



TAMAQUA TRACK AND FIELD HIGH SCHOOL RECORDS

(As of May 16, 2024)

TAMAQUA AREA SCHOOL DISTRICT'S FIRST YEAR WITH A HOME ALL-WEATHER TRACK (2010)



GIRLS

<u>EVENT</u>	<u>RECORD</u>	<u>YEAR</u>	<u>HOLDER</u>
100 Meter	12.0	1988	Tricia Plasko
200 Meter	24.8	1988	Tricia Plasko
400 Meter	58.54	2006	Lauren Wenzel
800 Meter	^2:16.43	2017	Monika Shimko
1600 Meter	%5:08.25	2010	Amber Carroll
3200 Meter	%11:03.59	2010	Amber Carroll
4 x 100 Meter	%50.14	2010	Sam Digilio, Maria Streisel, Kayla Hope, Brittany Hill
4 x 400 Relay	4:05.82	2016	Chelsea Frantz, Victoria LaBar Janette Kabana, Monika Shimko
4 x 800 Relay	9:45.82	2019	Brianna Dumond, Frances Kabana Sarah Maue, Grace Stegemerten
100 M Hurdles	15.84	2000	Margaret Benny
300 M Hurdles	45.94	2024	Katelynn Fredericks
Shot	39'-7.5"	2013	Christine Streisel
Discus	117'10"	2012	Christine Streisel
Javelin	#161'-2"	2010	Allison Updike
Long Jump	#18' 10 3/4"	2011	Kayla Hope
Triple Jump	36'5 1/2"	1985	Denise Stahler
High Jump	5'5"	1985	Sharon Wishousky
Shuttle Hurdles	56.8	1995	Ann Linkevich, Debbie Kuhn, Amy Putalavage, Lauren Ponting
Pole Vault	10'-6"	2013	Rebecca Minehan
	10'-6"	2014/2016	Morgan Boyle

^ At States – 4th Place Medal # At States - Gold Medal % At States

BOYS

<u>EVENT</u>	<u>RECORD</u>	<u>YEAR</u>	<u>HOLDER</u>
100 Meter	10.7	2000	Noel Powell
200 Meter	21.7	2000	Noel Powell
400 Meter	50.57	2024	Stephen Kieffer
800 Meter	%1:55.06	2008	Alex Zubey
1600 Meter	%4:17.21	2008	Alex Zubey
3200 Meter	9:29.17	2008	Alex Zubey
4 x 100 Meter	43.6	1983	Glenn Comisac, Marc Myers, John Myers, Dave Keich
4 x 400 Relay	3:27.4	2000	Mark Drum, Jim Barron, Ricky Cipko, Brian Cipko
4 x 800 Relay	8:03.51	2001	Ricky Cipko, Brian Cipko, Mark Drum, Adam Rupert
110 M Hurdles	14.0	2013	Eric Hertzog
300 M Hurdles	^38.65	2006	Derrik Keich - State champ.
Shot	53' 01.75"	2019	Matt Amodea
Discus	166'6"	1996	Alex Yearick
Javelin	%198'4"	2012	Tyler Hope
Long Jump	^22' 5 1/2"	2000	Noel Powell - State champ.
Triple Jump	47'5 1/2"	1983	Dave Keich
High Jump	6'9"	1983	Dave Keich
Pole Vault	14'-4 1/4"	2007	Bryant Butala

^ At States Gold Medal % At States

Girls State Champions:

100 M - Tricia Plasko (1987) Long Jump - Kayla Hope (2011)
200 M - Tricia Plasko (1987) Javelin - Christine Streisel (2011)
Javelin - Allison Updike (2010)

Boys State Champions:

880 M - Wendell Welsh (1928) 4x800 M Relay Team (2001)
High Jump - Tom Scheitrum (1986) 4x800 M Relay Team (2002)
Long Jump - Noel Powell (2000) 300 Hurdles - Derrik Keich (2006)