**TULPEHOCKEN JUNIOR HIGH TRACK AND FIELD RECORDS**

**Boys (Updated 10/2020)**

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| **Event** | **Athlete** | **Year** | **Time/Distance** |
| 3200 m Relay (4x800) | Josh Keeler  Ryan Giambalvo  Nicholas Wengert  Van Koch | 2023 | 9:53.30 |
| 110 m Hurdles | Sean Starr | 2003 | 18.77 |
| 100 m | Zachary Risser | 2015 | 12.02 |
| 1600 m | David Siegfried | 2001 | 4:56.5 |
| 400 m | Andrew Risser | 2013 | 55.35 |
| 400 m Relay  (4 x100 m) | Gael Pacheco  Troy Ruffner  Jacob Ryan  Van Koch | 2023 | 48.81 |
| 800 m | Van Koch | 2023 | 2:12.96 |
| 200 m | Zachary Risser | 2015 | 24.34 |
| 3200 m | Jacob Cox | 2014 | 11:28.17 |
| 800 m Relay  (4x200) | Ashton Bobo  Connor Schrack  Joey Seiler  Ethan Shartle | 2018 | 1:51.7 |
| 1600 m relay  (4x400m) | Mason Frederick  Jacob Ryan  Van Koch  Troy Ruffner | 2023 | 3:51.48 |
| Long Jump | Andrew Risser | 2013 | 19’ 6” |
| High Jump | David Bednarczyk | 2019 | 5’ 4.5” |
| Triple Jump | Bradyn Erb | 2018 | 29’ 1” |
| Shot Put | Seth Miller | 2018 | 42’ 10” |
| Discus | Seth Miller | 2018 | 136’ 3” |
| Pole Vault | Nathan Pierson | 2016 | 10’6” |

**Girls (Updated 4/2019)**

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| **Event** | **Athlete** | **Year** | **Time/Distance** |
| 3200 m Relay  (4x800) | Mahala Ruffner  Vanessa Van Tiggelen  Rachel Cox  Emily Marone | 2019 | 11:52.3 |
| 100 m Hurdles | Angie Bender | 2001 | 17.83 |
| 100 m | Kairi Young | 2017 | 12.85 |
| 1600 m | Heather Weiss | 2006 | 5:29.13 |
| 400 m | Ella Ahner | 2018 | 1:03.18 |
| 400 m Relay  (4 x 100 m) | Mackenzie Sowers  Rebecca Herrmann  Ella Ahner  Kairi Young | 2018 | 53.85 |
| 800 m | Heather Weiss | 2006 | 2:29.54 |
| 200 m | Olivia Stephan | 2013 | 28.40 |
| 3200 m | Hillary Nykwest | 2004 | 12:58.95 |
| 800 m Relay  (4x200) | Faith Forry  Oakley Schrack  Kassidy Batz  Rebecca Herrmann | 2018 | 2:12.39 |
| 1600 m Relay  (4 x 400 m) | Kairi Young  Mackenzi Sowers  Kira Adams  Ella Ahner | 2018 | 4:35.3 |
| Long Jump | Kairi Young | 2018 | 15’ |
| High Jump | Dashear Hill | 2015 | 4’ 10” |
| Triple Jump | Ella Ahner | 2018 | 27’ 9” |
| Shot Put | Mia Folk | 2018 | 25’ |
| Discus | Kristen Shirk | 2008 | 76’ 11 1/8” |
| Pole Vault | Hannah McQuillen  Marissa Loeb | 2017  2012 | 7’ 0”  7’ 0” |