

## 2019 CL &amp; EPAC Track and Field Championship Meet - 5/7/2019 to 5/8/2019

## Whitehall High School

## Results

**Event 1 Girls 4x800 Meter Relay Colonial League****Box Alley Start**

Seeds 1,4,5,8,9,12 top alley. Seeds 2,3,6,7,10,11 back alley

Meet Record: 9:31.65 @ 2015 Northwestern Lehigh

S Mertz, R Cerrone, S Sagan, C Pierce

Team	Relay	Finals
<b>Finals</b>		
1	Northwestern Lehigh	9:42.55
2	Saucon Valley	9:58.75
3	Palisades	10:02.66
4	Southern Lehigh	10:07.33
5	Wilson Area	10:27.74
6	Notre Dame GP	10:34.92
7	Bangor HS	11:44.42
8	Catasauqua 2019	11:48.01

**Event 2 Boys 4x800 Meter Relay Colonial League****Box Alley Start**

Seeds 1,4,5,8,9,12 top alley. Seeds 2,3,6,7,10,11 back alley

Meet Record: 8:02.54 @ 1983 Southern Lehigh

T Danissavich, M Krafczyk, M McGinty, B McGinty

Team	Relay	Finals
<b>Finals</b>		
1	Southern Lehigh	8:16.72
2	Notre Dame GP	8:25.87
3	Bangor HS	8:28.71
4	Saucon Valley	8:29.80
5	Palmerton	8:37.55
6	Pahs Track 2019	8:40.55
7	Wilson Area	8:43.89
8	Palisades	9:13.46
9	Northwestern Lehigh	9:15.81
10	Salisbury	9:34.74
11	Northern Lehigh	9:37.90
12	Catasauqua 2019	9:47.53

**Event 3 Girls 100 Meter Hurdles Colonial League****Top two in each heat and next three fastest times to final**

Meet Record: 14.64 @ 1984 Debbie Linton

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	#873 Williams, Sierra	JR Southern Lehigh	15.35Q
2	#918 Goodman, Almond	11 Warriors	16.53Q
3	#531 Porter, Skye	SO Palisades	17.36Q
4	#951 Medina, Raiana	11 Warriors	17.31Q
5	#802 Fenstermaker, Kerrig	JR Southern Lehigh	17.52Q
6	#411 Hinks, Allyson	12 NWL	17.86Q
7	#800 Dunham, Isabelle	SO Southern Lehigh	17.94q
8	#400 Fogal, Emma	12 NWL	18.01q
9	#756 Rohn, Emma	JR SV	18.17q
10	#194 Huber, Amy	SR CHS	18.20

11	#333 Guelcher, Kristen	SO NL	18.31
12	#127 Ott, Montana	SR BAN	18.39
13	#510 Magditch, Morgan	FR Palisades	18.50
14	#302 Santos, Maya	SO Notre Dame GP	18.57
15	#558 Walker, Kayla	FR Palisades	18.66
16	#626 Wallbillich, Abby	SO PAHS	18.73
17	#841 McKee, Emma	FR Southern Lehigh	19.02
18	#492 Gallagher, Rachel	SR Palisades	19.15
19	#950 McLaine, Madelyn	10 Warriors	19.30
20	#340 Horninger, Olivia	FR NL	19.48
21	#961 Parker, Sydney	12 Warriors	19.66
22	#383 Boushell, Molly	9 NWL	19.86
23	#810 Glad, Arden	FR Southern Lehigh	20.06
24	#5 Butz, Emily	SO Palmerton	20.12
---	#101 Ippolito, Elyse	SR BAN	DNF

**Event 3 Girls 100 Meter Hurdles Colonial League****Top two in each heat and next three fastest times to final**

Meet Record: 14.64 @ 1984 Debbie Linton

Name	Yr	School	Finals
<b>Finals</b>			
1	#873 Williams, Sierra	JR Southern Lehigh	15.70
2	#531 Porter, Skye	SO Palisades	16.95
3	#918 Goodman, Almond	11 Warriors	17.04
4	#802 Fenstermaker, Kerrig	JR Southern Lehigh	17.26
5	#951 Medina, Raiana	11 Warriors	17.38
6	#400 Fogal, Emma	12 NWL	17.74
7	#411 Hinks, Allyson	12 NWL	17.96
8	#756 Rohn, Emma	JR SV	19.06
9	#800 Dunham, Isabelle	SO Southern Lehigh	20.76

**Event 4 Boys 110 Meter Hurdles Colonial League****Top two in each heat and next three fastest times to final**

Meet Record: 14.17 @ 2011 Kowan Scott

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	#42 Nelson, Jordan	JR Palmerton	15.66Q
2	#599 Lobb, Eric	SR PAHS	15.71Q
3	#128 Owens, Nate	JR BAN	16.06Q
4	#130 Pennix, Jevon	SR BAN	15.98Q
5	#806 Fredrick, Jonathan	SR Southern Lehigh	16.54Q
6	#47 Perloni, Jonathan	SO Palmerton	16.95Q
7	#499 Kentopp, Colton	SR Palisades	16.99q
8	#853 Ozanne, Maxwell	SR Southern Lehigh	17.02q
9	#784 Berner, Logan	JR Southern Lehigh	17.07q
10	#357 Moyer, Zachary	JR NL	17.12
11	#41 Nelson, Jevon	SR Palmerton	17.48
12	#881 Altenbach, Tristan	12 Warriors	17.77
13	#334 Hankee, Caleb	SO NL	17.93
14	#406 Haas, Ryan	12 NWL	18.13
15	#203 Merkel, Joseph	JR CHS	18.25
16	#410 Hernandez, Nolan	12 NWL	18.61

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**Preliminaries ... (Event 4 Boys 110 Meter Hurdles Colonial League)**

Name	Yr	School	Prelims
17 #305 Shay, Trevor	FR	Notre Dame GP	18.81
18 #698 Brogle, Nicholas	FR	SV	18.90
19 #840 McGill, Justin	SR	Southern Lehigh	18.90
20 #287 McMenimen, Leo	FR	Notre Dame GP	18.99
21 #927 Hernandez, Alexander	11	Warriors	19.25
22 #725 Holub, Ryan	SR	SV	19.31
23 #342 Jones, Chase	FR	NL	19.65
24 #376 Beidler, Anthony	10	NWL	19.95
25 #28 Imbriaco, James	SR	Palmerton	22:53.00
--- #991 Ghaleb, Charbel		Warriors	DQ

**Event 4 Boys 110 Meter Hurdles Colonial League****Top two in each heat and next three fastest times to final**

Meet Record: 14.17 @ 2011 Kowan Scott

Name	Yr	School	Finals
1 #42 Nelson, Jordan	JR	Palmerton	15.13
2 #128 Owens, Nate	JR	BAN	15.65
3 #599 Lobb, Eric	SR	PAHS	15.71
4 #130 Pennix, Jevon	SR	BAN	15.82
5 #47 Perloni, Jonathan	SO	Palmerton	16.79
6 #784 Berner, Logan	JR	Southern Lehigh	17.47
7 #499 Kentopp, Colton	SR	Palisades	17.49
8 #853 Ozanne, Maxwell	SR	Southern Lehigh	17.49
--- #806 Fredrick, Jonathan	SR	Southern Lehigh	DQ

