

## COLONIAL LEAGUE MEET RECORDS

### BOYS RECORDS

EVENT	RECORD	YEAR	PERFORMER(S)	TEAM
100 Meter Dash	11.04	1985	John Funk	Palisades
	11.04	1989	Steve Lapekas	Bangor
	11.04	2006	Brad Walter	Willson
	11.04	2007	Anuerys Santos	Salisbury
200 Meter Dash	22.21	2014	Cam Richardson	Northwestern Lehigh
400 Meter Dash	48.04	2009	Anthony Davidson	Wilson
800 Meter Dash	1:57.14	2004	Justin Babich	Southern Lehigh
1600 Meter Run	04:22.74	1983	Carl Kemmerer	Palisades
3200 Meter Run	09:34.34	1999	Jeff Dobias	Palmerton
110 Meter Hurdles	14.17	2011	Kowan Scott	Wilson
300 Meter Hurdles	37.96	2011	Kowan Scott	Wilson
400 Meter Relay	43.45	2014	Harry Hall, Jihad Hereba Cole Miller, Cam Richardson	Northwestern Lehigh
1600 Meter Relay	03:26.44	2004	Brian Dunne, Mike Snowden Justin Babich, Steve Hixson	Southern Lehigh
3200 Meter Relay	08:02.54	1983	Tom Danissavich, Mike Krafczyk Mike McGinty, Bob McGinty	Southern Lehigh
Shot Put	55' 3 1/2"	2013	Bryan Pearson	Bangor
Discus	195' 7"	2013	Bryan Pearson	Bangor
Javelin	203' 8"	1977	Tom Nickles	Nazareth
High Jump	6' 9"	2000	Mike Newhard	Southern Lehigh
Triple Jump	47' 2.5"	2014	Austin Shupp	Palmerton
Long Jump	22' 9 3/4"	2009	Jon Heberling	Northern Lehigh
Pole Vault	15' 0"	2008	Kyle Miller	Catasauqua

\*All times prior to 2008 have been converted to F.A.T.

## COLONIAL LEAGUE MEET RECORDS

### GIRLS RECORDS

EVENT	RECORD	YEAR	PERFORMER(S)	TEAM
100 Meter Dash	12.03	2010	Alyssa Lombardo	Saucon Valley
200 Meter Dash	25.67	2014	Mary Ramsden	Palisades
400 Meter Dash	56.88	2010	Alyssa Lombardo	Saucon Valley
800 Meter Dash	2:20.08	2012	Elizabeth Chikotas	Saucon Valley
1600 Meter Run	05:00.64	1987	Sue Kozelnicky	Southern Lehigh
3200 Meter Run	10:52.46	2013	Elizabeth Chikotas	Saucon Valley
100 Meter Hurdles	14.64	1984	Debbie Linton	Catasauqua
300 Meter Hurdles	45.24	1984	Debbie Linton	Catasauqua
400 Meter Relay	50.16	2013	Danielle Gehman, Anna Robinson Alexi Rossi, Mary Ramsden	Palisades
1600 Meter Relay	4:08.24	1986	Kelly Lynch, Jen Hafner Dawn Rotter, Leslie Lippincott	Palisades
3200 Meter Relay	09:36.46	2014	Sabrina Mertz, Rachel Cerrone Sarah Segan, Haley Yost	Northwestern Lehigh
Shot Put	42' 7"	1984	Penny Roth	Nazareth
Discus	125' 9"	1988	Stacey Becker	Palisades
Javelin	140' 8"	1985	Heather Korhammer	Wilson
High Jump	5' 9 3/4"	1988	Leslie Lippincott	Palisades
Triple Jump	37' 7 1/2"	1978	Lori James	Catasauqua
Long Jump	17' 8"	2014	Lindsay Bauer	Salisbury
Pole Vault	12' 3"	2010	Allison Vanek	Wilson

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