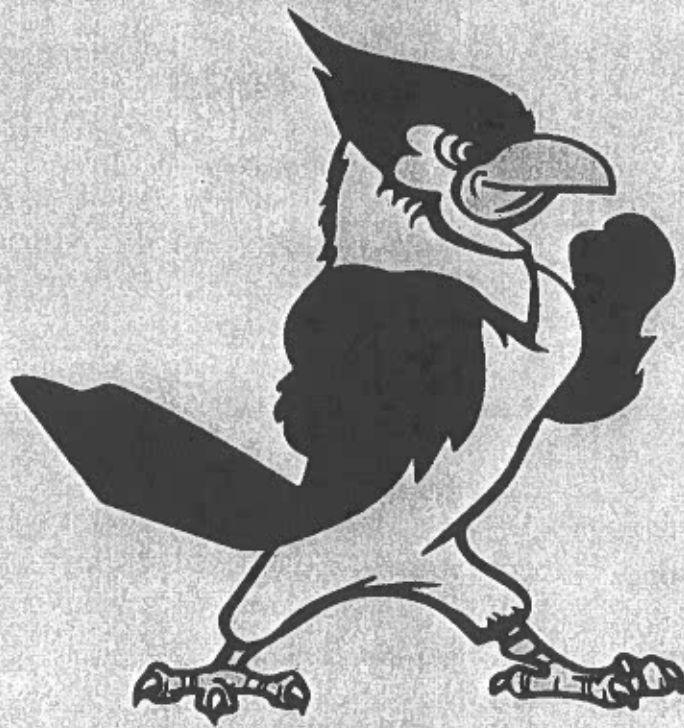


*Central Columbia
School District
Athletic Hall
of Fame
Induction Ceremony*



*September 2021
2014 Girls Track & Field Team*

CENTRAL COLUMBIA GIRLS

TRACK AND FIELD

2014



SENIORS:

Courtney Claudfelter

Karissa Flick

Graycie Juckes

Madeline Padner

Ellen Shepard

JUNIORS:

Lindsey Carl

Bailey Gemberling

Brianna Gliem

Madeline Harder

Madison Heintzelman

Colleen Kitchen

Rachel Leiby

Katie Madden

Lauren Moss

Madeline Murtin

Daniela Rinnerbauer

Sarah Mussolman

SOPHOMORES:

Madison Berkey

Sarah Busch

Olivia Campbell

MacKenzie Carey

Lyndsey Eckenrode

Anna Jaskiewicz

Taylor Knorr

Brianna Kramer

Willow Perkins

Megan Readler

Megan Sokol

Megan Sumner

Erika Thomas



FRESHMEN:

Grace Brosius

Sara Cicone

Danielle Crawford

Heather Franklin

Payton Gregory

Sydney Haedrich

Morgan Karas

Mia Kitchen

Hannah Klingerman

Caitlin Lowe

Emma Padner

Sarah Parko

Zuzana Pribulova

Corina Slusser

Harleigh Welsh

Lauren Willie

Ally Yerkes

Bethany Brown

GIRL'S 2014 TRACK AND FIELD TEAM'S ACCOMPLISHES

7 - 0 DUAL MEET SEASON RECORD

CENTRAL 80 – MONTOURSVILLE 70

CENTRAL 80 – DANVILLE 70

CENTRAL 93 – MOUNT CARMEL 57

CENTRAL 133 – MIDD WEST 16

CENTRAL 100 – MILTON 50

CENTRAL 96 – BLOOMSBURG 54

CENTRAL 95 ¼ - SOUTHERN 54 ¾

PHAC DIVISION II CHAMPIONS

DISTRICT IV AA CHAMPIONS

4TH PLACE AT THE PIAA CHAMPIONSHIPS GIRLS AA (BEST FINISH IN SCHOOL HISTORY)

1ST PLACE AT THE BLUE JAY CLASSIC

2ND PLACE AT THE LOCK HAVEN UNIVERSITY HIGH SCHOOL INVATATIONAL

METAL WINNERS:

PHAC CHAMPIONSHIPS

ELLEN SHEPARD 1ST PLACE 100 DASH 12.51

4X100 RELAY 1ST PLACE 48.88

COLLEEN KITCHEN – GRAYCIE JUCKES – HANNAH KLINGERMAN – ELLEN SHEPARD

HANNAH NKLINGERMAN 2ND PLACE 100 DASH 12.76

HANNAH KLINGERMAN 3RD PLACE 200 DASH 26.64

GRAYCIE JUCKES 5TH PLACE 100 DAASH 13.35

TAYLOR KNORR 7TH PLACE TRIPLE JUMP 31' 1 ½"

BAILEY GEMBERLING 8TH PLACE 100 HURDLES 16.68

METAL WINNERS CONTINUED:

DISTRICT MEET

ELLEN SHEPARD 1ST PLACE 100 DASH 12.26

ELLEN SHEPARD 1ST PLACE 200 DASH 25.67

4 X100 RELAY 1ST PLACE 48.51 (SR) (MR)

COLLEEN KITCHEN – GRAYCIE JUCKES – HANNAH KLINGERMANN – ELLEN SHEPARD

LINDSEY CARL 1ST PLACE HIGH JUMP 5' 4"

TAYLOR KNORR 1ST PLACE LONG JUMP 16' 7 ¼"

4X400 RELAY 1ST PLACE 4:01.07 (SR)

BRIANNA KRAMER – HANNAH KLINGERMANN – ELLEN SHEPARD – GRAYCIE JUCKES

HANNAH KLINGERMANN 2ND PLACE 100 DASH 12.70

HANNAH KLINGERMANN 2ND PLACE 200 DASH 26.74

BRIANNA KRAMER 3RD PLACE 400 DASH 1:01.13

COURTNEY CLAUDFELTER 4TH PLACE JAVELIN 106' 10"

GRAYCIE JUCKES 4TH PLACE 300 HURDLES 48.08

LINDSEY CARL 7TH PLACE SHOT PUT 30' 11 ¾"

KATIE MADDEN 7TH PLACE 800 RUN 2:28.97

ERIKA THOMAS 7TH PLACE POLE VAULT 8' 6"

GRAYCIE JUCKES 8TH PLACE 100 DASH 13.41

STATE MEET

4X100 RELAY 1ST PLACE KITCHEN – JUCKES – KLINGERMANN – SHEPARD 48.15 (SR)

ELLEN SHEPARD 2ND PLACE 12.03 (SR)

LINDSEY CARL 2ND PLACE HIGH JUMP

ELLEN SHEPARD 4TH PLACE 200

6 SCHOOL RECORDS BROKEN IN 2014:

ELLEN SHEPARD 100 DASH 12.03

ELLEN SHEPARD 400 DASH 1:00.46

LINDSEY CARL HIGH JUMP 5'5"

LINDSEY CARL DISCUS 105' 5"

4X100 RELAY 48.15

COLLEEN KITCHEN – GRAYCIE JUCKES – HANNAH KLINGERMANN – ELLEN SHEPARD

4X400 RELAY 4:01.07

BRIANNA KRAMER – HANNAH KLINGERMANN – ELLEN SHEPARD – GRAYCIE JUCKES

PHAC DIVISION II ALL STAR WINNERS

1ST TEAM

ELLEN SHEPARD 100 DASH

ELLEN SHEPARD 200 DASH

LINDSEY CARL HIGH JUMP

4X100 RELAY COLLEEN KITCHEN – GRAYCIE JUCKES – HANNAH KLINGERMANN – ELLEN SHEPARD

4X400 RELAY BRIANNA KRAMER – HANNAH KLINGERMANN – GRAYCIE JUCKES - ELLEN SHEPARD

2ND TEAM

GRAYCIE JUCKES 300 HURDLES

TAYLOR KNORR LONG JUMP

TAYLOR KNORR TRIPLE JUMP

HANNAH KLINGERMANN 100 DASH

HANNAH KLINGERMANN 200 DASH

INDUCTEE INFORMATION

Fred Lenig

COACHING ACCOMPLISHMENTS:

Assistant Football Coach at SU 1977-78

Junior High Football Coach at Selinsgrove HS 1979-80

Assistant Track Coach at Selinsgrove HS 1977-1983

Assistant Football Coach at CCHS 1981-2011

Assistant Track and Field Coach at CCHS 1984-1994

Head Boys Track & Field Coach at CCHS 1984-1994 Record 66-39-6

Head Girls Track and Field Coach at CCHS 1996-2014 Record 98-58

PHAC Division II Champions 2010, 2011, and 2014

District IV AA Champions 2014

POST-SECONDARY ACCOMPLISHMENTS:

Graduated from Lock Haven State College 1976 with BS degree in Health and Physical Education

Played three years of Football

Broke NCAA Division III record for longest kick- off return

Played one year of Track and Field

PROFESSIONAL ACCOMPLISHMENTS:

Worked for CSIU 16 1977-80

Assisted area school districts developing adaptive physical education programs

Worked CCHS as a Health and Physical Education Teacher 1981-2011

Inducted into Central Columbia Athletic Hall of Fame with the:

1981 Eastern Conference Football Champions

1993 District IV Football Champions

2014 4 X 100 Relay Girls State Champions

BIOGRAPHICAL DATA:

Wife -Lisa

Children - Jessica and Emily

Grandchild -Cooper

INDUCTEE INFORMATION

Nate Johnson

COACHING ACCOMPLISHMENTS:

Has coached 35 combined seasons of athletics at Central Columbia

Football:

13th season

2012 PHAC II Champions

Wrestling:

12th season

2012 District Runner-Up

State Qualifiers

2013 District Champions

State Qualifiers

Coached-Nine individuals to state qualification with three being state medalists

Track and Field:

11th season

2014 4 x 100 meter relay State Champions (girls)

2014 District IV Champions (girls)

2019 4 x 400 meter relay State Champions (boys)

2019 District IV Champions (boys)

POST-SECONDARY ACCOMPLISHMENTS:

Graduated from Bloomsburg University 2011 with Bachelors of Science Degree in Elementary/Special Education

Graduated from Edinboro University 2016 with Master's Degree in Educational Leadership

PROFESSIONAL ACCOMPLISHMENTS:

Special Education Teacher-Eleventh year at Central Columbia Middle School

BIOGRAPHICAL DATA:

Wife –Emily (Class of 2007)

Children – Grant-Proud Future Bluejay

INDUCTEE INFORMATION

Ben McConnell

COACHING ACCOMPLISHMENTS:

THREE DISTRICT TITLES IN HIGH JUMP
THREE STATE MEDALS-FIFTH PLACE, SECOND PLACE (TWICE)

POST-SECONDARY ACCOMPLISHMENTS:

ATTENDED AND RAN TRACK AT LOCK HAVEN UNIVERSITY-MAJORED IN HEALTH AND PHYSICAL EDUCATION-2005-2009
THREE TIME ATHLETIC/ACADEMIC ALL-AMERICAN
SIX TIME PSAC ATHLETIC/ACADEMIC HONORS
SIX TIME PSAC CHAMPION
MASTER'S DEGREE IN CURRICULUM/INSTRUCTION FROM BLOOMSBURG UNIVERSITY-2012

PROFESSIONAL ACCOMPLISHMENTS:

PHYSICAL EDUCATION TEACHER AT MOUNT CARMEL HIGH SCHOOL-2009-2011
PHYSICAL EDUCATION TEACHER AT CENTRAL COLUMBIA HIGH SCHOOL-2011-2016
SPORTS PERFORMANCE INTERN AT WAKE FOREST UNIVERSITY-2016-2017
ASSISTANT ATHLETIC PERFORMANCE COACH AT WESTERN CAROLINA UNIVERSITY-2017-2018
ASSISTANT DIRECTOR OF SPORTS PERFORMANCE AT CATAWBA COLLEGE-2018-2020
STRENGTH AND CONDITIONING COACH CANON-MCMILLAN HIGH SCHOOL-2020-2021
PHYSICAL EDUCATION/HEALTH TEACHER AT RIVERSIDE HIGH SCHOOL-2021

BIOGRAPHICAL DATA:

SPOUSE-RYANN MCCONNELL
CHILDREN-RAEGYNN MCCONNELL

INDUCTEE INFORMATION

Doug Brown

COACHING ACCOMPLISHMENTS:

Head Boys Track and Field Coach (1992-2008, 2020-Present)

131-26-2 Record

Five-Time league champions (1997, 1998, 2000, 2002, 2006)

SVC Coach of the Year-6 Time receipt

District Champions (2002 & 2019)

1 athlete captured National Championship

1 athlete captured Penn Relay Championship

7 athletes captured Pennsylvania State Championships

25 individual District IV Champions

38 individual SVC Champions

Varsity Football Coach (2020-Present)

Junior High Football Coach

3-Time District IV Champions (92, 93, 94)

Assistant Girls Track and Field Coach (2014-2019)

PHAC Champions

District IV Champions

6 Individual District IV Champions

1 State Champion

1 State Runner Up

36-6 coaching record

POST-SECONDARY ACCOMPLISHMENTS:

1991 Bachelor's of Science Degree- Agricultural/Environmental Science-The Pennsylvania State University

1998 Master's of Education Degree-Agricultural/Environmental Science-The Pennsylvania State University

1997 The Pennsylvania State University Alumni of the Year

PROFESSIONAL ACCOMPLISHMENTS:

Agricultural/Environmental Science Instructor from 1991-Present-Central Columbia School District

FFA Advisor from 1991-Present

Practical Arts Department Chairperson from 1992-Present

Agricultural/Environmental Science Teacher of the Year-4-Time recipient

Outstanding Agricultural/Environmental Science Program in Pennsylvania-4-time recipient

Pennsylvania State Teacher Mentor of the Year-2020

National Teacher Mentor of the Year-2017

PIAA Track and Field Official-30 years

Assistant Athletic Director-6 years

Varsity Football-Assistant Coach-2 years

Jr. High Head Coach-15 years

Boys Track and Field Head Coach-19 years

Girl's Track and Field assistant coach-6 years

BIOGRAPHICAL DATA:

Wife- Lynne 3rd grade teacher at CCES

Daughter- Bethany-2016 CCHS Alumni

INDUCTEE INFORMATION

Jason Bartholomew

GRADUATION YEAR: 1995

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

Football- 4 years

Bowling- 4 years

Track and Field- 4 years

CHAMPIONSHIPS WON:

Football:

1992- District IV Champions

Eastern Conference Class 2A Champions

1993- District IV Champions

Eastern Conference Class 2A Champions

1994- District IV Champions

HONORS AND AWARDS:

Football:

1993-1st Team Central Susquehanna Conference

1st Team All Anthracite

1994-CC Football MVP

CC Football Offensive Player of the Year

1st Team CSC

1st Team All-Anthracite

Leader of Single Game Yards- 354 yards

Leader of Single Game Touchdowns- 5 TDs

Single Season Rushing Leader- 2093 yards

Bowling:

1995-League MVP

POST-SECONDARY ACCOMPLISHMENTS:

Bachelor's Degree at Wilkes University

Master's Degree at Marywood University

PROFESSIONAL ACCOMPLISHMENTS:

Taught classes at Wilkes University and Luzerne County Community College

Job foreman for seven years. Currently, Guidance Counselor at Central Columbia High School

BIOGRAPHICAL DATA:

Spouse- Pamela

Children- Cadence

INDUCTEE INFORMATION
Hannah Klingerman

GRADUATION YEAR: 2017

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

Soccer – 4 years

Basketball – 4 years

Track and Field – 4 years

CHAMPIONSHIPS WON:

Basketball District Title – 2014-15

District IV Champion 4x100 (2014), 4x400 (2014), 200 m Dash (2016)

Track and Field Title 2014

INDIVIDUAL OR TEAM RECORD(S):

4-100m Relay Record

4x400m Relay Record

HONORS AND AWARDS RECEIVED:

Soccer – All Conference Team – 2014-16

Team Offensive POY – 2014-15

Team MVP – 2016-17

Basketball – All Conference Team – 2016-17

District 4 Runner-up – 2013-14

Team MVP – 2016-17

Track and Field – PIAA AA 6th – 100m Dash – 2015

District 4 Runner – 100 (2014,2016), 200 (2014), 4x100 (2015)

14 Total Track and Field District Medals

POST SECONDARY ACCOMPLISHMENTS:

Attending Grand Valley State University in Allendale, Michigan

Studying Biomedical Sciences with plans to attend medical school

Plays on GVSU (NCAA DII National Runner-up in 2018) women's soccer team

PROFESSIONAL ACCOMPLISHMENTS (WORK):

BIOGRAPHICAL DATA:

INDUCTEE INFORMATION
Grayclynn Juckes

GRADUATION YEAR: 2014

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

Women's Soccer – 4years

Women's Diving – 3 years

Women's Track and Field – 4 years

CHAMPIONSHIPS WON:

Girls Track and Field District Championship 2014

Girls Track and Field State Gold Medal 4x100 Relay 2014

INDIVIDUAL OR TEAM RECORD(S):

2014 – 4x100 Relay undefeated

HONORS AND AWARDS RECEIVED:

Honor Student

POST SECONDARY ACCOMPLISHMENTS:

Graduated with a Bachelor's of Science Degree in Neuro Science from Susquehanna University

4-year starter in Susquehanna University Women's Soccer

PROFESSIONAL ACCOMPLISHMENTS (WORK):

Certified Neurophysiologist

BIOGRAPHICAL DATA:

INDUCTEE INFORMATION
Grayclynn Juckes

GRADUATION YEAR: 2014

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

Women's Soccer – 4years

Women's Diving – 3 years

Women's Track and Field – 4 years

CHAMPIONSHIPS WON:

Girls Track and Field District Championship 2014

Girls Track and Field State Gold Medal 4x100 Relay 2014

INDIVIDUAL OR TEAM RECORD(S):

2014 – 4x100 Relay undefeated

HONORS AND AWARDS RECEIVED:

Honor Student

POST SECONDARY ACCOMPLISHMENTS:

Graduated with a Bachelor's of Science Degree in Neuro Science from Susquehanna University

4-year starter in Susquehanna University Women's Soccer

PROFESSIONAL ACCOMPLISHMENTS (WORK):

Certified Neurophysiologist

BIOGRAPHICAL DATA:

INDUCTEE INFORMATION

Ellen Shepard

GRADUATION YEAR: 2014

HIGH SCHOOL ACCOMPLISHMENTS:

Valedictorian-2014

ATHLETICS:

Girls Soccer– 4 years

Girls Track and Field – 4 years

CHAMPIONSHIPS WON:

Girls Track and Field – District Champions 2014

4x100 Team – State Champions 2014

PHAC Division 2 Team Champions 2011, 2014

INDIVIDUAL OR TEAM RECORD(S):

100m (CCHS) - 200 m (CCHS) 4x100 m (CCHS) 4x400 (CCHS) 400 m (CCHS)

District Record Holder – 100m, 200m, 4x100.

PHAC Meet Records – 100m, 200m, 4x100m, 4x400 m

HONORS AND AWARDS RECEIVED:

100m – State Runner-up 2014

4 Time 1st Team PHAC Division 2 All-Star in 100 m, 200m, 4x400m Relay

3 Time – 1st Team PHAC Division 2 All-Star in 4x400 m Relay

1st Time 2nd Team PHAC Division 2 All-Star in 4x400m Relay

2 Time – Press Enterprise MVP for Girls Track

2014 – Team MVP with Graycie Jukes

6 Gold Medals at PHAC Championships

16 Medals at District IV AA Championships (12 Gold – 2 Silver – 2 4th Place – 2 7th Place)

8 Medals at PIAA AA State Championships (1 Gold – 2 Silver – 12 4th Place – 2 7th Place)

POST SECONDARY ACCOMPLISHMENTS:

Graduated from Cornell University 2018

Ran Track and Field Varsity Team – 4 years

Captain (2017-18) School Record Holder – Indoor 200m (23.99)

4 X 100 meter Outdoor

Second – Team All- Ivy 2017

NCAA Academic All -American 2017

PROFESSIONAL ACCOMPLISHMENTS (WORK):

Currently working as a Business Analyst at Deloitte Consulting in their Government & Public Services Sector in Washington D.C.

INDUCTEE INFORMATION

Colleen Kitchen

GRADUATION YEAR: 2015

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

Cheerleading – 2 years

Track and Field – 4 years

Soccer – 4 years

CHAMPIONSHIPS WON:

Cheerleading – Performed in the Capital One Bowl in Florida

Track and Field – 2013 -State Runner up – 3 District Gold Medalist

2014 – State Champs – Gold Medalists in 4x100 Relay Team

INDIVIDUAL OR TEAM RECORD(S):

Both School 3 District Record Holders in 4x100 Relay Team

HONORS AND AWARDS RECEIVED:

Both School 3 District Record Holders in 4x100 Relay Team

POST SECONDARY ACCOMPLISHMENTS:

PROFESSIONAL ACCOMPLISHMENTS (WORK):

BIOGRAPHICAL DATA:

INDUCTEE INFORMATION

Karissa Flick

GRADUATION YEAR: 2014

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

Field Hockey-Four years
Basketball-Four years
Track & Field-Three years

CHAMPIONSHIPS WON:

2013-14 District IV Runner-Up-Basketball
2014 PHAC-Track & Field Championship
2014 District IV-Track & Field Championship

INDIVIDUAL OR TEAM RECORDS:

HONORS AND AWARDS EARNED:

Honor Roll
National Honor Society Member

POST-SECONDARY ACCOMPLISHMENTS:

Graduated from Misericordia University in December 2017 with a Bachelor of Science Degree in Business Administration and Specialization in Healthcare Management. Minor in Psychology
Graduated Summa Cum Laude and member of Sigma Beta Delta Business Honor Society.

PROFESSIONAL ACCOMPLISHMENTS:

Employed for Chewy.com from college in Human Resources Department
Launched a new building in Phoenix, AZ and recently in Archbald, PA
Promoted three times in my tenure with Chewy and currently in the role of Human Resources Business Partner.

BIOGRAPHICAL DATA:

INDUCTEE INFORMATION

Lyndsey Eckenrode

GRADUATION YEAR: 2016

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

Soccer-Four years

Winter Track-One year

Track & Field-Four years

CHAMPIONSHIPS WON:

2014 PHAC-Track & Field Championship

2014 District IV-Track & Field Championship

INDIVIDUAL OR TEAM RECORDS:

HONORS AND AWARDS EARNED:

Honor Roll

National Honor Society Member

POST-SECONDARY ACCOMPLISHMENTS:

Graduated from University of Mississippi in December 2019 with a Bachelor of Science Degree in Dietetics/Nutrition

Projected graduate from Ohio State University in May 2022 with a Master of Science Degree in Medical Dietetics

Dietetic Intern at Ohio State University

Sports Nutrition Graduate Assistant at Ohio State University

PROFESSIONAL ACCOMPLISHMENTS:

Summer of 2019 Performance Nutrition Intern at UFC Performance Institute-Las Vegas, NV

2019-2020 Performance Nutrition Manager for University of Mississippi Baseball Team-Oxford, MS

2021-2022 Performance Nutrition Manager for Ohio State Men's/Women's Basketball Teams as well as for Men's Ice Hockey Team

BIOGRAPHICAL DATA:

INDUCTEE INFORMATION

Madeline Murtin

GRADUATION YEAR: 2015

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

CROSS COUNTRY-FOUR YEARS

BASKETBALL-FOUR YEARS

TRACK & FIELD-FOUR YEARS

CHAMPIONSHIPS WON:

2014-TRACK & FIELD-PHAC CHAMPIONSHIP

2014-TRACK & FIELD-DISTRICT IV CHAMPIONSHIP

2014-JUDY KNORR BASKETBALL TOURNAMENT CHAMPIONSHIP

2015-BASKETBALL-DISTRICT IV CHAMPIONSHIP

2016-BASKETBALL-DISTRICT IV CHAMPIONSHIP

INDIVIDUAL OR TEAM RECORDS:

LED THE PHAC IN THREE POINT FIELD GOALS (BOYS & GIRLS) IN 2014-2015

BASKETBALL SEASON

HONORS AND AWARDS EARNED:

NATIONAL HONOR SOCIETY MEMBER

2015-FIRST TEAM PHAC BASKETBALL ALL STAR

2013-2015 PHAC ACADEMIC ALL-STAR

POST-SECONDARY ACCOMPLISHMENTS:

PROFESSIONAL ACCOMPLISHMENTS:

BIOGRAPHICAL DATA:

INDUCTEE INFORMATION

Megan Sumner

GRADUATION YEAR: 2016

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

Basketball-Two years

Track & Field-Three years

CHAMPIONSHIPS WON:

2014 PHAC-Track & Field Championship

2014 District IV-Track & Field Championship

INDIVIDUAL OR TEAM RECORDS:

HONORS AND AWARDS EARNED:

Honor Roll

National Honor Society Member

National Spanish Honors Society

POST-SECONDARY ACCOMPLISHMENTS:

PROFESSIONAL ACCOMPLISHMENTS:

BIOGRAPHICAL DATA:

INDUCTEE INFORMATION

Erika Thomas

GRADUATION YEAR: 2016

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

DIVING-TWO YEARS

TRACK & FIELD-THREE YEARS

CHAMPIONSHIPS WON:

DIVING:

2015-FIFTH PLACE FINISH AT DISTRICT IV CHAMPIONSHIP

2016-SECOND PLACE FINISH AT DISTRICT IV CHAMPIONSHIP

2016-STATE QUALIFIER

TRACK & FIELD:

2014-PHAC LEAGUE CHAMPIONSHIP

2014-DISTRICT IV TRACK & FIELD CHAMPIONSHIP

2014-EIGHTH PLACE FINISH AT DISTRICT IV CHAMPIONSHIP-POLE VAULT

2015-THIRD PLACE DISTRICT IV CHAMPIONSHIP-POLE VAULT

2015-STATE QUALIFIER-POLE VAULT

2016-SECOND PLACE FINISH DISTRICT IV CHAMPIONSHIP-POLE VAULT

2016-STATE QUALIFIER-POLE VAULT

2016-PIAA STATE MEDAL WINNER-SIXTH PLACE-POLE VAULT

INDIVIDUAL OR TEAM RECORDS:

HONORS AND AWARDS EARNED:

SLIPPERY ROCK UNIVERSITY:

2017/2018 INDOOR AND OUTDOOR PSAC CHAMPIONSHIP-POLE VAULT

2019 SCHOLAR ATHLETE AWARD

2019 GRADUATE-BACHELOR'S OF SCIENCE IN NEUROSCIENCE

LIPSCOMB UNIVERSITY:

SCHOOL OF PHYSICIAN ASSISTANT STUDIES CLASS OF 2022

POST-SECONDARY ACCOMPLISHMENTS:

PROFESSIONAL ACCOMPLISHMENTS:

BIOGRAPHICAL DATA:

INDUCTEE INFORMATION

Morgan Karas

GRADUATION YEAR: 2017

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

Field Hockey-Four years

Track & Field-Four years

CHAMPIONSHIPS WON:

2014 PHAC-Track & Field Championship

2014 District IV-Track & Field Championship

INDIVIDUAL OR TEAM RECORDS:

HONORS AND AWARDS EARNED:

Honor Roll

National Honor Society Member

Field Hockey Three Year Medal

PHAC Academic All-Star

PHAC All-Star Field Hockey-Second Team

POST-SECONDARY ACCOMPLISHMENTS:

Graduated from Misericordia University-Bachelor of Arts in Government, Law and National Security

Graduated from Misericordia University with a minor in Forensic Accounting

Currently, serving as a FEMA Corps Member in Ameri-corps NCCC-FEMA Corps

PROFESSIONAL ACCOMPLISHMENTS:

BIOGRAPHICAL DATA:

INDUCTEE INFORMATION

Rachel Leiby

GRADUATION YEAR: 2015

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

Girls Tennis-Four years
Football Cheerleading-One year
Winter Cheerleading-Three years
Track & Field-Four years

CHAMPIONSHIPS WON:

2014 PHAC-Track & Field Championship
2014 District IV-Track & Field Championship

INDIVIDUAL OR TEAM RECORDS:

HONORS AND AWARDS EARNED:

2012 Tennis Coaches Award
2013 Winter Cheerleading Coaches Award
2014 Football Cheerleading Coaches Award
2015 Football Cheerleading Coaches Award
2015 Senior Athlete Award
2015 Tri-Athlete Award
Three Year Medal Winner

POST-SECONDARY ACCOMPLISHMENTS:

Luzerne County Community College-Associate Degree
Bloomsburg University-Bachelor's Degree

PROFESSIONAL ACCOMPLISHMENTS:

First Columbia Bank & Trust Company-Deposit Operations Associate

BIOGRAPHICAL DATA:

INDUCTEE INFORMATION

Payton Gregory

GRADUATION YEAR: 2017

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

SOCCKER-FOUR YEARS

BASKETBALL-THREE YEARS

TRACK & FIELD-FOUR YEARS

CHAMPIONSHIPS WON:

2013-SOCCER-PHAC CHAMPIONSHIP

2014-TRACK & FIELD-PHAC CHAMPIONSHIP

2014-TRACK & FIELD-DISTRICT IV CHAMPIONSHIP

2015-BASKETBALL-DISTRICT IV CHAMPIONSHIP

2016-BASKETBALL-DISTRICT IV CHAMPIONSHIP

INDIVIDUAL OR TEAM RECORDS:

