

Heritage All-Conference Teams

2000-01 Heritage All-Conference Girls' Track & Field Team

*Lindsay Wakefield	Ligonier Valley	Nicole Fairman	Marion Center
Rachel Church	Ligonier Valley	Ashley Leasure	Marion Center
Kristen Cruse	Ligonier Valley	Becky Sifinski	Marion Center
Bobbi Loncharich	Ligonier Valley	Tiffany Hardeman	Marion Center
Chrissy Fiok	Ligonier Valley	*Liz Sifinski	Marion Center
*Nicole Bishop	Homer-Center	*Jen Gibson	Blairsville
Alicia George	Homer-Center	*Becky Hanna	Blairsville
Erin Ross	Homer-Center	*Julie Paronish	Northern Cambria
Melanie Dick	Saltsburg	*Jennifer Kirsch	Northern Cambria
Kristen Simpson	Saltsburg	*Ashley Brukholtz	Penns Manor
Jen Werley	Saltsburg	*Nicole Myers	Penns Manor
Allison Stitt	Saltsburg	*Kim Rorabaugh	Purchase Line
Meaghan Strong	United		
*PIAA State Meet Qualifiers			

2001-02 Heritage All-Conference Girls' Track & Field Team

*Alicia George	Homer-Center	*Kim Rorabaugh	Purchase Line
Meagan Strong	United	*Chrissy Fiok	Ligonier Valley
Jackie Allison	United	Kristen Cruse	Ligonier Valley
*Jen Gibson	Blairsville	*Ashley Leasure	Marion Center
*Christina Sgriccia	Penns Manor	*Liz Sifinski	Marion Center
*Ashley Brukholtz	Penns Manor	Jessica Mills	Marion Center
*Ashley Phillips	Northern Cambria	Jenna Hamill	Marion Center
*Julia Paronish	Northern Cambria	Chantelle Camp	Marion Center
Kristi McGary	Northern Cambria	Chrissy Mills	Marion Center
Lori Klimek	Northern Cambria	Kristen Simpson	Saltsburg
Ashley Dunchack	Northern Cambria	Jennifer Werley	Saltsburg
Sara Kirsch	Northern Cambria	Allison Stitt	Saltsburg
Jenny Kirsch	Northern Cambria	Janelle Reed	Saltsburg
*PIAA State Meet Qualifiers			

2002-03 Heritage All-Conference Girls' Track & Field Team

Allison Stitt	Saltsburg	Kristen Taddie	Homer-Center
*Jessi Mills	Marion Center	*Kim Rorabaugh	Purchase Line
*Liz Sifinski	Marion Center	Rebecca Pike	Purchase Line
Brandi Sifinski	Marion Center	*Michelle Mattis	Purchase Line
Kelly Houser	Marion Center	*Stacy McCombie	Northern Cambria
Katrina Wells	Marion Center	*Jenny Kirsch	Northern Cambria
*Lindsay Wakefield	Ligonier Valley	Ashley Phillips	Northern Cambria
Kelly Morrissey	Ligonier Valley	Sara Kirsch	Northern Cambria
Liz Palcic	Ligonier Valley	Lynette Reitcha	Northern Cambria
Kristen Cruse	Ligonier Valley	Kristil McGary	Northern Cambria
*Jackie Allison	United	Christi Filkins	Northern Cambria
Courtney Coleman	United	Cindy Masurak	Northern Cambria
Christina Sgriccia	Penns Manor	Kaitlyn Sagely	Blairsville
*PIAA State Meet Qualifiers			

Heritage All-Conference Teams

2003-04 Heritage All-Conference Girls' Track & Field Team

Danielle Wright	Saltsburg	*Kristen Taddie	Homer-Center
Chrissi Mills	Marion Center	Emily Allison	Homer-Center
*Liz Sifinski	Marion Center	*Rebekah Bash	Purchase Line
Stephanie Baun	Marion Center	*Elise Pearce	Purchase Line
Heather Lezanic	Marion Center	*Stacy McCombie	Northern Cambria
Lindsay Brock	Marion Center	*Susan Yuhas	Northern Cambria
*Maureen Patterson	Marion Center	Ashley Dunchuck	Northern Cambria
*Kelly Morrissey	Ligonier Valley	Alissa Laurito	Northern Cambria
Liz Palcic	Ligonier Valley	*Christina Sgriccia	Penns Manor
Anita Boyd	Ligonier Valley	Kaitlyn Sagely	Blairsville
Heidi Hollingsworth	Ligonier Valley	Courtney Coleman	United
Jessica Seiler	Ligonier Valley		
*PIAA State Meet Qualifiers			

