



Janet Wilk Swope
Class of 1977

**Track and Field, Basketball, Tennis,
Gymnastics**

It was on the track and field where Janet excelled at Seneca Valley. She held five records, one of which is still in SV's Top 10" (some 35 years later) in the 100-yard dash, running an 11.4, converted to 12.2 when the events were changed to meters. In addition to lettering in basketball, Janet lettered 4 years in track, competing in the 100, 220, and 440-yard dashes as well as competing in the 440, 880 and mile relays. Along the way, she captured the highest single season points scored (163) and the highest accumulated points scored through 1977. As a freshman, Janet was a member of the 1974 Medley Relay Team that finished 5th at States, and returned the following year to capture 3rd place. During her junior year, she received the "Most Valuable Track Award" and was a First-Place WPIAL Winner in the 440.

She was also a member of the Mile Relay Team that broke the WPIAL record that year. Individually, during her senior year, Janet went on to place 6th in the State Meet in the 440. She was honored as a 1976-77 HS All-American for athletic ability, scholarship, leadership and sportsmanship. After high school, Janet continued to run at the University of Pittsburgh.