HONORS AND AWARDS EARNED:

POST-SECONDARY ACCOMPLISHMENTS:

BACHELOR OF SCIENCE-PSYCHOLOGY-KUTZTOWN UNIVERSITY-MAY-2021

MASTER OF SCIENCE-COUNSELING-VILLANOVA UNIVERSITY-

FALL-2021

PROFESSIONAL ACCOMPLISHMENTS:

BIOGRAPHICAL DATA:

INDUCTEE INFORMATION

Anna Jaskiewicz

GRADUATION YEAR: 2016

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

SOCCER-THREE YEARS
BASKETBALL-THREE YEARS
TRACK & FIELD-THREE YEARS

CHAMPIONSHIPS WON:

2012-DISTRICT IV SOCCER CHAMPIONSHIP
2014-DISTRICT IV TRACK & FIELD CHAMPIONSHIP
2015-DISTRICT IV BASKETBALL CHAMPIONSHIP

INDIVIDUAL OR TEAM RECORDS:

HONORS AND AWARDS EARNED:

-TRI-ATHLETE AWARD

POST-SECONDARY ACCOMPLISHMENTS:

-HONORS PROGRAMS
-PHI SIGMA PI (PRESIDENT), PHI KAPPA PHI AND SIGMA TAU DELTA (VICE PRESIDENT)
-EDITOR OF COLLEGE NEWSPAPER-THE VOICE
-DESIGN EDITOR OF STUDENT LITERATURE JOURNAL
-ENGLISH DEPARTMENT AWARD-BEST CRITICAL ESSAY-2020
-OUTSTANDING ENGLISH STUDENT-2020
-BLOOMSBURG UNIVERSITY GRADUATE-2020-MAGNA CUM LAUDE--ENGLISH LITERATURE & ENGLISH PROFESSIONAL WRITING & DIGITAL RHETORIC

PROFESSIONAL ACCOMPLISHMENTS:

-EXCLUSIVE INTERNSHIP OPPORTUNITY FOR GIANT
-HAVE RECEIVED THREE PROFESSIONAL PROMOTIONS IN STORE OPERATIONS SINCE BECOMING FULL TIME

BIOGRAPHICAL DATA:

INDUCTEE INFORMATION

Bethany Brown

GRADUATION YEAR: 2016

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

TRACK & FIELD-FOUR YEARS

CHAMPIONSHIPS WON:

2014-PHAC LEAGUE CHAMPIONSHIP

2014-DISTRICT IV TRACK & FIELD CHAMPIONSHIP

INDIVIDUAL OR TEAM RECORDS:

HONORS AND AWARDS EARNED:

-NATIONAL HONOR SOCIETY MEMBER

-ADMINISTRATION AWARD

-NATIONAL FFA ORGANIZATION MEMBER

-PENNSYLVANIA FFA KEYSTONE DEGREE

-PENNSYLVANIA FFA STAR FINALIST

-2014-COACHES AWARD RECEIPT

POST-SECONDARY ACCOMPLISHMENTS:

PROFESSIONAL ACCOMPLISHMENTS:

WORKS AT EOS THERAPETIC RIDING CENTER

BIOGRAPHICAL DATA:

RESIDES IN MIFFLINVILLE, PA

INDUCTEE INFORMATION

Lindsey Carl

GRADUATION YEAR: 2015

HIGH SCHOOL ACCOMPLISHMENTS:

ATHLETICS:

CROSS COUNTRY-ONE YEAR
FIELD HOCKEY-THREE YEARS
BASKETBALL-FOUR YEARS
TRACK & FIELD-FOUR YEARS

CHAMPIONSHIPS WON:

2013-PHAC HIGH JUMP INDIVIDUAL CHAMPION
2013-DISTRICT IV HIGH JUMP INDIVIDUAL CHAMPION
2014-PHAC HIGH JUMP INDIVIDUAL CHAMPION
2014-DISTRICT IV HIGH JUMP INDIVIDUAL CHAMPION
2014-PHAC TRACK & FIELD CHAMPIONSHIP
2014-DISTRICT IV TEAM CHAMPIONSHIP
2014-PIAA STATE INDIVIDUAL HIGH JUMP CHAMPIONSHIP-SECOND PLACE
2015-PHAC HIGH JUMP INDIVIDUAL CHAMPION
2015-DISTRICT IV HIGH JUMP INDIVIDUAL CHAMPION
2015-PIAA STATE INDIVIDUAL HIGH JUMP CHAMPIONSHIP-SECOND PLACE

INDIVIDUAL OR TEAM RECORDS:

TRACK & FIELD-HIGH JUMP-SCHOOL RECORD-5'6"
TRACK & FIELD-SHOT PUT-SCHOOL RECORD-35'4"
TRACK & FIELD-DISCUS-SCHOOL RECORD-105'9"
BLUE JAY CLASSIC-HIGH JUMP RECORD
SELINGROVE CLASSIC-HIGH JUMP RECORD
BALD EAGLE INVITE-HIGH JUMP RECORD
BASKETBALL-1,000 POINT SCORER

HONORS AND AWARDS EARNED:

2013-PIAA STATE CHAMPIONSHIP-HIGH JUMP-FIFTH PLACE
2014-PIAA STATE CHAMPIONSHIP-HIGH JUMP-SECOND PLACE
2015-PIAA STATE CHAMPIONSHIP-HIGH JUMP-SECOND PLACE
2015 TRACK & FIELD MVP
PHAC-FIRST TEAM ALL STAR SELECTION-THREE YEARS
DISTRICT IV-HIGH JUMP CHAMPION-THREE YEARS
DISTRICT IV-DISCUS-FOURTH PLACE
PHAC-HIGH JUMP CHAMPION-THREE YEARS

POST-SECONDARY ACCOMPLISHMENTS:

2019-PHILADELPHIA UNIVERSITY-BACHELOR DEGREE IN PHYSICIAN ASSISTANT STUDIES

2020- PHILADELPHIA UNIVERSITY- MASTER'S DEGREE IN PHYSICIAN ASSISTANT STUDIES

2020-CLASS PRESIDENT

2016-2019-ACADEMIC ACHIEVEMENT AWARD

2016-2019-ATHLETIC HONOR ROLL

TRACK & FIELD:

CACC-HIGH JUMP CHAMPION-JUNIOR & SENIOR YEAR

CACC-ROOKIE OF THE YEAR

2017-WOMEN'S TRACK & FIELD-MVP

2018-FIRST TEAM ALL CONFERENCE

2019-FIRST TEAM ALL CONFERENCE

2019-WOMEN'S TRACK & FIELD-MVP

PROFESSIONAL ACCOMPLISHMENTS:

PHYSICIAN ASSISTANT IN PSYCHIATRY-CHICAGO, IL

BIOGRAPHICAL DATA:

CENTRAL COLUMBIA GIRLS

TRACK AND FIELD

2014



SENIORS:

Courtney Claudfelter

Karissa Flick

Graycie Juckes

Madeline Padner

Ellen Shepard

JUNIORS:

Lindsey Carl

Bailey Gemberling

Brianna Gliem

Madeline Harder

Madison Heintzelman

Colleen Kitchen

Rachol Leiby

Katie Madden

Lauren Mose

Madeline Murtin

Daniela Rinnerbauer

Sarah Musselman

SOPHOMORES:

Madison Berkey

Sarah Busch

Olivia Campbell

Mackenzie Carey

Lyndsey Eckenrode

Anna Jaskiewicz

Taylor Knorr

Brianna Kramer

Willow Perkins

Megan Readler

Megan Sokol

Megan Sumner

Erika Thomas

FRESHMEN:

Grace Brosius

Sara Cicone

Danielle Crawford

Heather Franklin

Payton Gregory

Sydney Haedrich

Morgan Karas

Mia Kitchen

Hannah Klingerman

Caitlin Lowe

Emma Padner

Sarah Parko

Zuzana Pribulova

Corina Slusser

Harleigh Welsh

Lauren Willie

Ally Yerkes

Bethany Brown

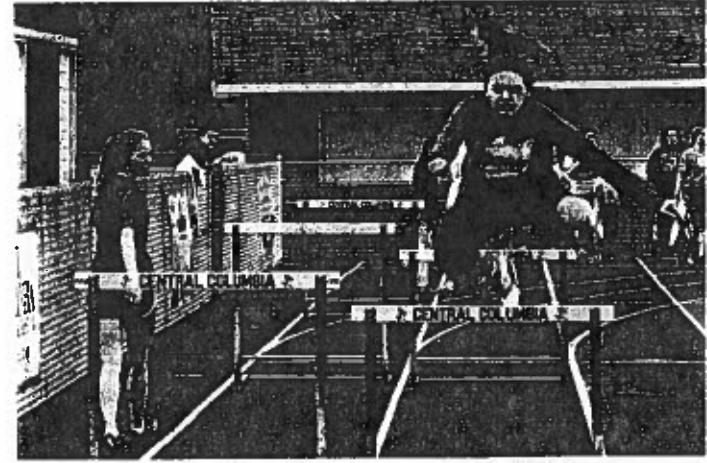
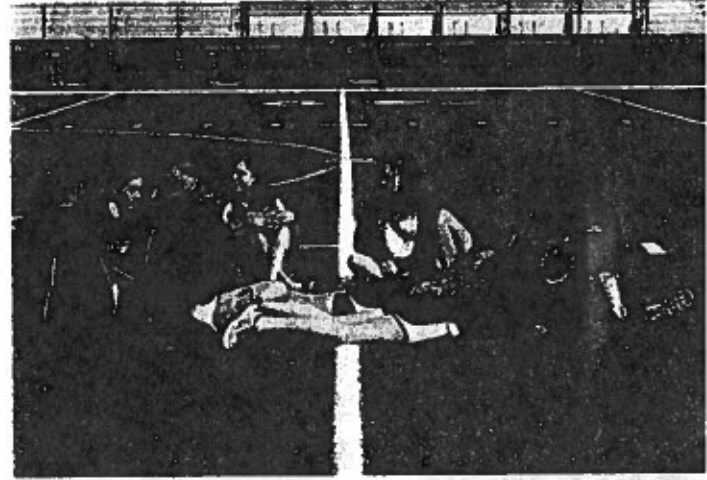
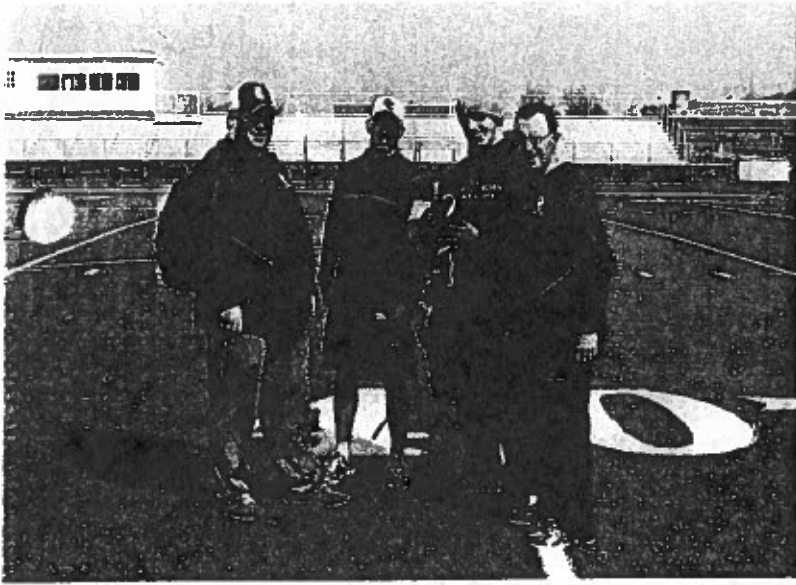






70





COACHES 2014

Head Girl's Coach: Fred Lenig

Assistant Girl's Coach: Doug Brown

Head Boy's Coach: Nate Johnson

Assistant Boy's Coach: Ben McConnell

Volunteers: Jim Murtin

Tony Abraczinskas

Jason Hippenstiel

Jason Bartholomew

VARSIITY LETTERS

How to earn a varsity letter: you must stay on the team all year; you need to earn at least 11 varsity points for the year; seniors can receive a varsity letter if they have a total of 11 points from all their years of participation (this is only for seniors who did not receive a varsity letter in the past); the coach may choose to give someone a varsity letter that may not of met the above criteria due to something beyond their control (example: an injury); you most compete at the district meet and state meet if you qualify (unless something happens beyond the athlete's control)

How you get varsity points:

Dual Meets:

1st Place (5 pts.)- 2nd Place (3 pts.)- 3rd Place (1 pt.)

Relays 1st Place (3 pts.)

Weekend Meets:

If they place 8 1st(10) 2nd(8) 3rd(6) 4th(5) 5th(4) 6th(3) 7th(2) 8th(1)

Relays 1st(8) 2nd(7) 3rd(6) 4th(5) 5th(4) 6th(3) 7th(2) 8th(1)

If they place 6 1st(10) 2nd(8) 3rd(6) 4th(4) 5th(2) 6th(1)

Relays 1st (6) 2nd(5) 3rd(4) 4th(3) 5th(2) 6th(1)

Participation Varsity Points: Invites (2pts) PHAC (5pts) Districts (8pts)

Penn Relays (10pts) States (10pts)

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.	JOURNEY BLOOMFIELD	...
11.	KATIE MADDEN	...
12.	ERIKA THOMAS	...
13.	MACKENZIE GARDNER	...
14.	KARIGGA FLICK	...
15.	MADLINE RADNER	...
16.	MADLINE MURPHY	...
17.
18.	LINDSEY ECKENRODE	...
19.
20.
21.
22.
23.
24.
25.

SINGLE SEASON VARSITY POINTS SINCE 1998

(TOP 20)

1.	ELLEN SHEPARD	324	2013
2.	HANNAH KLINGERMAN	293	2014
3.	MICHELLE MASTELLER	268	1998
4.	JOCELYN MEGARGELL	243	1996
5.	LEWISSA BARNDT	243	2009
6.	GRAYCIE JUCKES	240	2013
7.	KELSEY DAVIS	240	2010
8.	DANIELLE SLYMAN	213	2009
9.	RACHEL CHULOCK	205	2011
10.	JEN BANNEY	204	2000
11.	NICOLE GOOD	188	2003
12.	LINDSEY CARL	187	2014
13.	KAITHLEEN RHOADS	186	2001
14.	DANI BLASS	185	2009
15.	TAYLOR KNORR	182	2014
16.	MELISSA HOCK	180.5	2000
17.	BRIANNA KRAMER	175	2014
18.	KAREN HAUSE	175	2001
19.	ANDREA ZAJAC	173	2004
20.	VIRGINIA LAMACCHIA	163	2012

CAREER VARSITY POINTS SINCE 1996

TOP 20

1.	ELLEN SHEPARD	1,222
2.	MICHELLE MASTELLER	862
3.	GRAYCIE JUCKES	795
4.	JOCELYNN MEGARGELL	743
5.	LEWISSA BARNDT	712
6.	RACHEL CHULOCK	628
7.	VIRGINIA LAMACCHIA	607
8.	DANI BLASS	526
9.	NICOLE GOOD	520
10.	KELSEY SHERMAN	513
11.	DANIELLE SLYMAN	511
12.	KELSEY DAVIS	496
13.	MELISSA HOCK	471
14.	SAM RUANE	461
15.	LINDSEY CARL	454
16.	JEN BANEY	443
17.	MEGAN BIEN	439
18.	COLLEEN KITCHEN	419
19.	KAREN HAUSE	401
20.	TRISHTLA BARNDT	398

MEET SCORES FOR 2014

<u>MEET</u>	<u>US</u>	<u>THEM</u>
MONTOURSVILLE	80	70
DANVILLE	80	70
MOUNT CARMEL	93	57
MIDD-WEST	133	16
MILTON	100	50
BLOOMSBURG	96	54
SOUTHERN COLUMBIA	95 1/4	54 3/4
TOTOAL	677 1/4	371 3/4

2014 RECORD

7 WINS - 0 LOSES

MONTOURSVILLE

CENTRAL 80 MONTOURSVILLE 70

PLACE WINNERS:

4X800 RELAY

100 HURDLES 2ND BAILEY GEMBERLING 16.8 - 3RD SARAH MUSSELMAN 17.8

100 DASH 1ST ELLEN SHEPARD 12.6 - 2ND HANNAH KLINGERMAN 13.1 - 3RD COLLEEN KITCHEN 13.4

1600 RUN 2ND WILLOW PERKINS 6:04.2

400 DASH 2ND KATIE MADDEN 1:05.6 - 3RD BRIANNA KRAMER 1:06.0

4X100 RELAY 1ST 53.9 COLLEEN KITCHEN-GRAYCIE JUCKES-HANNAH KLINGERMAN-ELLEN SHEPARD

300 HURDLES 1ST GRAYCIE JUCKES 50.0

800 RUN 3RD WILLOW PERKINS 2:44.9

200 DASH 1ST HANNAH KLINGERMAN 28.0 - 2ND MACKENZIE CAREY 28.7 - 3RD LAUREN MOSS 29.0

3200 RUN

4X400 RELAY 1ST 4:20.64 BRIANNA KRAMER - GRAYCIE JUCKES - HANNAH KLINGERMAN
ELLEN SHEPARD

LONG JUMP 2ND TAYLOR KNORR 14' 9 ¼"

TRIPLE JUMP 1ST LINDSEY CARL 30' 11 ½" - 3RD TAYLOR KNORR 29' 4"

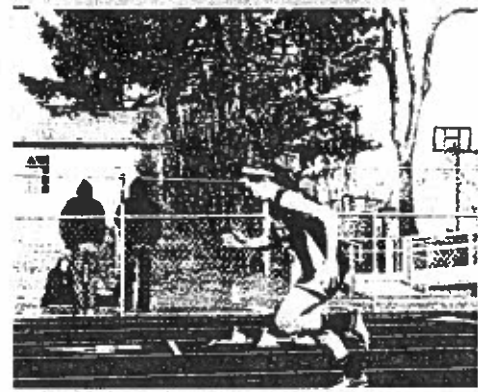
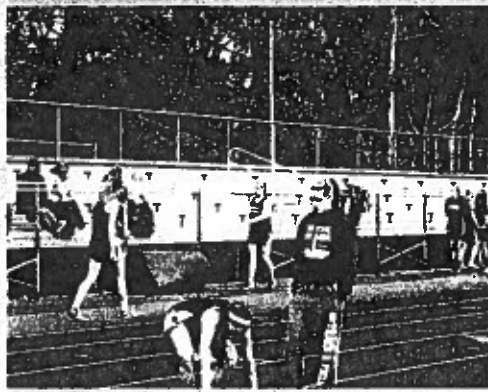
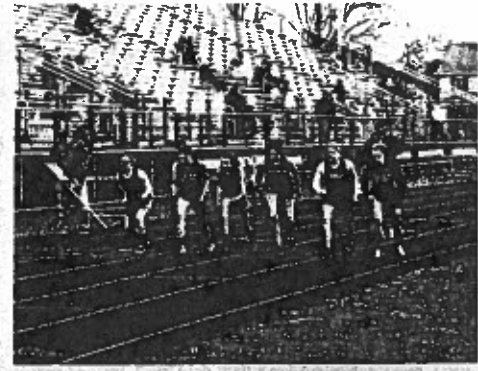
HIGH JUMP 1ST LINDSEY CARL 5' 5" (SR)

POLE VAULT 1ST BRIANNA KRAMER 8' 4" - 2ND ERIKA THOMAS 8' 4" - 3RD EMMA PADNER 7' 1"

SHOT PUT 2ND TAYLOR KNORR 28' 11" - 3RD KARISSA FLICK 27' 11"

DISCUS 2ND LINDSEY CARL 105" 5" (TIED SR)

JAVELIN 1ST COURTNEY CLAUDFELTER 103' 3"



DANVILLE

CENTRAL 80 – DANVILLE 70

PLACE WINNERS:

4X800 RELAY

100 HURDLES 1ST BAILEY GEMBERLING 17.0 – 3RD MADELINE PADNER 17.7

100 DASH 1ST ELLEN SHEPARD 12.7 – 2ND HANNAH KLINGERMANN – 3RD COLLEEN KITCHEN 13.3

1600 RUN

400 DASH 1ST ELLEN SHEPARD 1:01.5 – 3RD BRIANNA KRAMER 1:03.5

4X100 RELAY 1ST 51.8 COLLEEN KITCHEN – GRAYCIE JUCKES – LAUREN MOSS – HANNAH KLINGERMANN

300 HURDLES 1ST GRAYCIE JUCKES 49.2 – 3RD BAILEY GEMBERLING 52.3

800 RUN

200 DASH 1ST ELLEN SHEPARD 26.1 – 2ND HANNAH KLINGERMANN 27.2 – 3RD MACKENZIE CAREY 28.3

3200 RUN

4X400 RELAY 1ST 4:12.4 BRIANNA KRAMER – KATIE MADDEN – HANNAH KLINGERMANN –

GRAYCIE JUCKES

LONG 1ST TAYLOR KNORR 16' ½"

TRIPLE 2ND TAYLOR KNORR 32' 7 ½" – 3RD MADELINE PADNER 31' 5 ½"

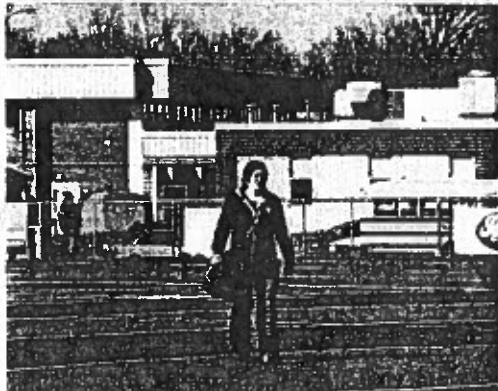
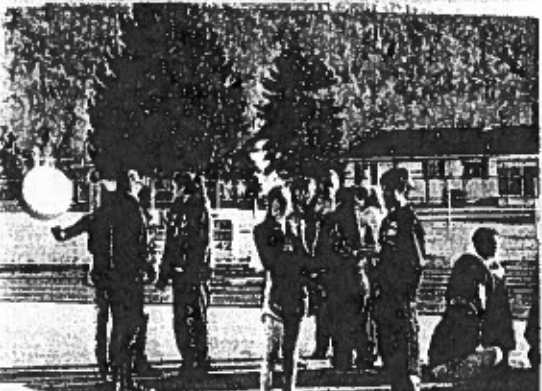
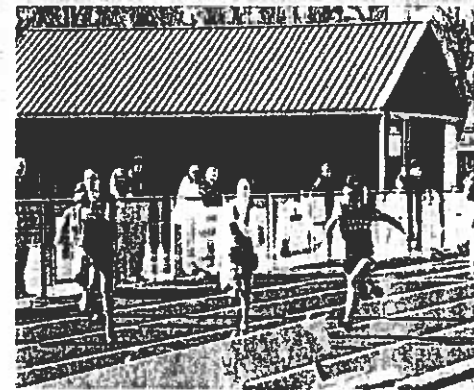
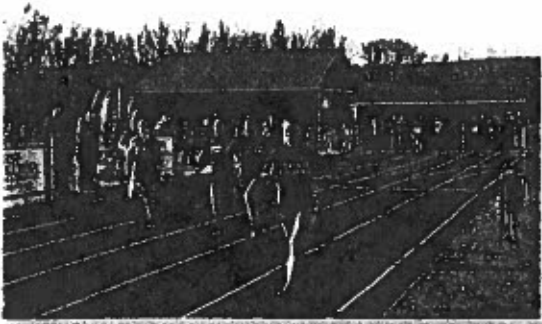
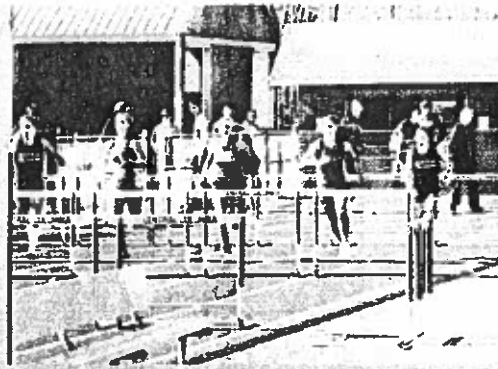
HIGH 1ST LINDSEY CARL 5' – 2ND TAYLOR KNORR 4' 6"

POLE 2ND BRIANNA KRAMER 8' 6" – ERIKA THOMAS 8'

SHOT 1ST LINDSEY CARL 33' 1" - 2ND TAYLOR KNORR 29' 9 ¼" – 3RD ALLY YERKES 29' 8"

DISCUS 2ND KARISSA FLICK 94' 5" – 3RD LINDSEY CARL 92' 5 ½"

JAVELIN



MOUNT CARMEL

CENTRAL 93 – DANVILLE 57

PLACE WINNERS:

4X800 RELAY 1ST 11:31.80 MADELINE MURTIN – KATIE MADDEN – LAUREN WILLIE – WILLOW PERKINS

100 HURDLES 1ST BAILEY GEMBERLING 16.6 – 2ND SARAH MUSSELMAN 17.1

100 DASH 1ST HANNAH KLINGERMANN 12.7 – 3RD GRAYCIE JUCKES 13.5

1600 RUN 2ND WILLOW PERKINS 6:08.6 – 3RD GRACE BROSIUS 6:21.7

400 DASH 2ND BRIANNA KRAMER 1:04.1

4X100 RELAY 1ST 51.2 COLLEEN KITCHEN – GRAYCIE JUCKES – LAUREN MOSS – HANNAH KLINGERMANN

300 HURDLES 2ND GRAYCIE JUCKES 50.0 – 3RD BAILEY GEMBERLING 52.0

800 RUN 1ST KATIE MADDEN 2:33.0

200 DASH 1ST HANNAH KLINGERMANN 26.7

3200 RUN 2ND WILLOW PERKINS 13:32.9 – 3RD LAUREN WILLIE 13:40.7

4X400 RELAY 1ST 4:10.4 BRIANNA KRAMER–KATIE MADDEN–HANNAH KLINGERMANN–GRAYCIE JUCKES

LONG 1ST TAYLOR KNORR 15' 5"

TRIPLE 1ST TAYLOR KNORR 32' 2" – 3RD LINDSEY CARL 30' 2 1/4"

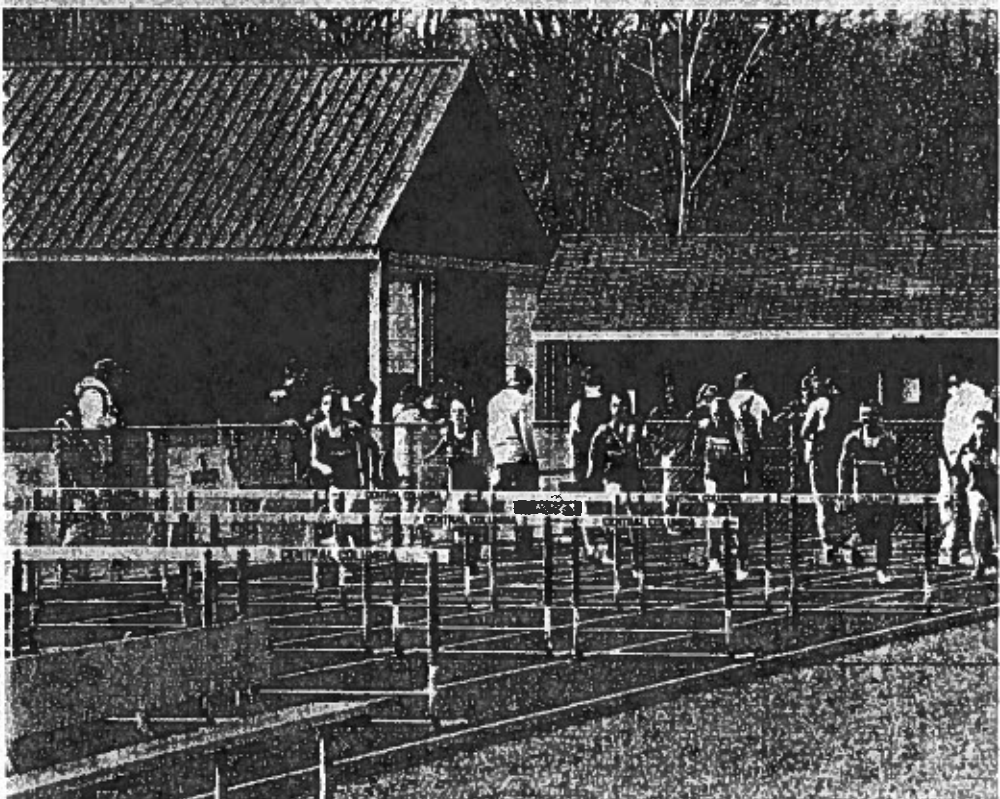
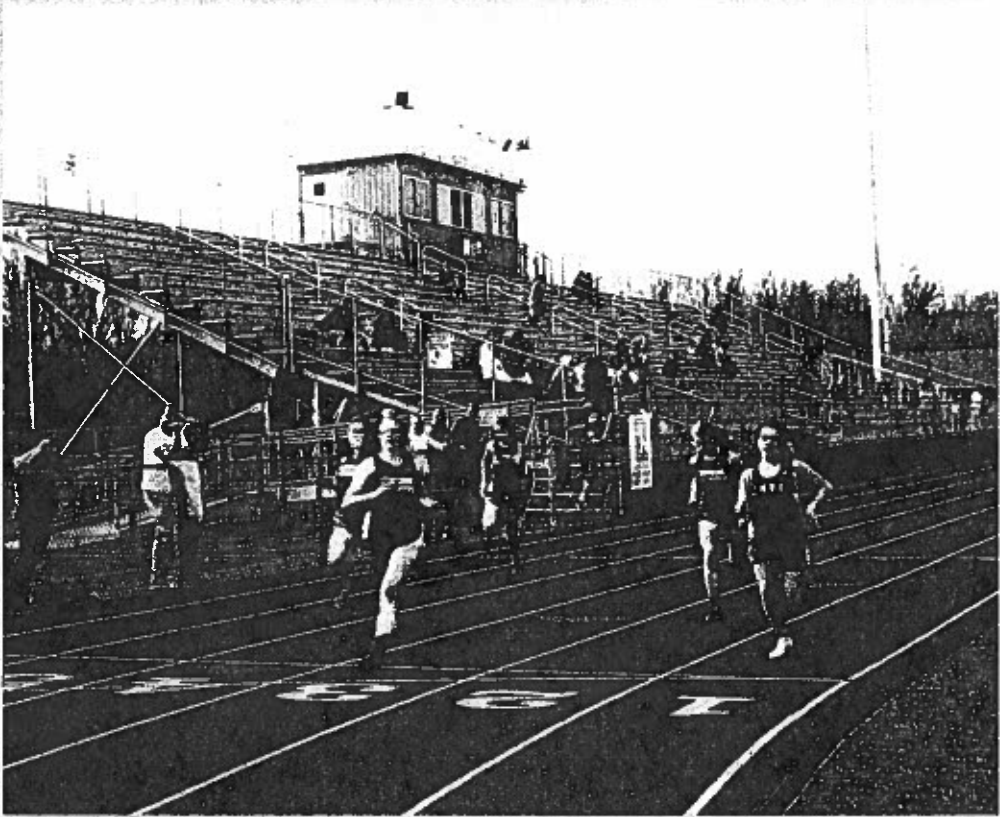
HIGH 1ST LINDSEY CARL 5' 0" – 2ND TAYLOR KNORR 4' 6"

