

# COLONIAL LEAGUE TRACK & FIELD SCHEDULE

## TRACK EVENTS

3:45	100 METER LOW HURDLES	TRIALS - GIRLS
3:55	110 METER HIGH HURDLES	TRIALS - BOYS
4:05	100 METER DASH	TRIALS - GIRLS/BOYS
4:15	3200 METER RELAY	FINALS - GIRLS/BOYS
5:00	200 METER DASH	TRIALS - GIRLS/BOYS
6:00	100 METER LOW HURDLES	FINALS - GIRLS
6:05	110 METER HIGH HURDLES	FINALS - BOYS
6:10	100 METER DASH	FINALS - GIRLS/BOYS
6:20	1600 METER RUN	FINALS - GIRLS/BOYS
6:45	400 METER DASH	FINALS - GIRLS/BOYS
7:00	400 METER RELAY	FINALS - GIRLS/BOYS
7:20	300 METER I.M. HURDLES	FINALS - GIRLS/BOYS
7:45	800 METER RUN	FINALS - GIRLS/BOYS
8:00	200 METER DASH	FINALS - GIRLS/BOYS
8:10	3200 METER RUN	FINALS - GIRLS/BOYS
8:35	1600 METER RELAY	FINALS - GIRLS/BOYS

## FIELD EVENTS

3:30	POLE VAULT	TRIALS & FINALS - GIRLS
3:30	HIGH JUMP	TRIALS & FINALS - GIRLS
3:30	LONG JUMP	TRIALS & FINALS - BOYS
3:30	JAVELIN	TRIALS & FINALS - GIRLS
3:30	SHOT PUT	TRIALS & FINALS - BOYS
5:00	POLE VAULT	TRIALS & FINALS - BOYS
5:00	JAVELIN	TRIALS & FINALS - BOYS
5:00	SHOT PUT	TRIALS & FINALS - GIRLS
5:00	LONG JUMP	TRIALS & FINALS - GIRLS
6:00	HIGH JUMP	TRIALS & FINALS - BOYS
6:15	DISCUS	TRIALS & FINALS - GIRLS
6:15	TRIPLE JUMP	TRIALS & FINALS - BOYS
7:15	DISCUS	TRIALS & FINALS - BOYS
7:15	TRIPLE JUMP	TRIALS & FINALS - GIRLS

# COLONIAL LEAGUE TRACK & FIELD

*BANGOR MEMORIAL PARK- MAY 12<sup>th</sup> 2005*

**STARTERS:** ROBERT BLAKE, DAN CHARNEY  
**CLERKS OF MEET:** RICH KREITZ, KIRBY KIICK  
**MEET DIRECTOR:** GLENN RISSMILLER  
**FIELD JUDGE:** CHARLES WOGINRICH  
**MEET REFEREE:** BERLIE DISHONG

## HEAD COACHES:

BANGOR  
CATASAUQUA  
NORTHERN LEHIGH  
NORTHWESTERN

NOTRE DAME  
PALISADES  
PALMERTON  
PEN ARGYL  
SALISBURY  
SAUCON VALLEY  
SOUTHERN LEHIGH  
WILSON

ALVIE HARKCOM  
MIKE MCLAUGHLIN  
BRYAN GEIST  
B – BRIAN XANDER  
G- HENRY DISTLER  
ART CORRIGAN  
SCOTT ANTONI  
JIM HAY  
GLENN BRAY  
DOUG HENSINGER  
ED KOLOSKY  
BRIAN SOUERWINE  
BRIAN MECKLY

**PRESIDENT:** JASON ZIMMERMAN, NORTHWESTERN  
**VICE-PRESIDENT:** MARK FARNAN, BANGOR  
**SECRETARY:** ELAINE ARNTS, WILSON  
**TREASURER:** GLENN RISSMILLER, NORTHERN LEHIGH

# COLONIAL LEAGUE MEET RECORDS

## GIRLS RECORDS

EVENT	RECORD	YEAR	PERFORMER(s)	TEAM
100 Meter Dash	12.1	1984	Debbie Linton	Catasauqua
200 Meter Dash	25.7	1989	Jen Gerstemeier	Palisades
400 Meter Dash	58.0	1980	Sheri Hershey	Saucon Valley
800 Meter Dash	2:20	1980	Sheri Hershey	Saucon Valley
1600 Meter Run	05:00.4	1987	Sue Kozelnicky	Southern Lehigh
3200 Meter Run	11:22.8	1985	Sue Kozelnicky	Southern Lehigh
110 Meter IM Hurdles	14.4	1984	Debbie Linton	Catasauqua
300 Meter Low Hurdles	45	1984	Debbie Linton	Catasauqua
400 Meter Relay	50.6	2000	Liz Hallowell, Greta Franklin Dana Kennedy, Courtney Parris	Palisades
1600 Meter Relay	4:08	1986	Kelly Lynch, Jen Hafner Dawn Rotter, Leslie Lippincott	Palisades
3200 Meter Relay	09:41.1	1986	Karen Koones, Lara Usinowicz Maren Usinowicz, Sue Kozelnicky	Southern Lehigh
Shot Put	42' 7"	1984	Pennt Roth	Nazareth
Discus	125' 9"	1988	Stacey Becker	Palisades
Javelin	140' 8"	1985	Heather Korhammer	Wilson
High Jump	5' 9¾"	1988	Leslie Lippincott	Palisades
Triple Jump	37' 7½"	1978	Lori James	Catasauqua
Long Jump	17' 5"	1979	Lori James	Catasauqua
		2004	Meghan Welsh	Pen Argyl
		2000	Tara Gemmel	Catasauqua
Pole Vault	9' 6"	2006	Janna Raudenbush	Saucon Valley
		2006	Jena Rutt	Pen Argyl

# COLONIAL LEAGUE MEET RECORDS

## BOYS RECORDS

EVENT	RECORD	YEAR	PERFORMER(s)	TEAM
100 Meter Dash	10.8	1985	John Funk	Palisades
	10.8	1989	Steve Lapekas	Bangor
200 Meter Dash	22.1	1985	John Funk	Palisades
400 Meter Dash	49.0	2002	Tony Hegedus	Southern Lehigh
800 Meter Dash	1:56.9	2004	Justin Babich	Southern Lehigh
1600 Meter Run	04:22.5	1983	Carl Kemmerer	Palisades
3200 Meter Run	09:34.1	1999	Jeff Dobias	Palmerton
110 Meter High Hurdles	14.5	1992	Rudy Santana	Saucon Valley
300 Meter IM Hurdles	38.9	2004	Bob Sutjak	Northern Lehigh
400 Meter Relay	43.6	1999	Josh Lapekas, Mike Stopfer Jay Stopfer, Mike Ferreira	Bangor
1600 Meter Relay	03:26.2	2004	Brian Dunne, Mike Snowden Justin Babich, Steve Hixson	Southern Lehigh
3200 Meter Relay	08:02.3	1983	Tom Danissavich, Mike Krafczyk Mike McGinty, Bob McGinty	Southern Lehigh
Shot Put	54' 3¼"	1996	Jarret Weiss	Northwestern
Discus	166' 8"	2001	Travis Hand	Palmerton
Javelin	203' 8"	1977	Tom Nickles	Nazareth
High Jump	6' 9"	2000	Mike Newhard	Southern Lehigh
Triple Jump	45' 4"	1983	Jacob Kim	Nazareth
Long Jump	22' 7¼"	1986	Dan Reichenbach	Salisbury
Pole Vault	14' 3"	1988	Matt Faust	Salisbury