

ST. VINCENT GIRLS CYO TRACK & FIELD RECORDS
REGION 11, AREA C, ARCHDIOCESE & PENN RELAYS
CHAMPIONSHIP MEETS THRU 2021
(St. Vincent de Paul Parish – Richboro, PA)

4 x 100m	PENN RELAYS	TIME	YEAR & FINISH
Junior Girls	Ages 9-11	1:01.3	2006 - 21st out of 107 teams
Senior Girls	Ages 12-14	:54.22	2002 - 1st out of 104 teams
CYO EVENT	NOVICE GIRLS (Ages 9-10)	TIME or DISTANCE	YEAR SET & CHAMPIONSHIP MEET
100m	Rachel Beck	:14.88	1999 - Region 11
200m	Rachel Beck	:32.31	1999 - Region 11
400m	Melissa Marriott	1:13.66	2000 - Region 11
800m	Katherine Burkner	2:57.89	2005 - Region 11
1600m	Dana Terzyk	6:50	2000 - Region 11
Long Jump	Chelsea Cancelliere	12' 7.5"	2000 - Region 11
Shot Put	Jenna Nowicki	20' 3.25"	2001 - Region 11
High Jump	Vanessa Napoli	3' 6"	2001 - Region 11
4 x 100m	Brianna Costello, Vanessa Napoli, Melissa Marriott, Christina Gillispie	1:04.54	2000 - Region 11
4 x 200m			
CYO EVENT	MINOR GIRLS (Ages 11-12)	TIME or DISTANCE	YEAR SET & CHAMPIONSHIP MEET
100m	Kelly Titus	:13.84	2002 - Region 11
200m	Rachel Beck	:28.55	2001 - Archdiocese Champion
400m	Kelly Titus	1:03.95	2002 - Archdiocese
800m	Chelsea Cancelliere	2:44	2000 - Region 11
1600m	Caitlyn Harrington	6:08.20	1999 - Region 11
Long Jump	Vanessa Napoli	12' 4"	2002 - Region 11
Shot Put			
High Jump	Vanessa Napoli	4' 4"	2002 - Region 11 Record until 2004
4 x 100m	:56.11	:56.11	2001 - Archdiocese
4 x 200m			
CYO EVENT	CADET GIRLS (Ages 13-14)	TIME or DISTANCE	YEAR SET & CHAMPIONSHIP MEET
100m	Rachel Beck	:12.62	2002 - Area C
200m	Rachel Beck	:27.61	2002 - Area C
400m	Courtney Sheppard	1:08.76	2000 - Region 11
800m	Courtney Sheppard	2:40.84	2000 - Region 11
1600m	Courtney Sheppard	5:55.63	2000 - Region 11
Long Jump	Griffin	15' 6"	1987 - Region 11 Record until 2005
Shot Put	Megan White	28' 8"	1998 - Region 11
High Jump			
Triple Jump			
4 x 100m	Megan Longshore, Katherine Burkner, Courtney Titus, Erin Keen	:54.21	2008 - Archdiocese
4 x 200m	Megan Longshore, Laura Klawiter, Katherine Burkner, Erin Keen	2:02.86	2008 - Area C
CYO EVENT	OPEN GIRLS (Novice-Minor-Any-Any)	TIME	YEAR SET & CHAMPIONSHIP MEET
4 x 400m			
4 x 800m	Brianna Sheppard, Caitlyn Harrington, Courtney Sheppard, Lauren Terzyk	11:49.65	1999 - Region 11