**Event 5 Girls 100 Meter Dash Colonial League****Top two in each heat and next three fastest times to final**

Meet Record: 12.03 @ 2010 Alissa Lombardo

Name	Yr	School	Prelims
1 #707 Diggs, Talitha	JR	SV	12.10Q
2 #871 Trout, Madison	FR	Southern Lehigh	12.63Q
3 #472 Bottelier, Lydia	SR	Palisades	12.68Q
4 #790 Chase, Marley	FR	Southern Lehigh	12.89Q
5 #247 DiSora, Alexis	JR	Notre Dame GP	13.00Q
6 #820 Hollie, Imani	SR	Southern Lehigh	13.10Q
7 #333 Guelcher, Kristen	SO	NL	13.04q
8 #601 Male, Lauryn	JR	PAHS	13.18q
9 #525 Odle, Sydney	SO	Palisades	13.25q
10 #306 Sidorov, Sarah	FR	Notre Dame GP	13.32
11 #86 Giamoni, Abigail	SO	BAN	13.38
12 #61 Albanese, Kalea	FR	BAN	13.52
13 #788 Cassaday, Amelia	JR	Southern Lehigh	13.57
14 #753 Riehl, Sophia	SO	SV	13.59
15 #4 Burke, Saylor	SR	Palmerton	13.60
16 #120 Naysmith, Emma	FR	BAN	13.61
17 #252 Falzone, Hailey	FR	Notre Dame GP	13.61
18 #399 Fogal, Caroline	11	NWL	13.68
19 #313 Tuskes, Maddie	SO	Notre Dame GP	13.83

20 #379 Betz, Kate	10	NWL	13.86
21 #408 Hathaway, Sara	12	NWL	13.87
22 #241 Burcaw, Grace	FR	Notre Dame GP	13.89
23 #966 Salvi, Anjali	12	Warriors	13.89
24 #662 M'Bai, Aaliyah	FR	Salisbury XC	13.95
25 #791 Cherfils, Faith	FR	Southern Lehigh	13.97
26 #985 Watkins, Jada	12	Warriors	13.98
--- #7 Christman, Emma	FR	Palmerton	FS

**Event 5 Girls 100 Meter Dash Colonial League****Top two in each heat and next three fastest times to final**

Meet Record: 12.03 @ 2010 Alissa Lombardo

Name	Yr	School	Finals
1 #707 Diggs, Talitha	JR	SV	11.92@
2 #472 Bottelier, Lydia	SR	Palisades	12.37
3 #871 Trout, Madison	FR	Southern Lehigh	12.80
4 #790 Chase, Marley	FR	Southern Lehigh	12.95
5 #820 Hollie, Imani	SR	Southern Lehigh	13.09
6 #333 Guelcher, Kristen	SO	NL	13.19
7 #247 DiSora, Alexis	JR	Notre Dame GP	13.23
8 #601 Male, Lauryn	JR	PAHS	13.39
9 #525 Odle, Sydney	SO	Palisades	13.50

**Event 6 Boys 100 Meter Dash Colonial League****Top two in each heat and next three fastest times to final**

Meet Record: 11.01 @ 2017 Jonathan Marfsi

Name	Yr	School	Prelims
1 #142 Scipio, Tyrek	SR	BAN	11.15Q
2 #663 McKenzie, Delano	SR	Salisbury XC	11.23Q
3 #55 Stasko, Aaron	SR	Palmerton	11.31Q
4 #971 Simpson, Damon	9	Warriors	11.28Q
5 #637 Buda, Timothy	JR	Salisbury XC	11.33Q
6 #77 DeBoer, Garrett	SR	BAN	11.44Q
7 #862 Rodriguez, Adrian	JR	Southern Lehigh	11.36q
8 #969 Sigue, Lorenzo	11	Warriors	11.43q
9 #881 Altenbach, Tristan	12	Warriors	11.52q
10 #845 Miller, Brendan	SR	Southern Lehigh	11.52
11 #59 Waterhouse, Cody	SR	Palmerton	11.58
11 #171 Clemons, Wilquon	SR	CHS	11.58
13 #914 Fazio, Christopher	10	Warriors	11.61
14 #250 Ewungken, Julius	JR	Notre Dame GP	11.67
15 #943 Lantosh, Beau	11	Warriors	11.69
16 #801 Fauzio, Jacob	SO	Southern Lehigh	11.69
17 #440 Rodda, Justin	10	NWL	11.73
18 #316 Zaladonis, Joey	SR	Notre Dame GP	11.75
19 #517 Miller, Ethan	SR	Palisades	11.76
20 #563 Yocum, Gus	JR	Palisades	11.77
21 #300 Rodriguez, Jerod	FR	Notre Dame GP	11.80
22 #85 Genteel, Joseph	SO	BAN	11.86
23 #832 Lewis, Connor	SR	Southern Lehigh	11.87

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**Preliminaries ... (Event 6 Boys 100 Meter Dash Colonial League)**

Name	Yr	School	Prelims
24 #206 Moodie, Jaekwan	SR	CHS	11.95
25 #715 Gallard, Kelvin	SR	SV	11.98
26 #324 Amorim, Trevor	FR	NL	12.07
27 #793 Cocco, Nate	SR	Southern Lehigh	12.09

**Event 6 Boys 100 Meter Dash Colonial League****Top two in each heat and next three fastest times to final**Meet Record: **11.01 @ 2017 Jonathan Marfsi**

Name	Yr	School	Finals
1 #55 Stasko, Aaron	SR	Palmerton	11.40
2 #663 McKenzie, Delano	SR	Salisbury XC	11.42
3 #142 Scipio, Tyrek	SR	BAN	11.48
4 #971 Simpson, Damon	9	Warriors	11.51
5 #862 Rodriguez, Adrian	JR	Southern Lehigh	11.56
6 #77 DeBoer, Garrett	SR	BAN	11.57
7 #969 Sigue, Lorenzo	11	Warriors	11.75
8 #881 Altenbach, Tristan	12	Warriors	11.86

**Event 7 Girls 200 Meter Dash Colonial League****Top two in each heat and next two fastest times to final**Meet Record: **24.57 @ 2018 Talitha Diggs**

Name	Yr	School	Prelims
1 #871 Trout, Madison	FR	Southern Lehigh	26.45Q
2 #472 Bottelier, Lydia	SR	Palisades	26.61Q
3 #247 DiSora, Alexis	JR	Notre Dame GP	27.19Q
4 #790 Chase, Marley	FR	Southern Lehigh	26.97Q
5 #820 Hollie, Imani	SR	Southern Lehigh	27.32Q
6 #86 Giamoni, Abigail	SO	BAN	27.52Q
7 #525 Odle, Sydney	SO	Palisades	27.68q
8 #893 Bronson, Zoey	10	Warriors	27.88q
9 #333 Guelcher, Kristen	SO	NL	28.02
10 #306 Sidorio, Sarah	FR	Notre Dame GP	28.05
11 #783 Bah, Isata	FR	Southern Lehigh	28.35
12 #61 Albanese, Kalea	FR	BAN	28.48
13 #464 Balliet, Ava	FR	Palisades	28.60
14 #408 Hathaway, Sara	12	NWL	28.68
15 #601 Male, Lauryn	JR	PAHS	28.78
16 #241 Burcaw, Grace	FR	Notre Dame GP	28.87
17 #120 Naysmith, Emma	FR	BAN	28.92
18 #413 Holmes, Jakayla	9	NWL	29.04
19 #985 Watkins, Jada	12	Warriors	29.07
20 #791 Cherfils, Faith	FR	Southern Lehigh	29.14
21 #18 Frank, Delaney	SO	Palmerton	29.54
22 #898 Byrely, Brielle	10	Warriors	29.71

