

# **Altoona Middle School**

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**2023**

# **Championship**

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**MEET: 10:00 a.m. Saturday, May 13, 2023**

**Qualifying Standards**

**Records**

**Schedule**

# Boys Qualifying Standards – 2023

<u>EVENT</u>	<u>TIMES &amp; DISTANCES</u>
110 m Hurdles (33")	20.0
300 m Hurdles (30")	53.0
100 m Dash	12.8
200 m Dash	27.0 *New Standard
400 m Dash	62.8
800 m Run	2:32 *New Standard
1600 m Run	5:44
3200 m Run	13:00
Shot Put	33' 0"
Discus	92' 0"
Long Jump	15' 9"
Triple Jump	31' 10"
High Jump	4' 10"
Javelin	86' 0" *New Standard
Pole Vault	7' 6"
400 m Relay	No Standard
1600 m Relay	No Standard
3200 m Relay	No Standard

# Girls Qualifying Standards – 2023

<u>EVENT</u>	<u>TIMES &amp; DISTANCES</u>
100 m Hurdles (30")	19.4 *New Standard
300 m Hurdles (30")	57.8
100 m Dash	14.0
200 m Dash	30.1
400 m Dash	1:09
800 m Run	2:53
1600 m Run	6:30
3200 m Run	14:45
Shot Put	27' 0"
Discus	65' 0"
Long Jump	13' 7"
Triple Jump	28' 5"
High Jump	4' 4"
Javelin	60' 0"
Pole Vault	6' 0"
400 m Relay	No Standard
1600 m Relay	No Standard
3200 m Relay	No Standard

# **BOYS: Middle School Championship**

## **RECORDS - 2022**

<u>EVENT</u>	<u>YEAR</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>
110 m Hurdles	2017	Trey Taylor	Williamsport	14.4
300 m Hurdles	2017	Byron Manchester	Butler	41.9
100 m Dash	2013	Maxwell Herbst	State College	11.0
200 m Dash	2021	Anonio Harrison	Chambersburg	23.55
400 m Dash	2015	Quintan Barbour	Chambersburg	52.4
	2016	Trevor Tustin	Richland	52.4
800 m Run	2018	Camron Marciniak	Johnsonburg	2:07.6
1600 m Run	2010	Wil Cather	State College	4:41.5
3200 m Run	2017	Brendan Colwell	Penns Valley	10:21.8
Long Jump	2017	Sam Knipe	State College	20' 2"
Triple Jump	2014	Brandon Clark	State College	41' 2.5"
High Jump	2017	Conrad Moore	State College	5' 9"
Pole Vault	2012	Tyler Rolick	Kane	11' 0"
	2016	Derek Sunafrank	Fretz	11' 0"
	2016	Aaron Hottell	Kane	11' 0"
	2018	Ian Dorefice	State College	11' 0"
	2018	Tritian McGarrah	Butler	11' 0"
Shot Put	2013	Jordan Geist	Knoch	58' 9.5"
Discus	2021	Alex Polenik	Penns Manor	146' 3"
Javelin	2021	Henry Smith	State College	145' 11"
400 m Relay	2015	Connor Adams Matt Hartman Kurt VonColln Mitchell Lawhead	Altoona	46.6
1600 m Relay	2017	Alex Hynoski Jake Jeffries Ryan Terrizzi Sam Knipe	State College	3:46.9
3200 m Relay	2011	D Flanagan C Hardy E Heatwole, S Plafcan	State College	9:04.0

# GIRLS: Middle School Championship RECORDS - 2022

<u>EVENT</u>	<u>YEAR</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>
100 m Hurdles	2017	Jayla Bartholowmew	Williamsport	15.8
300 m Hurdles	2015	Audrey Hillard	Butler	48.0
100 m Dash	2013	Ali Wyland	Hollidaysburg	11.9
200 m Dash	2018	Nilah Foley	Butler	26.0
400 m Dash	2014	Ashton McGriff	Fretz	58.9
800 m Run	2019	Peyton Ellis	Boiling Springs	2:20.1
1600 m Run	2022	Devon Jackson	State College	5:17.41
3200 m Run	2019	Camryn Kiser	Chambersburg	11:44.1
Long Jump	2015	Darcy Frazier	Hollidaysburg	17' 8"
Triple Jump	2019	Brooklyn Barron	Altoona	35' 2"
High Jump	2017	Audri Marconi	Kane	5' 2"
Pole Vault	2012	Morgan Lidwell	Altoona	8' 6"
	2015	Amanda Wilson	Forest Hills	8' 6"
	2015	Lyndsey Reed	State College	8' 6"
	2018	Mackenzie Kelley	Altoona	8' 6"
Shot Put	2019	Justley Sharp	Homer Center	39' 10"
Discus	2019	Justley Sharp	Homer Center	109' 11"
Javelin	2021	Mary Grusky	Punxsutawney	120' 01"
400 m Relay	2018	E Lehman, A Morrow N Foley, D Lewandowski	Butler	51.7
1600 m Relay	2017	A Altman, G Boden E Stewart, C Tomko	Butler	4:15.1
3200 m Relay	2018	A George, F Wilson A Niebauer, S Kuntz	Central Cambria	10:06.7

# ALTOONA MIDDLE SCHOOL TRACK AND FIELD MEET

## TIME SCHEDULE (Approximate)

**(2023)**

10:00 BOYS 110m Hurdles (33') TRIALS  
10:15 GIRLS 100m Hurdles (30") TRIALS  
10:30 BOYS 100 m Dash TRIALS  
10:40 GIRLS 100 m Dash TRIALS  
  
10:50 GIRLS 4x8 Relay  
11:05 BOYS 4x8 Relay  
11:20 GIRLS 100m Hurdles (30") FINALS  
11:25 BOYS 110m Hurdles (33") FINALS  
11:30 GIRLS 100m Dash FINALS  
11:35 BOYS 100m Dash FINALS  
11:40 GIRLS 1600m Run  
12:00 BOYS 1600m Run  
12:20 GIRLS 4x1 Relay  
12:30 BOYS 4x1 Relay  
12:40 GIRLS 400 m Dash  
12:55 BOYS 400m Dash  
1:10 GIRLS 300m Hurdles (30")  
1:30 BOYS 300m Hurdles (30")  
1:50 GIRLS 800m Run  
2:05 BOYS 800m Run  
2:20 GIRLS 200m Dash  
2:30 BOYS 200m Dash  
2:40 GIRLS 3200m Run  
3:00 BOYS 3200m Run  
3:20 GIRLS 4x4 Relay  
3:30 BOYS 4x4 Relay

### **FIELD EVENTS**

**10:00** BOYS SHOT PUT (Visitors Bleachers)  
GIRLS DISCUS (Visitors Bleachers)  
BOYS TRIPLE JUMP (Flag Pole End)  
GIRLS LONG JUMP (Flag Pole End)  
GIRLS HIGH JUMP (Scoreboard)  
  
**11:00** BOYS JAVELIN  
  
**12:00** GIRLS SHOT PUT (Visitors Bleachers)  
BOYS DISCUS (Visitors Bleachers)  
GIRLS TRIPLE JUMP (Flag Pole End)  
BOYS LONG JUMP (Flag Pole End)  
BOYS HIGH JUMP (Flag Pole End)  
  
**1:00** GIRLS JAVELIN

### **POLE VAULT**

**WEIGH-IN FOR BOTH BOYS AND  
GIRLS WILL BE BETWEEN 8:30-9:30  
10:00 – POLE VAULT BEGINS**