

GIRLS ACCOMPLISHMENTS 2009

[PIAA Championships](#)

[WPIAL Championships](#)

[West Central Coaches](#)

[Derry Area Relays](#)

[WCCA Championships](#)

[Lady Spartan Invitational](#)

[Indiana Area 9/10 Meet](#)

PIAA Championships

May 22 and May 23 – Shippensburg University

Natalie Bower	1600M	4:52.65 (School Record)	Champion
Lizzie Harkins, Nicole Egan Abby Hewitt Natalie Bower	4 x 800M Relay	9:17.97 (School Record)	5 th Place
Abby Hewitt	3200M	10:58.13	6 th place

WPIAL Championships

May 15 – Baldwin High School

Natalie Bower	1600M	5:01.48 (WPIAL Record)	Champion
	3200M	10:39.40 (WPIAL Record and School Record)	Champion
Lizzie Harkins, Nicole Egan Abby Hewitt Natalie Bower	4 x 800M Relay	9:20.42	Champions
Kim Ciotti	Pole Vault	10' 0"	7 th Place
Lizzie Harkins	1600M	5:21.68	8 th Place

WPIAL Championships continued

Qualifiers:

Kim McDonagh	200M
Danielle Scalise	Triple Jump
Melissa Segraves	100M
Courtney Zitt	Triple Jump

[Top of Document](#)

West Central Coaches Meet

May 1, 2009 – Mansion Park Stadium, Altoona
6th Place Finish

Natalie Bower	3200M	10:50.93	Champion
	1600M	4:59.40	Champion
Lizzie Harkins Nicole Egan Abby Hewitt Natalie Bower	4 x 800M Relay	9:33.29	Champion
Abby Hewitt	1600M	5:16.39	2 nd Place
	800M	2:28.00	6 th Place
Kim Ciotti	Pole Vault	10' 0"	6 th Place
Danielle Scalise Carly Meholic Melissa Segraves Kim McDonagh	4 x 100M Relay	53.19	7 th Place

[Top of Document](#)

Derry Area Relays

April 27, 2009 – Derry Area High School
3rd Place Team Finish

Ashley Hoyle Anne Jupena Leah Stas	Discus	226' 0.5"	Champions
Kim McDonagh Melissa Segraves Courtney Zitt	Long Jump	45' 3"	Champions
Kim McDonagh Carly Meholic Danielle Scalise Melissa Segraves	4 x 100M Relay	53.1	3 rd Place
Rachel Komisak Kaitlin Paul Danielle Scalise Melissa Segraves	4 x 200M Relay	1:55.2	3 rd Place
Alex Brant Caitlin Egan Genie Fratto Lauren Hennessy	Distance Medley	26:48.1	3 rd Place
Jessica Doris Laurel Fry Danielle Shojaie	Javelin	217' 7"	3 rd Place
Katie Blank Kim Ciotti Annie Jakubek	Pole Vault	26' 6"	3 rd Place

Derry Area Relays continued

Laura Faust Ashley Hoyle Savana Moore	Shot Put	83' 5.5"	4 th Place
Rachel Gribbon Danielle Scalise Courtney Zitt	Triple Jump	93' 8.5"	4 th Place
Mari Hafner Brittany Sarnese Autumn Taylor	300M Hurdles	2:59.5	5 th Place
Katie Critchfield Annie Jakubek Carly Meholic Kaitlin Paul	4 x 400M Relay	4:36.2	6 th Place
Audrie Kuntz Angelica Taylor Courtney Zitt	High Jump	12' 9"	6 th Place (Tie)

[Top of Document](#)

Westmoreland County Coaches Association Championships

April 25 – Latrobe Memorial Stadium

5th Place Finish

Natalie Bower	1600M	5:02.09 (WCCA Record)	Champion
Lizzie Harkins, Nicole Egan Abby Hewitt Natalie Bower	4 x 800M Relay	9:35.67	2 nd Place

Westmoreland County Coaches Association Championships continued

Courtney Zitt	Triple Jump	33' 10.75"	4 th Place
Abby Hewitt	800M	2:24.75	4 th Place
Kim Ciotti	Pole Vault	9' 6"	4 th Place
Melissa Segraves	100M	13.85	6 th Place
Lizzie Harkins	1600M	5:36.26	6 th Place
Kim McDonagh	200M	28.47	6 th Place
Katie Blank	Pole Vault	9' 0"	6 th Place (tie)

[Top of Document](#)

Hempfield Area Lady Spartan Invitational

April 18, 2009 – Spartan Stadium

6th Place Team Finish

Natalie Bower	1600M	5:11.09	Champion
	3200M	11:12.83	3 rd Place
Lizzie Harkins, Nicole Egan Abby Hewitt Natalie Bower	4 x 800M Relay	9:38.81	Champion
Abby Hewitt	3200M	10:57.33	2 nd Place
Nicole Egan	800M	2:27.04	5 th Place
Kim McDonagh	200M	27.92	6 th Place
Danielle Scalise	Triple Jump	33' 3"	6 th Place

Indiana Area 9/10 Meet

April 9, 2009 – Indiana Area High School

Kim McDonagh	100M	13.4	Champion
	200M	28.3	Champion
	Long Jump	13' 11"	4 th Place
Rachel Komisak Kim McDonagh Carly Meholic Audrie Kuntz	4 x 100M Relay	54.7	Champion
Rachel Komisak	100M	13.9	3 rd Place
Savana Moore	Shot Put	31' 3"	3 rd Place
Annie Jakubek Carly Meholic Alexis Fannie Katie Critchfield	4 x 400M Relay	4:53.3	4 th Place
Jessica Doris	Javelin	83' 0"	5 th Place
Caitlin Egan	3200M	13:11.8	6 th Place
Laren Hennessy	1600M	6:00.0	6 th Place
Anne Jupena	Discus	76' 11"	6 th Place
Angelica Taylor	High Jump	4' 6"	6 th Place
Caitlin Egan Lauren Hennessy Annie Jakubek Tori Vallana	4 x 800M Relay	11:31.98	6 th Place

[Top of Document](#)