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Seymour, Dunchack, Lender shine at meet

By John Hartsock

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Central Cambria senior Carly Seymour has already established herself as one of the best girls' track athletes in the state.



Northern Cambria freshman Janae Dunchack and Altoona sophomore Bethany Lender are quickly joining her

Northern Cambria's Janae Dunchack took home three first-place finishes and one second-place finish.

All three enjoyed red-letter days under picture-perfect May weather conditions Friday in the 58th annual West Central Coaches Track and Field Invitational at Mansion Park.

Seymour won the Class AA girls' 1600 and 3200-meter runs with meet records in both events, capturing the 1600 run in a time of 4:58.1 and the 3200 run in a time of 10:40.93.

Seymour also anchored Central Cambria's winning 3200-meter relay team — which was fronted by her younger sister, Kelsey, along with Amber Latterner and Breanna Fox — that finished in a time of 9:56.72.

For her efforts, Seymour earned the Class AA girls' Most Valuable Performer Award.

Friday was a big day overall for the Seymour family. Kelsey Seymour, a freshman, also won the 800 dash in a meet-record time of 2:18.01.

Dunchack was Friday's biggest individual area girls' winner, capturing first place in three Class AA events and second place in another to help the Lady Colts win the Class AA girls' team title.

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Dunchack won the 100 dash in 12.91, the 200 dash in 26.84, and the long jump with a leap of 16-5. She finished second via more scratches to Laura Straub of Elk County Catholic in the high jump with an effort of 5-2.

Lender won the Class AAA girls' triple jump with an effort of 37 feet, 4 1/2 inches, and the long jump with a personal-best performance of 17 feet, 11 1/2 inches.

Seymour, Dunchack and Lender led all area girls' performers in the West Central, one of the state's largest inseason tournaments.

Other area Class AA girls' individual winners crowned Friday were: Cambria Heights' Jerica Snedden (400 dash, 1:01.2) and Jayme Stanek (300 hurdles, 46.45), as well as Northern Bedford's Taylor Crawford (triple jump, 36-2

•). Chestnut Ridge's team of Katie Koontz, Samantha Valiton, Nicole Myer and Caitlin Roxby won the Class AA girls' 400-meter relay event in a time of 51.46.

In Class AAA, Altoona's Lynnette Howard defended her West Central title in the shot put, with a toss of 39 feet, 10 inches.

Central Cambria's Carly Seymour was a PIAA, Class AA cross country state champion two years ago as a sophomore, but injuries prevented her from achieving her full potential last year as a junior, although she did win the District 6-AA championship in the 3200 run and placed third in that event at the state meet.

This year, she is 100 percent healthy, and she ran like it Friday, winning both distance events in meet-record time.

"(Getting the meet record in the 1600) feels really good, because the girl that set it last year (Tyrone graduate Emily Ingle) beat me in the mile run," Seymour said.

In the 3200, Seymour shattered her own West Central record of 11:03.88 set a year ago.

Central Cambria girls' coach Donna Ridgeley lauded Seymour for displaying a team-oriented attitude.

"A lot of kids who are as good as she is want to specialize in just one event," Ridgeley said. "But she is willing to participate in other events like relays and do whatever she has to do in order to help the team."

Dunchack and Lender are both underclassmen with very bright futures.

"Bethany Lender came out strong at the beginning of the year, and she has been one of the best triple jumpers in the state," Altoona girls' coach Steve Rhodes said. "She (also) went over 17 feet today in the long jump. What she has been doing all year is tremendous."

Lender was seeded first in the triple jump but sixth in the long jump Friday.

"I was really behind in both jumps, but I pulled out a win in both on my last jumps," she explained.



Dunchack said she initially felt a little bit intimidated by the big-time atmosphere at Friday's invitational, but settled down as time went on.

"I had a really good start out of the blocks, and I kept running at a fast pace," she said of her effort in the 100 dash.

Her Northern Cambria teammate, junior Marybeth Rocco, won the discus event with a throw that didn't thrill her much.

"I came in at 121 feet, so I know I can do better," Rocco said of her 107-4 effort Friday. "I made it to states in the discus two years ago and in the javelin last year. This year, I'm hoping to make it in both events."