2004-05 Heritage All-Conference Girls' Track & Field Team

Brandi Sifinski	Marion Center	Elise Pearce	Purchase Line
*Liz Satterlee	Marion Center	Lynette Reitscha	Northern Cambria
Lindsay Brock	Marion Center	*MaryBeth Rocco	Northern Cambria
Heather Lezanic	Marion Center	Lauren Penska	Northern Cambria
Jenna Sitosky	Marion Center	*Susan Yuhas	Northern Cambria
Tiffany Cornman	Marion Center	*Ashley Dunchuck	Northern Cambria
Ashley Mears	Marion Center	Alissa Laurito	Northern Cambria
Christie Bunyak	Marion Center	*Jamie Johnson	Penns Manor
*Kelly Morrissey	Ligonier Valley	*Leanne Deptola	Homer-Center
Liz Palcic	Ligonier Valley	Niki Nagg	Saltsburg
*Anita Boyd	Ligonier Valley	*Jessica Bloom	United
Heidi Hollingsworth	Ligonier Valley	*Courtney Coleman	United
Kori Tetoski	Ligonier Valley	*Sarah Miljenovich	United
*PIAA State Meet Qualifiers			

2005-06 Heritage All-Conference Girls' Track & Field Team

Jenna Sitosky	Marion Center	Hayley Paronish	Northern Cambria
Tiffany Cornman	Marion Center	Christie Rocco	Northern Cambria
Ashley Mears	Marion Center	*MaryBeth Rocco	Northern Cambria
Heather Lezanic	Marion Center	*Lauren Penska	Northern Cambria
Christie Bunyak	Marion Center	*Susan Yuhas	Northern Cambria
*Anita Boyd	Ligonier Valley	*Brittany Bonneau	Northern Cambria
Nellie Henigin	Saltsburg	Alissa Laurito	Northern Cambria
Alyssa Taddie	Homer-Center	*Deanna Mazurak	Northern Cambria
Monica Lenzi	Homer-Center	*Cindy Mazurak	Northern Cambria
Ashley Capitosti	Homer-Center	*Elizabeth Thomas	Northern Cambria
*Leanne Deptola	Homer-Center	*Jamie Johnson	Penns Manor
*Erica Fetterman	Purchase Line	Kate Kendrick	United
*PIAA State Meet Qualifiers			

Heritage All-Conference Teams

2006-07 Heritage All-Conference Girls' Track & Field Team

Tiffany Didlott	Marion Center	*Hayley Paronish	Northern Cambria
Heather Lezanic	Marion Center	*Breanna Kochinsky	Northern Cambria
Stephanie Baun	Marion Center	*Jane Dunchack	Northern Cambria
Christa Lezanic	Marion Center	*MaryBeth Rocco	Northern Cambria
*Hannah Miller	Ligonier Valley	Ariel Rocco	Northern Cambria
*Anita Boyd	Ligonier Valley	*Lauren Penska	Northern Cambria
Rebecca Sharbaugh	Ligonier Valley	*Elizabeth Thomas	Northern Cambria
Heidi Hollingsworth	Ligonier Valley	*Jessica Rocco	Northern Cambria
Brooke Piper	Ligonier Valley	*Nellie Henigin	Saltsburg
Nicole Davis	Ligonier Valley	*Kate Kendrick	United
Amy Pompelia	Ligonier Valley	*Erica Fetterman	Purchase Line
*Leanne Deptoa	Homer-Center	Robin Beisel	Penns Manor
*PIAA State Meet Qualifiers			

2007-08 Heritage All-Conference Girls' Track & Field Team

*Kristy Kosek	Marion Center	*Hayley Paronish	Northern Cambria
*Heather Hudson	Purchase Line	*Breanna Kochinsky	Northern Cambria
Ashton Burns	Ligonier Valley	*Janae Dunchack	Northern Cambria
Lindsay Heider	Ligonier Valley	*MaryBeth Rocco	Northern Cambria
Hannah Miller	Ligonier Valley	*Ariel Rocco	Northern Cambria
Nicole Davis	Ligonier Valley	*Jessica Rocco	Northern Cambria
Mariel McMarlin	Ligonier Valley	Lauren Penska	Northern Cambria
Ellen Boyd	Ligonier Valley	*Kate Kendrick	United
Amy Pompelia	Ligonier Valley	Danielle Malicky	Penns Manor
*Michelle Taddie	Homer-Center	Jackie Beisel	Penns Manor
Alyssa Taddie	Homer-Center	Robin Beisel	Penns Manor
*Nellie Henigin	Saltsburg	Kelsey Parfitt	Penns Manor
*Jamie Meegan	Saltsburg		
*PIAA State Meet Qualifiers			

