











2022 - 2023

1 10 pts		Aidan Hodge Hempfield 03 • 12	1:52.16 #	1
2 8 pts		Jacob Puhalla Moon Area 07 • 12	1:52.45 #	2
3 6 pts		Timothy Roden Central Dauphin 03 • 12	1:52.70 #	2
4 5 pts		Jameson Todd Bishop Shanahan 01 • 12	1:53.07	2
5 4 pts		Robert Walton Bensalem 01 • 12	1:54.52	2
6 3 pts		Kayden Lightner North Hills 07 • 10	1:54.78	2
7 2 pts		Luke Brown Cathedral Prep 10 • 12	1:54.79	1
8 1 pts		Liam Davis East Stroudsburg Area South 11 • 12	1:55.16	1



PIAA State Track and Field Championships

Congratulations to TJ Roden, 3rd in the State in the 800. Great Job!

This was posted on 5-30-2023



PIAA State Track and Field Championships

Congratulations to Daron Haggans for running at PR in the 200 to match his PR in 100. Great Job!

This was posted on 5-30-2023



PIAA State Track and Field Championships

Congratulations to Gabe Scott and Daron Haggans for setting new PR's in the 100. Great Job!

This was posted on 5-30-2023



PIAA State Track and Field Championships

Congratulations to TJ Roden for placing 5th in the State in the 1600. Great Job!

This was posted on 5-30-2023



CD Track and Field News

Congratulation to the 4 x 400 relay team, Julian Garcia, Jomi Akinduro, Daron Haggans, and Mateo Crummel for placing 7th at Track and Field Districts. Great Job!

This was posted on 5-22-2023





CD Track and Field News

Congratulations to the 4 X 100 team, Seth Clark, Gabe Scott, Mateo Crummel, and Daron Haggans for placing 5th and qualifying for States at Track and Field Districts. Great Job!

This was posted on 5-22-2023









CD Track and Field News

Congratulation to the 4 x 400 relay team, Julian Garcia, Jomi Akinduro, Daron Haggans, and Mateo Crummel for placing 7th at Track and Field Districts. Great Job!

This was posted on 5-22-2023





CD Track and Field News

Congratulations to Daron Haggans for placing 6th and Gabe Scott for placing 7th in the 200m at Track and Field Districts. Great Job!

This was posted on 5-22-2023





CD Track and Field News

Congratulations to TJ Roden for placing 1st in the 800m at Track and Field Districts. Great Job!

This was posted on 5-22-2023







CD Track and Field News

Congratulations to Jeremy Yingling for placing 8th in Discus at Track and Field Districts. Great Job!

This was posted on 5-22-2023





CD Track and Field News

Congratulations to TJ Roden for placing 2nd in the mile at Track and Field Districts. Great Job!

This was posted on 5-22-2023





CD Track and Field News

Congratulations to Wesley Schooley for placing 6th in Javelin at Track and Field Districts. Great Job!

This was posted on 5-22-2023





CD Track and Field News

Congratulations to Gabe Scott for placing 4th and Daron Haggans for placing 8th in the 100m at Track and Field Districts. Great Job!

This was posted on 5-22-2023





CD Track and Field News

Congratulations to Ayuen Mading for finishing 6th in the triple jump at Track and Field Districts. Great Job!

This was posted on 5-22-2023



CD Track and Field News

Congratulations and good luck to our Senior Track Athletes.