In the Class AAA shot put, Altoona's Howard set a West Central meet record last year with a throw of 40 feet, four inches. This year, she settled for a 39-10, which was still good enough to win by five feet.

"I'm just really excited to come back and repeat with a win," said the Altoona senior, who also finished second in the discus event to Bellefonte's Missy Clouser. "It's always a great feeling to be able to win an event in a big meet like this."

Heights' Stanek won the Class AA 300 hurdles in 46.45, her second West Central title in that event in three years. She won two years ago as a sophomore but missed last year's event with a torn anterior cruciate ligament.

"I think the good weather helped today," Stanek said. "This was really one of the first few warm-weather days we've had."

Stanek's Cambria Heights teammate, Snedden, parlayed a good start into a victory in the Class AA 400 dash.

"This actually wasn't my best time, but I had a good beginning in this race," Snedden said.

Northern Bedford's Crawford fulfilled her first-place seeding in the Class AA triple jump.

"I'm excited about winning here," she said. "I knew I had a lot of good competition. I just went out there and tried to do my best."

Meet notes: Hempfield's Amber Valimont was a double-winner in the Class AAA girls' 1600 run (5:07.39) and 3200 run (11:18.74), while Bradford's Alexa Wilton was a double-winner in the Class AAA 100 hurdles (15.59) and 300 hurdles (46.20) ... Derry Area's Amanda Palenchar, who broke her own meet Class AAA girls' record with an effort of 12 feet even in the pole vault, was named the Class AAA girls' MVP.

CLASS AAA GIRLS

Key, team scoring: 1, BR—Bradford, 90; 2, AA—Altoona Area, 87; 3, IV—Indian Valley, 86; 4, DB—DuBois, 71.5; 5, HF—Hempfield Area, 65; 6, SC—State College, 64; 7, PX—Punxsutawney, 62; 8, DA—Derry Area, 38; 9, HB—Hollidaysburg, 21; 10, CM—Central Mountain, SM—St. Marys and IA—Indiana Area, 19; 13, BF—Bellefonte Area, 18; 14, LT—Lewistown, 14; 15, CF—Clearfield, 10.5; 16, SA—

Somerset Area, 10; 17, JT—Greater Johnstown, 7.

100 dash: 1, Mathews, IV, 12.67; 2, Chavez, DB, 12.95; 3, Baxter, JT, 12.98; 4, Catone, HF, 13.20; 5, Copeland, BR, 13.23; 6, Andersen, SC, 13.27; 7, Naugle, DB, and Sherman, BR, 13.33.

200 dash: 1, Mathews, IV, 26.02; 2, Wehrle, PX, 26.94; 3, Lender, AA, 27.12; 4, Andersen, SC, 27.30; 5, Sherman, BR, 27.39; 6, Pfingstler, DB, 27.49; 7, Eckenrode, AA, 28.35; 8, None.

400 dash: 1, Sullivan, DB, 59.83; 2, Dobson, PX, 1:00.97; 3, Regan, SC, 1:01.00; 4, Stein, IA, 1:02.15; 5, Hall, AA, 1:03.17; 6, Freidhof, AA, 1:03.24; 7, Hansen, IA, 1:04.07; 8, Kerr, SC, 1:04.12.

800 run: 1, Menetti, PX, 2:19.86; 2, Johnson, HF, 2:21.19; 3, Thompson, HF, 2:21.68; 4, Shugarts, IV, 2:21.76; 5, Ambrose, BR, 2:26.46; 6, Thaker, SM, 2:27.37; 7, Epple, AA, 2:31.42; 8, Wilson, LT, 2:31.82.

1600 run: 1, Valimont, HF, 5:07.39; 2, Crowe, SC, 5:21.01; 3, Keller, BR, 5:30.69; 4, Ott, HB, 5:33.22; 5, Porter, CF, 5:36.19; 6, Epple, AA, 5:37.10; 7, Fuoco, LT, 5:42.15; 8, Hippo, AA, 5:44.29.