POLE 1ST ERIKA THOMAS 9' 0" – 2ND BRIANNA KRAMER 8' 6" – 3RD EMMA PADNER 8' 0"

SHOT 1ST LINDSEY CARL 31' 8 1/4"

DISCUS 2ND KARISSA FLICK 94' 1"

JAVELIN 2ND COURTNEY CLAUDFELTER 102' 7" - MACKENZIE CAREY 89' 6"



BLOOMSBURG

CENTRAL 96 – BLOOMSBURG 54

PLACE WINNERS:

4X800 RELAY 1st 10:45.3 Lyndsey Eckenrode – Willow Perkins – Grace Brosius – Katie Madden

100 HURDLES 2nd Bailey Gemberling 16.8 – 3rd Madeline Padner 17.5

100 DASH 1st Ellen Shepard 12.7 – 2nd Hannah Klingerman 12.8 – 3rd Graycie Juckes 13.1

1600 RUN 1st Willow Perkins 6:07.4 – 3rd Madeline Murtin 6:41.0

400 DASH 1st Brianna Kramer 1:02.4

4X100 RELAY 1st 49.4 Colleen Kitchen – Graycie Juckes – Hannah Klingerman - Ellen Shepard

300 HURDLES 2nd Graycie Juckes 50.2 – 3rd Bailey Gemberling 54.8

800 RUN 1st Katie Madden 2:34.4

200 DASH 1st Ellen Shepard 25.9 – 2nd Hannah Klingerman 27.0 – 3rd Colleen Kitchen 28.3

3200 RUN 2nd Lauren Willie 14:15.7 – 3rd Grace Brosius 14.20.7

4X400 RELAY 1st 4:15.20 Brianna Kramer – Ellen Shepard – Hannah Klingerman – Graycie Juckes

LONG 2nd Taylor Knorr 16' 6 ½"

TRIPLE 2nd Madeline Padner 34' 9" – 3rd Taylor Knorr 34' 7"

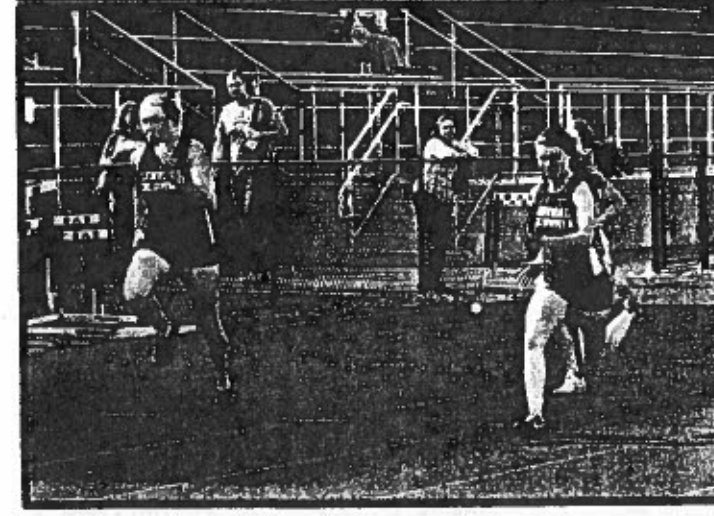
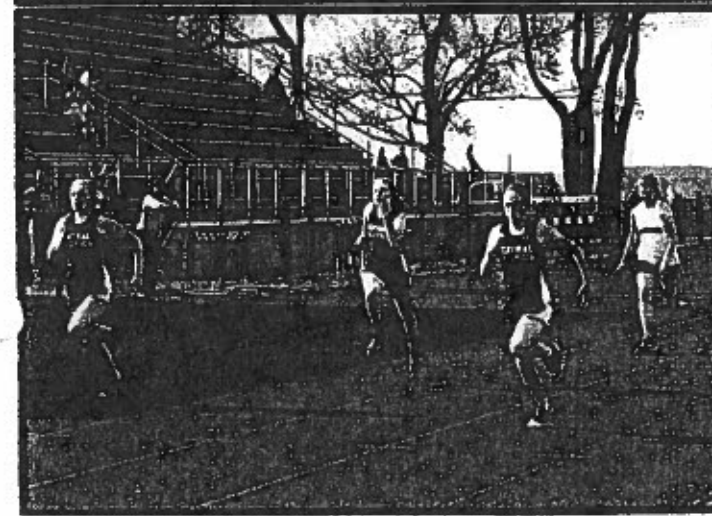
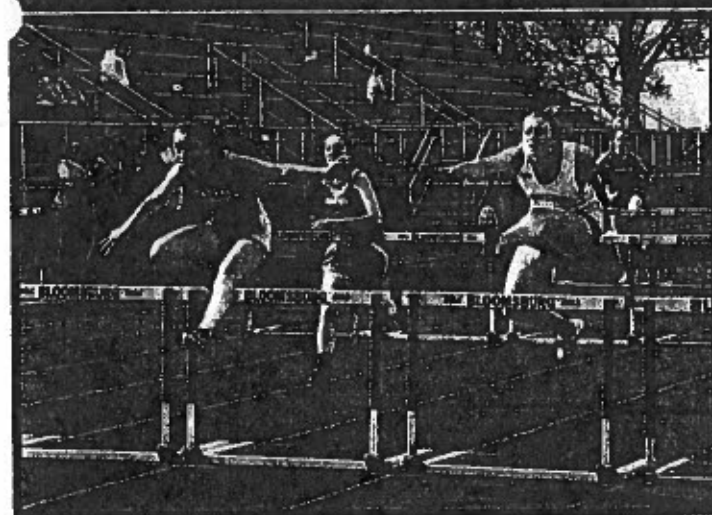
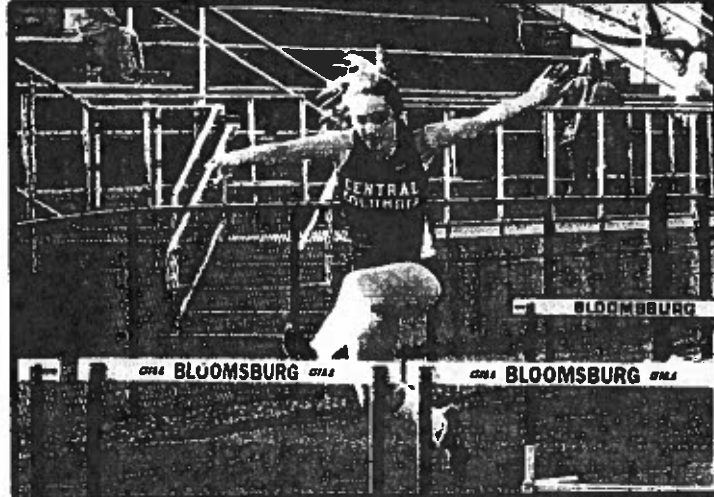
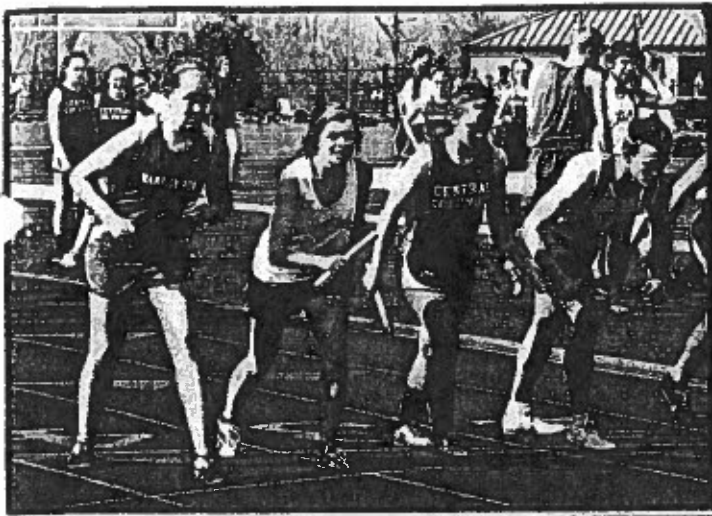
HIGH 1st Lindsey Carl 5' 4" – 3rd Taylor Knorr 4' 8"

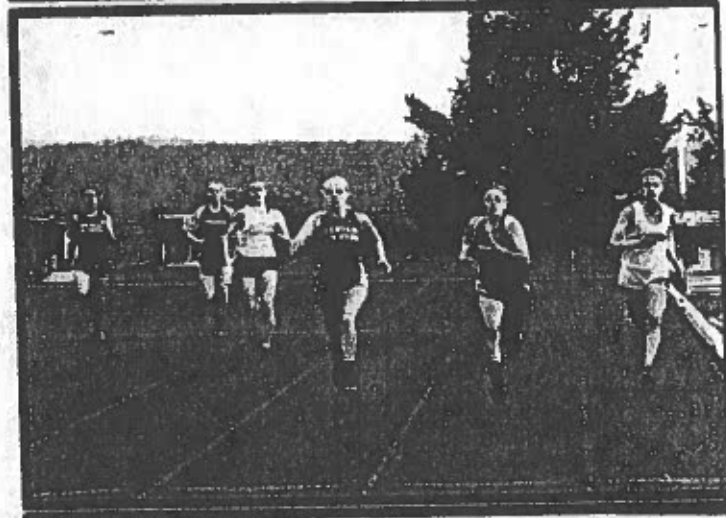
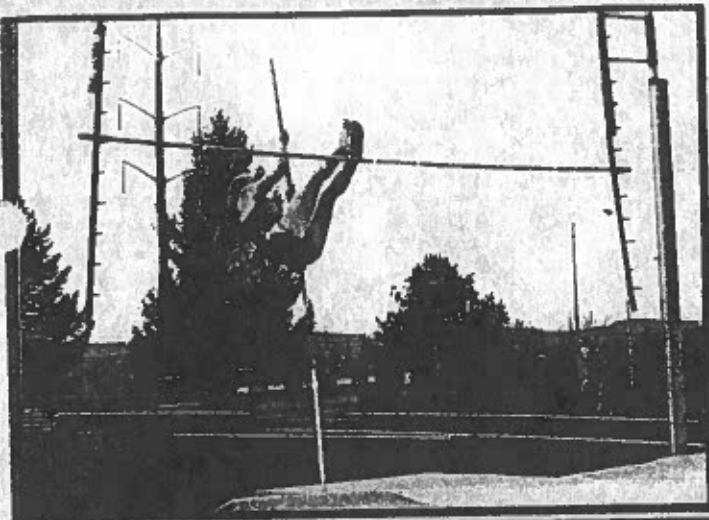
POLE 3rd Brianna Kramer 8' 6"

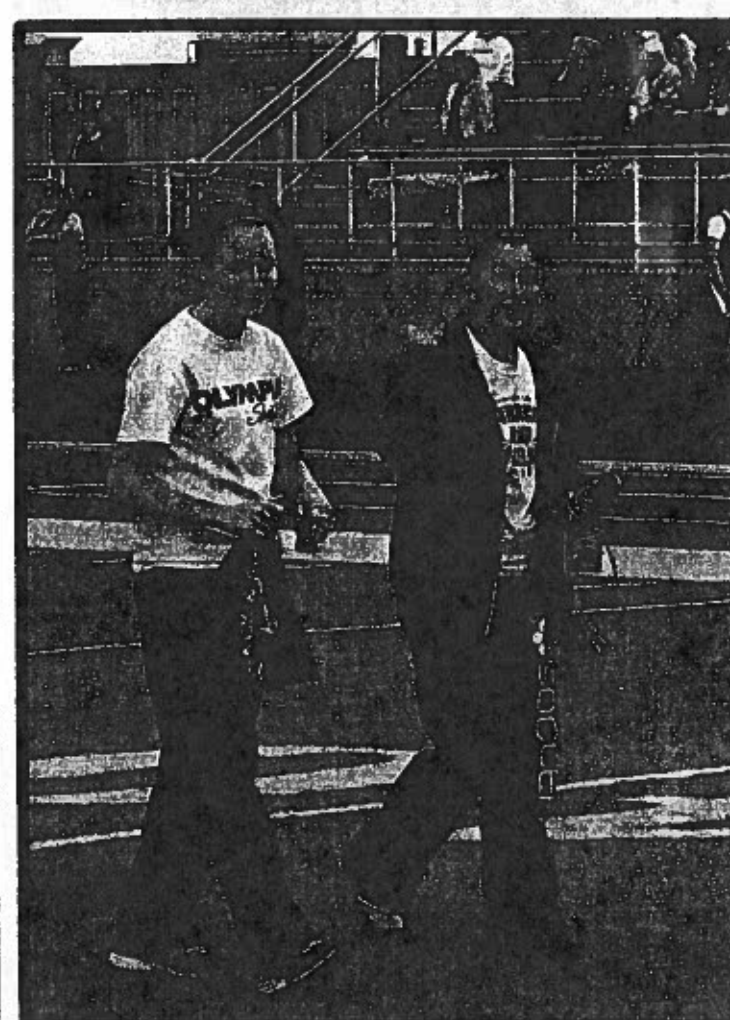
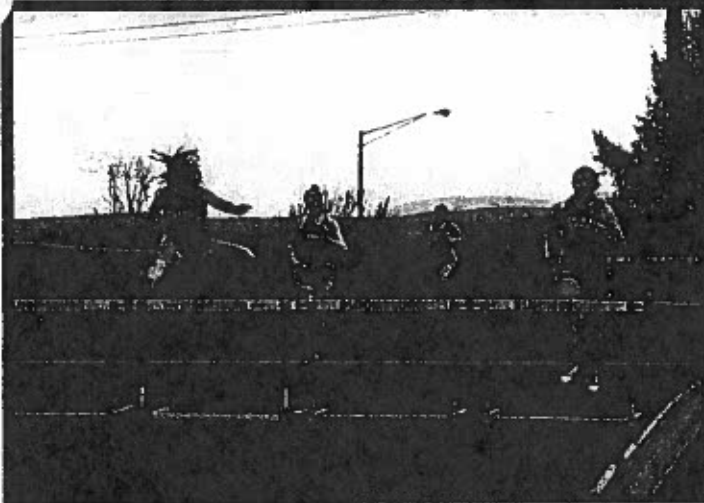
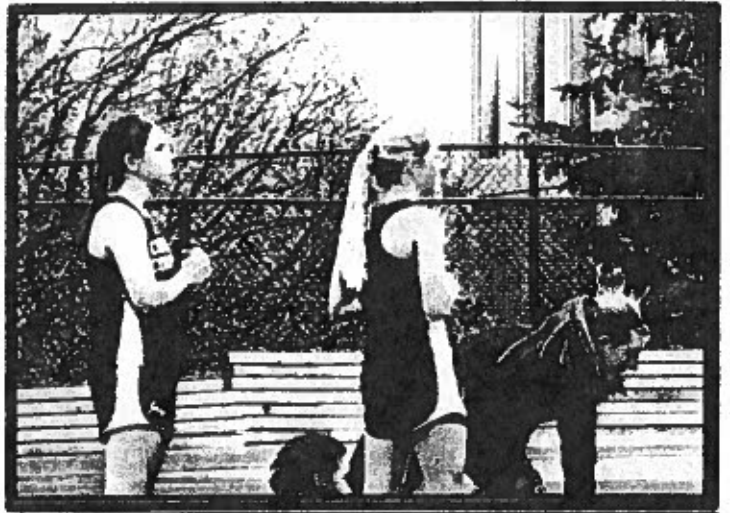
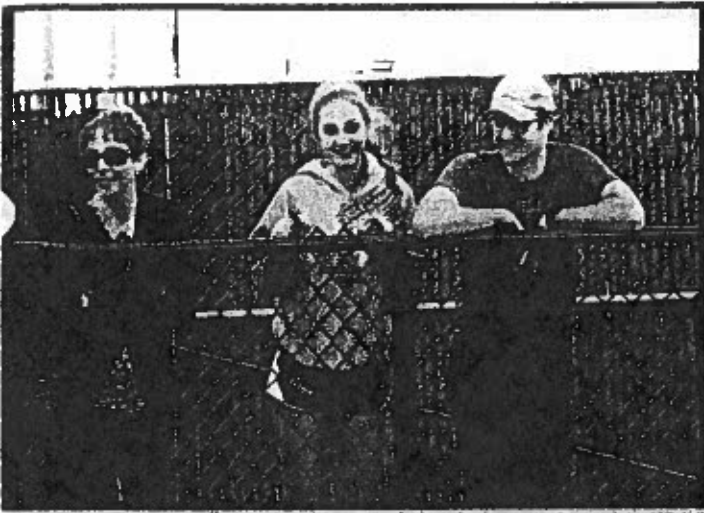
SHOT 1st Lindsey Carl 32' 8" – 3rd Taylor Knorr 29' 0"

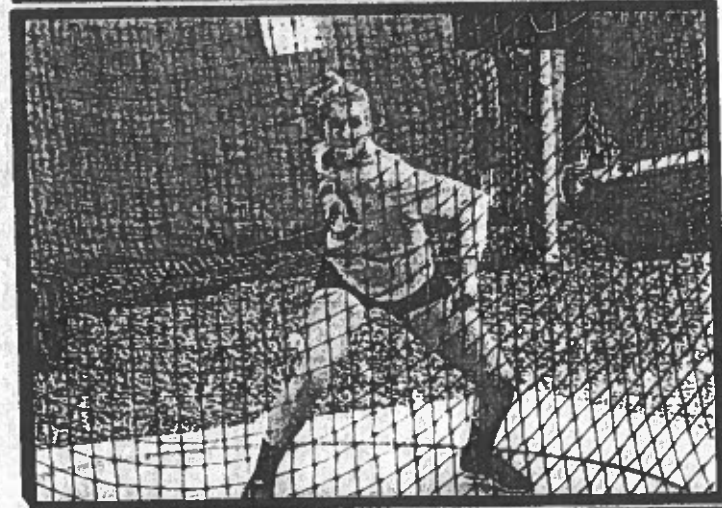
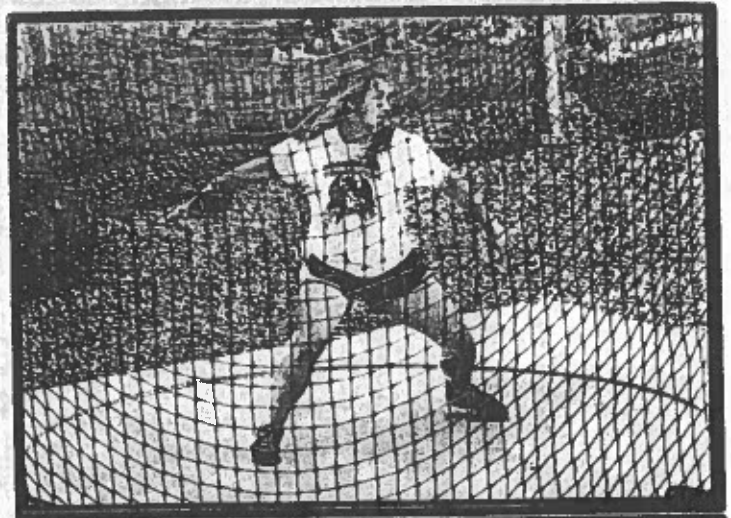
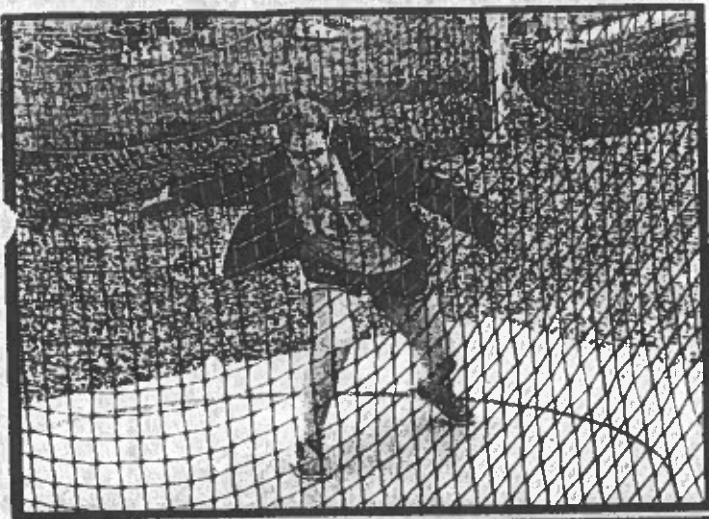
DISCUS 1st Karissa Flick 97' 8" – 3rd Lindsey Carl 84' 5"

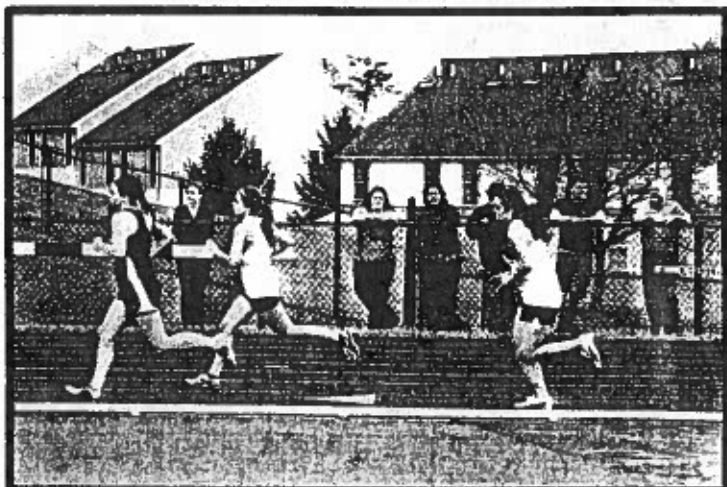
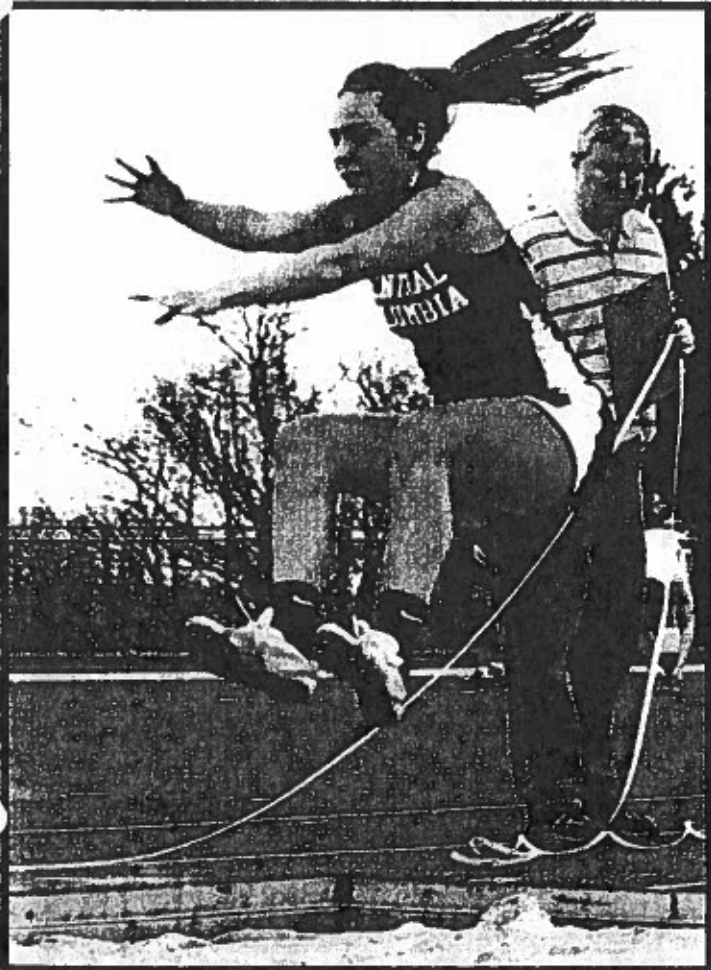
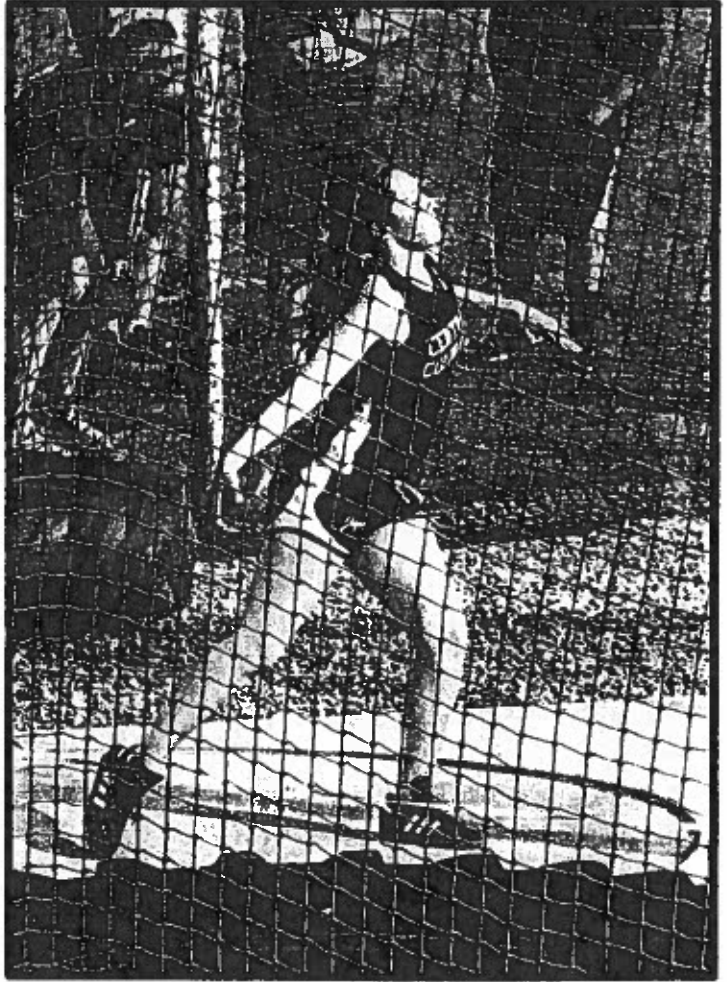
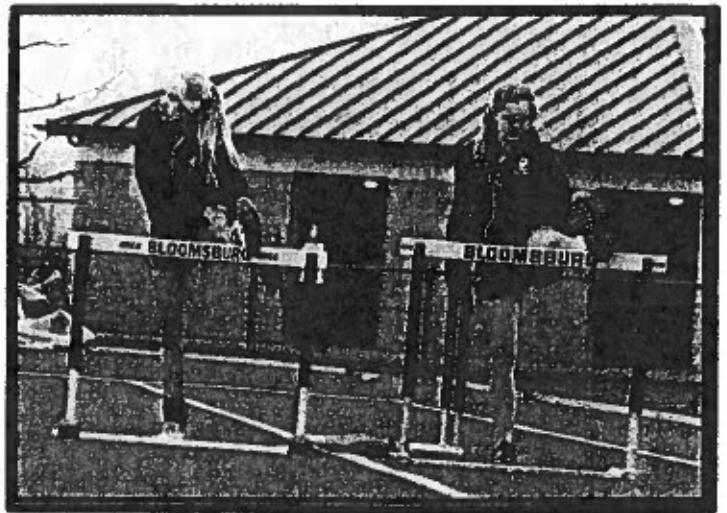
JAVELIN 1st Courtney Claudfelter 100' 0" – 3rd Madison Berkey 77' 10"











