

<u><b>DELCO Girls Track and Field</b></u>		<b>2022 Honor Roll</b>	
			<b>5/30/22- Final</b>
<u><b>100m Dash</b></u>	<u>Mark</u>	<u><b>100m Hurdles</b></u>	<u>Mark</u>
<i>Record - Dawn Sowell, Chester, 11.49, 1983</i>		<i>Record - Dawn Burell, Penn Wood, 13.96, 1991</i>	
Saige Forbes- Episcopal	12.00	Teghan Sydnor-Strath Haven	14.71
Taylor Johnson- MBAP	12.19	Aubrey Leneweaver- Haverford	14.77
Lucy Minning- Radnor	12.52	Emma McGuinn- Notre Dame	14.87
Erin Olsavsky- Haverford	12.54	Avery Elliott- Episcopal	15.09
Beth Schearer- Springfield	12.62	Alina LaForest- Chester	15.34
Alyssa Wert- Garnet Valley	12.63	Anna Saboja- Garnet Valley	15.83
Candide Kwedjeu- Upper Darby	12.79	Cami Beaulieu- Episcopal	16.35
<u><b>200m Dash</b></u>	<u>Mark</u>	<u><b>300m Hurdles</b></u>	<u>Mark</u>
<i>Record - Rayianna Johnson, Chester, 24.24, 2009</i>		<i>Record - Aubrey Leneweaver, Haverford, 43.17, 2022</i>	
Saige Forbes- Episcopal	25.04c	Aubrey Leneweaver- Haverford	43.17
Taylor Johnson- MBAP	25.07	Teghan Sydnor- Strath Haven	44.32
Aubrey Leneweaver- Haverford	25.45	Emma Winward- Ridley	44.67
Beth Schearer- Springfield	25.57	Alina LaForest- Chester	45.05
Erin Olsavsky- Haverford	25.82	Avery Elliott- Episcopal	45.90
Alyssa Wert- Garnet Valley	25.86	Anna Saboja- Garnet Valley	47.92
Lucy Minning- Radnor	26.01	Anna Mazur- Strath Haven	47.97
<u><b>400m Dash</b></u>	<u>Mark</u>	<u><b>800m Run</b></u>	<u>Mark</u>
<i>Record - Marcia Martin, Radnor, 53.74, 1980</i>		<i>Record - Olivia Arizin, O'Hara, 2:06.80, 2016</i>	
Morgan Elliott- Haverford	57.30	Olivia Cieslak- Haverford	2:11.39
Aubrey Leneweaver- Haverford	57.60	Therese Trainer- Notre Dame	2:13.43
Janaisa Dearry- Chester	57.72	Lucy Henkel- Radnor	2:14.22
Alyssa Wert- Garnet Valley	58.94	Ruby Schwelm- Penncrest	2:14.33
Alina LaForest- Chester	58.98	Hannah Puckett- Penncrest	2:17.27
Emma Winward- Ridley	59.09	Kelsie Robinson- Penncrest	2:18.00
Kelsie Robinson- Penncrest	59.11	Gabby Fralin- Upper Darby	2:18.52

<b><u>1600m Run</u></b>	<b><u>Mark</u></b>		<b><u>3200m Run</u></b>	<b><u>Mark</u></b>
<i>Record - Grace Forbes, Strath Haven, 4:45.27, 2019</i>			<i>Record - Kim Fisher, Sun Valley, 10:35.90, 1992</i>	
Therese Trainer- Notre Dame	4:57.77		Ruby Schwelm- Penncrest	10:51.23
Olivia Cieslak- Haverford	4:57.80		Winnie Stach- Strath Haven	11:24.93
Lucy Henkel- Radnor	4:58.12		Camryn McGeehan- Haverford	11:28.41
Ruby Schwelm- Penncrest	4:58.92		Rowe Crawford- Strath Haven	11:32.72
Rowe Crawford- Strath Haven	5:12.14		Chloe Browne- Strath Haven	11:38.19
Loralei Golembiewski- Upper Darby	5:16.73		Zoe Margolies- Radnor	11:39.65
Camryn McGeehan- Haverford	5:17.08		Kyleigh Calvert- Notre Dame	11:43.69
<b><u>High Jump</u></b>	<b><u>Mark</u></b>		<b><u>Long Jump</u></b>	<b><u>Mark</u></b>
<i>Record - C. Andre, Upper Darby, 2014, C. Redding, Penncrest, 2000, S. Gaines, Spring, 1987, 5-7</i>			<i>Record - Dawn Burrell, Penn Wood, 19-11.75, 1990</i>	
Sydney Jones- Haverford	5-5		Sahdahya Addy- DCCS	17-8
Aly Albanese- Sacred Heart	5-3		Saige Forbes- Episcopal	17-5
Kiala Bright- Academy Park	5-2		Adria Kitzynger- Ridley	17-1
Avery Elliott- Episcopal	5-2		Samantha Sharrow- O'Hara	16-9
Hannah Puckett- Penncrest	5-1		Emily Barlam- Springfield	16-9
Ann Brown- O'Hara	5-0		Ava Hennessy- Springfield	16-6.5
Sahdahya Addy- DCCS	5-0		Alice Etienne- Upper Darby	16-6.5
<b><u>Triple Jump</u></b>	<b><u>Mark</u></b>		<b><u>Pole Vault</u></b>	<b><u>Mark</u></b>
<i>Record - Samara Benson, Chester, 39-6, 1987</i>			<i>Record - Sophia Hill, Radnor, 12-4, 2022</i>	
Alice Etienne- Upper Darby	36-8.75		Sophia Hill- Radnor	12-4
Destiny Cofield- Upper Darby	35-6		Annalise Kuhn- Strath Haven	10-0
Ava Hennessy- Springfield	35-4.5		Erinne Bresler- Episcopal	9-9
Samantha Sharrow- O'Hara	34-11.5		Lauren Troy- Penncrest	9-6
Sahdahya Addy- DCCS	34-9		Kamryn Ohm- Penncrest	9-6
Grace Galia- Notre Dame	33-5		Marina Kondo- Garnet Valley	8-6
Kyndra Dale- Upper Darby	33-2.5		Mu'Nairah Salem- Ridley	8-0
<b><u>Shot Put</u></b>	<b><u>Mark</u></b>		<b><u>Javelin</u></b>	<b><u>Mark</u></b>
<i>Record - Karen Shump, Penncrest, 49-0.75, 2007</i>			<i>Record - Carly Peters, Carroll, 145-10, 2016</i>	
Alexa Brown- Strath Haven	44-5.5		Jaclyn Borcky- Ridley	107-5