3200 run: 1, Valimont, HF, 11:18.74; 2, Ott, HB, 11:47.98; 3, Wilson, LT, 12:00.74; 4, Korona, IV, 12:03.04; 5, Duffell, PX, 12:10.36; 6, Bucheit, BR, 12:15.77; 7, Hippo, AA, 12:26.70; 8, Trulsen, JT, 12:27.54.

100 hurdles: 1, Wilton, BR, 15.59; 2, Lockwood, IV, 15.65; 3, Angeletti, DB, 16.01; 4, Catone, HF, 16.35; 5, Johnson, SC, 16.46; 6, Suter, SA, 16.89; 7, Hopkins, BR, 16.96; 8, Welham, LT, 17.66.

300 hurdles: 1, Wilton, BR, 46.20; 2, Nickel, BR, 47.00; 3, Kerr, SC, 48.36; 4, Suter, SA, 48.70; 5, Stinchcomb, SM, 49.39; 6, Dietz, IV, 49.41; 7, Johnson, SC, 49.52; 8, Ager, IA, 50.02.

400 relay: 1, Indian Valley (Reinke, Parzanese, Corbin, Mathews), 50.51; 2, DuBois, 50.71; 3, Bradford, 50.87; 4, Altoona, 51.42; 5, State College, 52.17; 6, Derry, 52.59; 7, Punxsutawney, 52.90; 8, Hempfield, 53.86.

1600 relay: 1, Indian Valley (Reinke, Dietz, Shugarts, Mathews), 4:06.17; 2, Bradford, 4:06.36; 3, DuBois, 4:08.59; 4, State College, 4:08.95; 5, Altoona, 4:10.20; 6, Indiana, 4:13.31; 7, Hempfield, 4:14.49; 8, Derry, 4:21.26.

3200 relay: 1, Hempfield (Thompson, Talamo, Johnson, Valimont), 9:38.99; 2, Punxsutawney, 9:45.51; 3, State College, 9:56.35; 4, Bradford, 10:11.28; 5, Lewistown, 10:21.36; 6, Altoona, 10:28.26; 7, Indian Valley, 10:33.61; 8, Clearfield, 10:35.15.

High jump: 1, Zook, IV, 5-2; 2, Johnson, SC, 5-2; 3, Bell, CF, 5-0; 4, Pascarella, BR, 5-0; 5, Brown, HB, 4-10; 6, Slavinski, BR, 4-10; 7, Tracy, HF, 4-10; 8, Kromer, PX, 4-10.

Long jump: 1, Lender, AA, 17-1.5; 2, Brandt, CM, 17-1.5; 3, Beattie, DA, 16-8.5; 4, Szymanski, SM, 16-7; 5, Hatchett, DA, 16-6; 6, Motter, PX, 16-4.5; 7, Bontrager, SC, 16-0.5; 8, Lockwood, IV, 15-9.5.

Triple jump: 1, Lender, AA, 37-4.5; 2, Brandt, CM, 37-0; 3, Beattie,

DA, 35-0.5; 4, Stefanik, IA, 34-1.5; 5, Hart, SC, 34-1.5; 6, Zimmerman, IV, 33-4.5; 7, Posteraro, DB, 33-3.5; 8, Schaefer, SM, 33-1.

Shot put: 1, Howard, AA, 39-10; 2, Clouser, BF, 34-10; 3, Hanslovan, DB, 34-9; 4, Hicks, DB, 33-4; 5, Thomas, AA, 32-8; 6, Bowersox, IV, 32-3; 7, Monoskey, PX, 32-2; 8, Selfridge, HB, 30-11.

Discus: 1, Clouser, BF, 119-11; 2, Howard, AA, 115-5; 3, Hicks, DB, 112-1; 4, Monoskey, PX, 106-10; 5, Vecellio, BR, 105-5; 6, Selfridge, HB, 102-1; 7, Starry, SA, 98-11; 8, Thomas, AA, 98-4.

Javelin: 1, Hanslovan, DB, 134-10; 2, Pennington, PX, 118-7; 3, Wolfel, SM, 113-10; 4, Hershey, AA, 111-6; 5, Cline, BR, 107-11; 6, Pecht, CM, 101-0; 7, Vecellio, BR, 99-7; 8, Loht, IV, 98-3.