2008-09 Heritage All-Conference Girls' Track & Field Team

*Deanna Mazurak	Northern Cambria	*Alyssa Taddie	Homer-Center
*Janae Dunchack	Northern Cambria	*Angel Piccirillo	Homer-Center
*Breanna Kochinsky	Northern Cambria	*Megan Gaydosh	Homer-Center
*Haley Paronish	Northern Cambria	*Breanna Rossi	Homer-Center
*Jessica Rocco	Northern Cambria	*Kayla Steffee	Homer-Center
*Grace Thomas	Northern Cambria	*Hannah Miller	Ligonier Valley
*Stephanie Paronish	Northern Cambria	Ashton Burns	Ligonier Valley
*Jackie Beisel	Penns Manor	Mariel McMarlin	Ligonier Valley
*Danielle Malickky	Penns Manor	Lindsay Heider	Ligonier Valley
*Amber Mattis	Penns Manor	Courtney Bridge	Ligonier Valley
*Hannah Cramer	Penns Manor	Christa Lezanic	Marion Center
*Kayla Gillo	Penns Manor	Patience McCullough	Purchase Line
*Whitney Shearer	Saltsburg	Kelsey Isenberg	United
*PIAA State Meet Qualifier			

Heritage All-Conference Teams

2009-10 Heritage All-Conference Girls' Track & Field Team

*Janae Dunchack	Northern Cambria	*Angel Piccirillo	Homer-Center
*Breanna Kochinsky	Northern Cambria	*Megan Gaydosh	Homer-Center
*Jessica Rocco	Northern Cambria	*Breanna Rossi	Homer-Center
Grace Thomas	Northern Cambria	*Joanna Kimmel	Homer-Center
*Olivia Yantis	Ligonier Valley	*Patience McCullough	Purchase Line
*Courtney Bridge	Ligonier Valley	*Andrea Lash	Purchase Line
Katie Knupp	Ligonier Valley	Autumn Mattis	Penns Manor
Grace Yantis	Ligonier Valley	*Danielle Malicky	Penns Manor
Jeannie Markosky	Ligonier Valley	Kelsey Parfitt	Penns Manor
Taylor Stiteler	Marion Center	*Amber Mattis	Penns Manor
Mackenzie Livingston	Saltsburg	*Jackie Beisel	Penns Manor
*PIAA State Meet Qualifiers		*Hannah Cramer	Penns Manor

2010-11 Heritage All-Conference Girls' Track & Field Team

Liz Cunningham +	Northern Cambria	*Angel Piccirillo +	Homer-Center
Brooke Bernard +	Northern Cambria	Jill Overman +	Homer-Center
Mindy Bernard +	Northern Cambria	*Megan Gaydosh +	Homer-Center
Allyson Kopera +	Northern Cambria	*Brianna Rossi +	Homer-Center
Ashley Kirsch +	Northern Cambria	*Maggie McLoughlin +	Homer-Center
#	Northern Cambria	Aneisha Henderson +	Homer-Center
#Mackenzie Livingston	Saltsburg	*Jessica Galasso	Homer-Center
#Melanie Hillard	Purchase Line	#Halie Townley	Homer-Center
Ashley Lions +	Marion Center	#Amber Mattis	Penns Manor
*Taylor Stiteler	Marion Center	Caitlyn Bence +	Penns Manor
#Hannah Fulton	Marion Center	*Olivia Minser +	Penns Manor
Katie Knupp +	Ligonier Valley	Meghan Jarvie +	Penns Manor
Samantha Spitzer +	Ligonier Valley	Jennifer Knezovich +	Penns Manor
#	Ligonier Valley	Julianne Knezovich+	Penns Manor
*PIAA State Meet Qualifiers		*Leah Skedel	United
Heritage Meet 1st Place +		Sam McGaha +	United
#Coach Selection		#Samantha Fether	United

