



2017 - 2018



CD Track and Field News

Congratulations to Taye Dairo for being selected to the 2018 PTFCA All-State Outdoor Track and Field 3rd team in the girl's high jump.

This was posted on 6-8-2018



CD Track and Field News

Hunter Fisher is your 2018 winner of The Colins 5k (21:34).

This was posted on 5-28-2018



CD Track and Field News

Taye Dairo gets a Silver medal. 2nd in the State Girls High Jump. Great job!

This was posted on 5-28-2018



Track and Field Special Report

[Click here to view the video](#)



CD Track and Field News

The following Girl Track and Field athletes will be competing in the PIAA State Track and Field Championship Meet on May 25 and 26, 2018 at Shippensburg University:

Taye Dairo: HJ

Megan Fry: Jav

Gabriella Recce: PV, TJ, LJ

The meet starts at 9:00 am on both days.

This was posted on 5-25-2018



CD Track and Field News

Congratulations to the Girls Track and Field team for finishing second in AAA at the District III Track and Field Championship Meet.

Congratulations to Raechel Bonner for finishing sixth in the Girls AAA 400m at the District III Track and Field Championship Meet.

Congratulations to Allyson Stauffer for finishing seventh in the Girls AAA javelin at the District III Track and Field Championship Meet.

Congratulations to Taye Dairo for finishing first in the Girls AAA high jump and qualifying for the PIAA Track and Field State Meet.

Congratulations to Megan Fry for finishing 3rd in the Girls AAA javelin and qualifying for her third consecutive PIAA Track and State Meet.

Congratulations to Gabriella Recce for winning the girls AAA long jump in 17-06. Gabriella Recce finished 5th in the girls triple jump (36-6.25) at the District III Championship Meet and qualifies for the PIAA State Meet. Gabriella clears 11-0 in the girls pole vault and finishes 8th at the District III Championship Meet and qualifies for the PIAA State T and F Meet.

Congratulations Jacob Myers who ran a personal best of 9:59.14 in the Boys 3200 in the District III Track and Field Championship Meet and finishes 10th overall.

This was posted on 5-21-2018



CD Track and Field News

Congratulations to the following Boys Track and Field athletes who have qualified for District III Track and Field Championship Meet at Shippensburg University on May 18th and 19th.

Boys 4 x 800 Individuals

E. Allen: 110HH, 300IH

L. Cook: 3200

J. Myers: 3200

This was posted on 5-14-2018



CD Track and Field News

Congratulations to the following Girls Track and Field relay teams that have qualified for District III Track and Field Championship Meet at Shippensburg University on May 18th and 19th.

4 x 800, 4 x 400m

This was posted on 5-14-2018



CD Track and Field News

Congratulations to the following Girls Track and Field athletes who have qualified for District III Track and Field Championship Meet at Ship University on May 18th and 19th.

M. Miller: 300IH
R. Bonner: 400m
Taye Dairo: HJ
M. Fry: Jav
A. Stauffer: Jav
G. Recce: LJ, TJ, PV

This was posted on 5-14-2018



CD Track and Field News

R. Bonner finishes second in the girls 400 running a season best of 58.82 at the Mid Penn Conference Championship Meet.

This was posted on 5-14-2018



CD Track and Field News

T. Dairo wins the girls high jump 5-8 at the Mid Penn Conference Championship Meet and breaks her own school record.

This was posted on 5-14-2018



CD Track and Field News

G. Reece jumps 18-1.75 in the girls long jump finishes 3rd and sets a new school record at the Mid Penn Conference Championship Meet.

This was posted on 5-14-2018



CD Track and Field News

The boys 4x800 finished 5th establishing a new season best of 8:11.62 at the Mid Penn Conference Meet.

This was posted on 5-14-2018



CD Track and Field News

The girls 4x8 finishes 6th establishing a new season best of 9:55.43 at the Mid Penn Conference Championship Meet.

This was posted on 5-14-2018



Congratulations 2018 Seniors!

Thank you to our seniors for the time you have put into this Track and Field program! Best of luck in your future endeavors.

This was posted on 5-8-2018



CD Track and Field News

5-7-2018 Track and Field Scores

Boys

CD: 54

Mifflin County HS: 92

Final 2018 Record: 1-7

Girls

CD: 89

Mifflin County HS: 60

Final 2018 Record: 4-4

This was posted on 5-8-2018



Track and Field Senior Night Special Report

[Click here to view the video](#)



CD Track and Field News

Come out on Monday, May 7, 2018 to support our seniors on their senior day. This will be their last home meet in their HS career against Mifflin County HS. Senior recognition starts at 3:30 pm and the meet will start at 4:15 pm.

