
RECORDS - Spring Track - Outdoor

Female

Event	Mark	Date Set	Record Holder	Team Affiliation
Open 100m Dash	12.41	Apr-29-17	Amanda Oliver at South Fayette Invitati	2017 Spring Track & Fiel
200m Dash	25.08	May-17-18	Rachel Helbling at WPIAL Championship	2018 Spring Track & Fiel
400m Dash	55.68	May-5-17	Rachel Helbling at Baldwin Invitational	2017 Spring Track & Fiel
800m Run	2:17.46	May-19-16	Hannah Kenawell at WPIAL Individual Cha	2016 Spring Track & Fiel
1600m Run	5:06.38	11	Nicole Hilton	2010-2011 Spring Track
3200m Run	10:48.34	10	Nicole Hilton	2009-2010 Spring Track
100m Hurdles	15.30	Apr-16-16	Tori Valachovic at TSTCA Championship	2016 Spring Track & Fiel
300m Hurdles	44.94	May-1-21	Amy Allen at P3R South Fayette Invitati	2021 Spring Track & Fiel
High Jump	5-06.00	Apr-02-22	Grace Howard at South Hills Classic	2022 Spring Track & Fiel
Pole Vault	12-04.00	May-11-22	Melana Schumaker at WPIAL AAA Team Cham	2022 Spring Track & Fiel
Long Jump	18-05.25	Mar-31-22	Grace Howard at vs. Montour / Trinity_S	2022 Spring Track & Fiel
Triple Jump	39-00.00	Apr-25-17	Courtney Phoennik at @ Bethel Park	2017 Spring Track & Fiel
Shot Put	34-02.50	Apr-1-14	Graysen Molinaro at vs. Canevin / Mones	2014 Spring Track & Fiel
Discus	105-07.00	Apr-27-19	Mariah Mastro at P3R South Fayette Invi	2019 Spring Track & Fiel
Javelin	132-06.00	May-11-22	Erica King at WPIAL AAA Team Championsh	2022 Spring Track & Fiel
4x100m Relay	47.85	May-19-21	2021 Spring Track & Field D. Monz, M. Schumaker, O. Renk, A. Allen	2021 Spring Track & Fiel
4x400m Relay	3:55.35	May-17-18	2018 Spring Track & Field A. Allen, S. Kozak, E. Fleck, R. Helbling	2018 Spring Track & Fiel
4x800m Relay	9:28.74	May-19-21	2021 Spring Track & Field B. Carpenter, J. Stabile, L. Iagnemma, E. Fleck	2021 Spring Track & Fiel

RECORDS - Spring Track - Outdoor

Male

Event		Mark	Date Set	Record Holder	Team Affiliation
Open	100m Dash	11.04	May-12-16	Mikey Speca at WPIAL AAA Individual Sou	2016 Spring Track & Fiel
	200m Dash	22.64	Apr-22-14	Aaron Gaunt at vs. Burgettstown / Carly	2014 Spring Track & Fiel
	400m Dash	50.73	May-7-15	Zack Russell at WPIAL AAA Individual So	2015 Spring Track & Fiel
	800m Run	1:55.27	May-17-18	Silas Mays at WPIAL Championship	2018 Spring Track & Fiel
	1600m Run	4:18.26	May-6-22	Jake Borgesi at Baldwin Invitational	2022 Spring Track & Fiel
	3200m Run	9:07.99	May-27-22	Jake Borgesi at PIAA Championship	2022 Spring Track & Fiel
	110m Hurdles	14.02	May-23-14	Mitch Valko at PIAA Championship	2014 Spring Track & Fiel
	300m Hurdles	41.13	May-15-14	Mitch Valko at WPIAL Individual Champio	2014 Spring Track & Fiel
	High Jump	5-11.00	Apr-25-17	Luke Meindl at @ Bethel Park	2017 Spring Track & Fiel
	Pole Vault	13-09.00	May-19-21	Haiden Litwinovich at WPIAL Individual	2021 Spring Track & Fiel
	Long Jump	21-09.00	Mar-25-17	Luke Meindl at Upper St. Clair Mixed Re	2017 Spring Track & Fiel
	Triple Jump	44-03.00	May-18-17	Luke Meindl at WPIAL Individual Champio	2017 Spring Track & Fiel
	Shot Put	55-04.00	Apr-25-17	Sam Mastro at @ Bethel Park	2017 Spring Track & Fiel
	Discus	179-02.00	Apr-8-17	Sam Mastro at TSTCA Championship	2017 Spring Track & Fiel
	Javelin	168-03.00	Apr-25-17	Thayer Phillips at @ Bethel Park	2017 Spring Track & Fiel
	4x100m Relay	44.30	May-16-13	2012-2013 Spring Track & Field A. Gaunt, A. Mack, G. Slater, M. Valko	
	4x400m Relay	3:30.65	11	2010-2011 Spring Track & Field J. Cochran, P. Black, S. Hasis, T. Nolot	
	4x800m Relay	8:06.51	May-18-22	2022 Spring Track & Field R. Galioto, Z. Warchol, T. Danziger, J. Borgesi	2022 Spring Track & Fiel