

DELCO Girls Track and Field

100m Dash

Mark

Record - Dawn Sowell, Chester, 11.49, 1983

Brianna Foster- Ridley	12.38
Nevaeh Davis- Penn Wood	12.41
Taylor Johnson- MBAP	12.42
Lucy Minning- Radnor	12.44
Beth Schearer- Springfield	12.51
Saige Forbes- Episcopal	12.61
Erin Olsavsky- Haverford	12.64

200m Dash

Mark

Record - Rayianna Johnson, Chester, 24.24, 2009

Taylor Johnson- MBAP	25.48
Nevaeh Davis- Penn Wood	25.51
Kamani Johns- Chester	25.70
Beth Schearer- Springfield	25.81
Lucy Minning- Radnor	25.99
Saige Forbes- Episcopal	26.02
Brianna Foster- Ridley	26.04

400m Dash

Mark

Record - Marcia Martin, Radnor, 53.74, 1980

Morgan Elliott- Haverford	57.52
Alina Laforest- Chester	57.54
Kamani Johns- Chester	58.23
Alyssa Wert- Garnet Valley	58.25
Jiya Clayton- Chester	58.29
Emma Winward- Ridley	58.93
Denize Cisco- Upper Draby	59.19

2021 Honor Roll

6/1/21- Final

100m Hurdles

Mark

Record - Dawn Burell, Penn Wood, 13.96, 1991

Teghan Sydnor- Strath Haven	14.78
Jordyn Chisholm- Springfield	15.59
Anna Saboja- Garnet Valley	15.93
Jada Hanson- Penncrest	15.96
Emma McGuinn- Notre Dame	16.08
Jazzy Harper- Strath Haven	16.20
Abby Lyons- Strath Haven	16.63

300m Hurdles

Mark

Record - Alix Williams, Strath Haven, 43.24, 2008

Jiya Clayton- Chester	44.76
Emma Winward- Ridley	44.98
Teghan Sydnor- Strath Haven	45.24
Alina Laforest- Chester	45.41
Aubrey Leneweaver- Haverford	47.02
Maddy Stango- Garnet Valley	47.54c
Anna Mazur- Strath Haven	47.64c

800m Run

Mark

Record - Olivia Arizin, O'Hara, 2:06.80, 2016

Lucy Henkel- Radnor	2:16.93
Kelsie Robinson- Penncrest	2:20.34
Maura Brady- Notre Dame	2:20.38
Maggie Forbes- Strath Haven	2:21.54c
Therese Trainer- Notre Dame	2:21.93
Maura Timoney- Haverford	2:22.55
Alina Laforest- Chester	2:23.57

1600m Run

Mark

Record - Grace Forbes, Strath Haven, 4:45.27, 2019

Therese Trsiner- Notre Dame	5:08.39
Maura Timoney- Haverford	5:08.52
Rowe Crawford- Strath Haven	5:14.98
Maggie Forbes- Strath Haven	5:19.69
Maura Brady- Notre Dame	5:20.33
Kyleigh Calvert- Notre Dame	5:23.23
Loralei Golembiewski- Upper Darby	5:24.67

High Jump

Mark

Record - C. Andre, Upper Darby, 2014, C. Redding, Penncrest, 2000, S. Gaines, Spring, 1987, 5-7

Aubrey Leneweaver- Haverford	5-1
Camille Sealy- Haverford	5-1
Aniya Boland- Interboro	5-0
Aly Albanese- Sacred Heart	4-10
Jasmine Williams- Episcopal	4-10
Rachel Graham- Upper Darby	4-10
Ayshia Montgomery- Strath Haven	4-10

Triple Jump

Mark

Record - Samara Benson, Chester, 39-6, 1987

Alice Etienne -Upper Darby	35-6
Kat Harrar- Episcopal	35-0
Ava Hennessy- Springfield	34-11
Jazzy Harper- Strath Haven	34-4.75
Samantha Sharrow- O'Hara	34-3
D'Nayzah Heyward- Upper Darby	33-11.5
Nija Bey- Upper Darby	33-10.5

Shot Put

Mark

Record - Karen Shump, Penncrest, 49-0.75, 2007

Alexa Brown- Strath Haven	39-3
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3200m Run