This was posted on 5-3-2018



CD Track and Field News

5-1-2018 Track and Field Scores

Boys

CD: 27

State College: 123

Girls

CD: 62

State College: 87

This was posted on 5-2-2018



CD Track and Field News

Tayo Dairo ties her own school record in the girls high jump 5-6 and wins the event at Cy Fritz Invite.

This was posted on 4-30-2018



CD Track and Field News

Congratulations to Emily Groleau for establishing a new school record 9:22.92 in the 2000m steeplechase at the Cy Fritz TandF Invite.

This was posted on 4-30-2018



CD Track and Field News

The boys 4 x 4m relay finishes 3rd with a season best time of 3:32.92 at the Cy Fritz Invite.

The girls 4 x 4m relay finishes 3rd with a season best time of 4:05.88 at the Cy Fritz Invite.

The girls 4x8m relay finishes fourth running 10:13.32 at the Cy Fritz Invite.

The boys 4x8m relay finishes second running a season best time of 8:18.11 at Cy Fritz Invite.

This was posted on 4-30-2018



CD Track and Field News

4-24-2018 Track and Field Scores

Boys:

CD: 87

Harrisburg: 54

Girls

CD: 122

Harrisburg: 27

This was posted on 4-25-2018



CD Track and Field News

Congratulations to Gabriella Recce who established a new school record in the girls pole vault (11-1) against Harrisburg High School.

This was posted on 4-25-2018



CD Track and Field News

- Shout out to Girls Track Team- E-town Blue Jay Invitational Team Champions. Back to back Invitational wins. Great job ladies and coaches.
- The Girls Track and Field team out scored Urbana High School (Maryland High School) 127-126 to claim the 2018 Blue Jay High School Track and Field Invitational.
- The Boys Track and Field team scored a total of 56 points to finish 6th overall at the 2018 Blue Jay High School Track and Field Invitational.
- Congratulations to Allyson Stauffer who established a new Blue Jay High School Track and Field Invitational record in the girls javelin (126-3).
- Congratulations to Taye Dairo who established a new Blue Jay High School Track and Field Invitational record in the girls high jump (5-2).
- Congratulations to Mariel Miller who established a new school record in 2000m steeplechase with a time of 9:28.12

This was posted on 4-22-2018



CD Track and Field News

4-17-2018 Track and Field Scores

Boys:

CD: 37

Chambersburg: 90

Girls:

CD: 62

Chambersburg: 83

This was posted on 4-18-2018



CD Track and Field News

Congratulations to the Central Dauphin High School Girls Track and Field team for winning the 30th Annual Pan Ram Track and Field Invitational.

Some Highlights:

- Taye Dairo wins the girls high jump.
- G Reece places 4th in the long jump.
- The Boys 4×8 are Pan Ram Invite Champions.
- The CD Girls 4x8 finished 2nd.

This was posted on 4-15-2018

2018 GIRLS

TRACK AND FIELD

CENTRAL DAUPHIN HIGH SCHOOL

OOLIVIA ACRI
LYNDSAY ARMS
HALEY BARTO
CAMRYN BEADEN-CARELOCK
ISABELLA BIEN
RAEHEL BONNER
MICHALA BUTLER
ANDREA CASTANON
ADRIANNA CHIMIENTI
TAYE DAIRO
MYAH DANNER
SARAH DEPREZ
HANNAH FARMER
CASSIDY FISCHER
MEGAN FRY
TIERRA FULLER
LEXI GIBO
DARBY GLUSCEVICH
GABRIELLE GOODMAN
EMILY GROLEAU

JASMINE JOHNSON
BRIANNA KING
CAROLINE KING
JANAI LOCKHART
NATASHA LONG
ADEL MANSOUR
HANNAH MATER
MARIEL MILLER
MANASY MOTTER
SYDNEY MYERS
NYAH PETERS
MOLLY PLATT
GABRIELLA RECCE
MADDALENA RECCE
CALLIE RITTER
HANNAH ROTH
KATELIN SCHOOLEY
KATELYND SHEARER
MIRANDA SHINGARA
MADISON SMITH

ALLYSON STAUFFER
BROOKE STEACH
MAKENNA THRUSH
EMMY TRAN
RONIQUE VALENTIN
AMANDA VARNER
ALEXANDRA WAMPLER
DANIELLE WATLINGTON
JULIA WERT
VICTORIA WERT
ZOE WEVODAU
SARAH WICK

