

GIRLS ACCOMPLISHMENTS 2008

PIAA CHAMPIONSHIPS

Friday, May 23 and Saturday, May 24, 2008 at Shippensburg University

Natalie Bower	1600M	4:55.42 (Finals) 5:01.02 (Prelims)	2 nd
Melissa Segraves	100M	12.73 (Prelims)	22 nd
Elizabeth Harkins Nicole Egan Abby Hewitt Natalie Bower	1600M Relay	9:37.52 (Finals) 9:32.60 (Prelims)	12 th

WPIAL AAA INDIVIDUAL CHAMPIONSHIPS

Thursday, May 15, 2008 at Baldwin High School

Natalie Bower	1600M	5:02.59	1 st
	3200M	11:01.45	1 st
Elizabeth Harkins Nicole Egan Abby Hewitt Natalie Bower	1600M Relay	9:19.43	1 st
Melissa Segraves	100M	12.86 (Finals) 12.81 (Prelims)	4 th
Amanda Winkleman	400M	59.60	8 th

GREATER LATROBE 9/10 MEET

Monday, May 12, 2008

Kim Kuhn	200M	28.72	1 st
	100M	13.57	2 nd
	400M	1:07.93	4 th
Danielle Scalise	Triple Jump	31' 9"	1 st
	200M	30.40	6 th
Ashley Hoyle	Shot Put	31' 7"	1 st
Kaitlin Paul	800M	2:40.48	2 nd
Caitlin Egan	3200M	12:57.47	2 nd

GREATER LATROBE 9/10 MEET continued

Caitlin Egan Genie Fratto Kayla Kuntz Kaitlin Paul	1600M Relay	10:51.18	2 nd
Genie Fratto	3200M	12:58.44	3 rd
Carly Meholic	100M	13.93	4 th
	200M	30.13	4 th
	400M	1:08.13	5 th
Kim Ciotti	Discus	72' 2"	4 th
Genie Fratto	1600M	5:52.46	4 th
Lauren Urana	Javelin	79' 9"	4 th
Mallory Mulheren Elise Echard Kayla Kuntz Kaitlin Paul	400M Relay	5:03.19	4 th
Caitlin Egan	1600M	5:53.56	5 th
Kayla Kuntz	800M	2:49.90	5 th
Rachel Gribbin	Long Jump	13' 10"	6 th
	Triple Jump	29' 7"	6 th
Tori Vallana	800M	2:51.21	6 th

WPIAL AAA CENTRAL QUALIFIERS

Tuesday, May 6, 2008 at Norwin High School

Natalie Bower	1600M	5:16.64
	3200M	11:20.83
Nicole Egan	3200M	12:39.63
Elizabeth Harkins	1600M	5:22.74
Abby Hewitt	1600M	5:25.67
Lindsay Kramer	Javelin	97' 1"

WPIAL AAA CENTRAL QUALIFIERS continued

Kim Kuhn	Long Jump	15' 5"
Melissa Seagraves	100M	13.03
Taylor Thompson	Triple Jump	34' 3.5"
Amanda Winkleman	400M	1:00.33
Emily Wood	Triple Jump	22' 4"
Elizabeth Harkins Nicole Egan Abby Hewitt Natalie Bower	1600M Relay	9:24.64
Amanda Winkleman Kim Kuhn Carly Meholic Melissa Seagraves	400M Relay	52.97

BALDWIN INVITATIONAL

Friday, May 2, 2008

Natalie Bower	1600M	4:56.76	1 st
	3200M	10:55.22	1 st
Abby Hewitt Nicole Egan Elizabeth Harkins Natalie Bower	3200M Relay	9:31.07	1 st
Amanda Winkleman	400M	1:00.08	8 th

DERRY AREA RELAYS*Champions: 2006, 2003, 2002, 2000 and 1999*

Monday, April 28, 2008

2nd Place with 61 Points

Abby Hewitt Nicole Egan Elizabeth Harkins Natalie Bower	3200M Relay	1 st
Bailey Tobias Rachel Lute Kim Ciotti	Discus	2 nd