Heritage All-Conference Teams

2011-12 Heritage All-Conference Girls' Track & Field Team

*Heather Paynter +	Homer-Center	Amber Mattis +	Penns Manor
*Jill Overman+	Homer-Center	Caitlyn Bence +	Penns Manor
*Breanna Rossi+	Homer-Center	*Jennifer Knezovich +	Penns Manor
*Jessica Galasso	Homer-Center	Leah Skedel +	United
*Angel Piccirillo +	Homer-Center	#Samantha Fether	United
*Liz Cunningham +	Northern Cambria	Kennedy Fletcher +	United
*Hannah Fulton +	Marion Center	Lakin Pudliner +	United
#Courtney Greene	Marion Center	*Samantha McGaha +	United
#Katie Knupp	Ligonier Valley	#Melanie Hillard	Purchase Line
*Samantha Spitzer +	Ligonier Valley	#Chelsey Koren	Saltsburg
#	Homer-Center	#	Penns Manor
#	Northern Cambria		
*PIAA State Meet Qualifier			
Heritage Meet 1st Place +			
#Coach Selection			

2012-13 Heritage All-Conference Girls' Track & Field Team

*Heather Paynter +	Homer-Center	Allison Kopera	Northern Cambria
*Camber Heinle	Marion-Center	Melanie Hillard	Purchase Line
*Danielle Fulmer +	Marion-Center	*Jennifer Knezovich +	Penns Manor
*Hannah Fulton +	Marion-Center	Caitlyn Bence	Penns Manor
*Taylor Woodrow +	Marion-Center	*Devon Bratton +	Penns Manor
Alex Oterson	Marion-Center	*Sarah DaBella	Penns Manor
Laken Pudliner +	United	*Jasmine Conner +	Ligonier Valley
Maggie Slawson +	United	*Madi McLaughlin +	Ligonier Valley
*Kennedy Fletcher +	United	*Miranda Campbell +	Ligonier Valley
Wendi Walsh	United	*Stephanie Heming +	Ligonier Valley
Kiana Reed +	Saltsburg	Michaels Long	Ligonier Valley
Bayli Zimmerman +	Saltsburg		
Nicole Boyer +	Saltsburg		
*Corrine Moore +	Saltsburg		
Michaela Simpson +	Saltsburg		
Kia Clayton	Saltsburg		
*PIAA State Meet Qualifiers			
Heritage Meet 1st Place +			

Heritage All-Conference Teams

2013-14 Heritage All-Conference Girls' Track & Field Team

*Heather Paynter	Homer Center	*Mandy McElheny	Homer Center
*Lexi Leysock	Homer Center	*Kristina Albright	Homer Center
Jill Overman	Homer Center	Stephanie Heming	Ligonier Valley
*Jasmine Conner	Ligonier Valley	Madi McLaughlin	Ligonier Valley
Gina McKloeen	Ligonier Valley	*Amanda Ross	Ligonier Valley
Emily Ulery	Ligonier Valley	*Hannah Fulton	Marion Center
*Taya Whitfield	Marion Center	Hanna Beer	Marion Center
Allyson Kopera	Northern Cambria	*Sarah Dabella	Penns Manor
*Devon Bratton	Penns Manor	Elaina Somogyi	Saltsburg
*Kia Clayton	Saltsburg	Nicole Boyer	Saltsburg
Aleisha Clayton	Saltsburg	Corrine Moore	Saltsburg
Kiana Reed	Saltsburg	*Kennedy Fletcher	United
*Laken Pudliner	United	Eden Bloom	United
Ashley Goodlin	Purchase Line		
*PIAA State Meet Qualifiers			

2014-15 Heritage All-Conference Girls' Track & Field Team

Michaela Bracken	United	Michaela Simpson	Saltsburg
Emma Arblaster	United	Corrine Moore	Saltsburg
Taylor Strong	Northern Cambria	Aleisha Clayton	Saltsburg
Emily Risinger	Marion Center	Nicole Boyer	Saltsburg
Bailey Cribbs	Marion Center	Holly Long	Saltsburg
Madison Betts	Marion Center	Kia Clayton	Saltsburg
Taya Whitfield	Marion Center	Bethanie Meharey	Ligonier Valley
Amber McClure	Marion Center	Hannah Patrick	Ligonier Valley
Mariah Sinan	Marion Center	Jasmine Conner	Ligonier Valley
Hanna Beer	Marion Center	Olivia Miller	Ligonier Valley
Mackenzie Lucas	Marion Center	Kristen Smith	Ligonier Valley
Ashley Goodlin	Purchase Line	Shelbi Shearer	Ligonier Valley
Lena Schroeder	Penns Manor	Mandy McElheny	Homer Center
Morgan Johnston	Penns Manor	Aubree Newhouse	Homer Center

