

GWYNEDD MERCY GIRLS CYO TRACK & FIELD RECORDS
REGION, AREA, ARCHDIOCESE & PENN RELAYS
CHAMPIONSHIP MEETS THRU 2025

(Gwynedd Mercy Academy Elementary School – Maple Glen, PA)

4 x 100m	PENN RELAYS	TIME	YEAR & FINISH
Junior Girls	Ages 9-11	1:06.44	2018 - 60th out of 85 teams
Senior Girls	Ages 12-14	1:02.81	2019 - 85th out of 94 teams
CYO EVENT	NOVICE GIRLS (Ages 9-10)	TIME or DISTANCE	YEAR SET & CHAMPIONSHIP MEET
100m	Chloe Folk	:15.60	2018 - Area C
200m	Ellie Sulzynski	:33.95	2025 - Area III
400m	Ella Esplin	1:15.18	2019 - Archdiocese
800m	Emilie Davoli	3:06.73	2024 - Region Green
1600m	Emilie Davoli	6:36.23	2024 - Area III
Long Jump	Ella Esplin	12' 0"	2019 - Area C
Shot Put	Ella Esplin	24' 11.5"	2019 - Archdiocese
High Jump			
4 x 100m	Grace Sousa, Ella Holmes, Ileana Lepore, Emery Reed	1:10.54	2024 - Area III
4 x 200m	Liana Gruginiski, Taylor McClard, Nazareth Dejesus, Iyanu Adewunmi	2:18.42	2022 - Region 11
CYO EVENT	MINOR GIRLS (Ages 11-12)	TIME or DISTANCE	YEAR SET & CHAMPIONSHIP MEET
100m	Serena Bell	:13.91	2025 - Region Green
200m	Serena Bell	:29.37	2025 - Archdiocese
400m	Dabere Okolo	1:11.79	2025 - Area III
800m	Olivia Calvanese	3:05.43	2019 - Region 11
1600m	Ava Gonnella	6:33.77	2019 - Area C
Long Jump	Serena Bell	14' 6"	2025 - Area III
Shot Put	Anna Holmes	28' 9"	2025 - Area III
High Jump	Christine Buehler	4' 0"	2025 - Archdiocese
4 x 100m	Maya Gruginiski, Alexa McCabe, Tien Barrett, Chloe Folk	1:02.92	2019 - Region 11
4 x 200m			
CYO EVENT	CADET GIRLS (Ages 13-14)	TIME or DISTANCE	YEAR SET & CHAMPIONSHIP MEET
100m	Lindsay Shearman	:16.20	2017 - Region 11
200m	Arlyn Kryst	:35.02	2017 - Region 11
400m	Gabriella Lislewski	1:20.44	2025 - Region Green
800m	Gabriella Lislewski	3:05.79	2025 - Area III
1600m			
Long Jump	Ella Valencia	10' 1.75"	2017 - Region 11
Shot Put	Ella Esplin	31' 7"	2022 - Area C
High Jump			
Triple Jump			
4 x 100m			
4 x 200m	Luca Bixby, Ella Valencia, Arlyn Kryst, Lindsay Shearman	2:19.64	2017 - Area C
CYO EVENT	OPEN GIRLS (Novice-Minor-Any-Any)	TIME	YEAR SET & CHAMPIONSHIP MEET
4 x 400m	Angeline Korzen, Christine Beuhler, Sarah Buehler, Gabriella Lislewski	6:08.33	2025 - Region Green
4 x 800m			