

DUAL MEET BESTS

INFORMATION BASED ON RESULTS RECEIVED FROM COACHES FOR DUAL MEETS THROUGH MAY 4, 2023

BOYS

GIRLS

	ATHLETE	TEAM	TIME/DISTANCE	ATHLETE	TEAM	TIME/DISTANCE
100 Meter Dash	JAMES DYER	SUSQUENITA	11.14	AVA MATTER	MILLERSBURG	12.89
200 Meter Dash	JAMES DYER	MILLERSBURG	23.17	AVA MATTER	MILLERSBURG	26.97
400 Meter Dash	LOGAN FREYERMUTH	SUSQUENITA	52.06	BRYE WOJCIK	SUSQUENITA	1:02.22
800 Meter Run	LOGAN STRAWSER	EAST JUNIATA	1:59.00	ASHLYN ALBRIGHT	SUSQUENITA	2:31.48
1600 Meter Run	ZANE CASSELL	EAST JUNIATA	4:11.00	ADDISON GRAUPENSPERGER	SUSQUENITA	5:53.47
3200 Meter Run	LOGAN STRAWSER	EAST JUNIATA	10:29.00	RACHEL SINGLEY	SUSQUENITA	12:53.40
100 Meter Hurdles				SAMANTHA WECHSLER	SUSQUENITA	15.74
110 Meter Hurdles	JOSEF BOOK	SUSQUENITA	15.54			
300 Meter Hurdles	JOSEF BOOK	EAST JUNIATA	40.19	CLAIRE WECHSLER	SUSQUENITA	50.47
4x100 Meter Relay		MILLERSBURG	45.78		SUSQUENITA	53.09
4x400 Meter Relay		SUSQUENITA	3:35.99		SUSQUENITA	4:22.49
4x800 Meter Relay		GREENWOOD	8:55.50		SUSQUENITA	10:39.99
Shot Put	JAKE BRACKBILL	EAST JUNIATA	43' 10.5"	LEAH ALLEWELT	SUSQUENITA	34' 8"
	ERNIE CRIST	SUSQUENITA				
Discus	JAKE BRACKBILL	EAST JUNIATA	139' 3"	LEAH ALLEWELT	SUSQUENITA	101' 5"
Javelin	JAKE BRACKBILL	EAST JUNIATA	149' 3"	TATUM ROTHERMEL	GREENWOOD	95' 8"
Long Jump	DONTEA MARTIN	EAST JUNIATA	20' 3"	SAMANTHA WECHSLER	SUSQUENITA	16' 0"
Triple Jump	ISAIAH DYER	MILLERSBURG	42' 6.5"	SAMANTHA WECHSLER	SUSQUENITA	36' 1.75"
High Jump	LUKE TAYLOR	GREENWOOD	6' 0"	ALIZE REYES	SUSQUENITA	4' 8"
Pole Vault	TYSON AURAND	JUNIATA	12' 3"	ALIZE REYES	SUSQUENITA	8' 6"