

**GOOD COUNSEL GIRLS CYO TRACK & FIELD RECORDS**  
**REGION, AREA, ARCHDIOCESE & PENN RELAYS**  
**CHAMPIONSHIP MEETS THRU 2025**  
(Our Lady of Good Counsel Parish – Southampton, PA)

<b>4 x 100m</b>	<b>PENN RELAYS</b>	<b>TIME</b>	<b>YEAR &amp; FINISH</b>
Junior Girls	Ages 9-11	:58.88	2004 - 5th out of 96 teams
Senior Girls	Ages 12-14	:55.14	2006 - 12th out of 110 teams
<b>CYO EVENT</b>	<b>NOVICE GIRLS (Ages 9-10)</b>	<b>TIME / DISTANCE</b>	<b>YEAR SET &amp; CHAMPIONSHIP MEET</b>
100m	Jen Krause	:14.20	1992 - Region 11 Record until 2021
200m	Stacey Cronin	:30.47	1996 - Region 11 Record until 2021
400m	Jessica Lane	1:10.54	2016 - Region 11
800m	Brigid Johnston	2:47.22	2018 - Archdiocese
1600m	Talia Shaw	6:04.76	2005 - Archdiocese
Long Jump	Alexandra Pero	12' 0"	2004 - Area C
Shot Put	Marikate Cook	23' 0.5"	2002 - Area C
High Jump			
4 x 100m	1:02.50	1:02.50	1987 - Region 11 Record
4 x 200m	Leila Santos, Maren Johnston, Madelyn DeFortune, Lucy Mavroudis	2:17.25	2019 - Archdiocese
<b>CYO EVENT</b>	<b>MINOR GIRLS (Ages 11-12)</b>	<b>TIME / DISTANCE</b>	<b>YEAR SET &amp; CHAMPIONSHIP MEET</b>
100m	Stacey Cronin Paige Sellers	:13.66 :13.67 FAT	1998 - Region 11 2013 - Region 11
200m	Paige Sellers	:27.77	2013 - Region 11
400m	Paige Sellers	1:01.91	2013 - Region 11 Record
800m	Regina Wilson	2:38.05	2005 - Area C
1600m	Talia Shaw	5:49.61	2007 - Region 11
Long Jump	Alexis Sellers	12' 7.5"	1998 - Region 11
Shot Put	Marikate Cook	30' 5"	2004 - Region 11 Also Archdiocese Champion (29' 4.5")
High Jump	Orla Cole	4' 6"	2007 - Area C
4 x 100m	:59.51	:59.51	1998 - Region 11
4 x 200m	Teresa Johnston, Alyson Vogt, Victoria Dolt, Ashlyn Weiderman	2:01.20	2018 - Archdiocese
<b>CYO EVENT</b>	<b>CADET GIRLS (Ages 13-14)</b>	<b>TIME / DISTANCE</b>	<b>YEAR SET &amp; CHAMPIONSHIP MEET</b>
100m	Stacey Cronin Deana Campbell	:13.32 :13.42 FAT	1999 - Region 11 2016 - Archdiocese
200m	Deana Campbell	:27.82	2017 - Archdiocese
400m	Stacey Cronin	1:01.27	1999 - Region 11 Record until 2022
800m	Regina Wilson	2:31.92	2007 - Archdiocese
1600m	Talia Shaw	5:38.00	2008 - Region 11
Long Jump	Erin McMahon	14' 10"	2002 - Archdiocese
Shot Put	Lindsay Alexander	35' 7"	2005 - Area C Also Archdiocese Champion (35' 2.25")
High Jump	Alicia Raciti	4' 4"	2002 - Region 11
Triple Jump	<b>Miranda Hupert</b>	<b>25' 9"</b>	<b>2025 - Archdiocese</b>
4 x 100m	Caitlin Bendig, Kerri McClay, Amanda Ervin, Kellie Foley	:55.62	2006 - Archdiocese
4 x 200m	Ashlyn Weiderman, Sarah Demore, Jessica Lane, Victoria Dolt	1:58.38	2019 - Archdiocese
<b>CYO EVENT</b>	<b>OPEN GIRLS (Novice-Minor-Any-Any)</b>	<b>TIME</b>	<b>YEAR SET &amp; CHAMPIONSHIP MEET</b>
4 x 400m	Olivia Lorenz, Brigid Johnston, Teresa Johnston, Victoria Dolt	4:45.56	2019 - Area C
4 x 800m	Sarah Leonard, Orla Cole, Regina Wilson, Amanda Ervin	10:57.66	2006 - Archdiocese
Coed DMR	<b>Megan Wesolowski, Adelyn Martin</b>	<b>16:35.10</b>	<b>2025 Region Green</b>