**Event 7 Girls 200 Meter Dash Colonial League****Top two in each heat and next two fastest times to final**Meet Record: **24.57 @ 2018 Talitha Diggs**

Name	Yr	School	Finals
1 #472 Bottelier, Lydia	SR	Palisades	25.73
2 #871 Trout, Madison	FR	Southern Lehigh	26.77
3 #790 Chase, Marley	FR	Southern Lehigh	26.93
4 #247 DiSora, Alexis	JR	Notre Dame GP	27.42
5 #820 Hollie, Imani	SR	Southern Lehigh	27.45
6 #86 Giamoni, Abigail	SO	BAN	28.03
7 #893 Bronson, Zoey	10	Warriors	28.03
8 #525 Odle, Sydney	SO	Palisades	28.24

**Event 8 Boys 200 Meter Dash Colonial League****Top two in each heat and next two fastest times to final**Meet Record: **22.21 @ 2014 Cam Richardson**

Name	Yr	School	Prelims
1 #142 Scipio, Tyrek	SR	BAN	22.72Q
2 #637 Buda, Timothy	JR	Salisbury XC	22.99Q
3 #862 Rodriguez, Adrian	JR	Southern Lehigh	23.23Q
4 #55 Stasko, Aaron	SR	Palmerton	23.14Q
5 #865 Singleton, Dorian	JR	Southern Lehigh	23.21Q
6 #881 Altenbach, Tristan	12	Warriors	23.40Q
7 #845 Miller, Brendan	SR	Southern Lehigh	23.38q
8 #971 Simpson, Damon	9	Warriors	23.39q
9 #250 Ewungken, Julius	JR	Notre Dame GP	23.41
10 #801 Fauzio, Jacob	SO	Southern Lehigh	23.76
11 #77 DeBoer, Garrett	SR	BAN	23.80
12 #943 Lantosh, Beau	11	Warriors	23.89
13 #811 Glueck, Marcus	JR	Southern Lehigh	23.89
14 #517 Miller, Ethan	SR	Palisades	24.02
15 #447 Seyfried, Samuel	12	NWL	24.03
16 #563 Yocum, Gus	JR	Palisades	24.07
17 #870 Tobin, Aiden	FR	Southern Lehigh	24.11
18 #562 Yearwood, Marcus	SO	Palisades	24.26
19 #300 Rodriguez, Jerod	FR	Notre Dame GP	24.52
20 #541 Smeland, Mason	SO	Palisades	24.58
21 #766 Stromski, Benjamin	SO	SV	24.78
22 #85 Genteel, Joseph	SO	BAN	24.89
23 #24 Heydt, Lucas	FR	Palmerton	24.97
24 #838 Lyon, Alexander	FR	Southern Lehigh	24.98

**Event 8 Boys 200 Meter Dash Colonial League****Top two in each heat and next two fastest times to final**Meet Record: **22.21 @ 2014 Cam Richardson**

Name	Yr	School	Finals
1 #142 Scipio, Tyrek	SR	BAN	22.55
2 #845 Miller, Brendan	SR	Southern Lehigh	23.11



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**Finals ... (Event 8 Boys 200 Meter Dash Colonial League)**

Name	Yr	School	Finals
3 #881 Altenbach, Tristan	12	Warriors	23.12
4 #55 Stasko, Aaron	SR	Palmerton	23.15
5 #862 Rodriguez, Adrian	JR	Southern Lehigh	23.22
6 #865 Singleton, Dorian	JR	Southern Lehigh	23.33
7 #971 Simpson, Damon	9	Warriors	23.36

**Event 9 Girls 300 Meter Hurdles Colonial League**

Three heats winners based on time

Meet Record: **45.24 @ 1984** **Debbie Linton**

Name	Yr	School	Finals
1 #873 Williams, Sierra	JR	Southern Lehigh	47.66
2 #918 Goodman, Almond	11	Warriors	49.08
3 #34 Martinez, Madison	SR	Palmerton	49.82
4 #452 Supplee, Sarah	12	NWL	50.18
5 #199 Kern, Trinity	SR	CHS	51.08
6 #251 Eyvazzadeh, Lily	FR	Notre Dame GP	51.27
7 #492 Gallagher, Rachel	SR	Palisades	51.74
8 #708 El Banna, Serena	JR	SV	52.36
9 #951 Medina, Raiana	11	Warriors	52.80
10 #127 Ott, Montana	SR	BAN	52.86
11 #523 Moser, Ava	JR	Palisades	53.03
12 #400 Fogal, Emma	12	NWL	53.10
13 #919 Grant, Chevonne	10	Warriors	53.19
14 #898 Byrely, Brielle	10	Warriors	53.47
15 #802 Fenstermaker, Kerrig	JR	Southern Lehigh	53.55
16 #799 Duffy, Kaitlyn	FR	Southern Lehigh	53.56
17 #510 Magditch, Morgan	FR	Palisades	54.34
18 #841 McKee, Emma	FR	Southern Lehigh	54.51
19 #626 Wallbillich, Abby	SO	PAHS	54.96
20 #950 McLaine, Madelyn	10	Warriors	55.21
21 #219 Roberts, Shaziya	JR	CHS	56.69
22 #126 Ortiz, Ventura	JR	BAN	56.73
23 #383 Boushell, Molly	9	NWL	58.29

**Event 10 Boys 300 Meter Hurdles Colonial League**

Three heats winners based on time

Meet Record: **37.96 @ 2011** **Kowan Scott**

Name	Yr	School	Finals
1 #599 Lobb, Eric	SR	PAHS	40.80
2 #853 Ozanne, Maxwell	SR	Southern Lehigh	41.34
3 #969 Sigue, Lorenzo	11	Warriors	41.54
4 #316 Zaladonis, Joey	SR	Notre Dame GP	41.74
5 #845 Miller, Brendan	SR	Southern Lehigh	42.65
6 #128 Owens, Nate	JR	BAN	42.97
7 #806 Fredrick, Jonathan	SR	Southern Lehigh	43.03
8 #171 Clemons, Wilquon	SR	CHS	43.07
9 #406 Haas, Ryan	12	NWL	43.57
10 #203 Merkel, Joseph	JR	CHS	44.25

11 #41 Nelson, Jevon	SR	Palmerton	44.31
12 #499 Kentopp, Colton	SR	Palisades	44.41
13 #410 Hernandez, Nolan	12	NWL	45.06
14 #784 Berner, Logan	JR	Southern Lehigh	45.19
15 #47 Perloni, Jonathan	SO	Palmerton	45.78
16 #287 McMenimen, Leo	FR	Notre Dame GP	46.26
17 #28 Imbriaco, James	SR	Palmerton	46.55
18 #450 Smeltz, Brandon	10	NWL	47.09
19 #334 Hankee, Caleb	SO	NL	47.16
20 #725 Holub, Ryan	SR	SV	47.26
21 #840 McGill, Justin	SR	Southern Lehigh	48.54
22 #927 Hernandez, Alexander	11	Warriors	50.11
23 #991 Ghaleb, Charbel		Warriors	50.29
--- #130 Pennix, Jevon	SR	BAN	DQ

**Event 11 Girls 3200 Meter Run Colonial League**

Box Alley Start

Seeds **1,4,5,8,9,12,13,16,17** top alley.