MIDD-WEST

CENTRAL 133 – MIDD-WEST 16

PLACE WINNERS:

- 4X800 RELAY 1st 12:00 Harleigh Welsh-Brianna Gliem-Lauren Willie-Madeline Murtin
- 100 HURDLES 1st Bailey Gemberling 16.58 – 2nd Sarah Musselman 17.00 – 3rd Madeline Padner 17.48
- 100 DASH 1st Ellen Shepard 12.4 – 2nd Hannah Klingerman 12.7 – Graycie Jukes 13.00
- 1600 RUN 1st Willow Perkins 5:56.9 – 3rd Grace Brosius 6:18.7
- 400 DASH 1st Brianna Kramer 1:03.1 – 3rd Megan Sumner 1:07.8
- 4X100 RELAY 1st 49.89 Colleen Kitchen-Graycie Jukes-Hannah Klingerman-Ellen Shepard
- 300 HURDLES 1st Bailey Gemberling 52.7 – 2nd Sarah Musselman 55.03 – 3rd Sydney Haedrich 56.7
- 800 RUN 1st Katie Madden 2:29.5 – 3rd Grace Brosius 2:52.4
- 200 DASH 1st Ellen Shepard 25.95 – 2nd Graycie Jukes 27.18 – 3rd Hannah Klingerman 27.44
- 3200 RUN 1st Madeline Murtin 14:17.7
- 4X400 RELAY 1st 4:15.5 Lindsey Eckenrode-Katie Madden-Willow Perkins-Brianna Kramer
- LONG 1st Taylor Knorr 15' 0" – 2nd Emma Padner 14' 4 ¼" – Olivia Campbell 14' 2 ½"
- TRIPLE 1st Taylor Knorr 34' ½" – 2nd Madeline Padner 31' 3" – 3rd Olivia Campbell 29' 2"
- HIGH 1st Lindsey Carl 5' 4" – 2nd Taylor Knorr 4' 6" – Heather Franklin 3' 8"
- POLE 1st Brianna Kramer 8' 6" – 2nd Erika Thomas 8' 0" – Emma Padner 8' 0"
- SHOT 1st Lindsey Carl 30' 11" – 2nd Taylor Knorr 30' 8"
- DISCUS 1st Karissa Flick 82' 3" – 2nd Lindsey Carl 81' 5" – 3rd Ally Yerkes 76' 3"
- JAVELIN 1st Courtney Claudfelter 106' 0" – MacKenzie Carey 91' 4"

MILTON

CENTRAL 100 – MILTON 50

PLACE WINNERS:

4X800 RELAY

100 HURDLES 1st Bailey Gemberling 16.58 – 2nd Sarah Musselman 17.00

100 DASH 1st Ellen Shepard 12.4 – 2nd Hannah Kligerman 12.7

1600 RUN 1st Willow Perkins 5:56.9

400 DASH 1st Brianna Kramer – 2nd Megan Sumner 1:07.8 – Harleigh Welsh 1:08.93

4X100 RELAY 1st 49.89 Colleen Kitchen – Graycie Jukes – Hannah Kligerman – Ellen Shepard

300 HURDLES

800 RUN 1st Katie Madden 2:29.5

200 DASH 1st Ellen Shepard 25.95 – 2nd Graycie Jukes 27.18 – 3rd Hannah Kligerman 27.44

3200 RUN

4X400 RELAY 1st 4:15.5 Lyndsey Eckenrode – Katie Madden – Willow Perkins – Brianna Kramer

LONG 1st Taylor Knorr 15' 0" – 3rd Emma Padner 14' 4 ¼"

TRIPLE 1st Taylor Knorr 34' ¼" – 3rd Madeline Padner

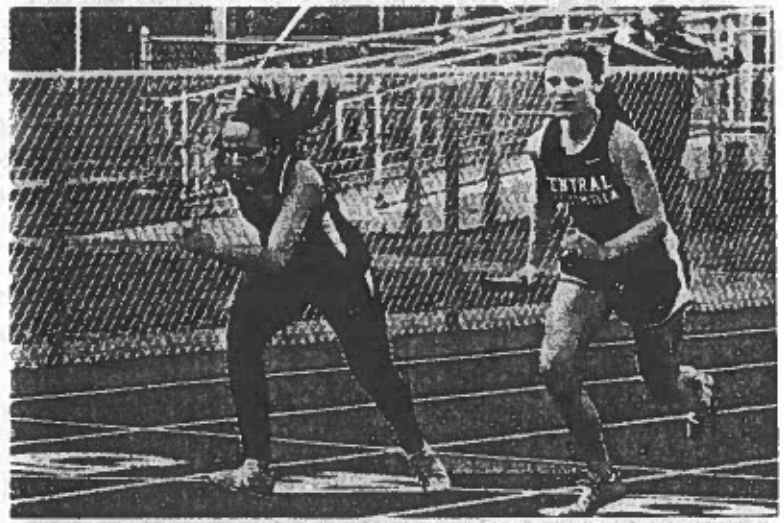
HIGH 1st Lindsey Carl 5' 4" – 2nd Taylor Knorr 4' 6" – 3rd Heather Franklin 3' 8"

POLE 1st Brianna Kramer 8' 6" – 2nd Erika Thomas 8' 0" – 3rd Emma Padner 8' 0"

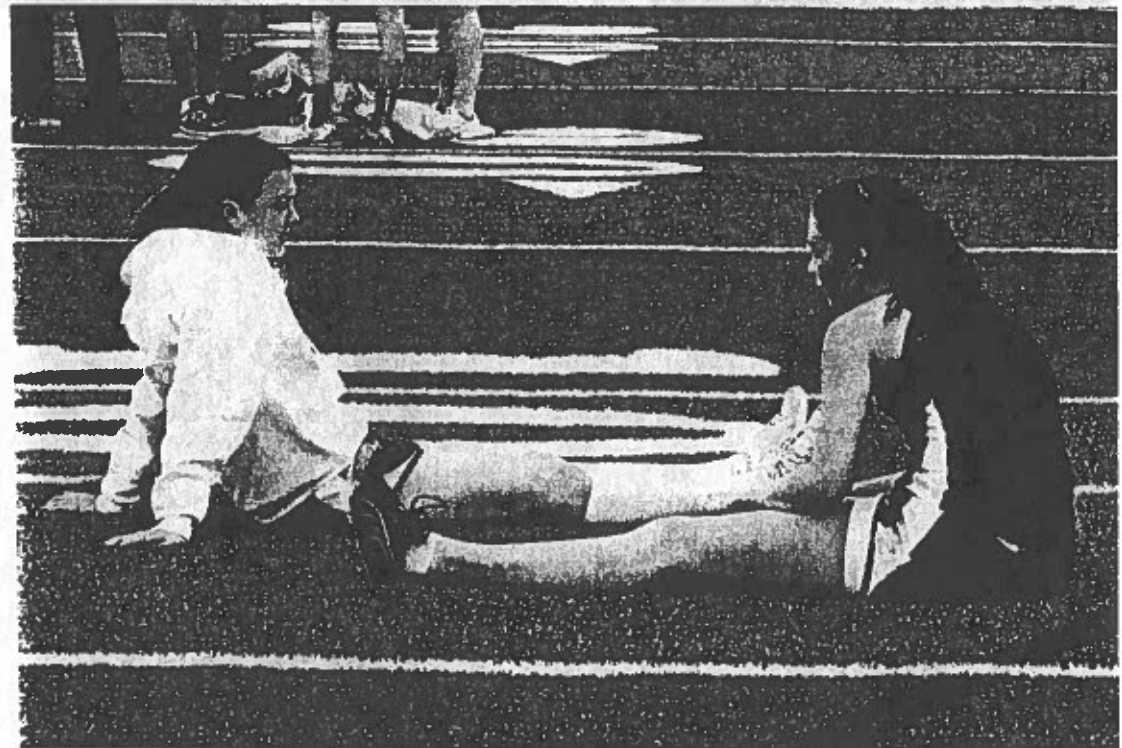
SHOT 2nd Lindsey Carl 30' 11" – 3rd Taylor Knorr 30' 8"

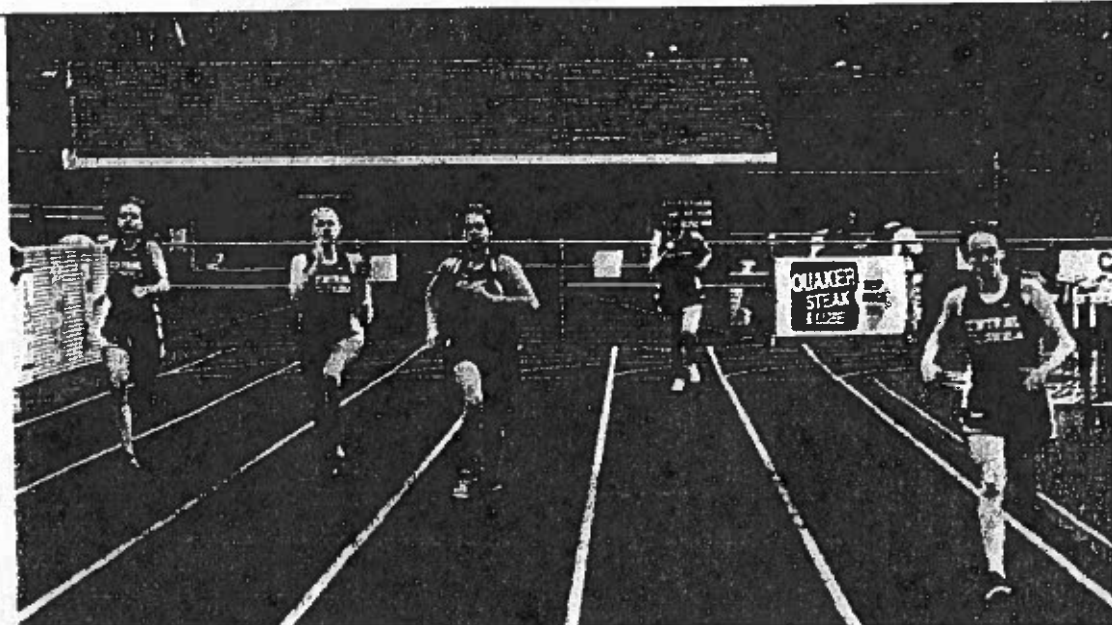
DISCUS 2nd Karissa Flick 82' 3" – 3rd Lindsey Carl 81' 5"

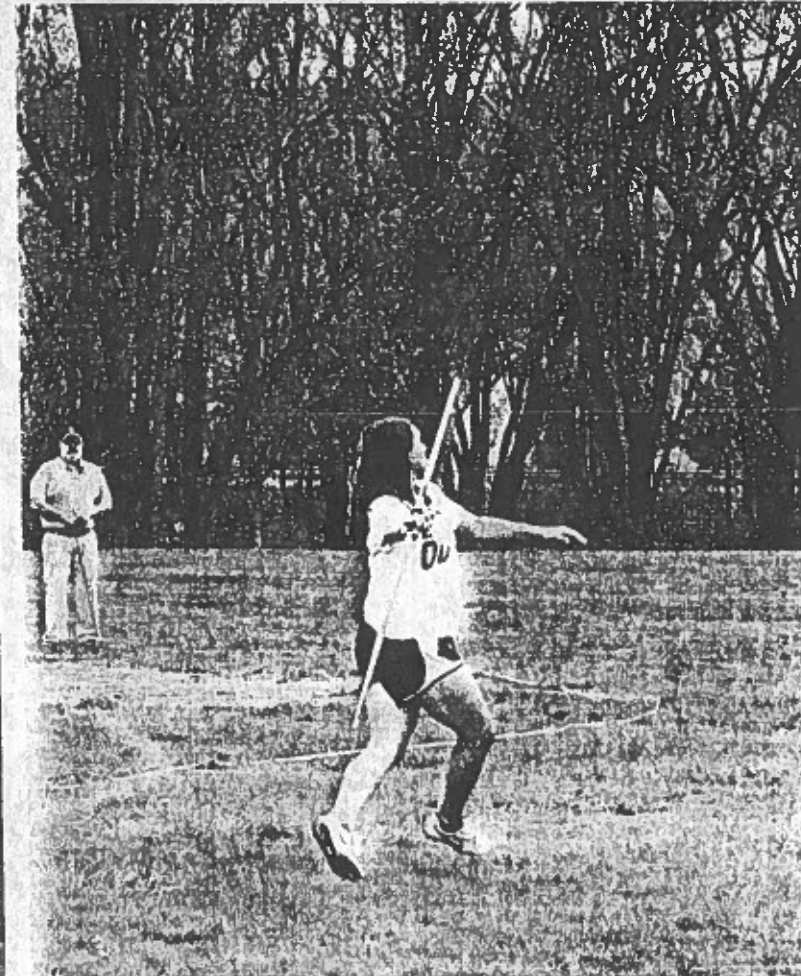
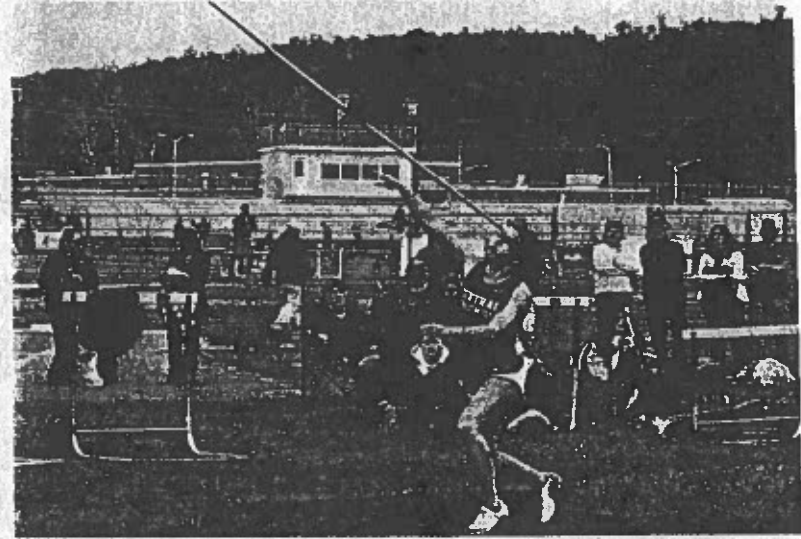
JAVELIN 1st Courtney Claudfelter 106' 0" – 2nd MacKenzie Carey 91' 4"

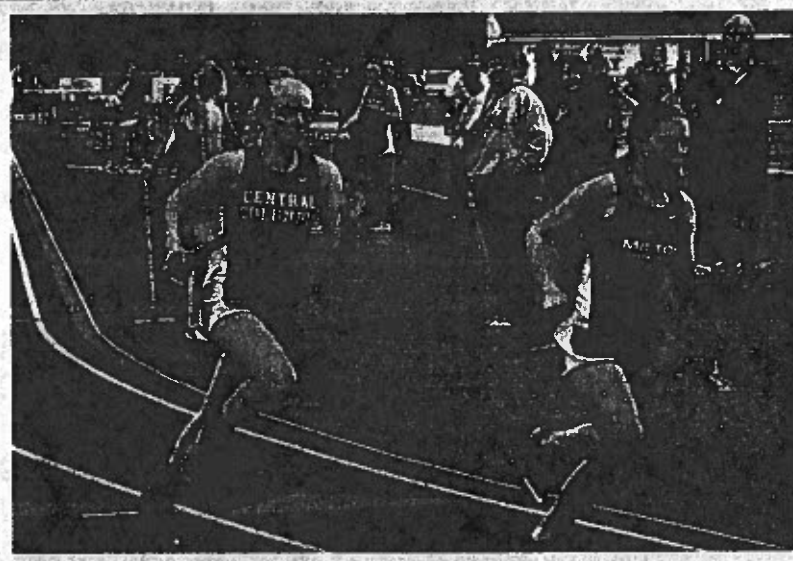
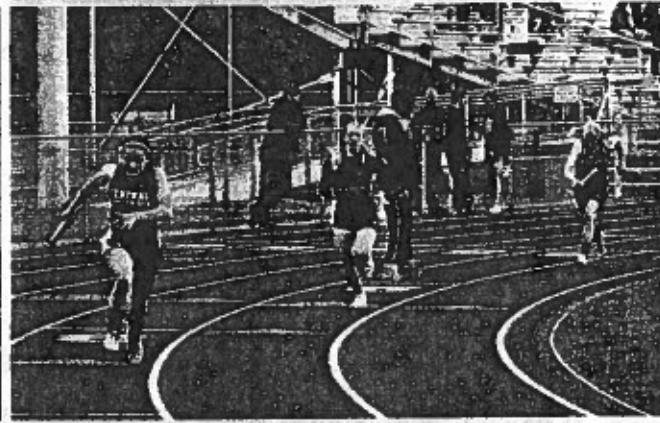
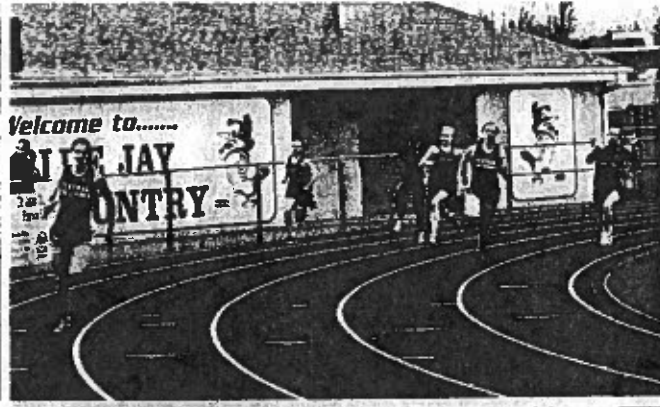
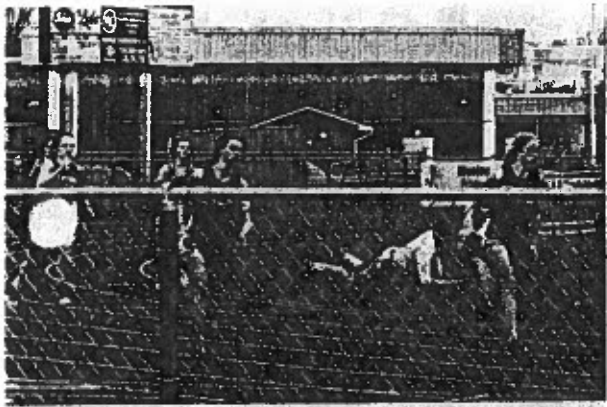












SOUTHERN

CENTRAL 95 $\frac{1}{4}$ – SOUTHERN 54 $\frac{3}{4}$

PLACE WINNERS:

4X800 RELAY

100 HURDLES 2nd Bailey Gemberling 16.7 – 3rd Sarah Musselman 17.2

100 DASH 1st Ellen Shepard 12.1 – Hannah Klingerman 12.7 – Graycie Jukes 12.9

1600 RUN 2nd Willow Perkins 5:58.7 – 3rd Grace Brosius 6:21.5

400 DASH 1st Brianna Kramer 1:04.0 – 3rd Harleigh Welsh 1:08.2

4X100 RELAY 1st 50.3 Colleen Kitchen – Graycie Jukes – Hannah Klingerman – Ellen Shepard

300 HURDLES 1st Graycie Jukes 50.4 – 3rd Bailey Gemberling 52.1

800 RUN 2nd Katie Madden 2:30.6

200 DASH 1st Ellen Shepard 25.7 – 2nd Hannah Klingerman 26.5 – 3rd MacKenzie Carey 27.3

3200 RUN 1st Madeline Murtin 14:07.6

4X400 RELAY 1st 4:23.0 Lyndsey Eckenrode – Katie Madden – Willow Perkins – Brianna Kramer

LONG 2nd Taylor Knorr 14' 1"

TRIPLE 1st Taylor Knorr 34' 1 $\frac{1}{2}$ "

HIGH 1st Lindsey Carl 5' 2" – 2nd tie Taylor Knorr 4' 6"

POLE 2nd Erika Thomas 8' 6" – 3rd (3 way tie) Emma Padner 8' 0"

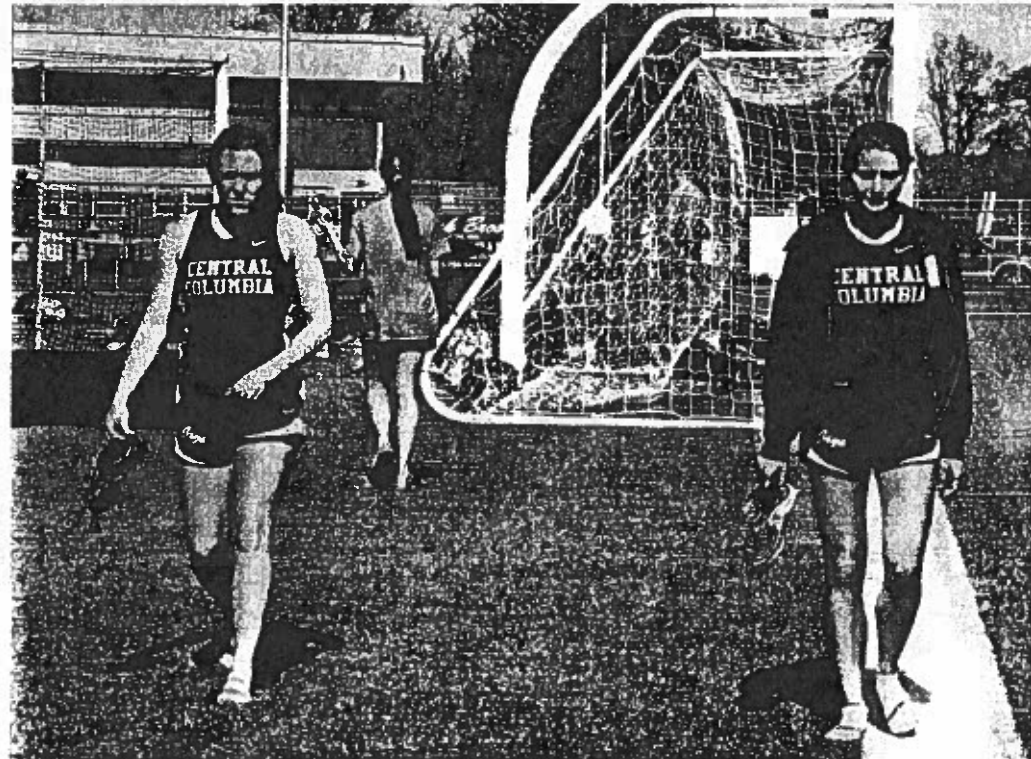
SHOT 2nd Taylor Knorr 29' 10" – 3rd Lindsey Carl 28' 11 $\frac{1}{4}$ "

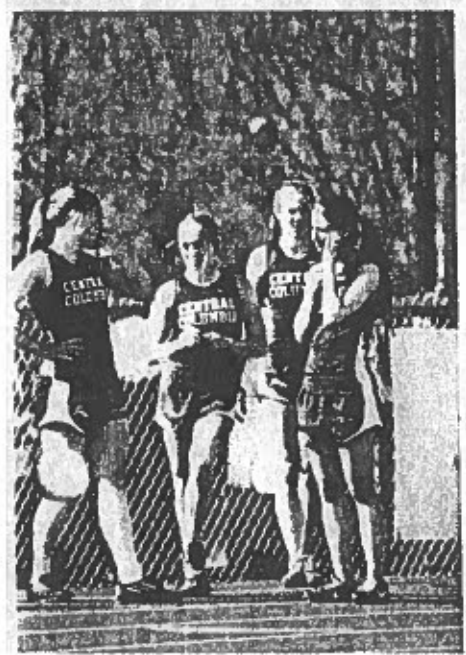
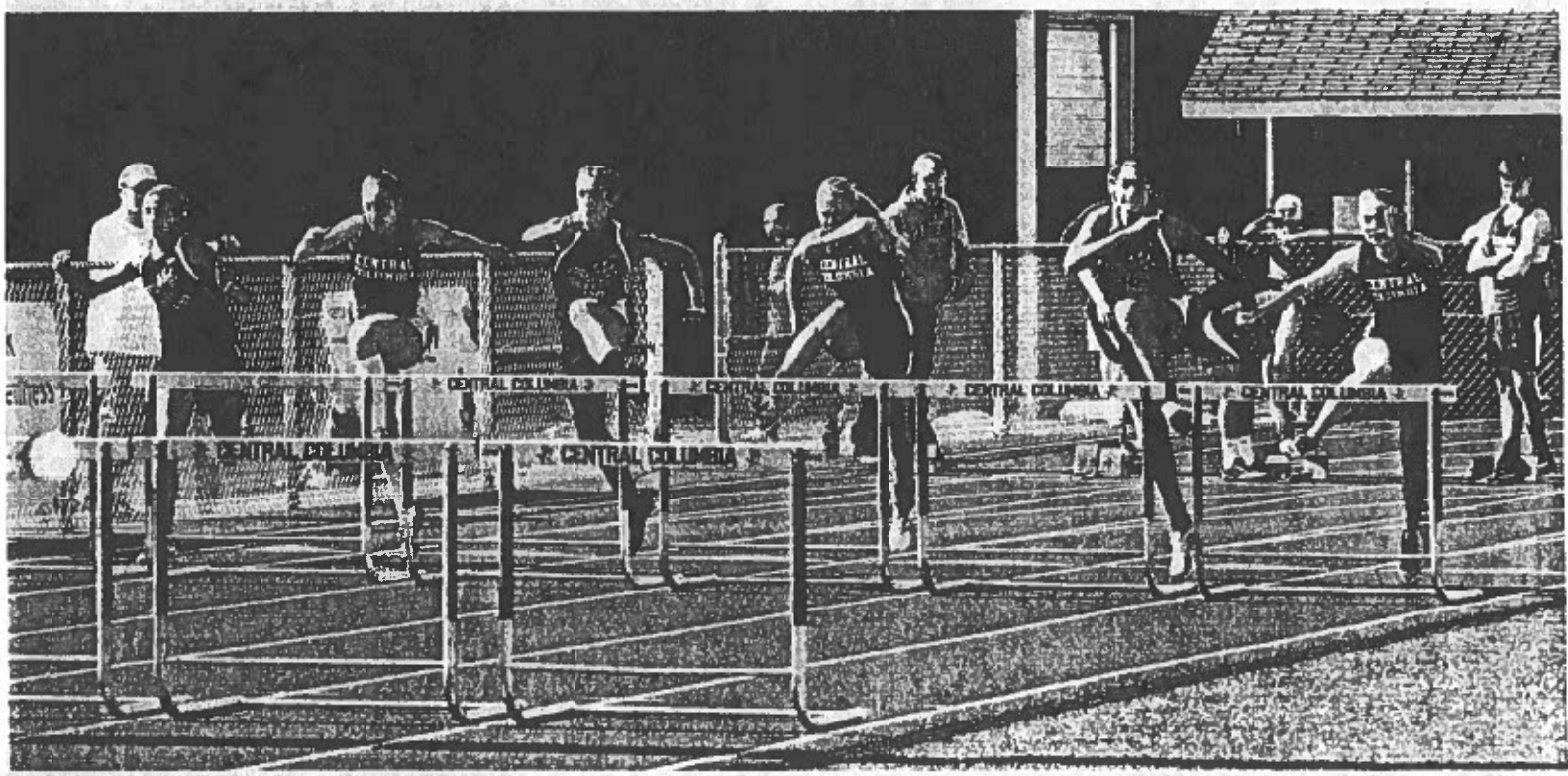
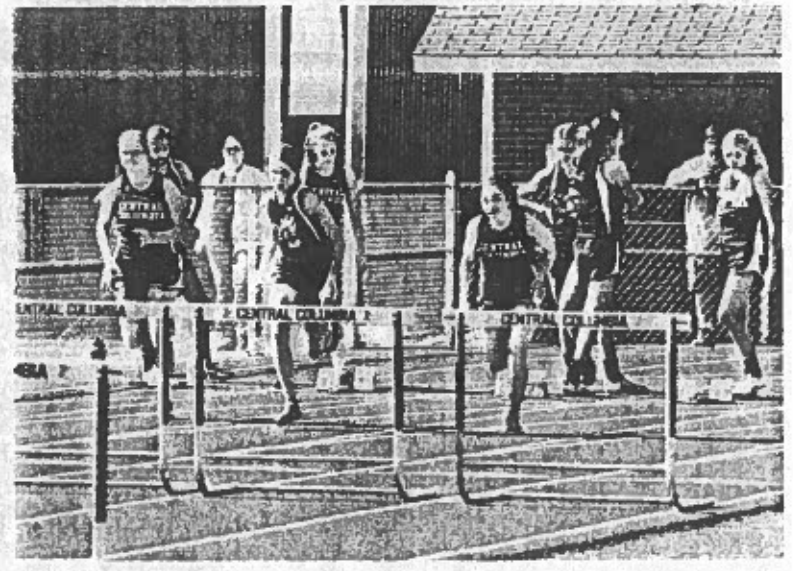
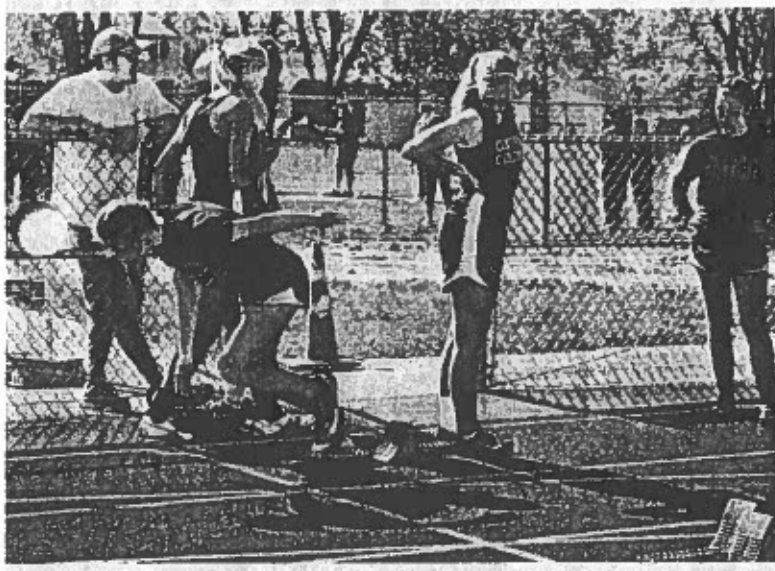
DISCUS 1st Karissa Flick 89' 1" – 2nd Lindsey Carl 85' 10" – 3rd Alley Yerkes 79' 1"