DERRY AREA RELAYS continued

Ashlee Cowles Ashley Hoyle Bailey Tobias	Shot Put	2 nd
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Emily Wood Taylor Thompson Danielle Scalise	Triple Jump	2 nd
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Amanda Winkleman, Melissa Segraves Katie Gettemy Carly Meholic	1600M Relay	2 nd
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Amanda Winkleman Carly Meholic Kim Kuhn Melissa Segraves	400M Relay	3 rd
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Genie Fratto Kayla Kuntz Caitlin Egan Kaitlin Paul	Distance Medley	3 rd
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Katie Blank, Kim Ciotti Kayla DeVault	Pole Vault	4 th
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Lindsay Kramer Laurel Fry Lauren Urana	Javelin	5 th
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Emily Wood Taylor Thompson Kim Kuhn	Long Jump	6 th
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WESTMORELAND COUNTY COACHES ASSOCIATION CHAMPIONSHIPS*Champions: 2004, 2003, 1990, 1983, 1982 and 1980**Second Place: 2006, 2005, 1991, 1989, 1984 and 1981*

Saturday, April 26, 2008

3rd Place with 69 Points

Natalie Bower	1600M	5:07.52	1 st	
	3200M	11:07.71	1 st	New Meet Record
Abby Hewitt, Nicole Egan Elizabeth Harkins Natalie Bower	3200M Relay	9:42.66	2 nd	
Melissa Segraves	100M	13.15	3 rd	
Amanda Winkleman	400M	1:00.78	3 rd	
Kim Kuhn	Long Jump	15' 11"	3 rd	
Emily Wood	Triple Jump	34' 2"	3 rd	
Amanda Winkleman, Carly Meholic Kim Kuhn Melissa Segraves	400M Relay	52.32	3 rd	
Abby Hewitt	1600M	5:29.35	5 th	
Nicole Egan	3200M	12:20.42	5 th	
Taylor Thompson	Triple Jump	33' 11.75"	5 th	
Lindsay Kramer	Javelin	99' 8"	5 th	
Emily Wood	High Jump	5' 0"	6 th	
Ashley Hoyle	Shot Put	31' 4"	6 th	
Amanda Winkleman Melissa Segraves Kim Kuhn Carly Meholic	1600M Relay	4:26.64	6 th	

HEMPFIELD AREA LADY SPARTAN INVITATIONAL

Saturday, April 19, 2008

2nd Place with 78.5 Points

Natalie Bower	1600M	5:08.75	1 st
	3200M	11:22.67	1 st
Amanda Winkleman	400M	1:00.48	1 st
Taylor Thompson	Triple Jump	34' 2"	1 st
Elizabeth Harkins, Nicole Egan Abby Hewitt Natalie Bower	3200M Relay	9:35.55	2 nd
Abby Hewitt	1600M	5:17.41	3 rd
Amanda Winkleman, Natalie Bower Melissa Segraves Carly Meholic	4 x 400M Relay	4:09.00	3 rd
Mary Jo Jakubek	3200M	12:13.86	4 th
Kim Kuhn	Long Jump	15' 9.5"	4 th
Lindsay Kramer	Javelin	105' 10"	4 th
Melissa Segraves	100M	12.97	5 th
Katie Blank	Pole Vault	9' 6"	5 th (Tie)
Amanda Winkleman Melissa Segraves Carly Meholic Kim Kuhn	400M Relay	52.67	5 th
Emily Wood	High Jump	4' 8"	6 th

INDIANA AREA 9/10 MEET

Monday, April 7, 2008

Ashley Hoyle	Shot Put	32' 9"	2 nd
Kim Ciotti	Pole Vault	6' 0"	5 th
Alyson Stuber	300M Int. Hurdles	54.9	5 th