Seeds **2,3,,6,7,10,11,14,15,18** back alley

Meet Record: **10:52.46 @ 2013** **Eilzabeth Chikotas**

Name	Yr	School	Finals
1 #361 Pender, Reagan	JR	NL	11:36.21
2 #288 Medei, Grace	SO	Notre Dame GP	11:54.19
3 #964 Pote, Jillian	11	Warriors	12:04.14
4 #814 Groeber, Jenna	JR	Southern Lehigh	12:10.88
5 #221 Rushatz, Alexis	SO	CHS	12:27.03
6 #460 Zack, Alyssa	12	NWL	12:29.25
7 #295 Nichols, Krista	SO	Notre Dame GP	12:41.34
8 #848 Morgan, Natalie	FR	Southern Lehigh	12:43.62
9 #767 Szydlow, Emma	FR	SV	12:44.04
10 #237 Azzalina, Serena	FR	Notre Dame GP	12:50.65
11 #533 Reguera, Sara	FR	Palisades	12:53.73
12 #595 Kernosh, Bubblegun	FR	PAHS	13:18.38
13 #332 Guelcher, Katie	SR	NL	13:21.91
14 #828 Koch, Taylor	JR	Southern Lehigh	13:38.34
15 #384 Brown, Kristen	11	NWL	13:44.11
16 #882 Altonen, Lillian	12	Warriors	13:51.07
17 #819 Hess, Zoe	FR	Southern Lehigh	13:54.20
18 #627 Warfle, Krista	SR	PAHS	13:55.35

**Event 12 Boys 3200 Meter Run Colonial League**

Box Alley Start

Seeds **1,4,5,8,9,12,13,16,17** top alley

Seeds **2,3,6,7,10,11,14,15,18** back alley

Meet Record: **9:34.34 @ 1999** **Jeff Dobias**

Name	Yr	School	Finals
1 #825 Kane, Alexander	FR	Southern Lehigh	9:44.19
2 #124 O'Brien, Morgan	SR	BAN	9:53.18
3 #701 Chaikowsky, Matthe	SO	SV	9:53.88
4 #941 Koehler, Aaron	11	Warriors	10:13.47



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**Finals ... (Event 12 Boys 3200 Meter Run Colonial League)**

Name	Yr	School	Finals
5 #809 Gilmore, Richard	JR	Southern Lehigh	10:16.67
6 #833 Lisciky, Dominik	FR	Southern Lehigh	10:24.73
7 #573 Coppolella, Anthony	JR	PAHS	10:50.07
8 #502 Koven, Teddy	JR	Palisades	10:52.51
9 #155 Weidman, Trevor	FR	BAN	10:55.46
10 #257 Fitzgerald, Declan	SO	Notre Dame GP	10:57.82
11 #387 Chukoskie, Cole	9	NWL	10:58.21
12 #911 Dufal, Aiden		Warriors	11:02.99
13 #869 Terefenko, Zachary	JR	Southern Lehigh	11:08.13
14 #258 Fitzgerald, Owen	SO	Notre Dame GP	11:17.39
15 #435 Pleban, Joseph	11	NWL	11:21.31
16 #792 Clinton, Anthony	SO	Southern Lehigh	11:28.38
17 #939 Kenny, Collin	11	Warriors	11:31.10
18 #325 Davies, Carlton	SR	NL	11:54.70

**Event 13 Girls Long Jump Colonial League**

**Two flights 3 jumps top 9 to final 3 more jumps**

**Meet Record: 18-05.75 @ 2016 Lindsay Bauer**

Name	Yr	School	Finals
<b>Finals</b>			
1 #871 Trout, Madison	FR	Southern Lehigh	17-00.75
2 #788 Cassaday, Amelia	JR	Southern Lehigh	17-00.50
3 #560 Williams, Trinity	SO	Palisades	16-09.50
4 #106 Labar, Emily	SR	BAN	16-07.00
5 #646 Holben, Erica	SR	Salisbury XC	16-03.00
6 #826 Kline, Jayden	SO	Southern Lehigh	16-01.00
7 #4 Burke, Sayler	SR	Palmerton	16-00.75
8 #778 Adams, Victoria	SR	Southern Lehigh	15-09.00
9 #552 Szklarski, Julia	JR	Palisades	15-03.75
10 #423 Mauer, Kirsten	9	NWL	15-03.50
11 #7 Christman, Emma	FR	Palmerton	15-00.75
12 #241 Burcaw, Grace	FR	Notre Dame GP	14-08.75
13 #672 Schimeneck, Lily	JR	Salisbury XC	14-07.25
14 #785 Boensch, Sophia	FR	Southern Lehigh	14-06.25
14 #708 El Banna, Serena	JR	SV	14-06.25
16 #3 Beahm, Maddison	JR	Palmerton	14-04.50
17 #492 Gallagher, Rachel	SR	Palisades	13-03.00
--- #495 Heinz, Laura	SR	Palisades	FOUL

**Event 14 Girls Discus Throw Colonial League**

**Two flights 3 throws top 9 to final 3 more throws**

**Meet Record: 125-09 @ 1988 Stacey Becker**

Name	Yr	School	Finals
<b>Finals</b>			
1 #789 Cassel, Elizabeth	SR	Southern Lehigh	105-05
2 #839 Lyon, Alyssa	SR	Southern Lehigh	104-11
3 #290 Mercurio, Katelyn	SR	Notre Dame GP	102-11
4 #498 Hilferty, Delaney	SO	Palisades	96-04
5 #426 Miller, Caitlyn	10	NWL	93-04
6 #503 Kukowski, Peri	SR	Palisades	91-00

7 #504 Leinenbach, Sara	SR	Palisades	89-10
8 #329 Evans, Hailey	SO	NL	88-08
9 #246 Dergham, Marilyn	SO	Notre Dame GP	87-07
10 #727 Johnson, Mary	SR	SV	86-01
11 #718 Hagan, Natalie	SR	SV	82-05
12 #617 Ruiz, Vanessa	JR	PAHS	82-01
13 #63 Baker, Brooke	SO	BAN	76-04
14 #548 Spies, Leah	SR	Palisades	75-06
15 #217 Richards, Taylor	SR	CHS	74-08
16 #360 Ohlson, Francine	JR	NL	74-07
17 #419 Leibensperger, Kayla	12	NWL	70-08
18 #16 Everett, Abigail	JR	Palmerton	60-10