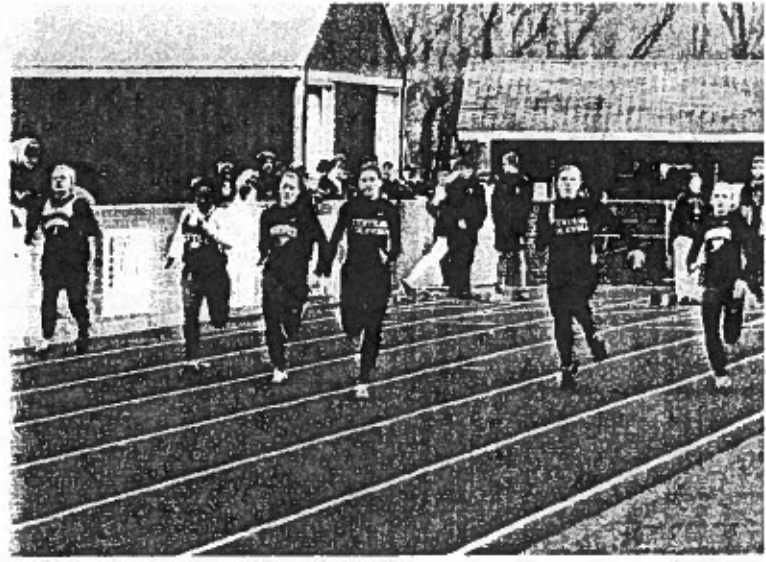
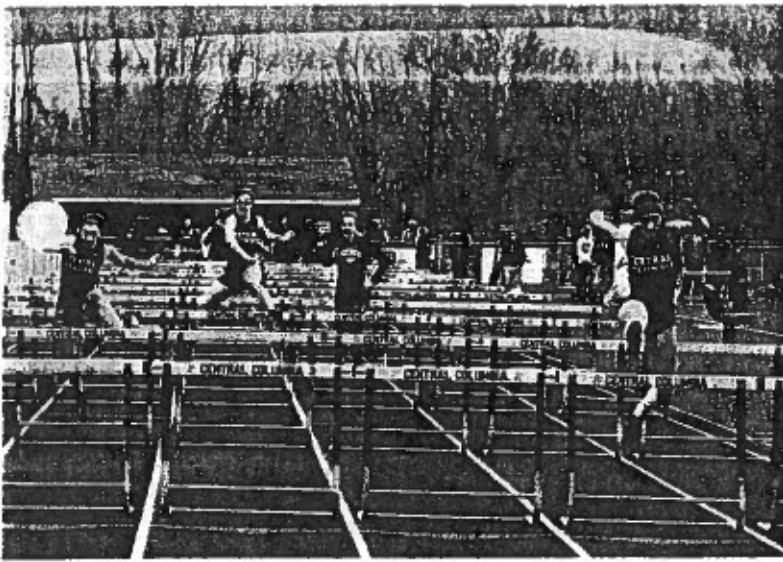
JAVELIN 1st Courtney Claudfelter 107' 10" – 2nd MacKenzie Carey 93' 0"

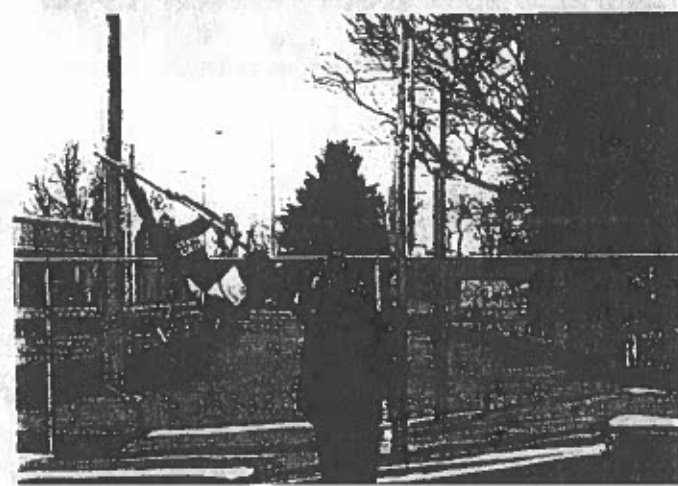
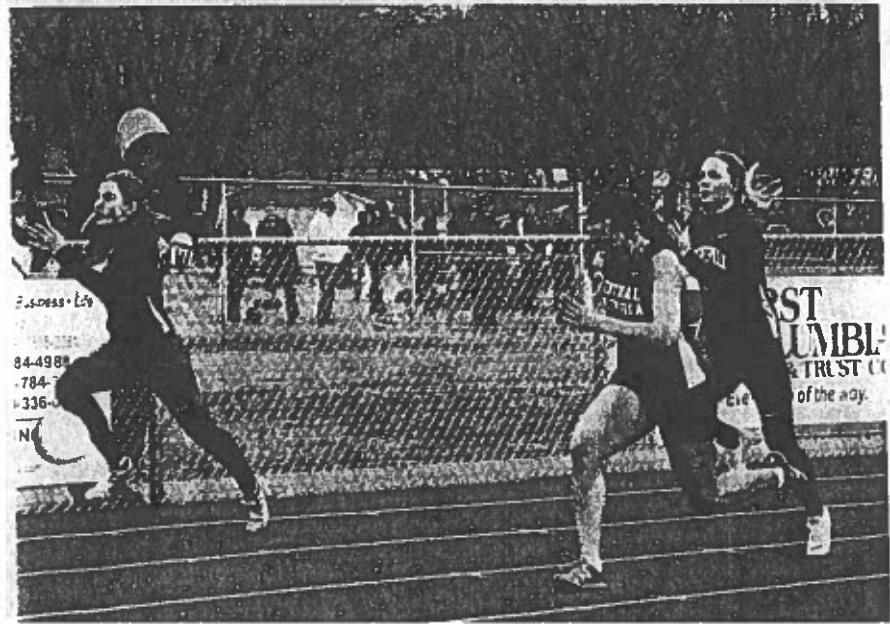
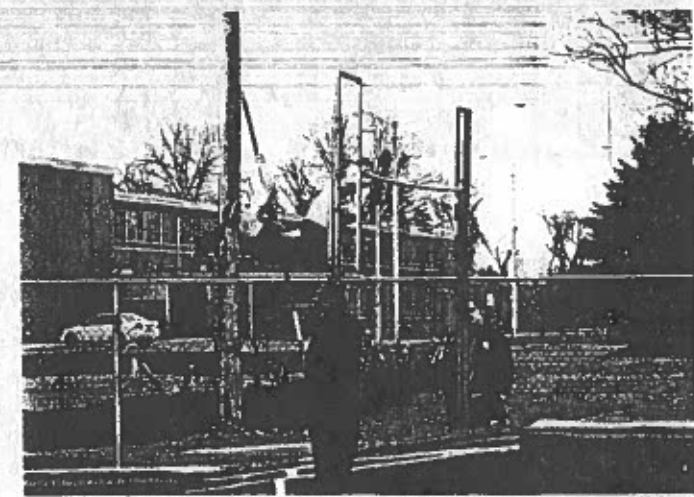
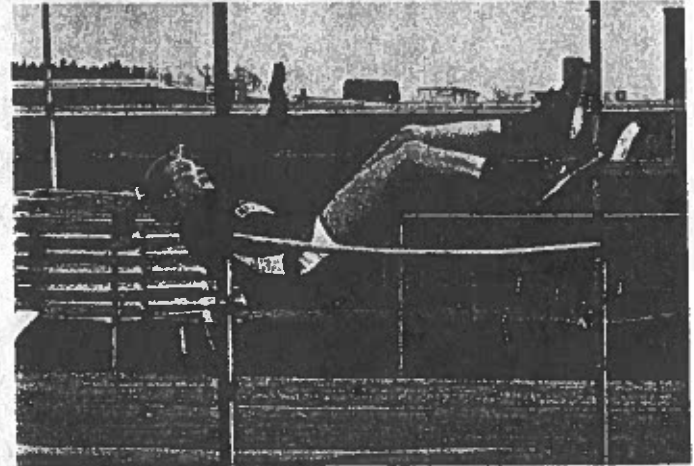
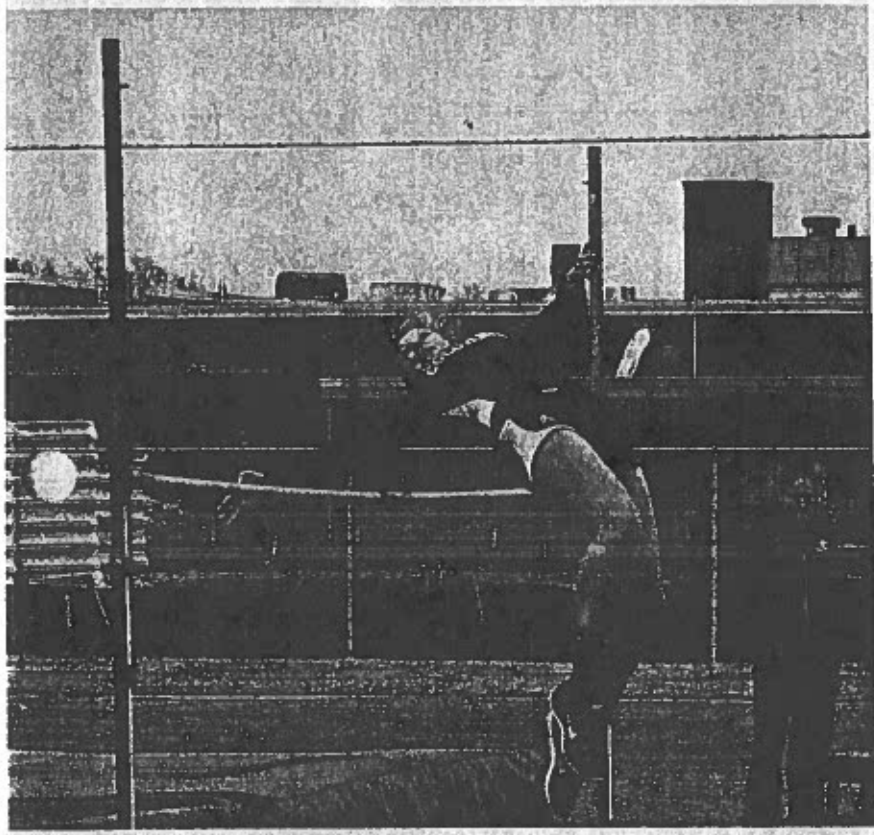


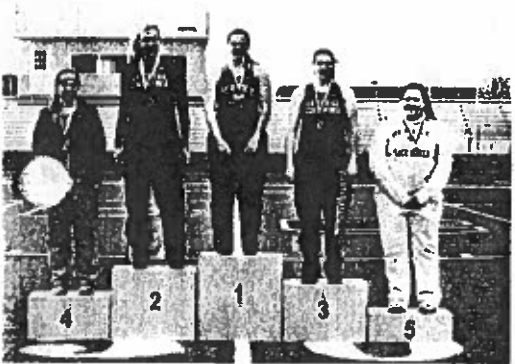
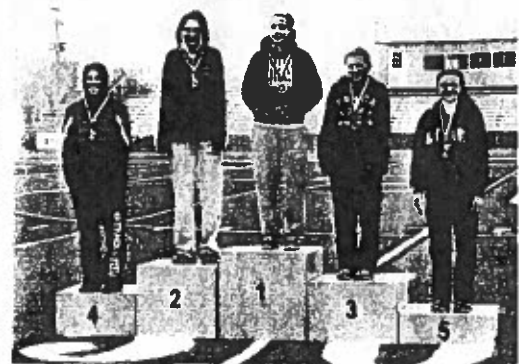
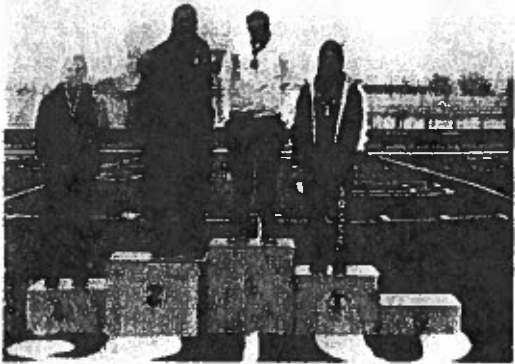
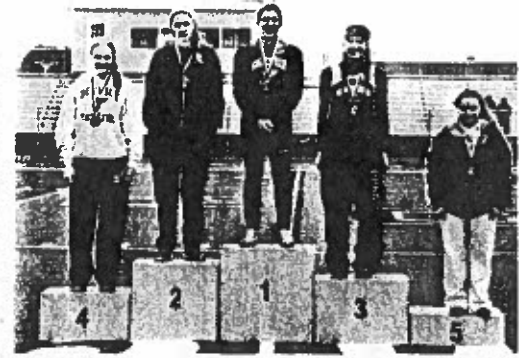












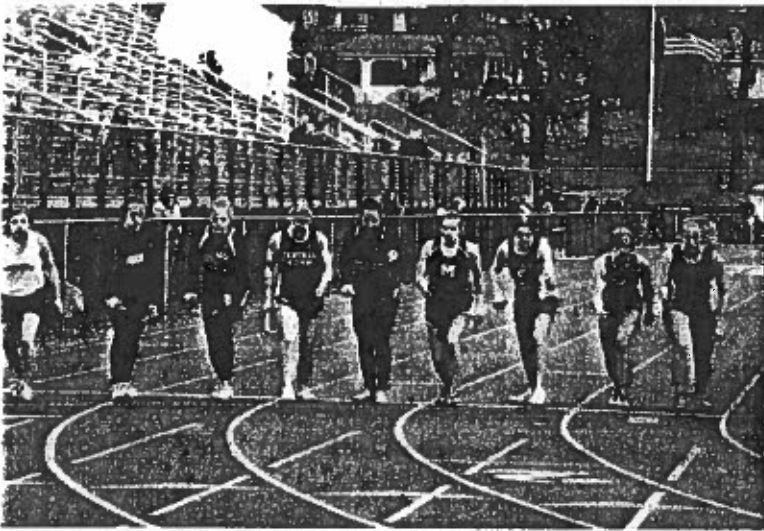
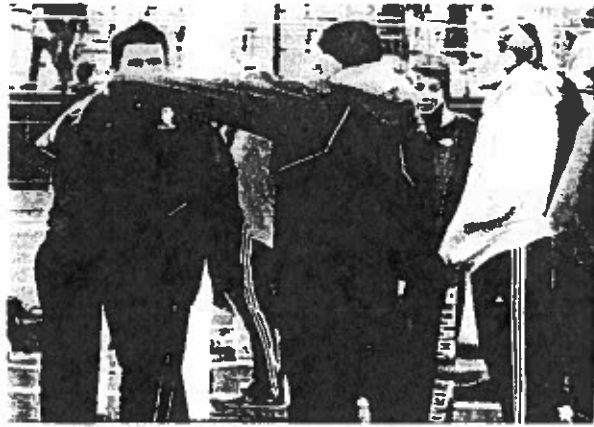
SELINGROVE CLASSIC

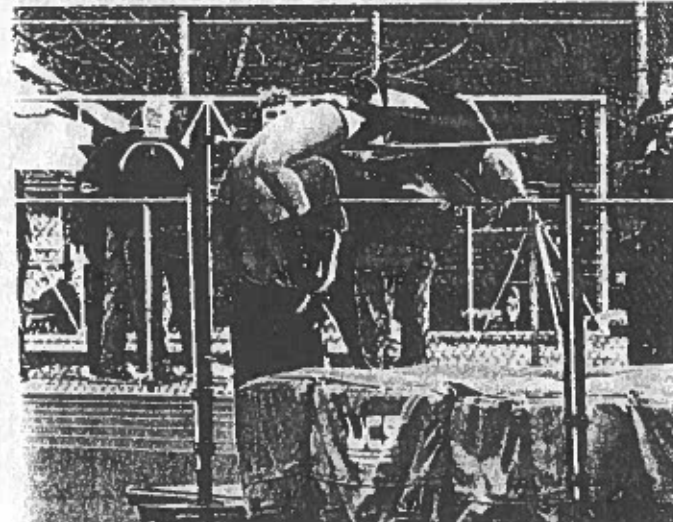
2014

Place Winners:

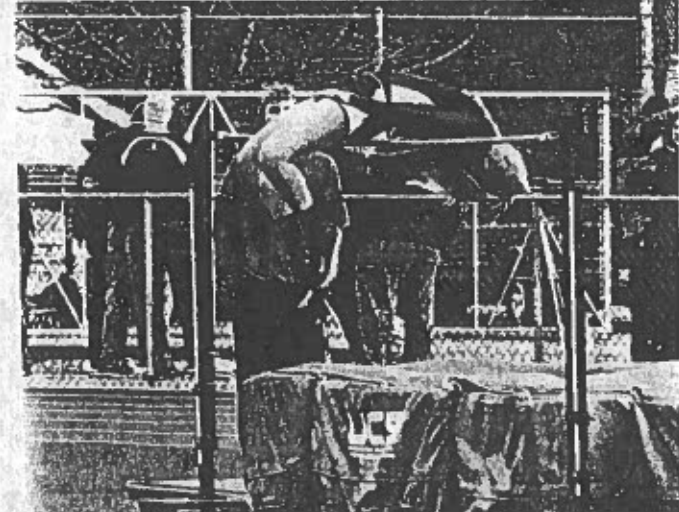
Ellen Shepard	1 st	100 Dash	12.75 (MR)
Ellen Shepard	1 st	200 Dash	27.03 (MR)
Lindsey Carl	1 st	High Jump	5' 2" (MR)
4 X 100 Relay	1 st		51.56 (MR)
Colleen Kitchen Graycie Juckes Hannah Klingerman Ellen Shepard			
Bailey Gemberling	2 nd	100 Hurdles	17.12
Hannah Klingerman	2 nd	100 Dash	13.29
Courtney Claudfelter	2 nd	Javelin	109' 9"
Brianna Kramer	3 rd	400 Dash	1:04.30
Hannah Klingerman	3 rd	200 Dash	28.03
Brianna Kramer	3 rd	Pole Vault	8' 6"
Taylor Knorr	4 th	Triple Jump	31' 10"
Sarah Musselman	5 th	100 Hurdles	17.83
Erika Thomas	6 th	Pole Vault	8' 0"
4 x 800 Relay	6 th		11:31.16
Katie Madden Maddy Murtin Maddie Harder Willow Perkins			

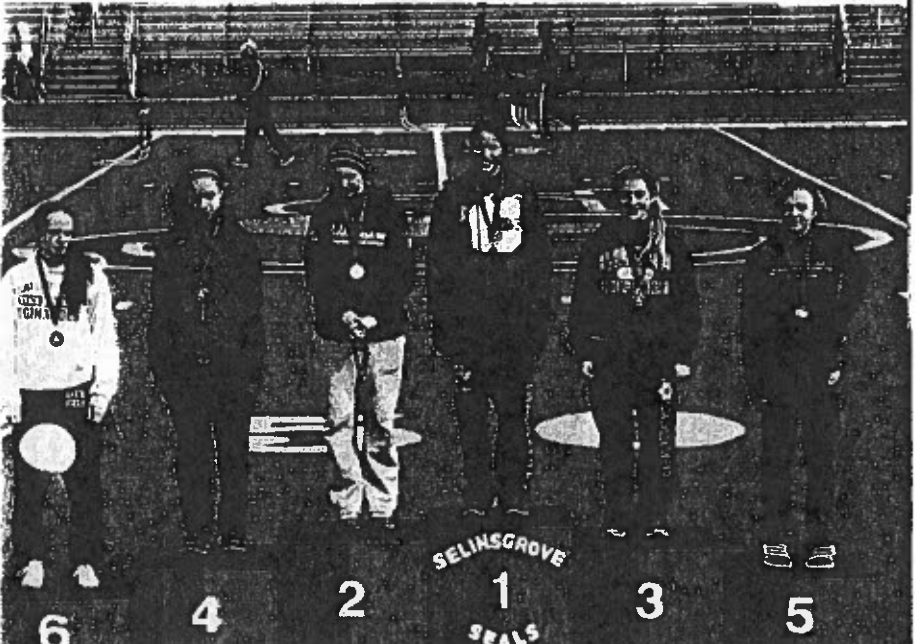
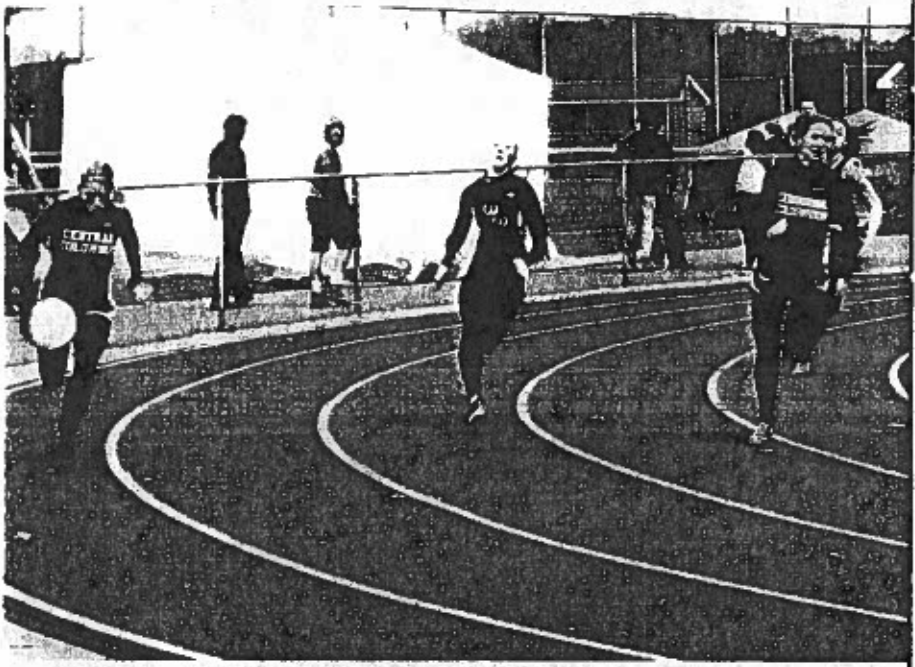
Team Points: 91

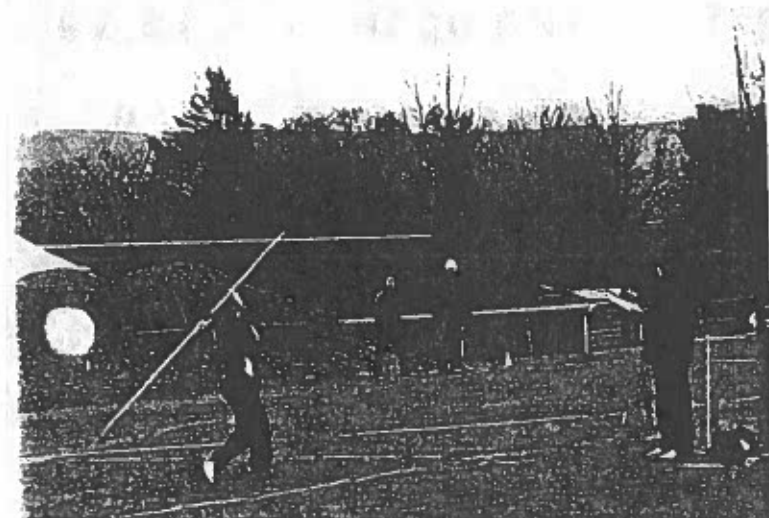
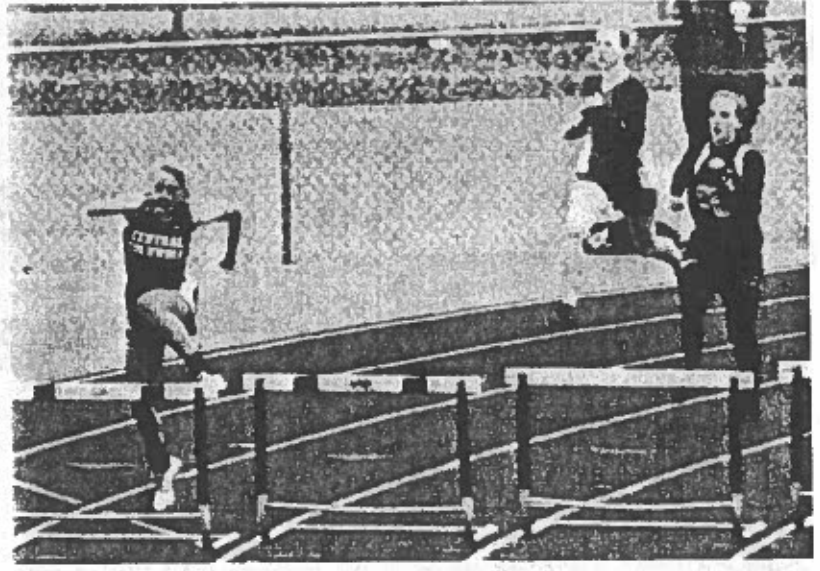
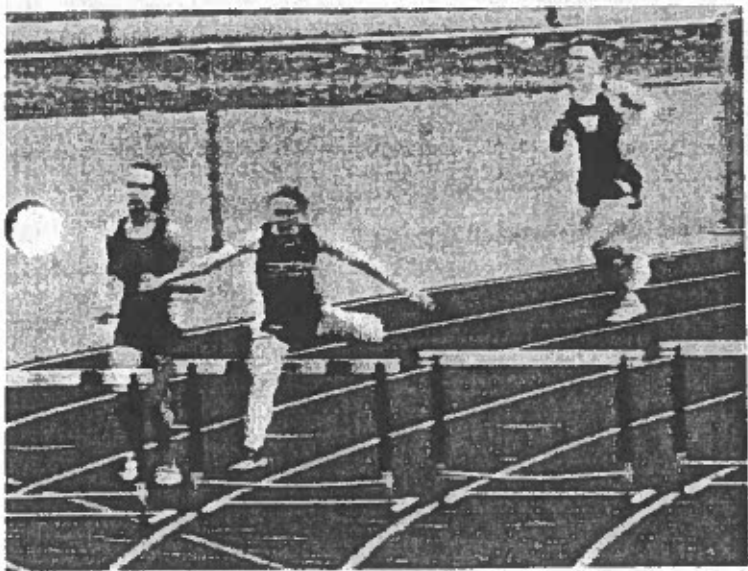












SU HIGH SCHOOL CLASSIC

2014

PLACE WINNERS:

ELLEN SHEPARD **1ST** **100 DASH** **12.57**

4 X 100 RELAY **1ST** **49.64**

COLLEEN KITCHEN - GRAYCIE JUCKES - HANNAH KLINGERMAN - ELLEN SHEPARD

LINDSEY CARL **1ST** **HIGH JUMP** **5' 2"**

HANNAH KLINGERMAN **3RD** **200 DASH** **27.34**

BRIANNA KRAMER **4TH** **400 DASH** **1:02.22**

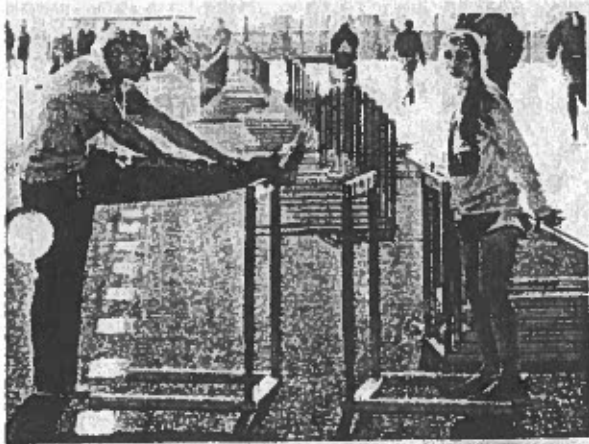
GRAYCIE JUCKES **4TH** **300 HURDLES** **52.15**

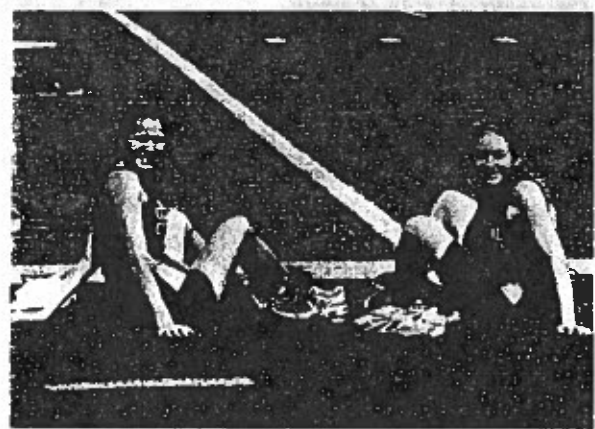
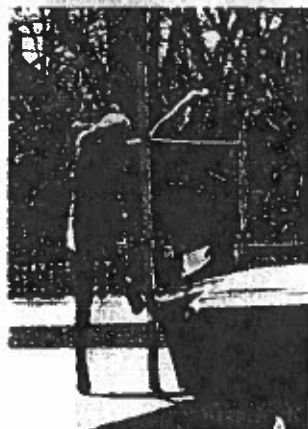
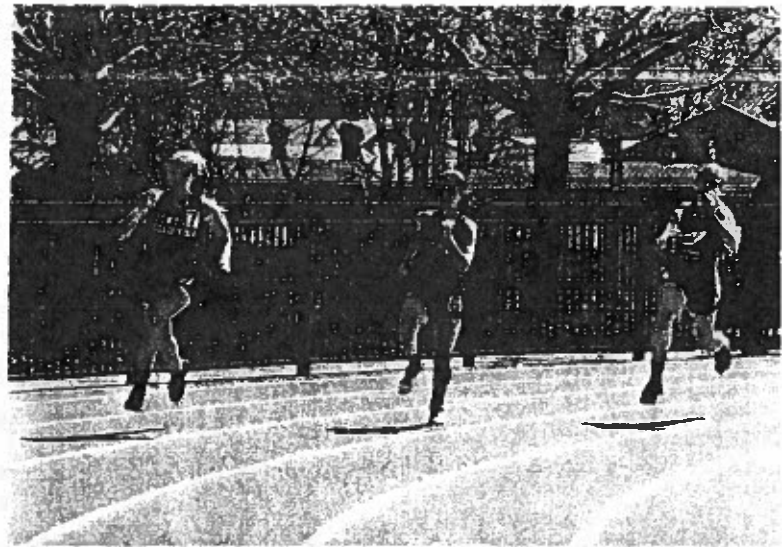
BAILEY GEMBERLING **5TH** **100 HURDLES** **16.98**

HANNAH KLINGERMAN **6TH** **100 DASH** **13.32**

ERIKA THOMAS **6TH** **POLE VAULT** **8' 0"**

MACKENZIE CAREY **7TH** **200 DASH** **28.24**





LHU HIGH SCHOOL

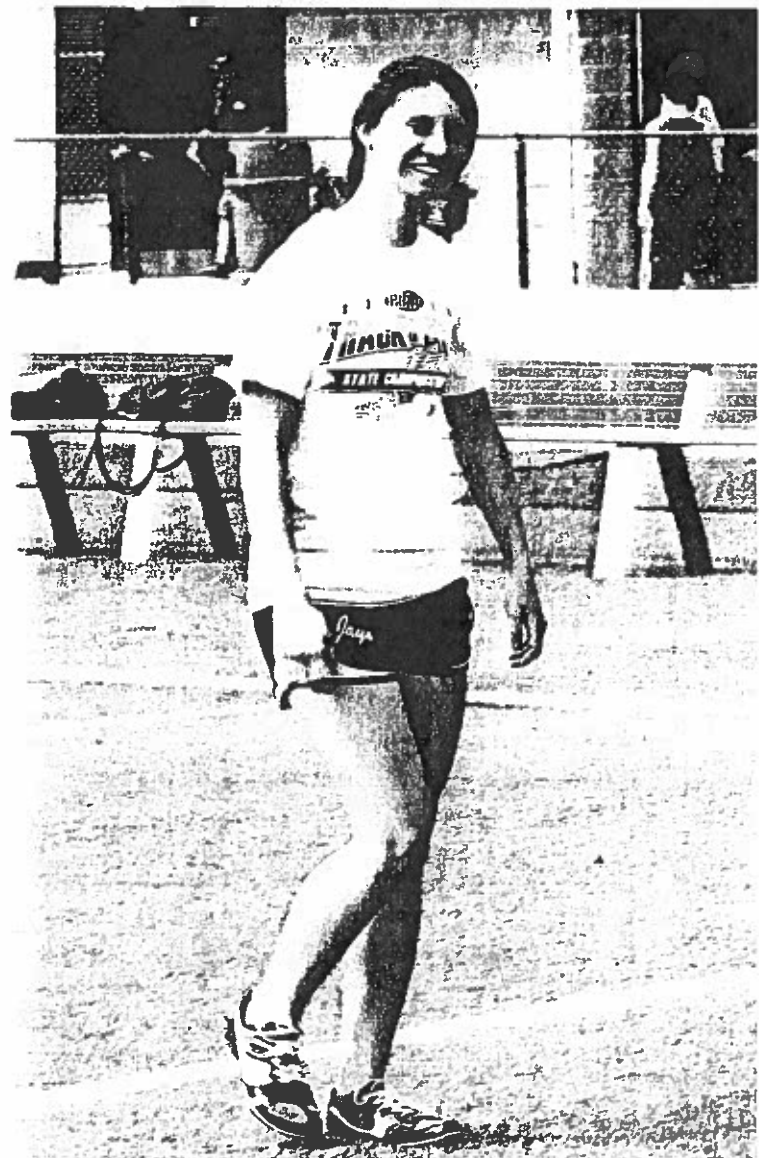
CLASSIC 2014

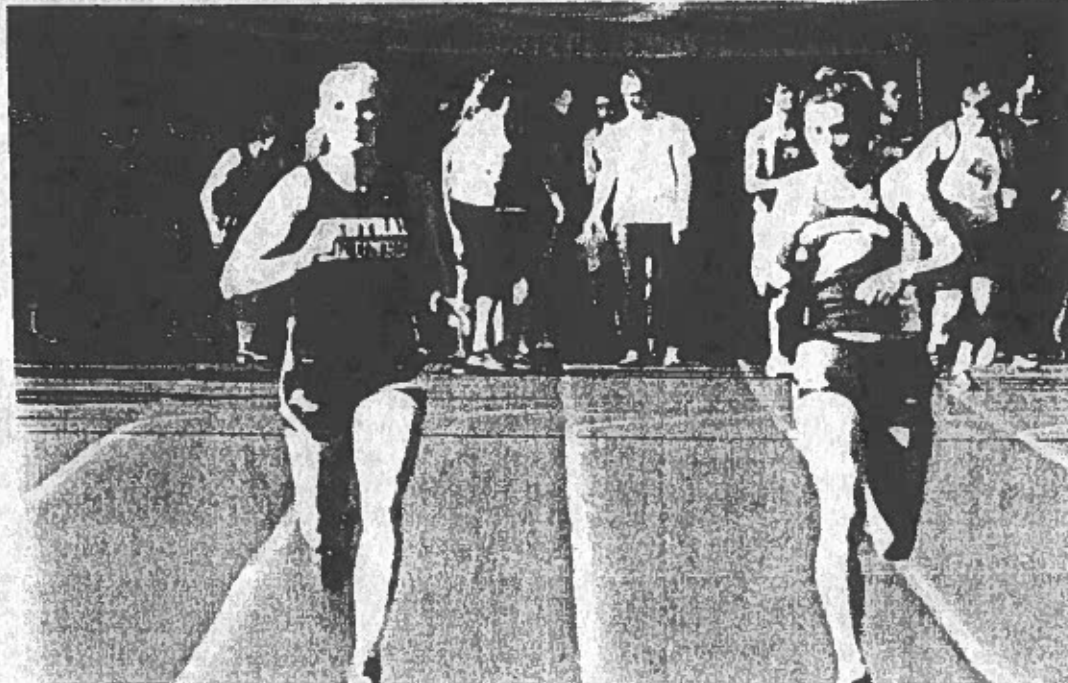
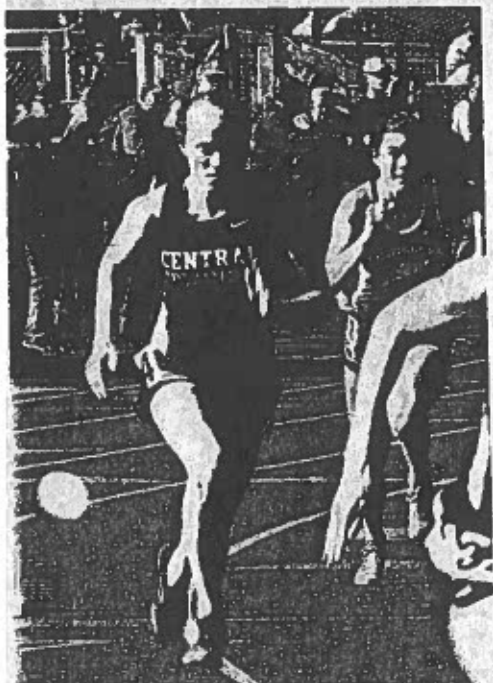
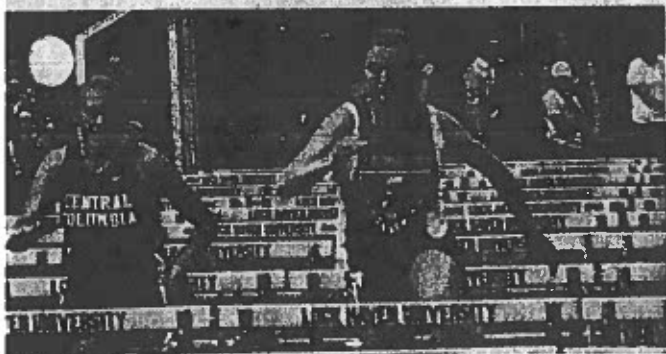
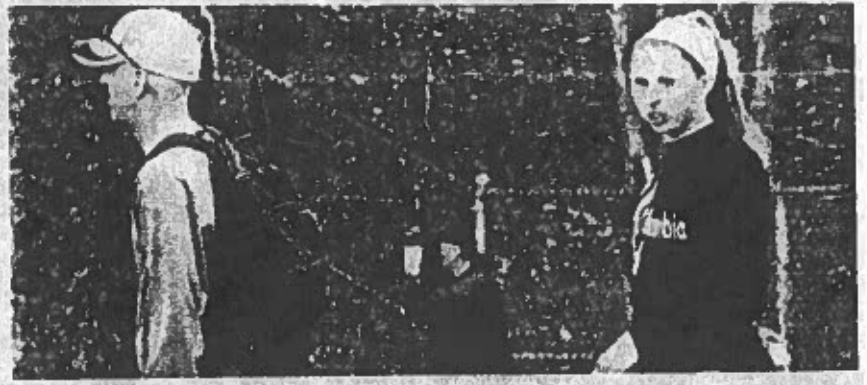
2ND PLACE

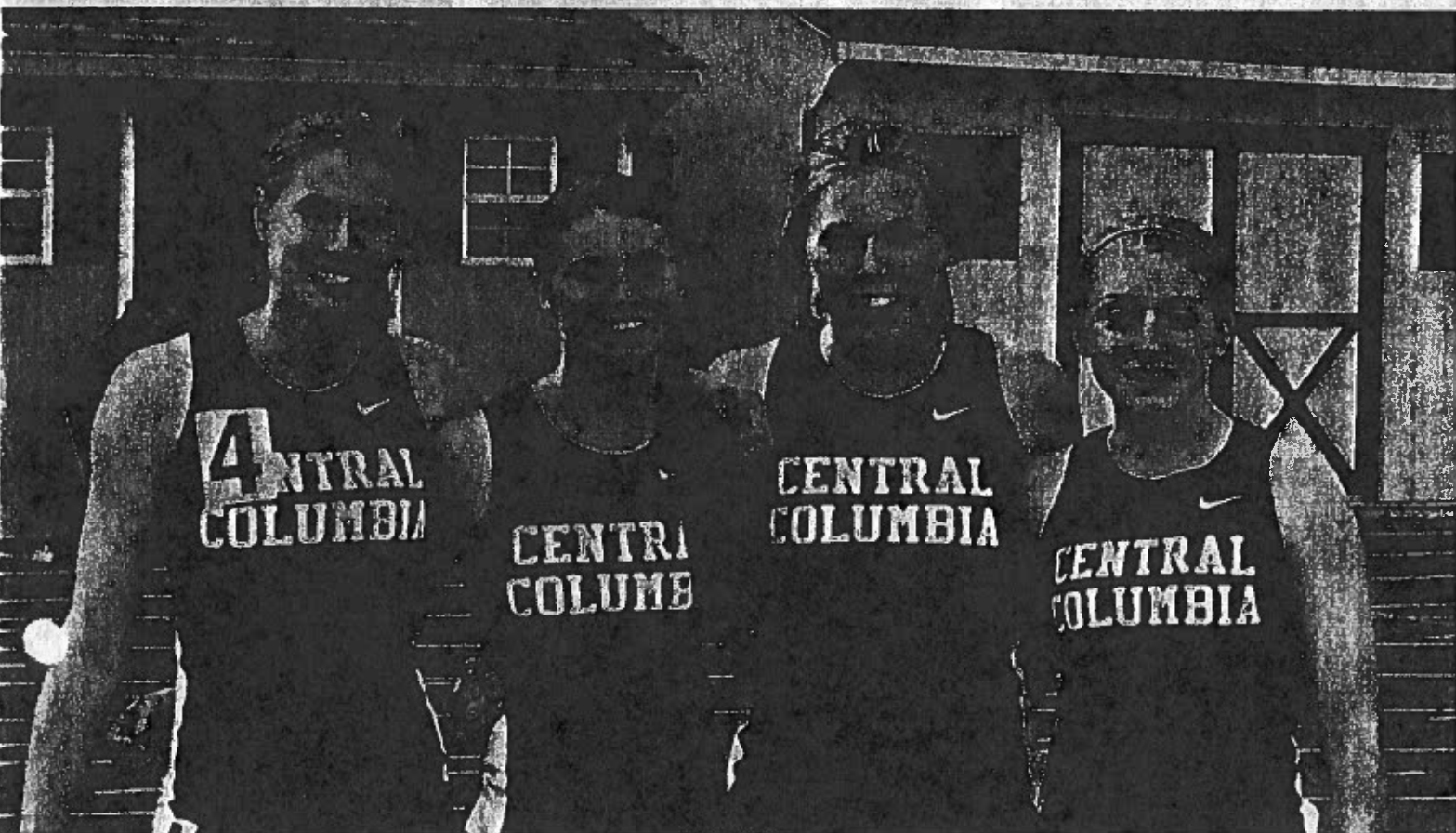
65 POINTS

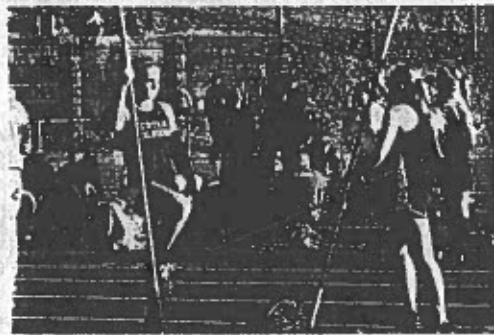
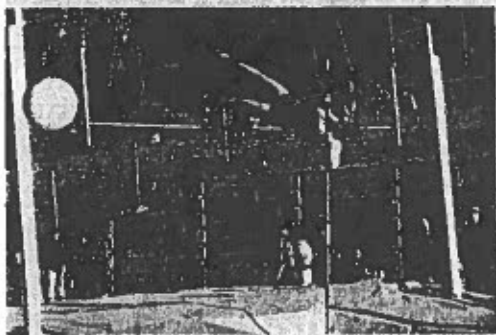
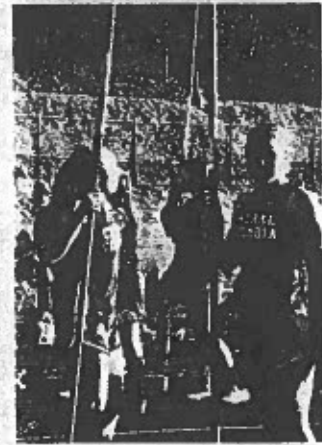
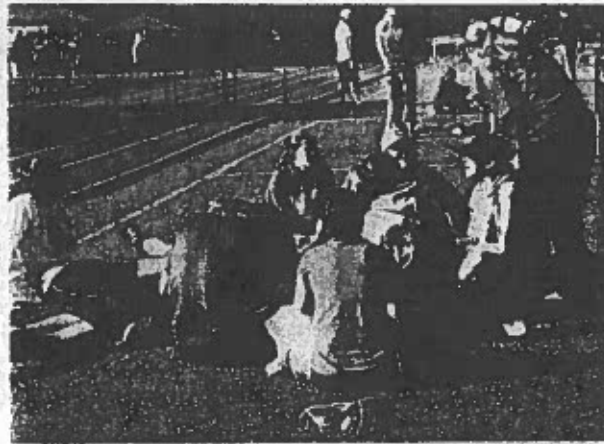
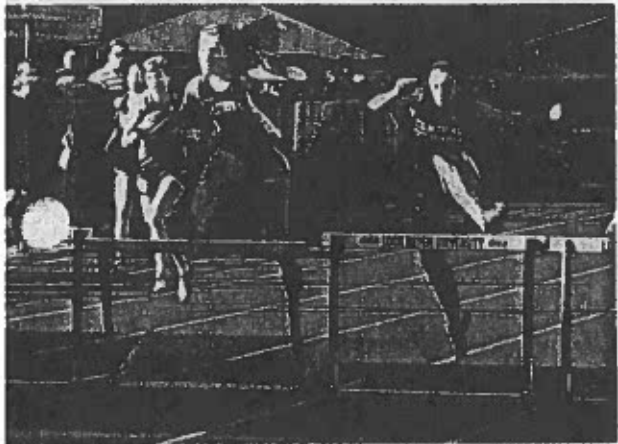
PLACE WINNERS:

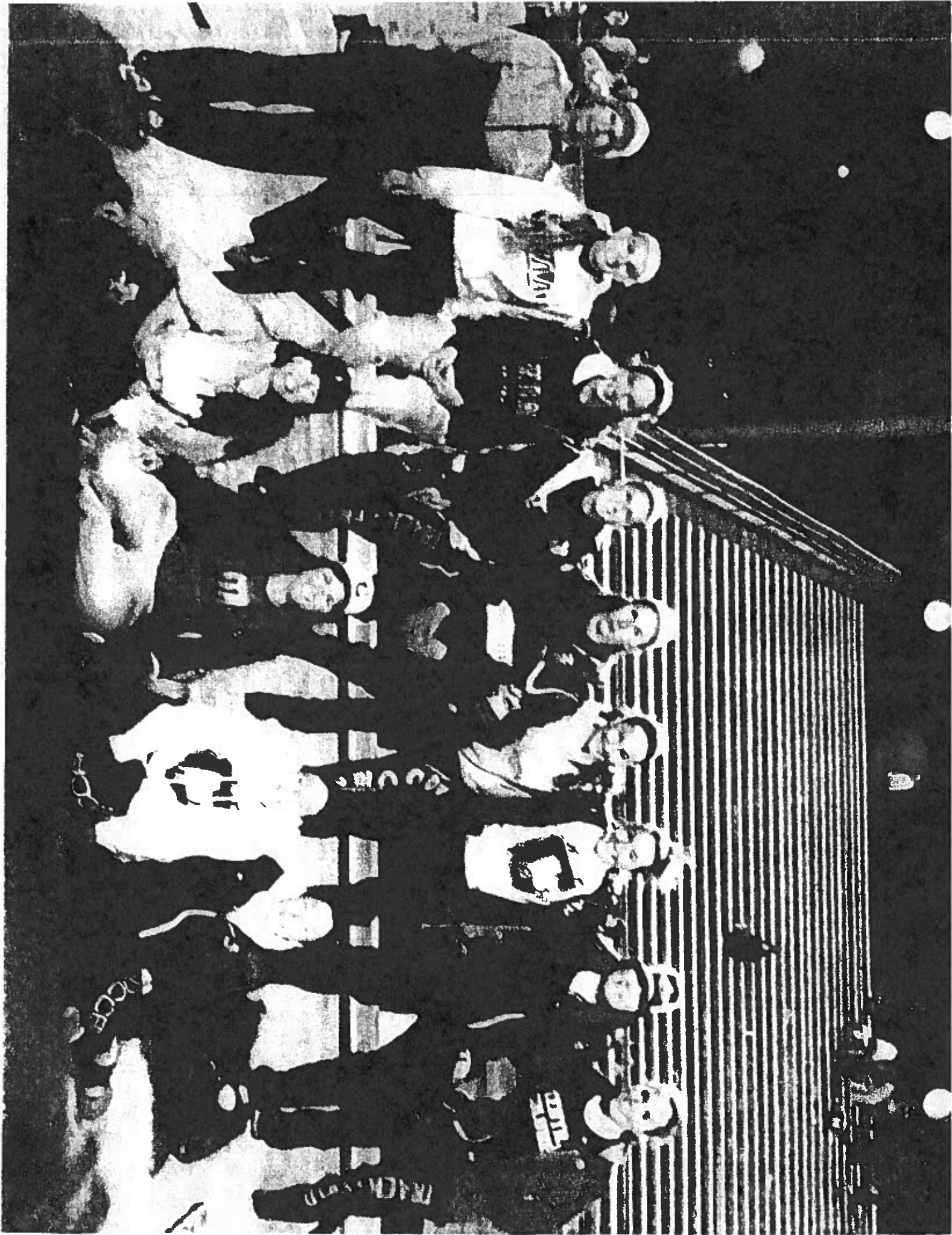
ELLEN SHEPARD	100 DASH	1 ST	12.46
ELLEN SHEPARD	400 DASH	1 ST	1:00.46 (SR)
LINDSEY CARL	HIGH JUMP	1 ST	5' 3"
4 X 100 RELAY		1 ST	49.36
COLLEEN KITCHEN - GRAYCIE JUCKES - HANNAH KLINGERMAN - ELLEN SHEPARD			
HANNAH KLINGERMAN	100 DASH	4 TH	12.92
BRIANNA KRAMER	400 DASH	4 TH	1:02.01
TAYLOR KNORR	LONG JUMP	4 TH	16' 8"
HANNAH KLINGERMAN	200 DASH	5 TH	27.37
BAILEY GEMBERLING	100 HURDLES	6 TH	16.92
TAYLOR KNORR	TRIPLE JUMP	7 TH	33' 11"
ERIKA THOMAS	POLE VAULT	8 TH	8' 6"











Lock Haven University High School Invitational

2014

2nd Place



FRESHMAN/SOPHOMORE MEET 2014

Place Winners:

Hannah Klingerman	1st	Long Jump	14' 4 1/2"
Erika Thomas	1st	Pole Vault	8' 6"
Taylor Knorr	1st	Shot Put	31' 5"
Anna Jaskiewicz	1st	Javelin	83' 4"
4X100 Relay	1st		51.55

Sydney Haedrich - Megan Sumner - MacKenzie Carey - Hannah Klingerman

Grace Brosius	2nd	1600 Run	6:21.54
Willow Perkins	2nd	400 Dash	1:03.54
Taylor Knorr	2nd	High Jump	4' 7"
Emma Padner	2nd	Pole Vault	8' 0"
Ally Yerkes	2nd	Discus	84' 9"
4X400 Relay	2nd		4:14.37

Brianna Kramer - Willow Perkins - Lyndsey Eckenrode - Hannah Klingerman

Lyndsey Eckenrode	3rd	200 Dash	29.87
Willow Perkins	4th	800 Run	2:41.93
Olivia Campbell	4th	Triple Jump	28' 4"
Brianna Kramer	4th	Pole Vault	7' 6"
Lauren Willie	5th	1600 Run	6:46.35
Megan Sumner	5th	200 Dash	29.98
Emma Padner	5th	Long Jump	13' 6 1/2"
Ally Yerkes	6th	Shot Put	27' 9"
Morgan Karas	6th	Javelin	62' 9"

Points Scored: 129

Place: 1st

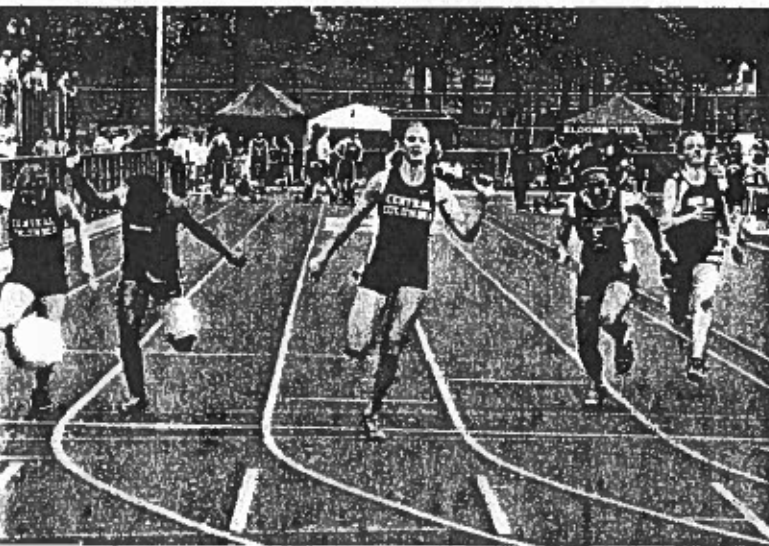
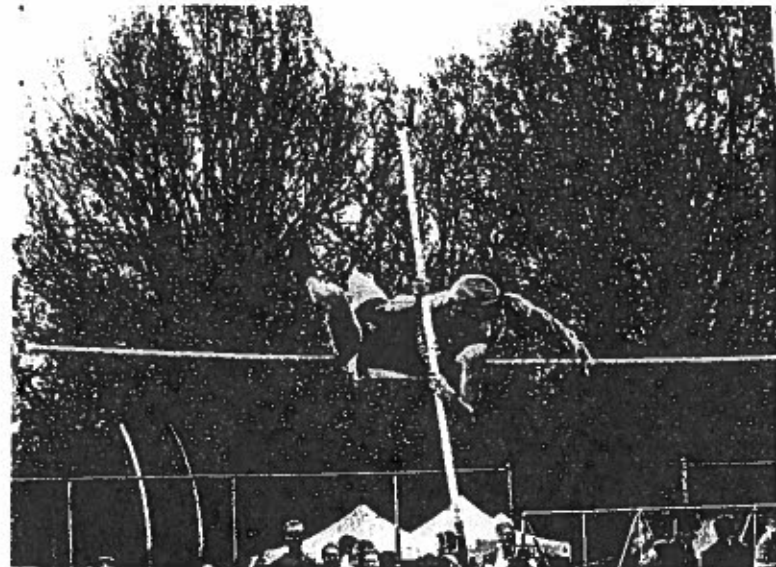
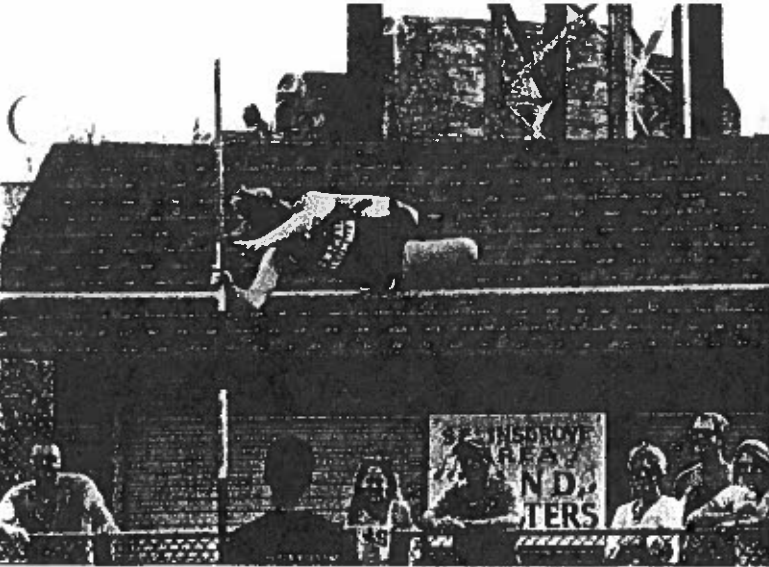
PHAC CHAMPIONSHIPS