2018 BOYS

TRACK AND FIELD

CENTRAL DAUPHIN HIGH SCHOOL

RAMEZ ABDU
JOSHUA ADAMS
NORBERTO ALICEA
ERIC ALLEN
SKYLER BANKS
RYAN BARACH
ALEXANDER BLAIR
MALACHI BOWMAN
DEVIN CARRIGAN
CAMERON CHAMP
NICHOLAS CHAN
BRIAN COCHRAN
LOGAN COOK
JACK DOWLING
HUNTER FISHER
TYLER FLEIG
CHARLES FRITZ
JUSTIN GAO
DE'VON HAGGANS
RYAN HANLON

MATTHEW HENRY
BECK HESHLER
ETHAN HOOVER
MARKEYCE HUGHES
DANIEL JAMES
AHSAN JAWED
DEVON KENNEDY
CHRISTOPHER LAMBERT
CHAD LAYTON
DANIEL MAZUS
JORDAN MCBARNETT
STEVEN METELLUS
JOSHUA MILLER
JOHN MITCHEM
QUINCEY MONROE
RONNIE MUGENDI
JACOB MYERS
NAVEEN NARASIMHALU
MONTEZ NEWSOME
GAVIN NIXON

KIRTAN PATEL
NIEL PATEL
NATHAN PAZUCHANICS
JACOB POYER
DREW REESER
JOHN RILEY
QUINN RITTER
KYLE RUDISILL
BRENDAN SCHAFFNER
SCOTT SCRANTON
DANTE SELBY
JACOB SHAFFER
TIMOTHY SMITH
LANCE TRUSKEY
CARTER URICH
TYLER VILLEGAS
WALKER WIEST
ISAIAH WILBOURN
TANNER WINRICH



CD Track and Field News

4-10-2018 Track and Field Scores

Boys

CD: 46

Carlisle: 104

Girls

CD: 70

Carlisle: 77

This was posted on 4-11-2018



CD Track and Field News

4-3-2018 Track and Field Scores

Girls

CD: 88 East: 58

Boys

CD: 69 East 77

Overall Records

Girls: 2-1

Boys: 0-3

This was posted on 4-4-2018



CD Track and Field News

3-29-2018 Track and Field Scores

Boys

CDHS: 52

Conestoga Valley HS: 96

Girls

CDHS: 92

Conestoga Valley HS: 57

This was posted on 4-2-2018



CD Track and Field News

Track Meet Scores

Boys CD: 37 CV: 113

Girls CD: 74 CV: 76

This was posted on 3-25-2018



CD Track and Field News

The first Track and Field meet of the 2018 season is today against Cumberland Valley at 4:00pm at CDHS.

This was posted on 3-27-2018



Girls Track and Field



Boys Track and Field



CD Track and Field News

The 30th Annual New Balance Pan Ram Track and Field Invitational is scheduled for April 14, 2018 at Landis Field. We are pleased to announce the US Army is sponsoring the event and two of their professional runners, SPC Julius Bor and SGT Nicholas Kiprutoare, will be in attendance.

This was posted on 3-11-2018



CD Track and Field News

T. Dairo finished 5th overall in the girls high jump at the indoor track and field state meet.

This was posted on 2-26-2018



CD Track and Field News

Congratulations to the following girl athletes who have qualified the PTFCA Indoor State Track and Field Championship Meet at Penn State University on February 25, 2018: Taye Dairo: High Jump and Gabriella Recce: Triple Jump.

This was posted on 2-19-2018



CD Track and Field News

PTFCA Indoor Track Carnival at Lehigh University

- Taye Dairo finished 6th in the girls HJ (5-1)
- Gabriella Recce finished 8th in the girls LJ (16-2.25)
- Raechel Bonner finished 5th in the girls 400m running a personal indoor best of 1:00.75
- The boys 4x800m (8:46.51) relay finished 8th overall (G. Nixon, L. Cook, M. Henry, N. Narasimhalu)
- The girls 4x800m relay (V. Wert, K. Shearer, R. Bonner, J. Wert) established a new indoor TandF school record (10:35.70)
- Gabriella Recce placed 9th overall and tied her own indoor TandF school record in the girls pole vault (11-0)

Congratulations and Great Job Rams!

This was posted on 2-12-2018



CD Track and Field News

New Indoor Track and Field Record was set on 2-2-2018
Girls 4 x 800m: 10:39.88 (V. Wert, K. Shearer, R. Bonner, J. Wert)
Congratulations and Great Job Rams!