**Event 15 Boys High Jump Colonial League**

**Starting height 5'7"**

**Raise bar 2" until 3 competitors remain then raise 1"**

**Meet Record: 7-01 @ 2016 Greg Lauray**

Name	Yr	School	Finals
<b>Finals</b>			
1 #357 Moyer, Zachary	JR	NL	6-03.00
2 #842 McKee, Jackson	SO	Southern Lehigh	6-01.00
3 #557 Volak, Josh	SR	Palisades	J6-01.00
4 #894 Brown, Samuel	11	Warriors	5-11.00
5 #453 Thomas, Devin	12	NWL	J5-11.00
6 #440 Rodda, Justin	10	NWL	5-09.00
6 #801 Fauzio, Jacob	SO	Southern Lehigh	5-09.00
8 #744 Orr, Nathan	JR	SV	J5-09.00
9 #832 Lewis, Connor	SR	Southern Lehigh	J5-09.00
10 #635 Bleam, Hunter	FR	Salisbury XC	5-07.00
10 #975 Swiatek, Robby	12	Warriors	5-07.00
10 #324 Amorim, Trevor	FR	NL	5-07.00
13 #98 Holland, Ben	SR	BAN	J5-07.00
13 #600 Maggipinto, Lucas	SO	PAHS	J5-07.00
15 #468 Benner, Jake	SO	Palisades	J5-07.00
15 #639 Fenstemaker, Trey	SR	Salisbury XC	J5-07.00
15 #66 Berger, Noah	SR	BAN	J5-07.00
--- #48 Quinn, Michael	JR	Palmerton	NH

**Event 16 Boys Pole Vault Colonial League**

**Starting height 9'3"**

**Raise bar 6" until 3 competitors remain then raise 3"**

**Meet Record: 15-00 @ 2008 Kyle Miller**

Name	Yr	School	Finals
<b>Finals</b>			
1 #107 Lasher, Derek	JR	BAN	14-03.00
2 #569 Barr, Tadd	SR	PAHS	13-03.00
3 #744 Orr, Nathan	JR	SV	J13-03.00
4 #561 Woehr, John	JR	Palisades	11-09.00
5 #566 Albanese, Jared	SO	PAHS	11-03.00
6 #116 Medina, Austin	SR	BAN	J11-03.00
7 #794 Colasurdo, Christian	SO	Southern Lehigh	10-09.00
8 #405 George, Rhys	10	NWL	10-03.00



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**Finals ... (Event 16 Boys Pole Vault Colonial League)**

Name	Yr	School	Finals
9 #138 Sareen, Akash	SR	BAN	J10-03.00
10 #604 McKeague, Collin	SO	PAHS	9-09.00
10 #798 Dickinson, Deacon	FR	Southern Lehigh	9-09.00
12 #761 Schriffert, Nicholas	JR	SV	9-03.00
12 #686 Ziegler, Jacob	JR	Salisbury XC	9-03.00
12 #512 McClintic, Matthew	FR	Palisades	9-03.00
--- #853 Ozanne, Maxwell	SR	Southern Lehigh	NH
--- #822 James, Nickolas	SR	Southern Lehigh	NH
--- #60 Wood, Corlan	SO	Palmerton	NH
--- #397 Fenstermaker, Rhys	11	NWL	NH

**Event 17 Boys Discus Throw Colonial League****Two flights 3 throws top 9 to finals 3 more throws**

Meet Record: 195-07 @ 2013 Bryan Pearson

Name	Yr	School	Finals
1 #274 Kitchell, Tom	JR	Notre Dame GP	157-02
2 #31 Lalik, Matt	JR	Palmerton	121-09
3 #38 Mooney, Josh	JR	Palmerton	118-09
4 #291 Milkovitz, Allan	JR	Notre Dame GP	116-07
5 #79 Diorio, Seth	SR	BAN	114-05
6 #330 Fritchman, Josh	SR	NL	114-01
7 #957 Mueller, Max	9	Warriors	111-08
8 #607 Morro, Zach	SO	PAHS	111-03
9 #255 Farrell, Braeden	SR	Notre Dame GP	109-11
10 #954 Miller, Zach	12	Warriors	108-00
11 #256 Ference, Tyler	SR	Notre Dame GP	106-07
12 #107 Lasher, Derek	JR	BAN	106-06
13 #43 Nelson, Parker	SR	Palmerton	104-02
14 #746 Patterson-Zuber, Pat	SR	SV	102-06
15 #299 Rivera, Lex	SO	Notre Dame GP	100-01
16 #118 Miller, Riley	SO	BAN	88-06
--- #421 Marrazzo, Michael	11	NWL	FOUL
--- #850 Noblit, Adam	JR	Southern Lehigh	FOUL

**Event 18 Girls Pole Vault Colonial League****Starting height 7'3"****Raise bar 6" until 3 competitors remain then raise 3"**

Meet Record: 12-03 @ 2010 Allison Vanek

Name	Yr	School	Finals
1 #393 Derr, Sydney	12	NWL	11-00.00
2 #883 Altonen, Sara	11	Warriors	J11-00.00
3 #83 Frankenfield, Hannah	SR	BAN	10-03.00
4 #587 Guthrie, Megan	JR	PAHS	9-03.00
5 #39 Morgan, Maggie	JR	Palmerton	8-09.00
6 #815 Hambly, Grace	JR	Southern Lehigh	8-03.00
8 #208 Muller, Montana	JR	CHS	J8-03.00
8 #483 Donaldson, Skylar	FR	Palisades	J8-03.00
10 #813 Grabusky, Paige	SO	Southern Lehigh	7-09.00

10 #462 Badman, Stacey	SR	Palisades	7-09.00
11 #457 Wertman, Jessica	12	NWL	J7-03.00
12 #623 Vargo, Noelle	JR	PAHS	J8-03.00
13 #590 Herrera, Jennique	SO	PAHS	7-03.00
13 #139 Sareen, Anjali	SO	BAN	7-03.00
15 #353 Merkle, Abby	SR	NL	J7-09.00
--- #669 Rutt, Kaitlyn	SR	Salisbury XC	NH
--- #709 Esch, Caitlyn	FR	SV	NH

**Event 19 Boys Triple Jump Colonial League****Two flights 3 jumps top 9 to final 3 more jumps**

Meet Record: 47-02.50 @ 2014 Austin Shupp

Name	Yr	School	Finals
1 #557 Volak, Josh	SR	Palisades	43-03.50
2 #42 Nelson, Jordan	JR	Palmerton	43-03.00
3 #248 Domzaiski, Ryan	JR	Notre Dame GP	41-07.50
4 #357 Moyer, Zachary	JR	NL	41-07.00
5 #975 Swiatek, Robby	12	Warriors	41-05.25
6 #59 Waterhouse, Cody	SR	Palmerton	41-04.25
7 #794 Colasurdo, Christian	SO	Southern Lehigh	40-06.25
8 #980 Turner, Tajae	10	Warriors	40-02.50
9 #555 Tubiello, Ben	SO	Palisades	39-07.50
10 #74 Colon, Carlos	JR	BAN	39-06.25
11 #48 Quinn, Michael	JR	Palmerton	39-02.25
12 #468 Benner, Jake	SO	Palisades	39-01.25
13 #367 Zambo, Evan	SO	NL	39-01.00
14 #675 Stephens, Quintin	SO	Salisbury XC	38-07.50
15 #107 Lasher, Derek	JR	BAN	38-06.00
16 #639 Fenstermaker, Trey	SR	Salisbury XC	38-03.00
17 #453 Thomas, Devin	12	NWL	37-05.00