2014

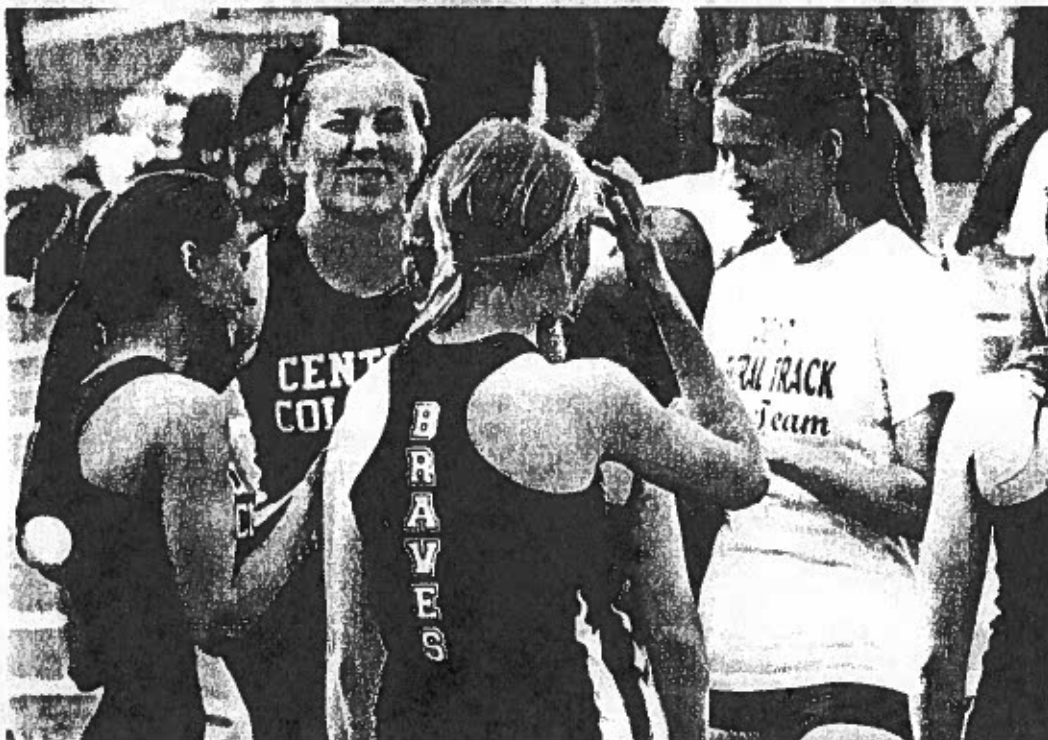
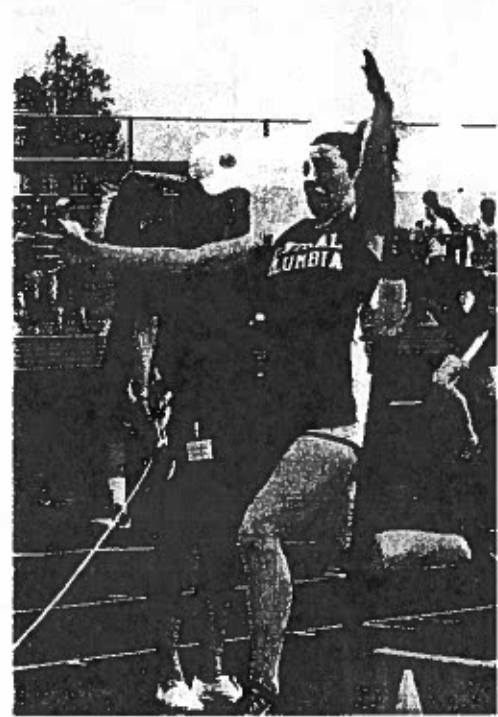
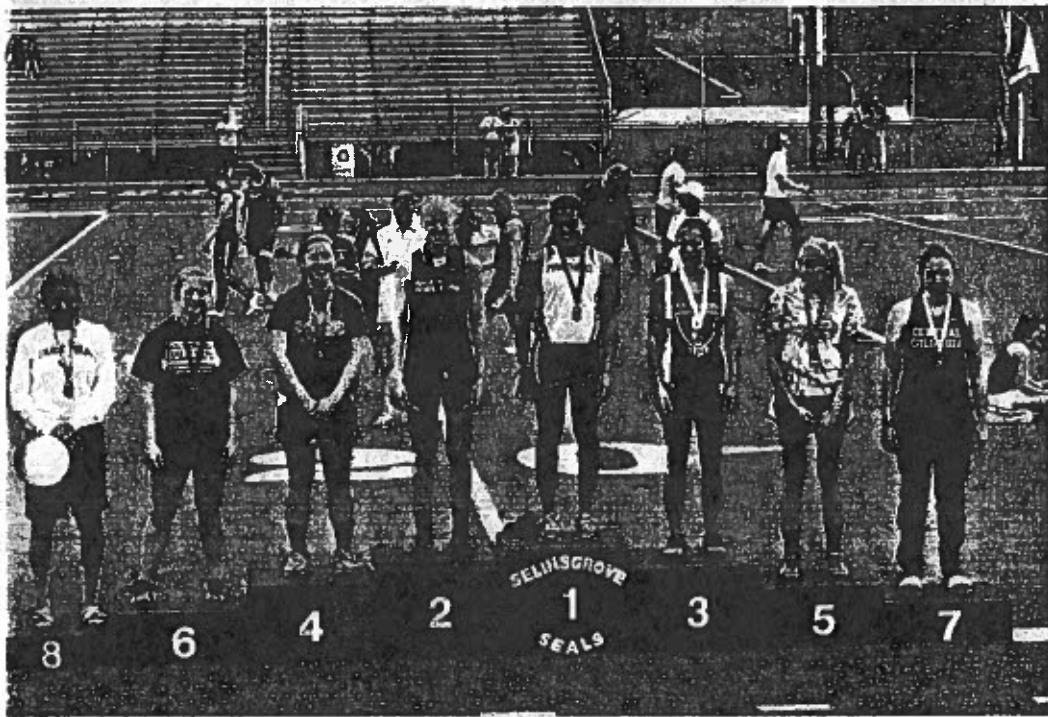
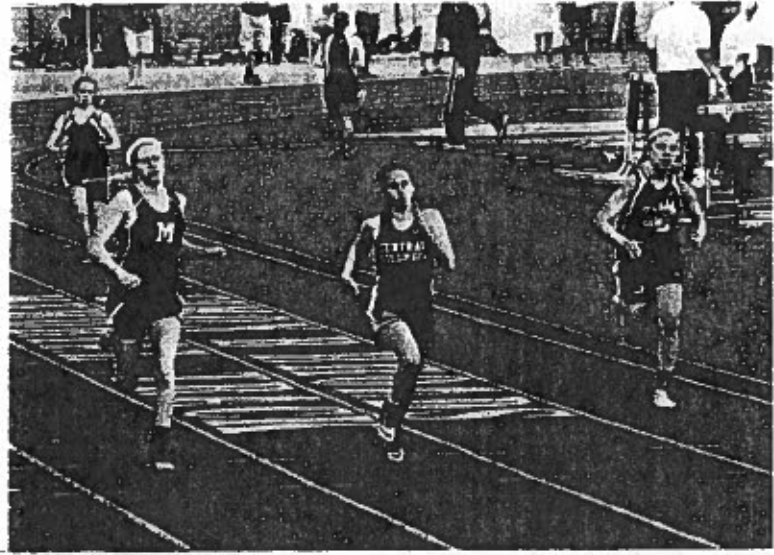
TEAM SCORE 41 PTS.

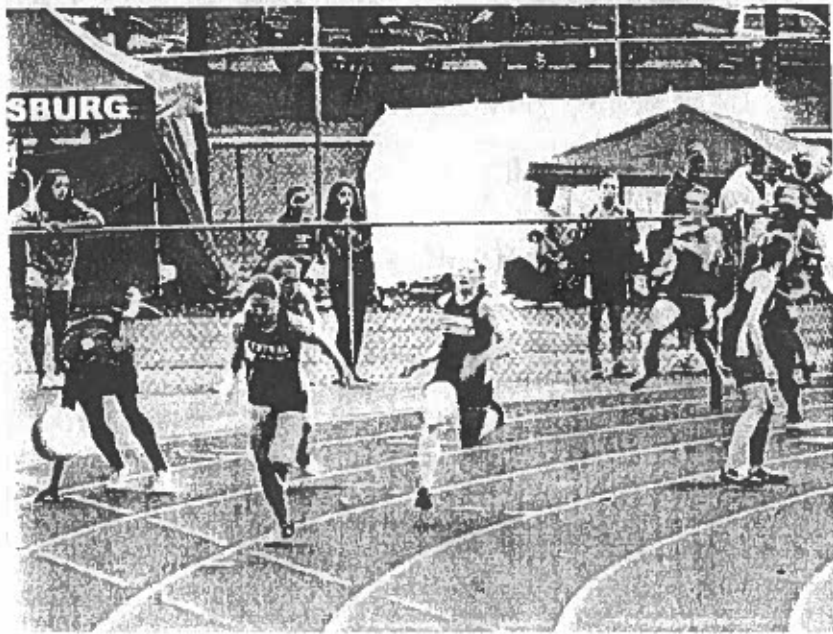
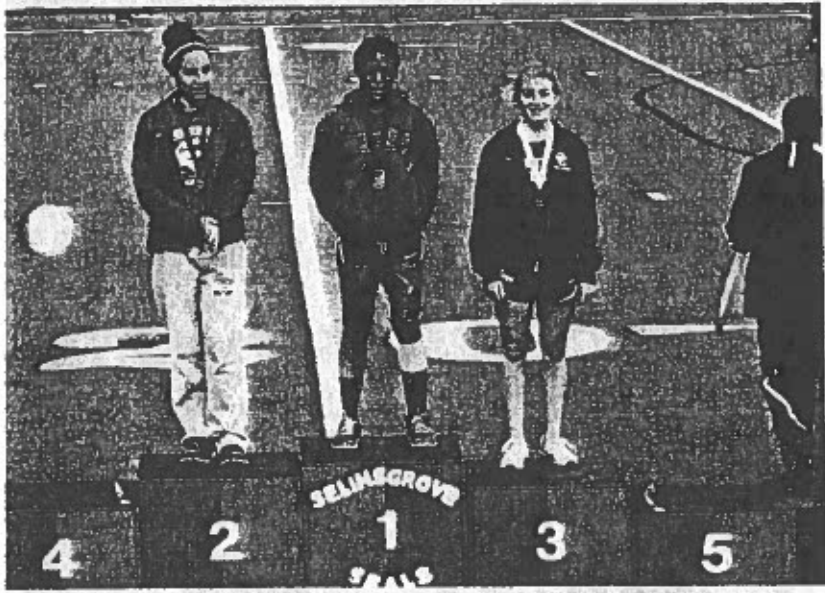
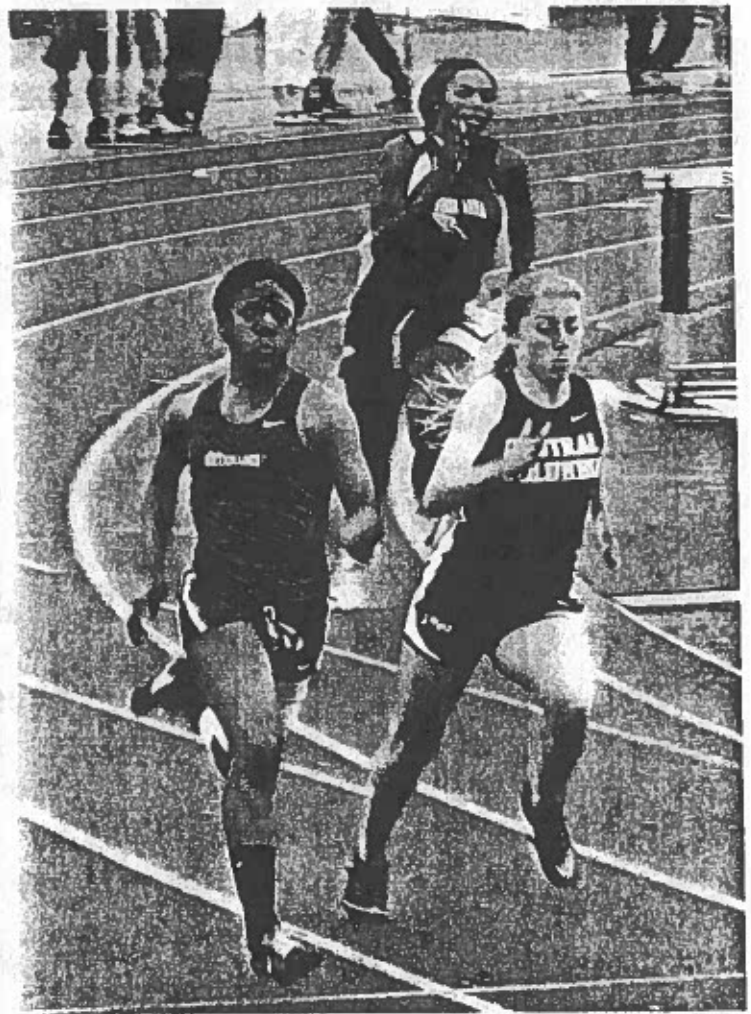
PLACE WINNERS:

Ellen Shepard	1st	100 Dash	12.51
4X100 Relay	1st		48.88
Colleen Kitchen-Graycie Juckes-Hannah Klingerman-Ellen Shepard			
Hannah Klingerman	2nd	100 Dash	12.76
Hannah Klingerman	3rd	200 Dash	26.64
Graycie Juckes	5th	100 Dash	13.35
Taylor Knorr	7th	Triple Jump	31-01.5
Bailey Gemberling	8th	100 Hurdles	16.68







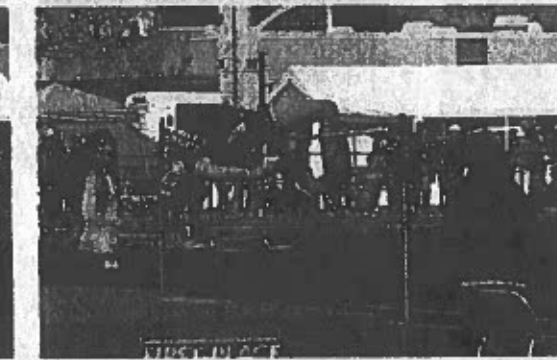
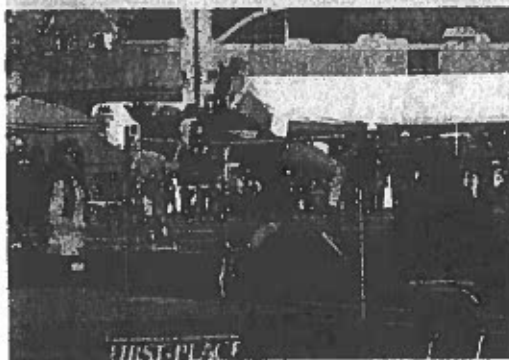
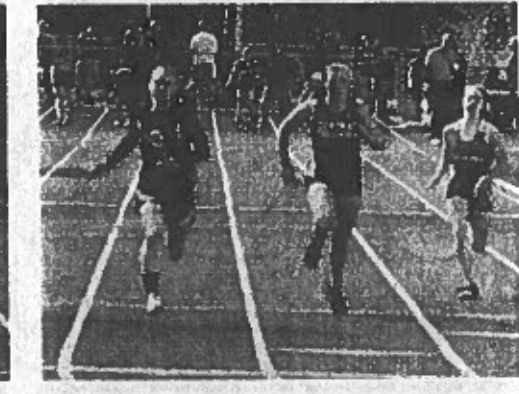
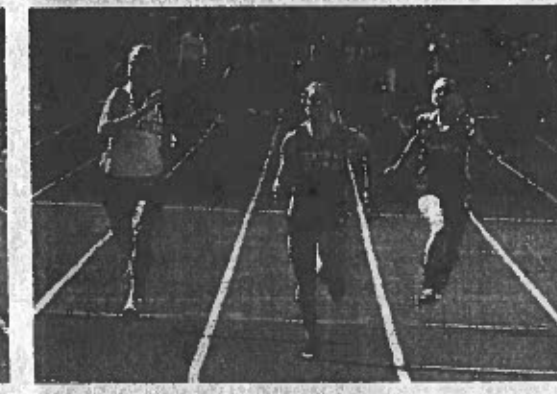
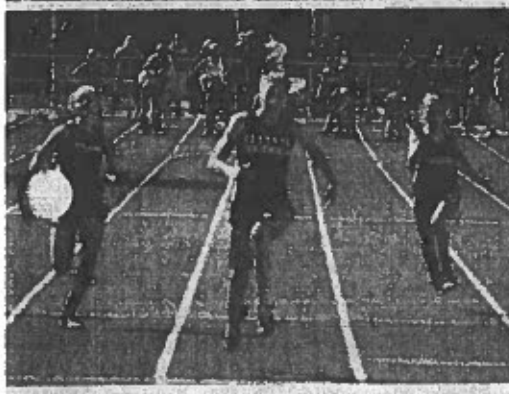
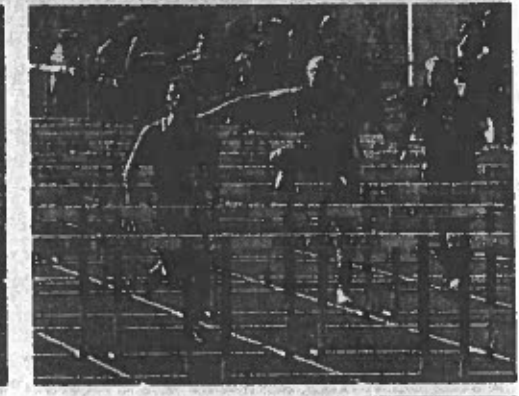
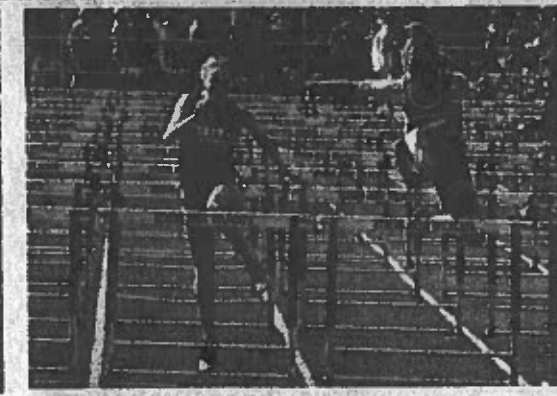
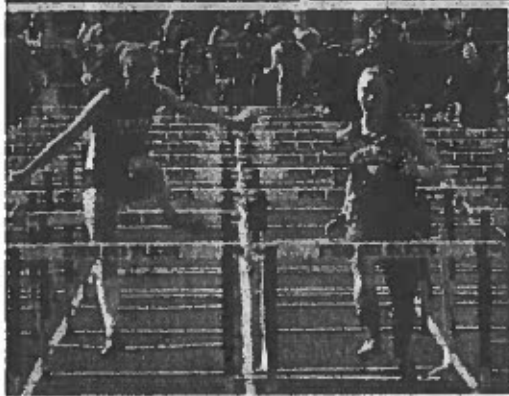


DISTRICT CHAMPIONSHIPS
PLACE WINNERS AND SCORES 2014
DISTRICT IV AA CHAMPS

Score 98.5 Place 1st

PLACE WINNERS:

Ellen Shepard	1st	100 Dash	12.26
Ellen Shepard	1st	200 Dash	25.67
4 X 100 Relay	1st		(SR) 48.51(MR)
Colleen Kitchen - Graycie Juckes - Hannah Klingerman - Ellen Shepard			
Lindsey Carl	1st	High Jump	5' 4"
4 X 400 Relay	1st		(SR) 4:01.07
Brianna Kramer - Hannah Klingerman - Ellen Shepard - Graycie Juckes			
Taylor Knorr	1st	Long Jump	16' 7 1/4"
Hannah Klingerman	2nd	100 Dash	12.70
Hannah Klingerman	2nd	200 Dash	26.74
Brianna Kramer	3rd	400 Dash	1:01.13
Courtney Claudfelter	4th	Javelin	106' 10"
Graycie Juckes	4th	300 Hurdles	48.08
Lindsey Carl	7th	Shot Put	30' 11 3/4"
Katie Maddon	7th	800 Run	2:28.97
Erika Thomas	7th	Pole Vault	8' 6"
Graycie Juckes	8th	100 Dash	13.41







2014 DISTRICT IV CHAMPIONS



**PIAA TRACK AND FIELD CHAMPIONSHIPS
2014**

PLACE WINNERS:

4X100 M. RELAY 1ST PLACE

COLLEN KITCHEN – GRAYCIE JUCKES

HANNAH KLINGERMAN – ELLEN SHEPARD

ELLEN SHEPARD 100 M. DASH 2ND PLACE

LINDSEY CARL HIGH JUMP 2ND PLACE

ELLEN SHEPARD 200 DASH 4TH PLACE

TEAM POINTS: 31

TEAM PLACE: 4TH

NEW SCHOOL RECORDS

2014

ELLEN SHEPARD	100 DASH	11.79
ELLEN SHEPARD	400 DASH	1:00.22
LINDSEY CARL	HIGH JUMP	5'5"
LINDSEY CARL	DISCUS THROW	105' 5"
4 X 100 RELAY		47.91
COLLEEN KITCHEN-GRAYCIE JUCKES		
HANNAH KLINGERMAN – ELLEN SHEPARD		
4 X 400 RELAY		4:00.83
BRIANNA KRAMER – HANNAH KLINGERMAN		
ELLEN SHEPARD – GRAYCIE JUCKES		

Central Columbia Girls Track & Field Records

4 X 800 Relay	9:45.73	Kate Diltz Megan Bien Jessica Snyder Dani Blass	2011
100 Hurdles	15.61	Jocelyn Megargell	1996
100 Dash	11.79	Ellen Shepard	2014
1600 Run	5:07	Carol Davis	
400 Dash	1:00.22	Ellen Shepard	2014
4 X 100 Relay	47.91	Colleen Kitchen Graycie Juckes Hannah Klingerman Ellen Shepard	2014
300 Hurdles	46.4	Rachel Chulock	2011
800 Run	2:19	Lisa Neiderhiser	1982
200 Dash	24.90	Ellen Shepard	2013
3200 Run	11:40.00	Autumn Kemler	
4 X 400 Relay	4:00.83	Brianna Kramer Hannah Klingerman Ellen Shepard Graycie Juckes	2014
Long Jump	17' 5 1/4"	Lewissa Barndt	2010
Triple Jump	36' 2 1/4"	Michelle Masteller	1998
High Jump	5' 5"	Lindsey Carl	2014
Pole Vault	12' 0"	Virginia LaMacchia	2012
Shot Put	34' 11 1/2"	Ariel Rosenkranz	2011
Discus Throw	105' 5"	Megan Creasy / Lindsey Carl	2007 / 2014
Javelin Throw	116' 8"	Courtney Claudfelter	2013

PHAC DIVISION II ALL-STAR TEAM

2014

FIRST TEAM

ELLEN SHEPARD	100 DASH
ELLEN SHEPARD	200 DASH
LINDSEY CARL	HIGH JUMP

4 X 100 RELAY

COOLEEN KITCHEN – GRAYCIE JUCKES

HANNAH KLINGERMAN – ELLEN SHEPARD

4 X 400 RELAY

BRIANNA KRAMER – HANNAH KLINGERMAN

ELLEN SHEPARD – GRAYCIE JUCKES

SECOND TEAM

GRAYCIE JUCKES	300 HURDLES
HANNAH KLINGERMAN	100 DASH
HANNAH KLINGERMAN	200 DASH
TAYLOR KNORR	LONG JUMP
TAYLOR KNORR	TRIPLE JUMP

COACH'S AWARD

2014

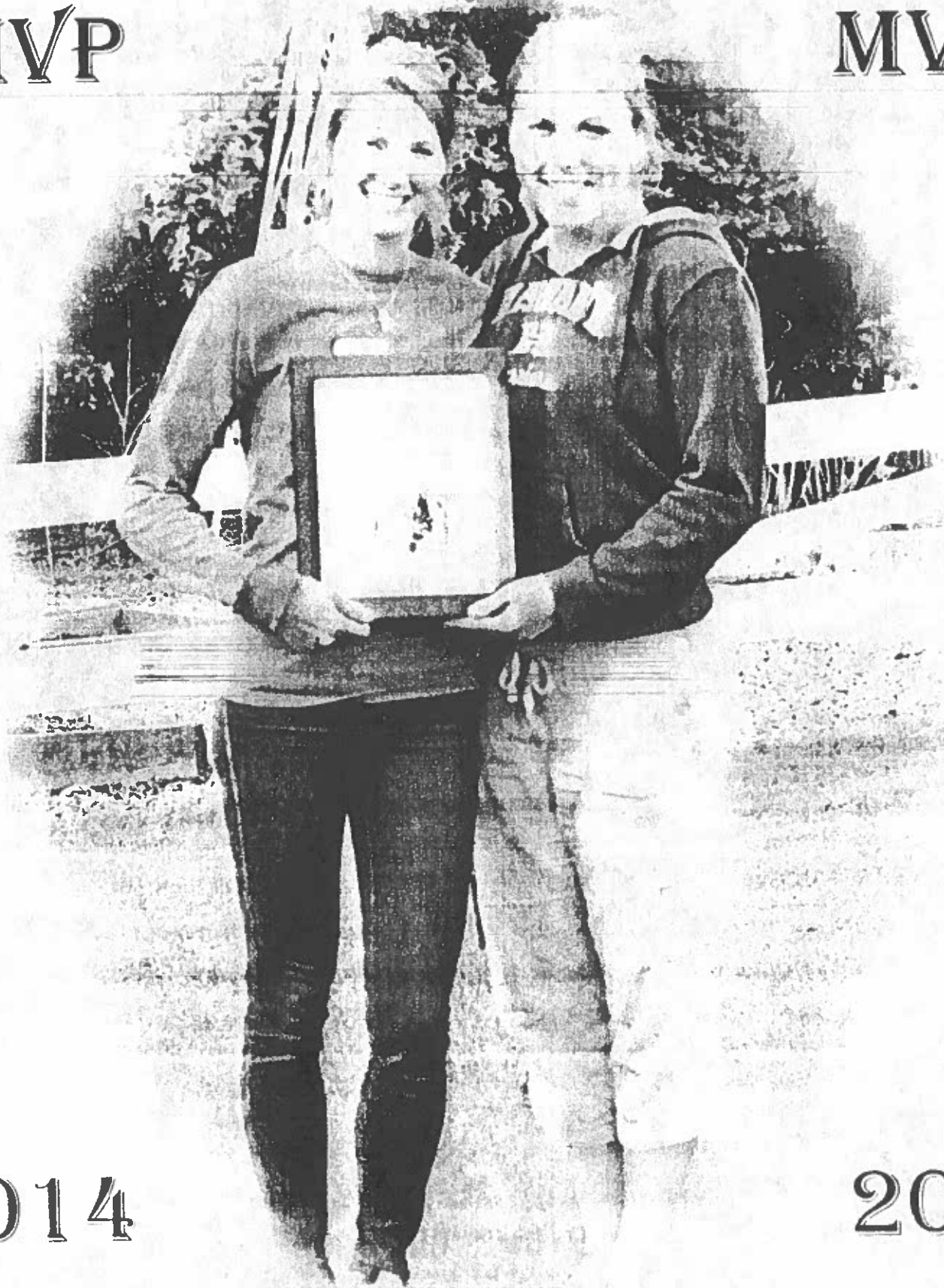


BETHANY BROWN

ELLEN SHEPARD & GRAYCIE JUCKES

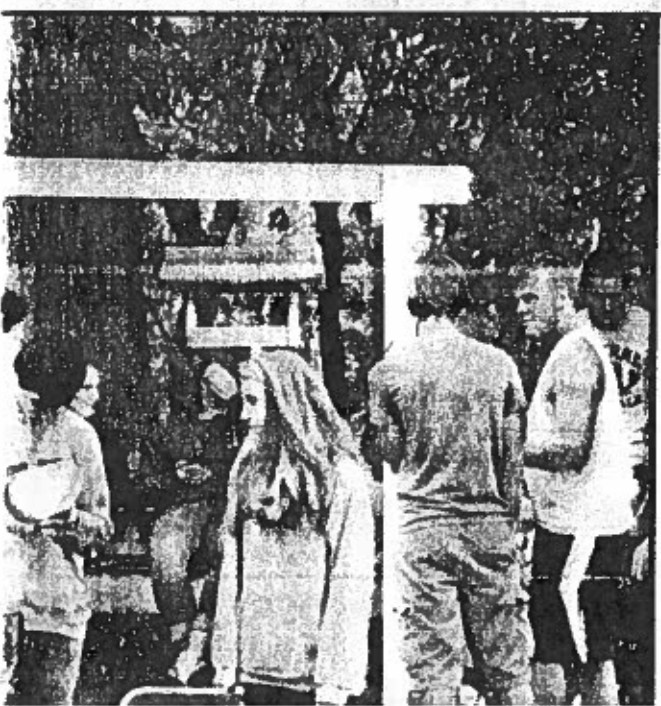
MVP

MVP



2014

2014



BLUE JAY STADIUM GIRLS TRACK RECORDS (SINCE 2014)