Pole vault: 1, Palenchar, DA, 12-0 (meet record); 2, Beattie, DA, 10-6; 3, Paul, HF, 9-6; 4, Randolph, IV, 9-0; 5, Kromer, PX; Reilly, AA, and Churner, IA, 9-0; 8, Pielmeier, AA, 8-6.

CLASS AA GIRLS

Key, team scoring: 1, NC—Northern Cambria, 73; 2, CC—Central Cambria, 66; 3, EC—Elk County Catholic, 55.5; 4, PV—Penns Valley, 47; 5, K—Kane Area, 45.5; 6, NB—Northern Bedford and BM—Bishop McCort, 32; 8, WH—Westmont Hilltop, 29; 9, CH—Cambria Heights, 28; 10, PO—Philipsburg-Osceola, 26; 11, TY—Tyrone Area, 24; 12, BE—Bald Eagle Area, 23; 13, BA—Bellwood-Antis, 22; 14, WD—Windber Area, 21.5; 15, PL—Purchase Line, 21; 16, MB—Mercersburg Academy and FH—Forest Hills, 20; 18, CR—Chestnut Ridge, 19.5; 19, MD—Meyersdale Area, 19; 20, JB—Johnsonburg and U—United, 12; 22, HC—Homer-Center and HD—Huntingdon Area, 9; 24, EH—Eisenhower, 8; 25, PC—Penn Cambria and BD—Bedford, 7; 27, SB—Saltsburg, 5; 28, BG—Bishop Guilfoyle and WI—Williamsburg, 4; 30, SH—Shade, 1.

100 dash: 1, Dunchack, NC, 12.91; 2, Morey, BM, 12.98; 3, Walker, MB, 13.12; 4, Valiton, CR, 13.13; 5, Brumbaugh, CC, 13.51; 6, Adams, PO, 13.52; 7, Crater, PV, 13.58; 8, Farquharson, MB, 13.64.

200 dash: 1, Dunchack, NC, 26.84; 2, Morey, BM, 27.17; 3, Nevling, BA, 27.85; 4, Hunter, EC, 27.95; 5, Latterner, CC, 28.21; 6, Sink, K, 28.22; 7, Suter, PV, 28.42; 8, Mapes, SH, 28.55.

400 dash: 1, Snedden, CH, 1:01.12; 2, Wilson, BA, 1:02.26; 3, Gregory, EC, 1:02.77; 4, Latterner, CC, 1:02.93; 5, Beland, BD, 1:03.32; 6, Lashley, BD, 1:03.43; 7, Sollenberger, NB, 1:03.82; 8, Wolesslagle, PC, 1:04.44.

800 run: 1, K. Seymour, CC, 2:18.01 (meet record); 2, Finucane, MB, 2:19.82; 3, Montminy, PV, 2:21.37; 4, Mague, K, 2:26.61; 5, Smajda, BM, 2:26.67; 6, Weisner, EC, 2:27.24; 7, Darr, PV, 2:27.78; 8, Schrader, MD, 2:27.89.

1600 run: 1, C. Seymour, CC, 4:58.13 (meet record); 2, Weisner, EC, 5:19.40; 3, Strayer, FH, 5:22.32; 4, McConnell, MB, 5:26.77; 5, Brooks, WI, 5:32.93; 6, Styles, FH, 5:34.69; 7, Williams, BG, 5:36.08; 8, Miller, MD, 5:37.37.

3200 run: 1, C. Seymour, CC, 10:40.97 (meet record); 2, Kocjancic,

K, 11:13.48; 3, Strayer, FH, 11:21.92; 4, Kitko, PO, 12:09.68; 5, Krug, PC, 12:11.45; 6, Eckenrod, CC, 12:12.04; 7, Polaski, JB, 12:12.23; 8, Horchen, EC, 12:15.40.

100 hurdles: 1, Fetterman, PL, 15.97; 2, Snyder, WB, 16.08; 3, Tepsic, TY, 16.26; 4, Crawford, NB, 16.32; 5, A. Rocco, NC, 17.08; 6, Kline, CH, 17.09; 7, Conrad, BG, 17.16; 8, Kochinsky, NC, 17.35.