**Event 20 Girls Shot Put Colonial League****Two flights 3 throws top 9 to final three more throws**

Meet Record: 42-07 @ 1984 Penny Roth

Name	Yr	School	Finals
1 #477 Carr, Autumn	SR	Palisades	36-02.25
2 #63 Baker, Brooke	SO	BAN	34-07.25
3 #789 Cassel, Elizabeth	SR	Southern Lehigh	33-08.25
4 #16 Everett, Abigail	JR	Palmerton	32-11.75
5 #329 Evans, Hailey	SO	NL	32-08.25
6 #718 Hagan, Natalie	SR	SV	31-09.50
7 #386 Christopher, Sage	12	NWL	30-03.00
8 #290 Mercurio, Katelyn	SR	Notre Dame GP	29-11.75
9 #727 Johnson, Mary	SR	SV	29-10.25
10 #620 Sisson, Chloe	SO	PAHS	29-08.00
11 #503 Kukowski, Peri	SR	Palisades	28-04.00
12 #830 Lang, Bridgette	SR	Southern Lehigh	28-01.75
13 #498 Hilferty, Delaney	SO	Palisades	27-09.50
14 #501 Kerr, Madeline	SO	Palisades	27-06.25
15 #606 Mondello, Orianna	SR	PAHS	27-03.75

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**Finals ... (Event 20 Girls Shot Put Colonial League)**

Name	Yr	School	Finals
16 #812 Gormas, Gabriella	JR	Southern Lehigh	27-02.50
17 #937 Kennedy, Dani	10	Warriors	26-10.75
18 #691 Albano, Grace	SO	SV	25-08.50

**Event 21 Girls 1600 Meter Run Colonial League****Box alley start****Seeds 1,4,5,8,9,12,13,16,17 top alley****Seeds 2,3,6,7,10,11,14,15,18 back alley****Meet Record: 5:00.64 @ 1987 Sue Kozelnicky**

Name	Yr	School	Finals
<b>Finals</b>			
1 #361 Pender, Reagan	JR	NL	5:14.64
2 #752 Riefenstahl, Kiele	SR	SV	5:16.69
3 #388 Consuelos, Madeline	12	NWL	5:16.83
4 #390 Costa, Allison	11	NWL	5:19.65
5 #964 Pote, Jillian	11	Warriors	5:25.72
6 #486 Farese, Amy	JR	Palisades	5:31.07
7 #221 Rushatz, Alexis	SO	CHS	5:33.31
8 #288 Medei, Grace	SO	Notre Dame GP	5:35.15
9 #814 Groeber, Jenna	JR	Southern Lehigh	5:39.63
10 #944 Leguia, Adriana	10	Warriors	5:39.68
11 #864 Schell, Carina	FR	Southern Lehigh	5:41.76
12 #595 Kernosh, Bublegun	FR	PAHS	5:42.31
13 #425 McGorry, Molly	9	NWL	5:50.24
14 #767 Szydlow, Emma	FR	SV	5:52.80
15 #295 Nichols, Krista	SO	Notre Dame GP	5:53.19
16 #384 Brown, Kristen	11	NWL	5:55.66
17 #332 Guelcher, Katie	SR	NL	5:56.68
18 #848 Morgan, Natalie	FR	Southern Lehigh	5:58.93

**Event 22 Boys 1600 Meter Run Colonial League****Box alley start****Seeds 1,4,5,8,9,12,13,16,17 top alley****Seeds 2,3,6,7,10,11,14,15,18 back alley****Meet Record: 4:19.39 @ 2015 Joe Espinal**

Name	Yr	School	Finals
<b>Finals</b>			
1 #33 Martinez, Jacob	SR	Palmerton	4:24.85
2 #632 Artis, Shane	JR	Salisbury XC	4:29.35
3 #276 Koons, John	SR	Notre Dame GP	4:30.70
4 #124 O'Brien, Morgan	SR	BAN	4:31.33
5 #803 Fillman, Alex	SR	Southern Lehigh	4:33.81
6 #825 Kane, Alexander	FR	Southern Lehigh	4:36.57
7 #941 Koehler, Aaron	11	Warriors	4:49.14
8 #833 Lisciky, Dominik	FR	Southern Lehigh	4:51.15
9 #573 Coppolella, Anthony	JR	PAHS	4:54.60
10 #730 Kennedy, Jaden	FR	SV	4:56.56
11 #809 Gilmore, Richard	JR	Southern Lehigh	4:57.90
12 #372 Thomason, Jared	FR	NL	4:58.36
13 #309 Smith, Cody	SO	Notre Dame GP	4:58.40

14 #387 Chukoskie, Cole	9	NWL	4:58.43
15 #935 Javier, Josh	12	Warriors	4:59.31
16 #911 Dufal, Aiden		Warriors	4:59.33
17 #939 Kenny, Collin	11	Warriors	4:59.52
18 #435 Pleban, Joseph	11	NWL	5:05.63

**Event 23 Girls 400 Meter Dash Colonial League****Three heats winner based on time****Meet Record: 56.88 @ 2010 Alissa Lombardo**

Name	Yr	School	Finals
<b>Finals</b>			
1 #707 Diggs, Talitha	JR	SV	55.47@
2 #472 Bottelier, Lydia	SR	Palisades	58.78
3 #478 Curtin, Dorothy	SR	Palisades	1:00.00
4 #247 DiSora, Alexis	JR	Notre Dame GP	1:00.77
5 #851 O'Rourke, Trisha	JR	Southern Lehigh	1:02.43
6 #790 Chase, Marley	FR	Southern Lehigh	1:02.46
7 #252 Falzone, Hailey	FR	Notre Dame GP	1:02.57
8 #221 Rushatz, Alexis	SO	CHS	1:03.11
9 #893 Bronson, Zoey	10	Warriors	1:03.17
10 #611 Porter, Delaney	SO	PAHS	1:03.33
11 #253 Farina, Gianna	JR	Notre Dame GP	1:04.17
12 #413 Holmes, Jakayla	9	NWL	1:04.26
13 #618 Santiago, Angelina	JR	PAHS	1:04.34
14 #783 Bah, Isata	FR	Southern Lehigh	1:04.77
15 #807 Garges, Autumn	FR	Southern Lehigh	1:04.85
16 #269 Hohl, Annmarie	FR	Notre Dame GP	1:05.00
17 #523 Moser, Ava	JR	Palisades	1:05.40
18 #412 Hinks, Lauren	10	NWL	1:05.97
19 #672 Schimeneck, Lily	JR	Salisbury XC	1:06.32
20 #925 Harris, Jordan	11	Warriors	1:07.54
21 #484 Fair, Callie	JR	Palisades	1:07.97
22 #168 Brinkley, Breonna	SO	CHS	1:08.07
23 #2 Balliet, Madison	SO	Palmerton	1:08.78
24 #780 Ascolese, Ava	SO	Southern Lehigh	1:09.87

**Event 24 Boys 400 Meter Dash Colonial League****Three heats winners based on time****Meet Record: 48.04 @ 2009 Anthony Davidson**

