.40	4/3/1984	Spring Grove	2	Elisa Strickler	25.50	5/29/1982	Shippensburg
	Cassidy Barshinger	12.40	4/24/2012	Central York	3	Amy Pomraning	26.00	5/10/1983	Spring Grove
4	Danielle Billet	12.60	5/15/1982	Shippensburg	4	Heather Moul	26.20	5/4/1993	Red Lion
	Amy Pomraning	12.60	5/10/1983	Spring Grove		Cassidy Barshinger	26.20	5/5/2014	Red Lion
6	Heather Moul	12.70	4/13/1993	Red Lion	6	Danielle Billet	26.50	5/15/1981	Shippensburg
	Cody Ruth	12.70	5/21/1999	Shippensburg		Cody Ruth	26.50	5/14/1999	Southwestern
8	Deja Henry	12.80	3/29/2012	Spring Grove		Deja Henry	26.50	4/24/2012	Central York
	Kaylee Snyder	12.80	4/10/2018	Red Lion	9	Jen Thompson	26.60	5/1/1996	Central York
9	Jamie Copp	12.90	4/24/1986	Red Lion	10	Kim Werner	26.80	5/1/1986	Dallastown
	Jen Thompson	12.90	5/2/1995	Southwestern		Ruth Loyer	26.80	5/6/1999	Red Lion

400M DASH					800M RUN				
Rank	Name	Performance	Date	Location	Rank	Name	Performance	Date	Location
1	Elisa Strickler	57.1	5/26/1984	Shippensburg	1	Ruth Loyer	2:13.48 fat	5/27/2000	Shippensburg
2	Ruth Loyer	57.6	5/20/2000	Shippensburg	2	Heather Moul	2:14.42 fat	5/28/1994	Shippensburg
3	Heather Moul	58.2	5/22/1993	Shippensburg	3	Erin Zellers	02:17.4	4/29/2003	Red Lion
4	Angelica Gonzalez	58.30	5/5/2014	Red Lion	4	Sharon Herbst	02:20.0	5/16/1981	West Chester
5	Jen Thompson	59.1	4/22/1995	Carlisle	5	Lily Hare	2:21.49 fat	5/3/2019	Henderson
6	Chris Hein	59.6	5/16/1981	Red Lion	6	Julia Kendrick	2:21.58 fat	5/16/2015	Shippensburg
7	Cassidy Barshinger	1:00.36 fat	5/4/2012	West Chester	7	Taylor Flatau	2:23.10 fat	4/23/2010	Millersville Univ.
8	Lisa Frey	01:01.2	5/11/1993	Red Lion	8	Michele Fake	02:24.0	5/29/1983	Southwestern
9	Kristen Ginder	01:01.4	5/14/1983	Southwestern	9	Kiersten Lloyd	2:24.11 fat	4/28/2017	Millersville Univ.
10	Nikki Frey	01:01.6	5/12/1995	Southwestern	10	Lisa Frey	2:24.7	5/14/1993	Southwestern

1600M RUN					3200M RUN				
Rank	Name	Performance	Date	Location	Rank	Name	Performance	Date	Location
1	Ruth Loyer	4:58.12 fat	5/26/2001	Shippensburg	1	Katie Papenberg	10:48.8 fat	5/24/2003	Shippensburg
2	Katie Papenberg	05:05.8	5/9/2003	Southwestern	2	Kiersten Lloyd	11:19.87 fat	5/5/2019	Carlisle
3	Kiersten Lloyd	5:07.93 fat	5/20/2017	Shippensburg	3	Erin Zellers	11:25.1	4/17/2003	Red Lion
4	Erin Zellers	05:08.7	5/9/2003	Southwestern	4	Ruth Loyer	11:25.4	5/11/2001	Dallastown
5	Suzanne Baum	05:12.1	5/24/1992	Shippensburg	5	Suzanne Baum	11:35.66fat	5/20/1994	Shippensburg
6	Lily Hare	5:17.66 fat	5/4/2019	Carlisle	6	Sue Miller	11:43.6	5/10/1986	Southwestern
7	Sue Miller	05:18.4	5/17/1986	Shippensburg	7	Samantha Klunk	11:45.1	5/14/2004	Southwestern
8	Sharon Herbst	05:18.6	5/9/1981	Southwestern	8	Amy Good	11:53.0	5/10/1996	Southwestern
9	Tiffany Criswell	5:20.46 fat	5/17/1986	Shippensburg	9	Sharon Herbst	11:54.0	4/2/1981	Williamsburg VA
10	Gwendolyn Lloyd	5:21.70 fat	5/10/2019	Dallastown	10	Diane Fitz	11:54.7	5/13/1994	Southwestern

