

## Upper Dauphin Area Girls Track and Field Records

100 Meter Dash	Laura Jean	12.48	1999
200 Meter Dash	Laura Jean	26.10	1999
400 Meter Dash	Laura Jean	59.20	1999
800 Meter Run	Kim Shope	2:19.41	1992
1600 Meter Run	Angela Saterstad	5:09.65	2001
3200 Meter Run	Angela Saterstad	10:46.00	2000
2000 Meter Steeple Chase	Sara Shade	8:34.52	2010
<b>110 Meter Hurdles</b>	<b>Meadow Walshaw-Wertz</b>	<b>15.9</b>	<b>2017</b>
300 Meter Hurdles	Anna Osman	46.75	2015
<b>4 x 100 Meter Relay</b>	<b>Autumn Czaplicki Meadow Walshaw-Wertz Amber Hackenberg Aly Lambert</b>	<b>52.15</b>	<b>2017</b>
4 x 400 Meter Relay	Jessica Hoffman Marlee Mattern Anna Osman Colleen Troutman	4:14.91	2013
4 x 800 Meter Relay	Angela Saterstad Kelsi Harmon Merissa Klinger Kelsi Balum	10:06.54	2001
<b>Long Jump</b>	<b>Meadow Walshaw-Wertz</b>	<b>16' 2 ¼"</b>	<b>2017</b>
Triple Jump	Meadow Walshaw-Wertz	34' 1"	2016
High Jump	Beth Altland	5' 2"	1977
Pole Vault	Katie Miller	8' 6"	2015
Shot Put	8 lb. Carol Harner	33' 9"	1984
	4k Kira Troutman	34' 10 ½"	2001
<b>Discus</b>	<b>Victoria McGuire</b>	<b>110' 3"</b>	<b>2017</b>
Javelin	Kira Troutman	126' 9"	2000