Molly Carpenter- Haverford	37-1		Hallie Kees- DCCS	104-10
Geena Seflin- Strath Haven	33-11		Steph May- Garnet Valley	102-4
Evezi Omuyeh- DCCS	33-8		Abby Thompson- Haverford	97-7
Ava Hneleski- O'Hara	32-6		Abigail Defruscio- Haverford	93-8
Molly Evertt- O'Hara	31-9.5		Josephine Truocchio- Penncrest	92-5
Awtum Mintze- Carroll	31-9		Emily McGuinn- Strath Haven	90-11
<b><u>Discus</u></b>	<b><u>Mark</u></b>		<b><u>4x100m</u></b>	<b><u>Mark</u></b>
<i>Record - Karen Shump, Penncrest, 154-0, 2007</i>			<i>Record - Upper Darby (McGarrell, Lewis, Brown, Bridgeford), 46.82, 2006</i>	
Evezi Omuyeh- DCCS	113-4		Episcopal	48.85
Hannah Spielman- Strath Haven	108-5		Chester	49.33
Geena Selfin- Strath Haven	103-0		MBAP	49.41
Alexa Brown- Strath Haven	102-6		Springfield	49.81
Molly Carpenter- Haverford	101-2		Garnet Valley	50.12
Hannah Quinn- MBAP	93-3		Haverford	50.30
Katelin Keenan- Springfield	91-8		Upper Darby	50.43
<b><u>4x400m</u></b>	<b><u>Mark</u></b>		<b><u>4x800m</u></b>	<b><u>Mark</u></b>
<i>Record - Penn Wood (Moore, Pitt, Turner, Mansaray), 3:42.67, 2016</i>			<i>Record - Strath Haven (Kenney, Kennedy, Wilson, Miller), 8:55.39, 2014</i>	
Haverford	3:53.15		Penncrest	9:27.49
Chester	3:56.68		Strath Haven	9:31.96
Ridley	3:59.19		Haverford	9:32.13
Strath Haven	4:01.13		Notre Dame	9:37.96
Penncrest	4:02.20		Radnor	9:46.84c
Springfield	4:04.79		Upper Darby	9:50.00
Upper Darby	4:07.68		Springfield	10:06.78
<b><u>DMR</u></b>	<b><u>Mark</u></b>		<b><u>SMR</u></b>	<b><u>Mark</u></b>
<i>Record - Strath Haven (M Forbes, Malley, Loiselle, G Forbes), 11:51.26, 2019</i>			<i>Record - Penn Wood (Moore, Pitt, Turner, Mansaray), 3:56.75, 2016</i>	
Penncrest	12:38.26		Radnor	4:10.52
Upper Darby	13:18.88		Garnet Valley	4:18.40
Springfield	13:29.53		Ridley	4:22.83

<b><u>4x200m</u></b>	<u>Mark</u>		<b><u>Shuttle Hurdles</u></b>	<u>Mark</u>
<i>Record - Penn Wood (Moore, Pitt, Turner, Laylor), 1:51.57, 2017</i>			<i>Record - Penn Wood (Logan, Johnson, Bobo, Nickerson), 1:02.50, 1999</i>	
<b>Episcopal</b>	<b>1:46.58</b>		<b>Episcopal</b>	<b>1:14.59</b>
<b>Garnet Valley</b>	<b>1:47.42</b>		<b>Penncrest</b>	<b>1:15.87</b>
<b>Penncrest</b>	<b>1:55.10</b>		<b>Marple</b>	<b>1:17.20</b>
<b><u>4x1600m</u></b>	<u>Mark</u>		<b>c= converted time/mark</b>	
<i>Record - Strath Haven (Loiselle, Cardi, M Forbes, G Forbes), 20:53.15, 2017</i>				
<b>Episcopal</b>	<b>23:02.76</b>			
<b>Strath Haven</b>	<b>23:21.65</b>			
<b>Marple</b>	<b>23:26.80</b>			