This was posted on 5-22-2023

2023

TRACK AND FIELD

CENTRAL DAUPHIN HIGH SCHOOL

ALESSIA, GIOMMARINI
ARAHOVAS, GEORGIOS
BEERS, MICHAEL
BROWN, JOSIAH
CLARK, SETH
DAVIS, WILLIAM
ELBERTSON, TY
FLETCHER, NATHAN
FOXWELL, CONNER
GARCIA, JULIAN
HAGGANS, DARON
LATTIG, MATTHEW
LOCK, ALLYSON
MARONG, MALAKAY
MCKNIGHT, DANIEL
MCNAMEE, MARISSA
MENDOLIA, CALEB
NWOKEJI, CHINONSO "NELSON"
O'HARA, BRADEN
OKONKWO, KOSI
PAGANO, DANTE
PRICE, ELLA
RENALDI, ABIGALE
ROBINSON, KEITH
RODEN, TIMOTHY
SCHOOLEY, WESLEY
STORRY, CARTER
SUMMERFORD-TAYLOR, TREYVON
TOWSEN, NOAH
TULLOCH, DANIEL
WILLIAMS, MAYA

WOODARD, PAULOS
YINGLING, JEREMY
BELLE, SANAI
COFIELD, MALACHI
COONEY, CLAYTON
CROWELLE, ZAKI
CRUMMEL, MATEO
DUFRESNE, LOCHLIN
EARLY, ANGELINA
FRIST, AARON
FROELICH, ADDISON
HERCHER, KONRAD
JALLOW, MARIAMA
KIESOW, JAKE
LANDEFELD, MAYA
LAUER, LEXI
LOGAN, KAYLA
MADING, AYVEN
MARKER, PAUL
MCGARVEY, LEAH
MURADLOVA, KAMILLA
PEREZ, NATALIA
PORTER-EVANS, TAMARI
RICHARDSON, SHAMELLE
SCHREFFLER, BROOKE
SMITH, AYDEN
SNYDER, HARRISON
VALENTIN, AVA
WINTERS, CAMERON
ZAKHAR, JORDAN
ADRIEN, GABRIELLE

AKINDURO, OLUWAJOMILOJA
ALDRIDGE, ASPEN
BOMGARDNER, LUKAS
CAMPBELL, MAURA
CARR, GIONNI
DUBSON, PERSIA
HARRELL, HOLLAND
HICKS, GARRETT
KEENEY, ALAN
KHAN, OMER
LAWSON, AMAYA
LEWIS, ANYA
MELENDREZ, EVA
NWOKEJI, NNEDINMA
PARSON, SAMUEL
PATTI, ISAK
PEISNER, EMILY
PRICE, DYLAN
PRINCE, SALOMON
PROCTOR, RIANNA
RUUD, UNA
SCOTT, GABRIEL
YINGLING, SHELBY
ANSON, ABIGAIL
BAKER, PRESTON
BRUNNER, RYANN
CARMICHAEL, PEYTON
CARR, ANDREW
ERMERT, TRISTEN
GARCIA, KAH'MANI
GESFORD, PEYTON