Name	Yr	School	Finals
<b>Finals</b>			
1 #906 Collier, Quadir	12	Warriors	51.20
2 #71 Bubba, Marino	JR	BAN	51.40
3 #865 Singleton, Dorian	JR	Southern Lehigh	51.43
4 #943 Lantosh, Beau	11	Warriors	52.12
5 #142 Scipio, Tyrek	SR	BAN	52.21
6 #316 Zaladonis, Joey	SR	Notre Dame GP	52.26
7 #562 Yearwood, Marcus	SO	Palisades	52.73
8 #447 Seyfried, Samuel	12	NWL	52.88
9 #26 Hrusovsky, Richard	SR	Palmerton	52.94
10 #541 Smeland, Mason	SO	Palisades	53.02
11 #729 Kennedy, Ethan	JR	SV	53.03

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## Finals ... (Event 24 Boys 400 Meter Dash Colonial League)

Name	Yr	School	Finals
12 #250 Ewungken, Julius	JR	Notre Dame GP	53.10
13 #793 Cocco, Nate	SR	Southern Lehigh	54.16
14 #761 Schriffert, Nicholas	JR	SV	54.34
15 #32 Marlatt, Kory	SR	Palmerton	54.43
16 #870 Tobin, Aiden	FR	Southern Lehigh	54.48
17 #409 Heilman, Joshua	9	NWL	55.19
18 #953 Mette, Jakob	10	Warriors	55.83
19 #614 Reto, Gianni	SR	PAHS	56.39
20 #248 Domzaiski, Ryan	JR	Notre Dame GP	56.47
21 #838 Lyon, Alexander	FR	Southern Lehigh	56.51
22 #30 Kintz, Dominic	FR	Palmerton	56.58

## Event 25 Girls 4x100 Meter Relay Colonial League

Two heats winners based on time

Meet Record: 50.00 @ 2015 Palisades

L Cooper, A Robinson, K Reed, M Ramsden

Team	Relay	Finals
1 Southern Lehigh		50.49
2 Bangor HS		51.37
3 Wilson Area		52.57
4 Northwestern Lehigh		53.39
5 Notre Dame GP		53.54
6 Palmerton		53.89
7 Saucon Valley		54.20
8 Palisades		54.38
9 Northern Lehigh		54.46
10 Catasauqua 2019		55.53

## Event 26 Boys 4x100 Meter Relay Colonial League

Two heats winners based on time

Meet Record: 43.45 @ 2014 Northwestern Lehigh

H Hall, J Hereba, C Miller, C Richardson

Team	Relay	Finals
1 Wilson Area		43.12@
2 Southern Lehigh		43.77
3 Bangor HS		44.09
4 Palmerton		44.93
5 Palisades		44.95
6 Northwestern Lehigh		45.57
7 Saucon Valley		46.52
8 Catasauqua 2019		46.55
9 Notre Dame GP		48.78
--- Northern Lehigh		DNF

## Event 27 Girls 800 Meter Run Colonial League

Two heats winners based on time

Box Alley Start

Seeds 1,4,5,8,9,12 top alley

Seeds 2,3,6,7,10,11 back alley

Meet Record: 2:19.17 @ 2017

Brianna VandeBunte

Name	Yr	School	Finals
1 #478 Curtin, Dorothy	SR	Palisades	2:24.31
2 #486 Farese, Amy	JR	Palisades	2:25.05
3 #361 Pender, Reagan	JR	NL	2:25.39
4 #460 Zack, Alyssa	12	NWL	2:27.05
5 #452 Supplee, Sarah	12	NWL	2:28.48
6 #843 Meinhold, Ashley	FR	Southern Lehigh	2:29.80
7 #944 Leguia, Adriana	10	Warriors	2:29.98
8 #221 Rushatz, Alexis	SO	CHS	2:31.35
9 #390 Costa, Allison	11	NWL	2:32.35
10 #814 Groeber, Jenna	JR	Southern Lehigh	2:33.39
11 #251 Eyvazzadeh, Lily	FR	Notre Dame GP	2:33.45
12 #388 Consuelos, Madeline	12	NWL	2:34.66
13 #288 Medei, Grace	SO	Notre Dame GP	2:35.54
14 #533 Reguera, Sara	FR	Palisades	2:35.85
15 #696 Bernstein, Emma	JR	SV	2:36.30
16 #595 Kernosh, Bubbles	FR	PAHS	2:37.24
17 #734 Kyra, Jorryn	SO	SV	2:37.73
18 #425 McGorry, Molly	9	NWL	2:38.27
19 #938 Kenny, Claire	9	Warriors	2:39.48
20 #864 Schell, Carina	FR	Southern Lehigh	2:40.33
21 #304 Schweitzer, Kaitlyn	JR	Notre Dame GP	2:41.52
22 #979 Trimmer, Jadah	12	Warriors	2:51.29
23 #253 Farina, Gianna	JR	Notre Dame GP	2:51.47

## Event 28 Boys 800 Meter Run Colonial League

Two heats winners based on time

Box Alley Start

Seeds 1,4,5,8,9,12 top alley

Seeds 2,3,6,7,10,11 back alley

Meet Record: 1:55.94 @ 2015

Joe Espinal

Name	Yr	School	Finals
1 #33 Martinez, Jacob	SR	Palmerton	1:56.34
2 #71 Bubba, Marino	JR	BAN	1:59.32
3 #797 Di Cesare, Alec	SO	Southern Lehigh	1:59.57
4 #803 Fillman, Alex	SR	Southern Lehigh	1:59.92
5 #701 Chaikowsky, Matthe	SO	SV	2:00.75
6 #276 Koons, John	SR	Notre Dame GP	2:01.51
7 #861 Ramson, Marc	SR	Southern Lehigh	2:02.54
8 #818 Hensinger, Chase	FR	Southern Lehigh	2:03.92
9 #344 Kemery, Preston	SR	NL	2:04.43
10 #124 O'Brien, Morgan	SR	BAN	2:05.00
11 #580 Deremer, Josh	SO	PAHS	2:05.75



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**Finals ... (Event 28 Boys 800 Meter Run Colonial League)**

Name	Yr	School	Finals
12 #108 Lawler, Gabriel	SO	BAN	2:06.66
13 #240 Blobe, Jack	JR	Notre Dame GP	2:07.05
14 #436 Rebert, Michael	11	NWL	2:07.37
15 #825 Kane, Alexander	FR	Southern Lehigh	2:07.64
16 #941 Koehler, Aaron	11	Warriors	2:08.81
17 #579 DeBellis, Nathan	SO	PAHS	2:09.62
18 #730 Kennedy, Jaden	FR	SV	2:10.14
19 #935 Javier, Josh	12	Warriors	2:10.36
20 #228 Smith, Matthew	JR	CHS	2:11.34
21 #266 Gubernot, Joe	SR	Notre Dame GP	2:11.63
22 #738 Mawson, Joshua	JR	SV	2:12.15
23 #26 Hrusovsky, Richard	SR	Palmerton	2:17.64
24 #573 Coppolella, Anthony	JR	PAHS	2:18.38