Heritage All-Conference Teams

2015-16 Heritage All-Conference Girls' Track & Field Team

Kate Polenik	Penns Manor	Mariah Sinan	Marion Center
Gwyn Keith	Penns Manor	Hannah Brown	United
Jillian Barger	Saltsburg	Michaela Bracken	United
Aleisha Clayton	Saltsburg	Ryleigh Ludwig	United
Iailyah Hudson	Saltsburg	Emma Arblaster	United
Michaela Simpson	Saltsburg	Daeva Simmons	United
Jenna Beital	Saltsburg	Aubee Newhouse	Homer Center
Sara Piersigilli	Marion Center	Alexis Newhouse	Homer Center
Mackenzie Lucas	Marion Center	Olivia Miller	Ligonier Valley
Madison Betts	Marion Center	Rachel Horrell	Ligonier Valley
Ariah Alabran	Marion Center	Shelbi Shearer	Ligonier Valley
Bailey Cribbs	Marion Center	Brittany Finger	Ligonier Valley
Emily Risinger	Marion Center	Kate Yahner	Northern Cambria
Taya Whitfield	Marion Center	Samantha Rocco	Northern Cambria
Hanna Beer	Marion Center	Payton Balogh	Purchase Line
Madison Vincent	Marion Center		

2016-17 Heritage All-Conference Girls' Track & Field Team

Brianna Zernick	Northern Cambria	Sarah Markosky *#	Ligonier Valley
Emma Arblaster*#	United	Olivia Miller*	Ligonier Valley
Michaela Bracken*#	United	Rachel Horrell*#	Ligonier Valley
Ryleigh Ludwig#	United	Theresa Schachte*	Ligonier Valley
Regan Tomalson#	United	Abby Frey*	Ligonier Valley
Laura Susick	United	Issy Saloom*	Ligonier Valley
Holly Long*#	Saltsburg	Molleigh Henderson	Ligonier Valley
Emileigh Syster	Purchase Line	Jocelyn Thompson*	Marion Center
Gwyn Keith	Penns Manor	Taya Whitfield*#	Marion Center
Kate Polenik#*	Penns Manor	Mackenzie Walker*#	Marion Center
Morgan Buggey#	Homer Center	Bailey Cribbs#	Marion Center
Mandy McElheny#	Homer Center	Emily Risinger	Marion Center
Tayler Briscoe	Homer Center	Madison Vincent#	Marion Center
		Alyxandra Cornetto#	Marion Center
		McKenzie Lucas#	Marion Center
		Cherise Schultz#	Marion Center
		Makela Musser	Marion Center

*Heritage Champion

#State Qualifier

Heritage All-Conference Teams

2017-18 Heritage All-Conference Girls' Track & Field Team

Samantha Miller	Homer Center	Josie Fleming	Purchase Line
Rachel Horrell	Ligonier Valley	Addie Beer	Purchase Line
McKenna Rummel	Ligonier Valley	Holly Long	Saltsburg
Isabelle Saloom	Ligonier Valley	Jenna Beitel	Saltsburg
Emily Risinger	Marion Center	Courtney Battistelli	Saltsburg
Jocilyn Thompson	Marion Center	Makenzie Simpson	Saltsburg
Mackenzie Walker	Marion Center	Miranda Guthrie	Saltsburg
Logan Wells	Marion Center	Emma Arblaster	United
Sierra Gaston	Northern Cambria	Michaela Bracken	United
Brianna Zernick	Northern Cambria	Maizee Fry	United
Kate Polenik	Penns Manor	Laura Susick	United
Gwyn Keith	Penns Manor	Regan Tomalson	United

2018-19 Heritage All-Conference Girls' Track & Field Team

Regan Sheredy	Northern Cambria	Gretchen Meagher	Penns Manor
Addaleia Beer	Purchase Line	Megan Schwartz	Penns Manor
Faith Bugey	Homer Center	Mackenzie Walker	Marion Center
Maizee Fry	United	Micaylee DeHave	Marion Center
Delaney Mack	United	Alyx Cornetto	Marion Center
Laura Susick	United	Nevada Armstrong	Marion Center
Bailey Popovich	United	Charlotte Gardner	Marion Center
Makenzie Simpson	Saltsburg	Cherise Schultz	Marion Center
Jenna Beitel	Saltsburg	Jocilyn Thompson	Marion Center
Abbigail Dickie	Saltsburg	Lilly Ryer	Marion Center
Courtney Battistelli	Saltsburg	Tatum Hoffman	Ligonier Valley
Jill Barger	Saltsburg	Isabelle Saloom	Ligonier Valley