4X800 RELAY	10:31.8		MILTON	5/5/14
YODER / PREISCH / SMITH / LONG				
100 HURDLES	16.25	HEATHER MERRIFIELD	HUGHESVILLE	3/29/14
100 DASH	12.1	ELLEN SHEPARD	CENTRAL COLUMBIA	5/6/14
1600 RUN	5:37.6	TEANNA SHUTT	SOUTHERN COLUMBIA	5/6/14
400 DASH	1:01.5	ELLEN SHEPARD	CENTRAL COLUMBIA	4/16/14
4X100 RELAY	49.89		CENTRAL COLUMBIA	5/5/14
COLLEEN KITCHEN / GRAYCIE JUCKES / HANNAH KLINGERMANN / ELLEN SHEPARD				
300 HURDLES	47.5	ALI VARANO	MOUNT CARMEL	4/22/14
800 RUN	2:29.5	KATIE MADDEN	CENTRAL COLUMBIA	5/5/14
200 DASH	25.7	ELLEN SHEPARD	CENTRAL COLUMBIA	5/6/14
3200 RUN	12:00.7	HANEY	DANVILLE	4/16/14
4X400 RELAY	4:10.4		CENTRAL COLUMBIA	4/22/14
BRIANNA KRAMER / KATIE MADDEN / HANNAH KLINGERMANN / GRAYCIE JUCKES				

NOTE: THE ABOVE RECORDS ARE FOR THE NEW TRACK SURFACE STARTING IN 2014

RECORDS FOR THE OLD CINDER TRACK WERE NEVER KEPT

LONG JUMP
BEST EFFORTS FOR 2014

Taylor Knorr	10th	16' 8"	LHU Classic	4/26
Lauren Moss	11th	14' 9"	LHU Classic	4/26
Emma Padner	9th	14' 4 ¾"	Milton	5/5
Hannah Klingerman	9th	14' 4 ½"	Ff/Soph	5/3
Ellen Shepard	12th	14' 4"	Danville	4/16
Olivia Campbell	9th	14' 2 ½"	Milton	5/5
Graycie Jukes	12th	14' ½"	Montoursville	4/8
Lindsey Carl	11th	13' 9 ¼"	Montoursville	4/8
Heather Franklin	9th	13' 7 ½"	Southern	5/6
Morgan Karas	9th	12' 9"	Bloomsburg	5/1
Madison Heintzelman	11th	11' 1 ¼"	Montoursville	4/8

LONG JUMP TOP 10 BY GRADE SINCE 1996

9th GRADE

Lewissa Barndt	16' 8"	2008
Jenna Mordan	15' 3"	2005
Taylor Knorr	15' 0"	2013
Chelsea Johnson	15' 0"	2005
<u>Emma Padner</u>	14' 4 ¾"	2014
Sommer Pirrung	14' 4 ¾"	2004
Hannah Klingerman	14' 4 ½"	2014
Andrea Lauer	14' 2"	1996
Alli Hefflinger	14' ¼"	2009
Sabrina Salamone	14' 0"	1998

10th GRADE

Lewissa Barndt	16' 9"	2009
Taylor Knorr	16' 8"	2014
Nicole Good	16' 1 ¼"	2001
Kelsey Davis	15' 7"	2008
Michelle Masteller	15' 5 ¼"	1996
Chelsea Johnson	15' 5"	2006
Lindsey Carl	15' ¼"	2013
Angie Tanczos	14' 11"	1996
Jenna Mordan	14' 10"	2006
Christine Scerbo	14' 9 ½"	1996

LONG JUMP TOP 10 BY GRADE SINCE 1996

11th GRADE

Lewissa Barndt	17' 5 ¾"	2010
Nicole Good	16' 6"	2002
Becky Zorko	16' 0"	2010
Kelsey Davis	15' 11 ¾"	2009
Graycie Juckes	15' 4 ¾"	2013
Chelsea Johnson	15' 4"	2007
Michelle Masteller	15' ¼"	1997
Denisa Pribulova	14' 11"	2001
Becky Lowthert	14' 9 ½"	2001
Lauren Moss	14' 9"	2014

12th GRADE

Nicole Good	16' 10"	2003
Lewissa Barndt	16' 6"	2011
Andrea Zajac	16' 1"	2004
Kelsey Davis	15' 9"	2010
Michelle Masteller	15' 8"	1998
Alyshia Newhart	15' 3"	2005
Stacey Martz	15' ¼"	1997
Michelle Baker	14' 8 ¾"	2004
Olivia Grazio	14' 8 ¼"	2012
Hope Kile	14' 6 ½"	2012

LONG JUMP

TOP 10 OVER ALL SINCE 1996

1.	Lewissa Barndt	17' 5 ³ / ₄ "	2010
2.	Nicole Good	16' 10"	2003
3.	<u>Taylor Knorr</u>	16' 8"	2014
4.	Andrea Zajac	16' 1"	2004
5.	Becky Zorko	6' 0"	2010
6.	Kelsey Davis	15' 11 ³ / ₄ "	2009
7.	Michelle Masteller	15' 8"	1998
8.	Chelsea Johnson	15' 5"	2006
9.	Grayeie Jukes	15' 4 ³ / ₄ "	2013
10.	Jenna Mordan	15' 3"	2005
11.	Alyshia Newhart	15' 3"	2005

SCHOOL RECORD: Lewissa Barndt 17' 5 ³/₄ 2010

TRIPLE JUMP
BEST EFFORTS FOR 2014

Madeline Padner	12th	34' 9"	Bloomsburg	5/1
Taylor Knorr	10th	34' 7"	Bloomsburg	5/1
Lindsey Carl	11th	30' 11 1/2"	Montoursille	4/8
Emma Padner	9th	29' 9"	Bloomsburg	5/1
Olivia Campbell	10th	29' 7"	Mt. Carmel	4/22
Sara Cicone	9th	29' 1 1/2"	Montoursville	4/8
Maddie Heintzelman	10th	23' 11 1/2"	Montoursville	4/8

TRIPLE JUMP TOP 10 BY GRADE SINCE 1996

9th GRADE

Taylor Knorr	32' 6"	2013
Virginia LaMacchia	31' 8 ¼"	2009
Madeline Padner	31' 3 ½"	2011
Lindsey Carl	31' 0"	2012
Chelsea Johnson	30' 8"	2005
Jenna Mordan	30' 5 ½"	2005
Sabrina Salomone	30' 3 ¾"	1998
Melanie Jeske	30' ½"	2007
Emma Padner	29' 9"	2014
Alyshia Newhart	29' 3"	2002

10th GRADE

Taylor Knorr	34' 7"	2014
Michelle Masteller	34' 4"	1996
Jocelyn Mohr	32' 2 ½"	2002
Lindsey Carl	32' ½"	2014
Madeline Padner	31' 11 ½"	2003
Alyshia Newhart	31' 5 ½"	2006
Jenna Mordan	31' 3 ¾"	2006
Chelsea Johnson	31' 3 ¾"	2008
Melanie Jeske	30' 9"	2010
Virginia LaMacchia	30' 9"	1999

TRIPLE JUMP TOP 10 BY GRADE SINCE 1996

11th GRADE

Michelle Masteller	33' 10"	1997
Kelsey Davis	33' 5 ½"	2009
LeeAnn Everitt	32' 11"	2001
Holly Razzaghi	32' 9"	2006
Virginia LaMacchia	32' 8 ½"	2011
Madeline Padner	32' 6"	2013
Jocelyn Mohr	32' 2 ½"	2003
Chelsea Johnson	32' 0"	2007
Jenna Mordan	31' 10"	2007
Stacey Martz	31' 7"	1996

12th GRADE

Michelle Masteller	36' 2 ¼"	1998
Madeline Padner	34' 9"	2014
Kelsey Davis	33' 8 ½"	2010
Stacey Martz	33' 7"	1997
Nicole Good	33' 2 ½"	2003
LeeAnn Everitt	32' 3 ¼"	2002
Jenna Mordan	31' 9"	2008
Holly Razzaghi	31' 2"	2007
Hope Kile	31' 1"	2012
Alyshia Newhart	31' 1"	2005

TRIPLE JUMP

TOP 10 OVER ALL SINCE 1996

1.	Michelle Masteller	36' 2 1/2"	1998
2.	<u>Madeline Padner</u>	<u>34' 9"</u>	<u>2014</u>
3.	<u>Taylor Knorr</u>	<u>34' 7"</u>	<u>2014</u>
4.	Kelsey Davis	33' 8 1/2"	2010
5.	Stacey Martz	33' 7"	1997
6.	Nicole Good	33' 2 1/2"	2003
7.	LeeAnn Everitt	32' 11"	2001
8.	Holly Razzaghi	32' 9"	2006
9.	Virginia LaMacchia	32' 8 1/2"	2011
10.	Jocelyn Mohr	32' 2 1/2"	2002

SCHOOL RECORD: Michelle Masteller 36' 2 1/4" 1998

DISCUS

BEST EFFORTS FOR 2014

Lindsey Carl	11^a	105' 5"	Montoursville	4/8
Karissa Flick	12^a	97' 8"	Bloomsburg	5/1
Ally Yerkes	9^a	84' 9"	Fr/Soph Meet	5/3
Anna Jaskewicz	10^a	75' 2"	Bloomsburg	5/1
Megan Readler	10^a	71' 10"	Southern	5/6
Rachel Leiby	11^a	71' 3"	Bloomsburg	5/1
Maddie Heintzelman	11^a	70' 6"	Bloomsburg	5/1
Maddie Harder	11^a	67' 4"	Mt. Carmel	4/2

DISCUS THROW TOP 10 BY GRADE SINCE 1996

9th GRADE

Ally Yerkes	84' 9"	2014
Meredith Womer	83' 11"	2004
Amanda Druck	83' 7"	1996
Karissa Flick	81' 1"	2011
Megan Creasy	79' 6"	2004
Megan Readler	78' 5 ½"	2013
Anna Jaskiewicz	77' 6 ½"	2013
Julie Abraczinskas	76' 1 ½"	2010
Elizabeth Strezlecki	74' 2 ½"	2010
Jessica Ridgeway	69' 11"	1999

10th GRADE

Megan Creasy	90' 7"	2005
Courtney Rosenkranz	90' 2"	2012
Meredith Womer	89' 2"	2006
Susan McConnell	88' 4"	2002
Katie Walters	87' 4"	2000
Angie Spaide	86' 6"	1996
Lindsey Carl	85' 3"	2013
Elizabeth Bauer	82' 4"	2010
Karissa Flick	82' 3"	2012
Rachel Sinibaldi	81' 6 ½"	1998

DISCUS THROW TOP 10 BY GRADE SINCE 1996

11th GRADE

Lindsey Carl	105' 5"	2014
Megan Creasy	102' 1"	2006
Susan McConnell	97' 4 ½"	2003
Angie Spaide	93' 4"	1997
Katie Walters	93' 1"	2001
Holly Houseknecht	93' 1"	2009
Angie Sellers	92' 1"	1996
Karissa Flick	90' 1 ½"	2013
Meredith Womer	89' 0"	2007
Elizabeth Bauer	87' 2"	2011

12th GRADE

Megan Creasy	105' 5"	2007
Susan Mconnell	100' 1"	2004
Kristen Wolfe	99' 9 ½"	1998
Karissa Flick	97' 8"	2014
Meredith Womer	96' 8"	2008
Nicole Doty	93' 9 ½"	2003
Elizabeth Bauer	93' 0"	2012
Angie Spaide	92' 2"	1998
Katie Walters	91' 11"	2002
Holly Houseknecht	89' 11"	2010

DISCUS THROW

TOP 10 OVER ALL SINCE 1996

1.	<u>Lindsey Carl</u>	105' 5"	2014
2.	Megan Creasy	105' 5"	2007
3.	Susan McConnell	100' 1"	2004
4.	Kristen Wolfe	99' 9 1/2"	1998
5.	<u>Karissa Flick</u>	97' 8"	2014
6.	Meredith Womer	96' 8"	2008
7.	Nicole Doty	93' 9 1/2"	2003
8.	Angie Spaide	93' 4"	1997
9.	Katie Walters	93' 1"	2001
10.	Holly Houseknecht	93' 1"	2009

SCHOOL RECORD: Megan Creasy 105' 5" 2007

Lindsey Carl 105' 5" 2014

SHOT
BEST EFFORTS FOR 2014

Lindsey Carl	11th	33' 1"	Danville	4/1
Taylor Knorr	10th	31' 5"	Fr/Soph	5/3
Ally Yerkes	9th	29' 8"	Danville	4/1
Maddie Heintzelman	11th	28' 3 1/4"	Milton	5/5
Mia Kitchen	9th	28' 1/2"	Mt. Carmel	4/2
Karissa Flick	12th	27' 11"	Montoursville	4/8
Megan Readler	10th	27' 7 1/4"	Blue Jay Classic	3/2
Maddie Harder	11th	27' 2"	Mt. Carmel	4/2
Morgan Karas	9th	25' 0"	Bloomsburg	5/1

SHOT PUT TOP 10 BY GRADE SINCE 1996

9th GRADE

Ally Yerkes	29' 8"	2014
Taylor Knorr	29' 0"	2013
Mia Kitchen	28' ½"	2014
Megan Readler	27' 11"	2013
Rachel Sinibaldi	27' 9"	1997
Amanda Duck	27' 7"	1996
Courtney Devine	26' 7 ½"	2009
Caitlin Diehl	26' 4"	2007
Meredith Womer	26' 0"	2005
Karissa Flick	26' 0"	2011

10th GRADE

Courtney Rosenkranz	34' 5 ¾"	2012
Taylor Knorr	31' 5"	2014
Trisha Vought	30' 8"	2006
Rachel Stausser	29' ½"	1999
Meredith Womer	29' ½"	2006
Courtney Devine	28' 11 ½"	2010
Angie Spaid	28' 8"	1996
Rachel Sinibaldi	28' 7"	1998
Karissa Flick	27' 10"	2012
Megan Readler	27' 7 ¼"	2014

SHOT PUT TOP 10 BY GRADE SINCE 1996

11th GRADE

Trisha Vought	34' 3"	2007
Lindsey Carl	33' 1"	2014
Angie Spaid	31' 11 ½"	1997
Julie Abraczinskas	31' 1"	2012
Susan McConnell	29' 11"	2003
Ariel Rosenkranz	29' 6"	2010
Angie Sellers	29' 4 ¾"	1996
Rachel Sinibaldi	29' 4 ½"	1999
Ramona Stanley	29' 3 ½"	2005
Kristen Chapin	28' 7"	2000

12th GRADE

Ariel Rosenkranz	34' 11 ½"	2011
Angie Spaid	32' 5"	1998
Susan McConnell	31' 5 ¼"	2004
Gina Nork	31' 1"	1996
Caitlin Diehl	30' 5"	2010
Angela Millham	30' 2 ½"	2004
Angie Sellers	30' 2 ½"	1997
Holly Houseknecht	29' 9"	2010
Julie Abraczinskas	29' 8 ½"	2013
Ramona Stanley	29' 0"	2006

SHOT PUT

TOP 10 OVER ALL SINCE 1996

1.	Ariel Rosenkranz	34' 11 1/2"	2011
2.	Courtney Rosenkranz	34' 5 3/4"	2012
3.	Trisha Vought	34' 3"	2007
4.	<u>Lindsey Carl</u>	<u>33' 1"</u>	<u>2014</u>
5.	Angie Spaid	32' 5"	1998
6.	Susan McConnell	31' 5 1/4"	2004
7.	<u>Taylor Knorr</u>	<u>31' 5"</u>	<u>2014</u>
8.	Julie Abraczinskas	31' 1"	2012
9.	Gina Nork	31' 1"	1996
10.	Caitlin Diehl	30' 5"	2010

SCHOOL RECORD: Ariel Rosenkranz 34' 11 1/2" 2011

HIGH JUMP
BEST EFFORTS FOR 2014

Lindsey Carl	11th	5' 5"	Montoursville	4/8
Taylor Knorr	10th	4' 8"	Bloomsburg	5/1
Sara Cicone	9th	4' 4"	Montoursville	4/8
Morgan Karas	9th	3' 8"	Milton	5/5

HIGH JUMP TOP 10 BY GRADE SINCE 1996

9th GRADE

Lindsey Carl	5' 2"	2012
Lewissa Barndt	4' 10"	2008
Lauren Taylor	4' 10"	2008
Chelsea Johnson	4' 9"	2005
Taylor Knorr	4' 8"	2014
Angela Millham	4' 8"	2001
Jessica Yorks	4' 8"	2006
Tali Starr	4' 8"	2011
Nicole Brunozzi	4' 7"	2010

Nicole Good 2000/ Nina Stout 1996/ Melanie Jeske 2007/ Virginia LaMacchia 2009 4' 6"

10th GRADE

Lindsey Carl	5' 4"	2013
Chelsea Johnson	5' 1"	2006
Lewissa Barndt	5' 0"	2009
Jessica Yorks	4' 11"	2007
Lauren Taylor	4' 10"	2009
Taylor Knorr/Autumn Whitmire	4' 8"	2014/2002
Michelle Baker/Angela Millham	4' 8"	2002
Nicole Good/Alyse VannEpps	4' 8"	2001/1997
Nina Stout/Melanie Jeske	4' 8"	1997/2008
Kelsey Davis/Hope Kile	4' 8"	2008/2010

HIGH JUMP TOP 10 BY GRADE SINCE 1996

11th GRADE

Lindsey Carl	5' 5"	2014	
Virginia LaMacchia	5' 2"	2011	
Alyse VannEpps	5' 2"	1998	
Nicole Brunozzi	4' 10"	2012	
Rosie Scharf	4' 10"	2006	
Chelsea Johnson	4' 10"	2007	
Lewissa Barndt	4' 10"	2010	
Lauren Taylor	4' 10"	2010	
Michelle Baker/Mallory Hock/Autumn Whitmire	4' 8"	2003	
Holly McCullough 2001/Stacey Martz 1996/Nina Stout 1998/Hope Kile 2011			4' 8"

12TH GRADE

Virginia LaMacchia	5' 2"	2012	
Alyse VanEpps	5' 2"	1999	
Stacey Martz	5' 0"	1997	
Jessica Yorks	4' 10"	2009	
Holly McCullough	4' 10"	2002	
Melissa Hock	4' 10"	2000	
Mallory Hock	4' 9"	2004	
Hope Kile	4' 8"	2012	
Autumn Whitmire	4' 8"	2004	
Lindsey Ruckle	4' 8"	1996	

HIGH JUMP

TOP 10 OVER ALL SINCE 1996

1.	<u>LINDSEY CARL</u>	5' 5"	2014
2.	VIRGINIA LAMACCHIA	5' 2"	2011
3.	ALYSE VANEPPS	5' 2"	1999
4.	CHELSEA JOHNSON	5' 1"	2006
5.	LEWISSA BARNDT	5' 0"	2009
6.	STACEY MARTZ	5' 0"	1997
7.	JESSICA YORKS	4' 11"	2007
8.	MELISSA HOCK	4' 10"	2000
9.	HOLLY MCCULLOUGH	4' 10"	2002
10.	ROSIE SCHARF	4' 10"	2006
11.	LAUREN TAYLOR	4' 10"	2008

SCHOOL RECORD: LINDSEY CARL 5' 5" 2014

A LOOK BACK (2011 – 2014)

	2011	2012	2013	2014	TOTAL
POINTS SCORED (CENTRAL)	887	732	616	677.25	3194
POINTS SCORED (OPPONENTS)	462	464	436	371.75	2123
RECORD	8-1	7-1	4-3	7-0	26-5
CHAMPIONSHIPS (PHAC DIVISION II)	X			X	2
MANSFIELD INVITE (PLACE)	2 ND				
(POINTS)	99				
SELINGSGROVE CLASSIC (POINTS)	70	54	68	91	
SUSQUEHANNA HS CLASSIC (PTS)		89 1/3	73	51	
BALD EAGLE INVITE (PLACE)	5 TH	6 TH			
(POINTS)	53	51			
MT. CARMEL INVITE (PLACE)	6 TH				
(POINTS)	45				
LHU HS CLASSIC (PLACE)			4 TH	2 ND	
(POINTS)			51	65	
BLUE JAY CLASSIC (PLACE)				1 ST	
(POINTS)				117.5	
BRUCE DALLAS (PLACE)			5 TH		
(POINTS)			34		
FR/SOPH MEET (POINTS)	85	136	135	129	
PHAC MEET (COACHES) (PLACE)		3 RD	13 TH		
(POINTS)	24	70	20	41	
DISTRICTS (PLACE)	2 ND	2 ND	2 ND	1 ST	
(POINTS)	72	63 1/3	73	98.5	
DISTRICT CHAMPIONSHIPS				X	1
STATES (PLACE)			6 TH	4 TH	
(POINTS)	5	12	19	31	

SCHOOL RECORDS BROKEN

(2011 – 2014)

2011

Virginia LaMacchia	Pole Vault	11' 9"
Rachel Chulock	300 Hurdles	46.4
Ellen Shepard	100 Dash	12.2
Ellen Shepard	200 Dash	25.63
Ariel Rosenkranz	Shot Put	34' 11 ½"
Courtney Claudfelter	Javelin	103' 5"
Kate Diltz Megan Bien		
Jessica Snyder Dani Blass	4 X 800 Relay	9:45.73
Graycie Juckes Olivia Grazio		
Lewissa Barndt Ellen Shepard	4 X 100 Relay	49.93
Graycie Juckes Ellen Shepard		
Dani Blass Rachel Chulock	4 X 400 Relay	4:03.21

2012

Virginia LaMacchia	Pole Vault	12' 0"
Ellen Shepard	100 Dash	12.1
Ellen Shepard	200 Dash	24.98
Colleen Kitchen Graycie Juckes		
Olivia Grazio Ellen Shepard	4 X 100 Relay	49.13

SCHOOL RECORDS (CONTINUED)

2013

Ellen Shepard	100 Dash	11.92
Ellen Shepard	200 Dash	24.90
Colleen Kitchen Graycie Jukes		
Lauren Moss Ellen Shepard	4 X 100 Relay	48.97
Lindsey Carl	High Jump	5' 4"
Courtney Claudfelter	Javelin	116' 8"

2014

Ellen Shepard	100 Dash	11.79
Ellen Shepard	400 Dash	1:00.22
Lindsey Carl	High Jump	5' 5"
Lindsey Carl	Discus	105' 5"
Colleen Kitchen Graycie Jukes		
Hannah Klingerman Ellen Shepard	4 x 100 Relay	47.91
Brianna Kramer Hannah Klingerman		
Ellen Shepard Graycie Jukes	4 x 400 Relay	4:00.83

Meet Records (2011 – 2014)

2012

Virginia LaMacchia	Selinsgrove Classic	High Jump	5' 2"	2012
Virginia LaMacchia	PHAC Championships	Pole Vault	11' 6"	2012
Virginia LaMacchia	PHAC Championships	High Jump	5' 2"	2012
Ellen Shepard	PHAC Championships	100 Dash	12.55	2012
Ellen Shepard	PHAC Championships	200 Dash	25.73	2012
Ellen Shepard	District IV AA Meet	200 Dash	25.22	2012
Lindsey Carl	PHAC Championships	High Jump	5' 2"	2012
	PHAC Championships	4 X 400 Relay	4:03.88	2012
	Katie Madden	Graycie Juckes	Dani Blass	Ellen Shepard

2013

Ellen Shepard	Lock Haven HS Classic	100 Dash	12.37	2013
Ellen Shepard	Lock Haven HS Classic	200 Dash	25.14	2013
Ellen Shepard	Bruce Dallas Invitational	100 Dash	12.57	2013
Ellen Shepard	Susquehanna HS Classic	100 Dash	12.37	2013
Ellen Shepard	Susquehanna HS Classic	200 Dash	25.33	2013
	Susquehanna HS Classic	4X100 Relay	51.25	2013
	Colleen Kitchen	Graycie Juckes	Lauren Moss	Ellen Shepar
Ellen Shepard	District IV AA Meet	100 Dash	12.16	2013
	District IV AA Meet	4 X100 Relay	48.97	2014
	Colleen Kitchen	Graycie Juckes	Lauren Moss	Ellen Shepar

(Meet Records Continued)

2014

Ellen Shepard	Blue Jay Classic	100 Dash	12.66	2014
Ellen Shepard	Blue Jay Classic	200 Dash	26.16	2014
Ellen Shepard	Selinsgrove Classic	100 Dash	12.75	2014
Ellen Shepard	Selinsgrove Classic	200 Dash	27.03	2014
Brianna Kramer	Blue Jay Classic	400 Dash	1:04.47	2014
Taylor Knorr	Blue Jay Classic	Triple Jump	31' 8"	2014
Courtney Claudfelter	Blue Jay Classic	Javelin	110' 4"	2014
Lindsey Carl	Blue Jay Classic	High Jump	5' 4"	2014
Lindsey Carl	Selinsgrove Classic	High Jump	5' 2"	2014
	Blue Jay Classic	4 X 100 Relay	51.51	2014
	Colleen Kitchen Graycie Jukes Lauren Moss Ellen Shepar			
	Blue Jay Classic	4 X 400 Relay	4:16.69	2014
	Brianna Kramer Graycie Jukes Hannah Klingerman Ellen Shepar			
	Selinsgrove Classic	4 x 100 Relay	51.56	2014
	Colleen Kitchen Graycie Jukes Hannah Klingerman Ellen Shepar			
	Susquehanna HS Classic	4 X 100 Relay	49.64	2014
	Colleen Kitchen Graycie Jukes Hannah Klingerman Ellen Shepar			
	PHAC Championships	4 X 100 Relay	48.88	2014
	Colleen Kitchen Graycie Jukes Hannah Klingerman Ellen Shepar			
	District IV AA Meet	4 x 100 Relay	48.51	2014

DISTRICT CHAMPIONS (2011 – 2014)

Virginia LaMachhia	Pole Vault	2011 - 2012
Ellen Shepard	100 Dash	2011 – 2012 – 2013 - 2014
Ellen Shepard	200 Dash	2012 – 2013 – 2014
Lindsey Carl	High Jump	2014
Taylor Knorr	Long Jump	2014
Colleen Kitchen Graycie Jukes		
Olivia Grazio Ellen Shepard	4 X 100 Relay	2012
Katie Madden Graycie Jukes		
Dani Blass Elleen Shepard	4 X 400 Relay	2012
Colleen Kitchen Graycie Jukes		
Lauren Moss Ellen Shepard	4 X 100 Relay	2013
Colleen Kitchen Graycie Jukes		
Hannah Klingerman Ellen Shepard	4 X 100 Relay	2014
Brianna Kramer Hannah Klingerman		
Ellen Shepard Graycie Jukes	4 X 400 Relay	2014

PLACE WINNERS AT STATES (2009 – 2014)

2009

Jessica Yorks	2 nd	Pole Vault
Virginia LaMacchia	5 th	Pole Vault
Kelsey Davis	6 th	Pole Vault
Team Points: 15	Place:	

2010

Kelsey Davis	3 rd	Pole Vault
Virginia LaMacchia	5 th	Pole Vault
Team Points: 10	Place:	

2011

Virginia LaMacchia	4 th	Pole Vault
Team Points: 5	Place:	

2012

Virginia LaMacchia	2 nd	Pole Vault
Ellen Shepard	6 th	200 Dash
Ellen Shepard	7 th	100 Dash
Team Points: 12	Place:	

(Place Winners At States Continued)

2013

4 X 100 Relay 2nd

Colleen Kitchen-Graycie Jukes–Lauren Moss–Ellen Shepard

Ellen Shepard 4th 200 Dash

Lindsey Carl 5th High Jump

Ellen Shepard 7th 100 Dash

Team Points: 19 Place: 6TH

2014

4 X 100 Relay 1st (1st Ever Gold Medal For CC Girls Track)

Colleen Kitchen – Graycie Jukes

Hannah Klingerman – Ellen Shepard

Ellen Shepard 2nd 100 Dash

Lindsey Carl 2nd High Jump

Ellen Shepard 4th 200 Dash

Team Points: 31 Place: 4th

2014

31 POINTS AND 4TH PLACE

BEST FINISH EVER AT STATES

PIAA TRACK AND FIELD CHAMPIONSHIPS

Carl, Brouse claim silver



CENTRAL COLUMBIA'S LINDSEY CARL hits the bar while attempting 5 feet, 7 inches Friday afternoon during the high jump at the PIAA Track and Field Championships at Shipensburg University.

Press Enterprise/Jimmy May