**TULPEHOCKEN JUNIOR HIGH TRACK AND FIELD RECORDS**

**Boys (Updated 10/2020)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Athlete** | **Year** | **Time/Distance** |
| 3200 m Relay(4x800) | Josh KeelerRyan GiambalvoNicholas WengertVan 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 PachecoTroy RuffnerJacob RyanVan 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 BoboConnor SchrackJoey SeilerEthan Shartle | 2018 | 1:51.7 |
| 1600 m relay(4x400m) | Mason Frederick Jacob RyanVan KochTroy 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)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Athlete** | **Year** | **Time/Distance** |
| 3200 m Relay(4x800) | Mahala RuffnerVanessa Van TiggelenRachel CoxEmily 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 SowersRebecca HerrmannElla AhnerKairi 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 ForryOakley SchrackKassidy BatzRebecca Herrmann | 2018 | 2:12.39 |
| 1600 m Relay(4 x 400 m) | Kairi YoungMackenzi SowersKira AdamsElla 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 McQuillenMarissa Loeb | 20172012 | 7’ 0”7’ 0” |