300 hurdles: 1, Stanek, CH, 46.45; 2, Snyder, WD, 47.38; 3, Kochinsky, NC, 48.42; 4, Muchler, PV, 49.42; 5, Weaver, BE, 49.67; 6, Tepsic, TY, 49.73; 7, Cyran, PC, 50.45; 8, Hite, NB, 51.67.

400 relay: 1, Chestnut Ridge (Koontz, Valiton, Myer, Roxby), 51.46; 2, Penns Valley, 52.18; 3, Bellwood-Antis, 52.46; 4, Elk County Catholic, 52.92; 5, Bishop McCort, 53.49; 6, Forest Hills, 53.58; 7, Windber, 54.06; 8, Northern Bedford, 54.69.

1600 relay: 1, Elk County Catholic (Hunter, Kronenwetter, Gregory, Radkowski), 4:12.44; 2, Central Cambria, 4:17.57; 3, Penns Valley, 4:18.91; 4, Cambria Heights, 4:19.08; 5, Northern Bedford, 4:24.41; 6, Kane, 4:25.09; 7, Bellwood-Antis, 4:25.32; 8, Chestnut Ridge, 4:25.75.

3200 relay: 1, Central Cambria (K. Seymour, C. Seymour, Latternner, Fox), 9:56.72; 2, Penns Valley, 10:05.64; 3, Meyersdale, 10:08.09; 4, Kane, 10:08.95; 5, Elk County Catholic, 10:14.02; 6, Bishop McCort, 10:18.16; 7, Forest Hills, 10:27.46; 8, Windber, 10:33.71.

High jump: 1, Straub, EC, 5-2; 2, Dunchack, NC, 5-2; 3, Adams, PO, 5-2; 4, Moser, MD, 5-0; 5, Pence, K, and Batzel, CR, 5-0; 7, Myers, CC, 5-0; 8, Detsch, EC, 4-10.

Long jump: 1, Dunchack, NC, 16-11.5; 2, Fetterman, PL, 16-5.75; 3, Adams, PO, 16-5.5; 4, Kyper, HD, 16-2; 5, Morey, BM, 16-0.75; 6, Moser, MD, 16-0.5; 7, Crawford, NB, 15-11.5; 8, Tepsic, TY, 15-11.5.

Triple jump: 1, Crawford, NB, 36-2.25; 2, Tepsic, TY, 35-10.5; 3, Adams, PO, 34-11; 4, A. Rocco, NC, 34-9.5; 5, Deptola, HC, 34-1; 6, Moser, MD, 34-0.25; 7, Fetterman, PL, 33-11.5; 8, Felton, BM, 33-8.5.

Shot put: 1, Mondock, BE, 36-11; 2, Cleer, K, 35-2; 3, Gilbert, NB, 34-2; 4, Illig, HC, 32-4; 5, Kendrick, U, 32-4; 6, Doran, BE, 32-2; 7, Pence, K, 31-7; 8, Riley, NB, 30-10.

Discus: 1, M. Rocco, NC, 107-4; 2, Kendrick, U, 106-0; 3, Carrow, JB, 103-8; 4, Meegan, SB, 100-4; 5, Britcher, WH, 99-9; 6, Jones, EH, 98-9; 7, Mondock, BE, 96-10; 8, Butterworth, NC, 96-5.

Javelin: 1, McQuillen, WH, 140-2; 2, M. Rocco, NC, 128-8; 3, Crater, PV, 127-1; 4, Jones, EH, 127-1; 5, Herbstritt, JB, 126-8; 6, Doran, BE, 125-1; 7, Leitzel, PV, 122-6; 8, Hudson, PL, 111-10.

Pole vault: 1, Cort, WH, 10-6; 2, Salerno, K, 10-0; 3, Emigh, TY, 9-6; 4, Hough, WH, 9-6; 5, Varner, HD, 9-6; 6, Werner, EC, and Clement, WD, 8-6; 8, Lutz, BE, 8-6.

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