100M HURDLES

Rank	Name	Performance	Date	Location
1	Nikki Frey	15.2	4/23/1996	Dallastown
2	Tara Renn	15.9	5/5/1987	Red Lion
3	Angelica Gonzalez	16.2	3/29/2012	Spring Grove
	Cassidy Barshinger	16.2	5/5/2014	Red Lion
5	Katie Gallagher	16.3	4/11/1996	Red Lion
6	Karen Ginder	16.4	5/15/1982	Southwestern
7	Debbie Baer	16.5	5/13/1988	Southwestern
8	Tiff Wimmer	16.7	4/8/2000	Central
	Jayla Godfrey	16.7	4/14/2016	Red Lion
10	Nikki Resser	16.8	4/11/1996	Southwestern

300M HURDLES

Rank	Name	Performance	Date	Location
1	Tara Renn	45.50	5/16/1987	Shippensburg
2	Cassidy Barshinger	45.54 fat	5/25/2012	Shippensburg
3	Angelica Gonzalez	45.95 fat	5/5/2012	Central York
4	Aliyah Strausbaugh	46.10 fat	5/13/2011	Dallastown
5	Nikki Frey	46.70	5/13/1994	Southwestern
6	Colleen Preston	47.50	5/15/1982	Southwestern
7	Jayla Godfrey	47.90	4/28/2015	Red Lion
8	Heidi Nace	48.00	5/8/1992	Southwestern
9	Brenda Rawhauser	48.80	5/14/1983	Southwestern
	Meredith Kunce	48.80	5/5/2014	Red Lion

LONG JUMP

Rank	Name	Performance	Date	Location
1	Jen Thompson	18-06.75	4/20/1996	Shippensburg
2	Angelica Gonzalez	18-04.0	4/16/2013	York High
3	Chris Hein	17-06.25	5/15/1982	Southwestern
4	Jayla Godfrey	16-7.5	4/28/2015	Red Lion
5	Deja Henry	16-02.5	5/20/2011	Shippensburg
6	Laura Meyers	16-01.5	4/10/1999	Central York
7	Kendall Lookingbill	15-11.75	4/28/2015	Red Lion
8	Donteris Spence	15-11.25	5/4/2010	Red Lion
9	Sydney Beaverson	15-11.0	3/30/2019	Chambersburg
10	Marcy Hoyt	15-10.5	4/18/1989	Dallastown

TRIPLE JUMP

Rank	Name	Performance	Date	Location
1	Jen Thompson	39-07.5	5/27/1995	Shippensburg
2	Chris Hein	37-10.0	5/21/1982	Shippensburg
3	Marcy Hoyt	35-09.0	5/12/1989	Southwestern
4	Angelica Gonzalez	35-04.5	4/9/2013	Red Lion
5	Kristen Ginder	35-01.25	5/14/1983	Southwestern
6	Taylor Flatau	34-11.75	5/14/2010	Dallastown
7	Merry Hildebrand	34-11.5	4/29/1980	Red Lion
8	Kelsey Flatau	34-07.25	4/12/2008	Shippensburg
9	Kathi Metz	34-05.0	5/1/1986	Dallastown
10	Lou Ann Horn	34-04.5	4/8/1980	Dallastown