Mark

Record - Kim Fisher, Sun Valley, 10:35.90, 1992

Gwyneth Stach- Strath Haven	11:32.78
Therese Trainer- Notre Dame	11:48.56
Ashleigh Lustgarten- Garnet Valley	11:58.27
Kyleigh Calvert- Notre Dame	12:00.70
Shannon Barycki- Haverford	12:03.67
Winnie Incorvaia- Garnet Valley	12:06.54
Ella Hines- DCCS	12:06.80

Long Jump

Mark

Record - Dawn Burrell, Penn Wood, 19-11.75, 1990

Brianna Foster- Ridley	18-2.5
Jordyn Chisholm- Springfield	18-0
Saige Forbes- Episcopal	17-10
Ava Hennessy- Springfield	17-8
Adria Kitzinger- Ridley	17-3
Samatha Sharrow- O'Hara	17-2
Erin O'Brien- MBAP	16-11

Pole Vault

Mark

Record - Michelle Ezzie, Upper Darby, 11-9, 2001

Sophia Hill- Radnor	10-6
Erinne Bresler- Episcopal	10-0
Lindsey Chapman- Garnet Valley	9-6
Katie Brian- Episcopal	9-6
Berkeley Sando- Episcopal	9-0
Annalise Kuhn- Strath Haven	8-0
5 ties @	7-6

Javelin

Mark

Record - Carly Peters, Carroll, 145-10, 2016

Olivia Dumont- Strath Haven	127-10
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Geena Seflin- Strath Haven	33-11.5
Ava Hneleski- O'Hara	33-11
Molly Evert- O'Hara	32-4.75
Katie Brian- Episcopal	32-4
Kalila Poindexter-Upper Darby	32-3.5
Ashley Rodgers- Penncrest	32-3

Ashley Rodgers- Penncrest	118-11
Anna Borcky- Ridley	111-4
Jaclyn Borcky- Ridley	97-10
Abby Thompson- Haverford	97-0
Sam Loan- Garnet Valley	91-5
Gracie Smith- Haverford	91-1

Discus

Mark

Record - Karen Shump, Penncrest, 154-0, 2007

Hannah Spielman- Strath Haven	109-10
Geena Seflin- Strath Haven	104-7.5
Erica Borbi- Haverford	103-11
Everzi Omuyeh- DCCS	101-9
Hannah Quinn- MBAP	92-2
Molly Evertt- O'Hara	92-2
Taylor Dath- Ridley	91-2

4x100m

Mark

Record - Upper Darby (McGarrell, Lewis, Brown, Bridgeford), 46.82, 2006

Haverford	48.40
Ridley	49.49
Upper Darby	50.05
Springfield	50.40
Episcopal	50.74
O'Hara	50.82
MBAP	50.90

4x400m

Mark

Record - Penn Wood (Moore, Pitt, Turner, Mansaray), 3:42.67, 2016

Haverford	3:59.73
Ridley	4:00.08
Notre Dame	4:03.57
Chester	4:04.05
Upper Darby	4:04.08
Springfield	4:04.73
Garnet Valley	4:11.30

4x800m

Mark

Record - Strath Haven (Kenney, Kennedy, Wilson, Miller), 8:55.39, 2014

Strath Haven	9:38.51
Haverford	9:44.43
Notre Dame	9:50.63
Penncrest	9:51.79
Springfield	9:56.07
Upper Darby	10:02.39
MBAP	10:05.28

DMR

Mark

Record - Strath Haven (M Forbes, Malley, Loiselle, G Forbes), 11:51.26, 2019

Strath Haven	13:18.08
Garnet Valley	13:42.03
Penncrest	14:00.96

SMR

Mark

Record - Penn Wood (Moore, Pitt, Turner, Mansaray), 3:56.75, 2016

MBAP	4:28.39
Radnor	4:41.95
Strath Haven	4:46.43

4x200m**Mark**

*Record - Penn Wood (Moore, Pitt, Turner, Laylor),
1:51.57, 2017*

Garnet Valley	1:50.92
Upper Darby	1:54.16
Strath Haven	1:56.92

4x1600m**Mark**

*Record - Strath Haven (Loiselle, Cardi, M Forbes, G
Forbes), 20:53.15, 2017*

Strath Haven	23:28.93
Haverford	24:08.74
Penncrest	25:04.51

Shuttle Hurdles**Mark**

*Record - Penn Wood (Logan, Johnson, Bobo,
Nickerson), 1:02.50, 1999*

Garnet Valley	1:13.23
Springfield	1:14.53
Penncrest	1:17.18

c= converted time/mark