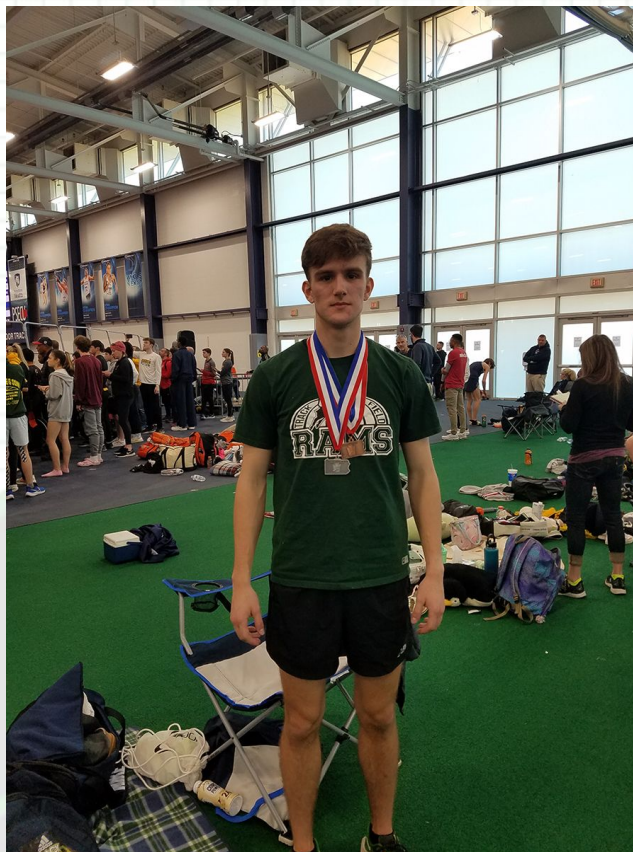
GRIM, GAVIN
GURUNG, KAUSHAL
HARTLEY, AIDEN
HEINBAUGH, JACKSON
JORDAN, ABBIE
JOSEPH, MICHELLE
LAUSCAR, RIVALT
LOGAN, JAYDEN
MILLER, JULIANNE
MORRIS, LENNOX
MYERS, CHELSEA
RABACK, ELLA
RIZWAN, NUHA
SAUNDERS, VICTORIA
SOWERS, RYAN
STALEY, AVERY
SUCHESKI, KYLE
SUMMERFORD-TAYLOR, TANIYAH
SWEENEY, JULIA
TAMANG, LAKIESHA
TULLY, ETHAN
WACHTMAN, PARKER
WHITE, CARTER
WISE, ELIZABETH
WYDRA, COLE
ZAKHAR, JAZMINE
ZAYNITDINOVA, AMELIYA
ZERBE, HARMONEI
ZOELLNER, TRENTON



2023 CD Girls Track and Field Team



2023 CD Boys Track and Field Team



CD Track and Field News

Congratulations TJ Roden for finishing 3rd in the mile (4:12.98) and 2nd in the 800m (1:53.00) and setting two new school records at the PTFCA Indoor Track and Field State Championship. Great Job!

This was posted on 2-27-2023





CD Track and Field News

Congratulations Marissa McNamee (Pole Vault) and TJ Roden (800m, 1 mile) for qualifying for the PTFCA Indoor Track and Field State meet on Sunday, February 26, 2023, at PSU. Great Job!

This was posted on 2-21-2023



CD Track and Field News

Congratulations TJ Roden on breaking your 3000m (8:45.48) school indoor track and field record and finishing 1st in the event at the 2023 Bears High School Invitational. Great Job!

This was posted on 1-23-2023



CD Track and Field News

Congratulations Julian Garcia, Samuel Parsons, Conner Foxwell, and TJ Roden for establishing a new school indoor track and field record in the 4 x 4 at the 2023 Bears High School Invitational. Great Job!

This was posted on 1-23-2023



CD Track and Field News

Congratulations to the 4 x 4 team of Julian Garcia, Caleb Mendolia, Paulos Woodard, and TJ Roden for establishing a new Indoor T and F school record at the F and M HS Invite # 1. Great Job!

This was posted on 1-15-2023



CD Track and Field News

The 34th Pan-Ram Track and Field Invitational is scheduled for Saturday, April 8, 2023.

This was posted on 1-11-2023



CD Track and Field News

Congratulations to TJ Roden for finishing 2nd in the mile and 1st in the 800m at the Kevin Dare Invitational on Saturday, Jan 7. Great Job!

This was posted on 1-9-2023



CD Track and Field News

Congratulations to Marissa McNamee for finishing 6th in the pole vault at the Kevin Dare Invitational on Saturday, Jan 7. Great Job!

This was posted on 1-9-2023



CD Track and Field News

Congratulations to the following athletes who finished in the Top 10 at the 2022 Alvernia High School Indoor Track and Field Holiday Classic. Great Job!

Boys

J. Kiesow: 1600m (10th)

J. Kiesow:: 800m (6th)

C. Mendolia: 800m (7th)

Girls

M. McNamee: PV (2nd)

R. Proctor 400m (9th)

This was posted on 12-11-2022



CD Track and Field News

Congratulations Marissa McNamee for verbally committing to Kutztown University. Great Job!

This was posted on 10-18-2022