HIGH JUMP

Rank	Name	Performance	Date	Location
1	Jess Williams	5-05.0	4/11/1996	Red Lion
	Steph Blevins	5-05.0	4/8/1999	Red Lion
3	Janay Truiett	5-03.0	5/7/2011	York Suburban
4	Lisa Frey	5-02.0	5/14/1993	Southwestern
	Taylor Flatau	5-02.0	?/?/2009	?????
6	Stacy Markle	5-01.0	4/21/1987	Red Lion
	Amy Gallagher	5-01.0	4/18/1989	Dallastown
	Abby Walker	5-01.0	4/7/1998	Red Lion
	Alyssa Zortman	5-01.0	3/30/2004	New Oxford
	Johnnie Tamny	5-01.0	5/1/2012	Red Lion

POLE VAULT

Rank	Name	Performance	Date	Location
1	Amanda Young	11'6"	5/26/2012	Shippensburg
2	Rachel Weigle	11'0"	5/27/2006	Shippensburg
3	Kendall Lookingbill	9'09"	4/28/2015	Red Lion
4	Mandy Warner	9'00"	4/17/2003	Red Lion
	Lauren Deaver	9'00"	4/28/2015	Red Lion
6	Jen Solter	8'09"	5/1/2001	Central
	Jamie Billet	8'09"	5/20/2000	Shippensburg
	Riley Miller	8'09"	5/1/2018	Dallastown
9	Natalie Sindlinger	8'06"	5/1/2018	Dallastown
10	Chelsea Parkent	8'00"	5/14/2004	Southwestern
	Nicole Seitz	8'00"	4/3/2010	Chambersburg

SHOT PUT

Rank	Name	Performance	Date	Location
1	Nan Strawbridge	41-07.0	5/2/1989	Dover
2	Kim Tome	39-06.0	4/28/1983	Red Lion
3	Penny Erisman	39-00.5	4/9/1987	Red Lion
4	Hannah Kuhn	37-01.25	5/6/2008	Dallastown
5	Kathi Metz	36-05.75	5/10/1986	Southwestern
6	Amy Witmer	36-01.5	5/4/1998	Spring Grove
7	Nicole Becker	35-10.5	5/9/2000	New Oxford
8	Stacey Blouse	35-08.0	5/5/1981	Red Lion
9	Madisen Kling	35-7.5	5/4/2018	Henderson
10	Katie Grenewalt	35-06.0	4/28/1993	Red Lion

DISCUS

Rank	Name	Performance	Date	Location
1	Madisen Kling	150-07.00	5/4/2018	Henderson
2	Nan Strawbridge	141-01.0	4/25/1989	Red Lion
3	Penny Erisman	131-01.0	5/24/1986	Shippensburg
4	Kylyn McIntire	124-01.0	5/1/2019	Henderson
5	Chris Rupp	116-09.0	4/19/1988	Red Lion
6	Kathi Metz	116-05.0	4/24/1986	Red Lion
7	Nicole Becker	113-10.0	5/11/2001	Dallastown
8	Katie Greenwalt	113-03.5	4/29/1982	Dallastown
9	Tasha Stern	112-09.0	5/2/2000	Red Lion
10	Sarah Becker	110-00.0	5/4/2004	Dallastown

JAVELIN

Rank	Name	Performance	Date	Location
1	Amanda Myers	143-10.0	3/27/2014	Spring Grove
2	Brittany Harlacker	135-09.0	4/15/2008	New Oxford
3	Brianna Wanbaugh	130-05.0	5/20/2017	Shippensburg
4	Nan Strawbridge	126-02.0	5/18/1990	Shippensburg
5	Amy Gladfelter	119-00.0	5/22/1993	Shippensburg
6	Mandy Warner	118-02.0	3/27/2003	Southwestern
7	Penny Erisman	117-01.0	5/10/1986	Southwestern
8	Wendy Wild	112-08.0	5/12/2000	Southwestern
9	Madisen Kling	109-03.0	4/4/2018	Central York
10	Tammy Blymire	108-10.0	3/24/1987	Red Lion

