

Monday, April 19

Manheim Township (H)

Highlights

HUGE!

PM BOY/GIRL THROWERS WIN 50/54 possible points!

The Girl-throwers SWEPT every event against Manheim Township. The Boy-throwers SWEPT the JAVELIN and went 1-2 in SHOT and 1,3 in DISCUS. Both the girls and boys made some significant personal records.

In the BOYS SHOT PUT, juniors TEON LEE and ANDE OLSON battled it out for first and second. Coming out of the trials, Teon was first with a new personal record of 44'0" and Ande was third with a throw of 43'1.5". In the finals, Ande threw 44'5" in his final throw. This pushed Teon in second until he threw a new personal record and league-qualifying throw of 48' 3.25" Ande was SECOND and Teon placed FIRST. Other significant personal bests came from seniors Eddie Irwin and Justin Diffenbaugh. Eddie Irwin just missed finals with his put of 41' 10.5" Justin Diffenbaugh broke the 40' barrier with his throw of 40' 8"

In the BOYS DISCUS, junior ANDE OLSON earned FIRST and threw a new personal record of 125' 1" Ande hit over 120' in three different attempts. Senior JUSTIN DIFFENBAUGH also threw a personal best of 119' 8" and placed THIRD.

In the BOYS JAVELIN, seniors AARON FREDERICK, JUSTIN DIFFENBAUGH, and ERIK KLUGH swept the event. AARON placed FIRST with a new personal record of 173' 5" – this is just a few inches off the school record. Although Aaron already qualified for leagues, he is now much closer to qualifying for PIAA District III - the standard is 176' 6". JUSTIN threw a new personal best and league qualifying throw of 159' 3" and placed SECOND. ERIK placed THIRD with a throw of 149-1

THE BOYS THROWERS EARNED 23/92 team points. That's ¼ of the points it took to BEAT MANHEIM TOWNSHIP!

In the GIRLS JAVELIN, sophomore JESS HUBER, senior/co-captain CARENNA NEELY, and junior SARAH CONNER swept the event. JESS placed FIRST with a new personal record of 99' CARENNA placed SECOND and SARAH placed THIRD with a new personal record of 89' 4"

In the GIRLS SHOT PUT, sophomore LAURA WISSLER and sisters SARAH and BECCA CONNER swept the event. LAURA threw a new personal best of 35' 8.5 – she is close to qualifying for districts. SARAH got SECOND with 33' 4 and BECCA got THIRD with 32' 6.75". Junior SAM ESHLEMAN made it to finals with a season best throw of 29' 9.5"

It was ANOTHER SWEEP in the GIRLS DISCUS. Senior/co-captain CARENNA NEELY threw a NATIONAL ELITE THROW in the discus! She had a personal record of 120' 3" and placed FIRST. This throw meets the [national silver standard](#). In SECOND place was senior BECCA CONNER with a throw of 118' 11" - THIS WAS A TREMENDOUS PERSONAL RECORD of over 27' This throw also qualified BECCA for leagues and districts! In THIRD place was junior HELEN DOOLITTLE with another personal record of 112' 7" - this is just a foot-and-a-half away from the district standard. And in finals was junior SARAH CONNER with a personal record of 108' 5" HUGE! day for the girls!

Although the girls team lost by six points to Manheim Township, **the girls throwers earned 27/72 team points - that's 38% of the total points!**

The throwers now have numerous league qualifiers and two district qualifiers. Both Aaron Frederick and Justin Diffenbaugh are going to leagues in the javelin. Teon Lee is qualified for leagues in the shot put. Laura Wissler, Sarah Conner, and Becca Conner are qualified for leagues in the shot put. That is the most girls who have ever qualified for shot put in one year. And in the discus, we also have a record-breaking event! As of April 19, there are FIVE LEAGUE QUALIFIERS AND TWO DISTRICT QUALIFIERS! Carena Neely, Becca Conner, Helen Doolittle, Sarah Conner, and Kami Mylin are all qualified for leagues. And Carena and Becca are also qualified for districts.

Girls throwers are now #1, #3, #4, #5, #6 on the DISCUS LEAGUE HONOR ROLL - this is just unheard of - we have five of the top six in the honor roll!

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| Discus | Carena Neely | PM | 120' 3" | |
| | Sarah Fairbanks | ET | 120' 2" | |
| | Becca Conner | PM | 118' 11" | |
| | Helen Doolittle | PM | 112' 7" | |
| | Sarah Conner | PM | 108' 5" | |
| | Kami Mylin | PM | 107' 5" | |
| | Bailey Groves | WAR | 105' 5" | |

SHOT PUT LEAGUE HONOR ROLL...Teon Lee is now #5. Laura Wissler is still #2 in the HONOR ROLL and getting closer #1. Sarah and Becca Conner are #4 and #6 respectively. We have three of the top six female shot-putters in the honor roll!

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| Shot Put | Kyle Felpel | COC | 53' 5.75" | Bailey Groves | WAR | 38' 2.50" | |
| | Justin Wysock | HEMP | 49' 2.5" | Laura Wissler | PM | 35' 8.5" | |
| | Jimmy Forgrave | HEMP | 48' 11.25" | Rachelle Wiegand | MC | 34' 3.0" | |
| | Austin Sullivan | CC | 48' 4.0" | Sarah Conner | PM | 33' 11.0" | |
| | Teon Lee | PM | 48' 3.25" | Kayla Soders | HEMP | 33' 10.0" | |
| | Ross Hall | LC | 47' 11.5" | Becca Conner | PM | 33' 4.25" | |
| | Mike Sypnewski | GS | 47' 8.5" | Kelli Farris | HEMP | 33' 3.5" | |

Aaron Frederick is #5 in the JAVELIN LEAGUE HONOR ROLL

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| Javelin | Kyle Smith | LC | 186' 4" | | | | | |
| | Mike Sypnewski | GS | 182' 7" | | | | | |
| | Kyle Felpel | COC | 178' 8" | | | | | |
| | Aaron Achey | ELCO | 176' 8" | | | | | |
| | Aaron Frederick | PM | 173' 5" | | | | | |
| | Shaun Deitzler | CC | 171' 6" | | | | | |
| | Adrian Westbrook | JPM | 167' 7" | | | | | |
| | Gary Gristick | CC | 165' 9" | | | | | |
| | Joel Leisey | CV | 165' 4" | | | | | |