This was posted on 2-6-2018



CD Track and Field News

Top ten finishes from the indoor meet on 2-2-2018:

- Girls 4x800m: 10:39.88 (4th) V. Wert, K. Shearer, R. Bonner, J. Wert
- Girls 4x400m: 4:29.05 (8th) R. Bonner, T. Dairo, J. Wert, M. Miller
- B. Schaffner 55m (6.95/9.96) (5th) 200m 27.12 (7th)
- I. Wilbourne Long Jump: 18-9.50 (10th)
- D. Gluscevich-Kepner High Jump: 5-2 (7th)
- D. Gluscevich-Kepner High Jump: 5-2 (7th)
- T. Dairo 200m: 27.00 (1st) High Jump: 5-4 (1st)
- S. Myers 3000m: 11:30.90 (5th)
- G. Recce Pole Vault: 11-0 (2nd) (New Indoor TandF Record) Long Jump: 16-7.25 (4th)
- J. Myers 3000m: 9:51.06 (8th)

Congratulations and Great Job Rams!

This was posted on 2-5-2018



CD Track and Field News

Congratulations to the following girl athletes that have been accepted to participate in PTFCA Indoor TandF Carnival:

T. Dairo: 200m, HJ

G. Recce: PV, LJ

R. Bonner: 400m

Congratulations and Great Job Rams!

This was posted on 2-5-2018



CD Track and Field News

Congratulations to the following girl relay teams that have been accepted to participate in PTFCA Indoor TandF Carnival:

4 x 800m: (V. Wert, K. Shearer, R. Bonner, J. Wert)

4 x 400m (R. Bonner, T. Dairo, J. Wert, M. Miller) Congratulations and Great Job Rams!

This was posted on 2-5-2018



CD Track and Field News

Indoor Track and Field results from FandM Indoor Meet:

- Boys 4x4 - 9th place - 3:44.55
- Girls 4x4 - 4:17.50 - New Indoor Track and Field Record
- R. Bonner, T. Dairo, J. Wert, M. Miller - 2nd place
- B. Schaffer - Boys 200 - 8th - 23.90
- G. Recce - Girls Triple Jump - 3rd - 35-8.50
- S. Myers - 11.23.93 - 8th Place - 3000m
- G. Recce - 6th Girls Long Jump - 15-10.25
- G. Recce - 6th Place - Girls Pole Vault - 10-7
- T. Dairo - Girls 200 - 27.04 - 6th Place
- Girls - 4x200 - 3rd Place
- R. Bonner - 400m - 2nd - 1:00.85
- Boys 4x8 - 6th Place - 8:52.46
- Girls 4x8 - 6th Place - 10:52.0
- T. Dairo - 1st - Girls High Jump - 5-2

Congratulations and Great Job Rams!

This was posted on 1-28-2018



CD Track and Field News

Indoor Track and Field results from Kutztown University:

- Haley Barto 55 m High Hurdles - 10.12 - New indoor record
- Isaiah Wilbourn - Long jump – 20 - 5.50 -New indoor record
- T. Dairo - 200m - 1st - 27.10 - Girls 4×4 6th place
- R. Bonner - 1:02. 35 — 5th place
- D. Gluescvuch-Kepner - 7th place boys high jump 5-4
- G. Recce - Long jump 4th place - 16-8.50
- Boys DMR 8th place team —Narasimhalv, Newsome, Nixon, Cook. 11:53.18
- T. Dairo 2nd 5-4 girls high jump
- S. Myers 11:42.33 3rd place in 3000 M Run
- Girls pole vault G. Recce 5th 10-Boys long jump. I. Wilbourn. 7th 20-5.50

Congratulations!

This was posted on 1-21-2018



CD Track and Field News

G. Recce 4th in the girls triple jump-36-5 at the PSU indoor meet.
New CD Indoor Track and Field record.

G. Reece 10-6 in the pole vault at PSU indoor meet.
New CD Indoor Track and Field record.

This was posted on 1-7-2018



National Letter of Intent (Early Signings)

Basketball

- Nadia Romanchock – Lock Haven University

Field Hockey

- Michala Butler – Temple University
- Sydney Breen – Mansfield University

Softball

- Nicole Bechtel – University of South Florida
- Erin Del Pierre – University of Bloomsburg

Wrestling

- Chris Wright – Rider University
- Andrew Wert – West Point Military Academy

Track and Field

- Taye Dario – Kutztown University

This was posted on 11-8-2017





CD Track and Field News

The Central Dauphin Cross Country, Indoor Track and Track and Field teams provide students with the opportunity to compete and improve themselves throughout the school year. The Cross Country team competes in late summer/fall. Indoor Track and Field is offered as a club sport in the winter. Spring is Outdoor Track and Field season.