4 x 100m RELAY				
Rank	Name	Performance	Date	Location
1	M.Crawford, A Gonzalez, D. Henry, C. Barshinger	49.10 fat	5/5/2012	Central York
2	C. Hein, A. Pomraning, K. Ginder, E. Strickler	49.25 fat	5/28/1983	Shippensburg
3	S. Garrison, L. Meyers, T. Wimmer, C. Ruth	50.50	5/21/1999	Shippensburg
	J. Godfrey, C. Patterson, J. Rowe, S. Beaverson	50.50	4/23/2019	Red Lion
5	E. Strickler, K. Tyson, K. Ginder, A. Pomraning	50.60	5/15/1982	Southwestern
6	D. Billet, L. Bacon, K. Anderson, A. Pomraning,	50.80	5/16/1981	Shippensburg
	N. Frey, J. Williams, A. Walker, J. Thompson	50.80	4/20/1996	Shippensburg
8	S. Garrison, S. Good, T. Wimmer, C. Ruth	50.81	5/20/2000	Shippensburg
9	J. Copp, T. Diehl, T. Renn, K. Werner	50.99	5/16/1987	Shippensburg
10	D. Spence, K. Flatau, N. Kunce, A. Myers	51.00	5/6/2008	Dallastown

4 x 400m RELAY				
Rank	Name	Performance	Date	Location
1	C. Hein, A. Pomraning, K. Ginder, E. Strickler	03:56.5	5/28/1983	Shippensburg
2	N. Frey, J. Williams, A. Walker, J. Thompson	04:00.4	5/24/1996	Shippensburg
3	L. Frey, N. Frey, J. Thompson, H. Moul	04:01.4	5/27/1994	Shippensburg
4	J. Lewis, K. Strong, C. Barshinger, A. Gonzalez	4:02.63 FAT	5/17/2014	Shippensburg
5	S. Baum, N. Frey, J. Thompson, H. Moul	04:04.8	4/23/1994	Carlisle
6	L. Frey, N. Snyder, S. Baum, H. Moul	04:06.2	5/14/1993	Southwestern
7	C. Barshinger, A. Gonzalez, D. Henry, A. Ross	4:06.28 FAT	5/5/2012	Central York
8	C. Barshinger, A. Haynie, D. Henry, A. Strausbaugh	4:06.88 FAT	5/20/2011	Shippensburg
9	J. Lewis, M. Kunce, K. Strong, C. Barshinger	4:07.22 FAT	5/9/2014	Dallastown
10	B.McGlinchey, C. Hein, S. Herbst, A. Pomraning	04:09.0	5/9/1981	Southwestern

4 x 800M RELAY				
Rank	Name	Performance	Date	Location
1	L. Frey, D. Fitz, S. Baum, H. Moul	09:29.9	5/21/1994	Shippensburg
2	S. Frey, E. Jurgen, K. Papenberg, R. Loyer	09:43.9	5/8/2001	Red Lion
3	L. Hare, K. Lloyd, G. Lloyd, V. Mattioli	9:46.91 (fat)	5/4/2019	Carlisle
4	E. Gross, A. Ross, A. Wivell, T. Flatau	9:51.12 (fat)	5/22/2010	Shippensburg
5	C. Kocman, A. Haynie, A. Wivell, J. Kendrick	9:51.57 (fat)	5/3/2013	W.C.Henderson
6	S. Frey, G. Allen, E. Zellers, K. Papenberg	09:53.3	5/3/2003	York Suburban
7	A. Haynie, A. Wivell, E. Gross, C. Kocman	9:53.88 (fat)	5/19/2012	Shippensburg
8	S. Frey, E. Jurgen, E. Zellers, K. Papenberg	09:54.1	5/4/2002	York Suburban
9	S. Lloyd, P. Lloyd, J. Lehman, S. Herbst	09:56.9	5/17/1980	Shippensburg
10	J. Lehman, P. Wolfe, P. Lloyd, S. Herbst	09:57.0	5/9/1981	Southwestern