



## **Kristen Cheman**

### **Class of 2000**

#### **Cross Country, Swimming, Track and Field**

As an avid runner and swimmer, tri-sport athlete Kristen Cheman joined the cross country, swimming, and track and field teams when she entered high school. She became the first female at Seneca Valley to earn twelve varsity letters. Kristen qualified for W.P.I.A.L. competition every year in all three sports. In cross country, she was twice a P.I.A.A. finalist and team MVP. In swimming, Kristen was a member of the Seneca Valley team that won the Section Championship in 1999. In track and field, she won the Top Athletic Freshman and Top Athletic Junior awards, set a school record in the 3200-meter relay, and made the All-Time Top 10 list for two events: the 1600 meters and 3200 meters. Upon graduating Kristen attended Allegheny College, where she participated on the cross country, swimming, and track and field teams.