

### 30<sup>th</sup> Pan Ram Invitational Records (1989-2018)

| Event                   | Performance | Date      | Team/Athlete(s)   |
|-------------------------|-------------|-----------|---|
| Girls 100 Meter Hurdles | 14.00       | 4/8/2017  | Yasmin Brooks - Susquehanna                                       |
| Boys 110 Meter Hurdles  | 14.26       | 4/8/2017  | Mychael Thomas - Carlisle   |
| Girls 100 Meter Dash    | 12.10       | 1991      | Robertson - Reading   |
| Boys 100 Meter Dash     | 10.72       | 4/11/2009 | K. Timmons, C. Houston - Will. Penn York, McDevit                 |
| Girls 300 Meter Hurdles | 43.14       | 4/12/2014 | Sierra Brabham-Lawrence - Harrisburg                              |
| Boys 300 Meter Hurdles  | 38.33       | 4/12/2008 | Michael Brown - Lower Dauphin                                     |
| Girls 200 Meter Dash    | 24.68       | 4/11/2009 | Alysha Cook - Harrisburg  |
| Boys 200 Meter Dash     | 21.40       | 1991      | Kyle Lane - Cedar Cliff   |
| Girls 1600 Meter Run    | 5:00.28     | 4/14/2012 | Paige Stoner - Pottsville   |
| Boys 1600 Meter Run     | 4:16.42     | 4/8/2017  | Sam Affolder - Carlisle   |
| Girls 400 Meter Dash    | 56.30       | 1990      | Bosler - Wilson   |
| Boys 400 Meter Dash     | 47.43       | 4/10/2010 | Brady Gehret - Altoona Area                                       |
| Girls 800 Meter Run     | 2:18.18     | 4/13/2013 | Katie Dembrowski - Palmyra  |
| Boys 800 Meter Run      | 1:53.87     | 4/14/2007 | Andrew Rotz - Central Dauphin                                     |
| Girls 3200 Meter Run    | 10:53.58    | 4/12/2003 | Angie Saterstad - Hershey   |
| Boys 3200 Meter Run     | 9:28.84     | 4/13/2013 | Jeff Groh - LD  |
| Girls 4x100 Meter Relay | 47.87       | 4/14/2012 | CD East = B Mosley, C Mitchell, S Jennings, D Davis               |
| Boys 4x100 Meter Relay  | 42.79       | 4/14/2012 | Central York - J Stone, A Koimene, M Fells, S Koimene             |
| Girls 4x400 Meter Relay | 3:55.04     | 4/14/2014 | Paul Robeson - S Harrell, M Thomas, K Foster, Q Newkirk           |
| Boys 4x400 Meter Relay  | 3:22.25     | 4/14/2007 | Harrisburg - A. Clark, Joshua Potts, Matt Davis, Kaseem Ingram    |
| Girls 4x800 Meter Relay | 9:27.08     | 4/12/2014 | Palmyra - M Salva, D Strynkowski, M Tukis, K Dembrowski           |
| Boys 4x800 Meter Relay  | 7:56.27     | 4/13/2013 | Cumberland Valley - B Miller, S St. Peter, A Coburn, A Kunzweiler |
| Girls Shot Put          | 41-08.75    | 4/9/2005  | Becky Eisenhauer - Cedar Crest                                    |
| Boys Shot Put           | 60-02       | 4/10/2004 | Ryan Whiting - Central Dauphin                                    |
| Girls Discus Throw      | 132-08      | 1998      | Jenn Willman - Hershey  |
| Boys Discus Throw       | 175-02      | 4/8/2017  | Campbell Parker - Greencastle-                                    |
| Girls Javelin Throw     | 141-09      | 4/9/2005  | Amy Backel - Northern   |
| Boys Javelin Throw      | 207-07      | 4/12/2008 | Justin Shirk - CD   |
| Girls Long Jump         | 18-05       | 1992      | Robertson - Reading   |
| Boys Long Jump          | 22-09.25    | 4/10/2010 | Brady Gehret - Altoona Area                                       |
| Girls Triple Jump       | 38-02       | 4/10/2010 | Ashley Corum - Carlisle   |
| Boys Triple Jump        | 49-03.25    | 4/14/2012 | Imani Brown - Reading   |
| Girls High Jump         | 5-11        | 2000      | Hyleas Fountain - Central Dauphin East                            |
| Boys High Jump          | 6-08        | 1999      | Adam Chubb - Susquehanna Twp                                      |
| Girls Pole Vault        | 11-03       | 4/9/2005  | Amy Backel - Northern   |
| Boys Pole Vault         | 15-06       | 2001      | Brian Mondschein - Hershey  |
| Mixed 1500 Meter Run    | 3:51.73     | 4/10/2010 | Ryan Blood - Keystone Track Club                                  |