**Event 29 Girls 4x400 Meter Relay Colonial League**

Two heats winners based on time

Meet Record: 4:03.23 @ 2015 Palisades

L Cooper, A Robinson, K Reed, M Ramsden

Team	Relay	Finals
<b>Finals</b>		
1	Southern Lehigh	4:07.55
2	Saucon Valley	4:09.76
3	Palisades	4:13.50
4	Northwestern Lehigh	4:18.13
5	Notre Dame GP	4:24.28
6	Wilson Area	4:26.91
7	Pahs Track 2019	4:30.81
8	Palmerton	4:36.38
9	Bangor HS	4:46.86
10	Catasauqua 2019	4:55.33

**Event 30 Boys 4x400 Meter Relay Colonial League**

Two heats winners based on time

Meet Record: 3:26.44 @ 2004 Southern Lehigh

B Dunne, M Snowden, J Babich, S Hison

Team	Relay	Finals
<b>Finals</b>		
1	Wilson Area	3:27.28
2	Southern Lehigh	3:30.93
3	Palisades	3:31.85
4	Bangor HS	3:36.92
5	Northwestern Lehigh	3:37.80
6	Notre Dame GP	3:40.38
7	Saucon Valley	3:40.81
8	Palmerton	3:42.95
9	Catasauqua 2019	4:01.05

**Event 31 Boys Long Jump Colonial League**

Two flights 3 jumps top 9 to final 3 more jumps

Meet Record: 22-09.75 @ 2009 John Heberling

Name	Yr	School	Finals
<b>Finals</b>			
1	#557 Volak, Josh	SR Palisades	22-00.50
2	#250 Ewungken, Julius	JR Notre Dame GP	21-08.25
3	#206 Moodie, Jaekwan	SR CHS	21-02.00
4	#804 Fisher, Cameron	JR Southern Lehigh	21-01.75
5	#42 Nelson, Jordan	JR Palmerton	21-00.50
6	#663 McKenzie, Delano	SR Salisbury XC	20-08.25
7	#975 Swiatek, Robby	12 Warriors	20-08.00
8	#832 Lewis, Connor	SR Southern Lehigh	20-04.75
9	#440 Rodda, Justin	10 NWL	20-04.25
10	#980 Turner, Tajae	10 Warriors	20-02.50
11	#59 Waterhouse, Cody	SR Palmerton	20-02.00
12	#569 Barr, Tadd	SR PAHS	19-11.50
13	#74 Colon, Carlos	JR BAN	18-11.50
14	#48 Quinn, Michael	JR Palmerton	18-11.00
15	#171 Clemons, Wilquon	SR CHS	18-07.75
16	#107 Lasher, Derek	JR BAN	18-07.50
17	#801 Fauzio, Jacob	SO Southern Lehigh	18-07.00

**Event 32 Boys Javelin Throw Colonial League**

Two flights 3 throws top 9 to final 3 more throws

Meet Record: 203-08 @ 1977 Tom Nickles

Name	Yr	School	Finals
<b>Finals</b>			
1	#20 Fredericks, Chris	SR Palmerton	205-01@
2	#113 Lyon, Eric	SR BAN	187-09
2	#122 Nittoli, Nicholas	SR BAN	187-09
4	#834 Lisicky, Roman	JR Southern Lehigh	164-04
5	#29 Keck, Eric	SR Palmerton	153-09
6	#719 Harka, Jared	SR SV	148-09
7	#421 Marrazzo, Michael	11 NWL	147-01
8	#569 Barr, Tadd	SR PAHS	146-06
9	#367 Zambo, Evan	SO NL	142-09
10	#749 Redding, Aidan	SR SV	141-01
11	#66 Berger, Noah	SR BAN	141-00
12	#98 Holland, Ben	SR BAN	137-09
13	#31 Lalik, Matt	JR Palmerton	136-09
14	#635 Bleam, Hunter	FR Salisbury XC	136-06
15	#607 Morro, Zach	SO PAHS	129-10
16	#38 Mooney, Josh	JR Palmerton	127-00
17	#453 Thomas, Devin	12 NWL	116-00
18	#990 Freeman, Cooper	Warriors	113-11

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## Event 33 Girls High Jump Colonial League

Starting height 4'7"

Raise bar 2" until 3 competitors remain then raise 1"

Meet Record: 5-10 @ 2018 Lydia Bottelier

Name	Yr	School	Finals
<b>Finals</b>			
1 #472 Bottelier, Lydia	SR	Palisades	5-09.00
2 #646 Holben, Erica	SR	Salisbury XC	4-11.00
3 #106 Labar, Emily	SR	BAN	J4-11.00
4 #826 Kline, Jayden	SO	Southern Lehigh	4-09.00
5 #593 Itterly, Jocelyn	SR	PAHS	J4-09.00
6 #815 Hambly, Grace	JR	Southern Lehigh	J4-09.00
7 #799 Duffy, Kaitlyn	FR	Southern Lehigh	J4-09.00
8 #560 Williams, Trinity	SO	Palisades	4-07.00
9 #265 Grim, Abigail	SO	Notre Dame GP	J4-07.00
--- #785 Boensch, Sophia	FR	Southern Lehigh	NH
--- #94 Heath, Heather	JR	BAN	NH
--- #778 Adams, Victoria	SR	Southern Lehigh	NH
--- #973 Smith, Gianna	10	Warriors	NH
--- #45 Oldt, Chloe	JR	Palmerton	NH
--- #423 Mauer, Kirsten	9	NWL	NH
--- #591 Hoover, Katya	SO	PAHS	NH
--- #457 Wertman, Jessica	12	NWL	NH
--- #356 Moyer, Emily	FR	NL	NH

## Event 34 Boys Shot Put Colonial League

Two flights 3 throws top 9 to final 3 more throws

Meet Record: 55-03.50 @ 2013 Byron Pearson

Name	Yr	School	Finals
<b>Finals</b>			
1 #274 Kitchell, Tom	JR	Notre Dame GP	53-09.50
2 #79 Diorio, Seth	SR	BAN	45-11.25
3 #746 Patterson-Zuber, Pat	SR	SV	44-09.75
4 #20 Fredericks, Chris	SR	Palmerton	43-01.00
5 #31 Lalik, Matt	JR	Palmerton	42-05.50
6 #850 Noblit, Adam	JR	Southern Lehigh	41-11.00
7 #22 Gower, Braden	JR	Palmerton	40-07.50
8 #952 Meshich, Josh	10	Warriors	40-00.00
9 #330 Fritchman, Josh	SR	NL	39-10.25
10 #38 Mooney, Josh	JR	Palmerton	39-06.25
11 #749 Redding, Aidan	SR	SV	36-10.75
12 #122 Nittoli, Nicholas	SR	BAN	36-03.75
13 #954 Miller, Zach	12	Warriors	35-10.25
14 #719 Harka, Jared	SR	SV	35-09.75
15 #256 Ference, Tyler	SR	Notre Dame GP	34-11.75
16 #806 Fredrick, Jonathan	SR	Southern Lehigh	34-11.25
17 #131 Pittenger, Joshua	JR	BAN	33-07.50

## Event 35 Girls Javelin Throw Colonial League

Two flights 3 throws top 9 to final 3 more throws

Meet Record: 140-08 @ 1985 Heather Korhammer

Name	Yr	School	Finals
<b>Finals</b>			
1 #152 Terrette, Paige	SR	BAN	126-00
2 #548 Spies, Leah	SR	Palisades	109-11
3 #722 Hernandez, Julia	SO	SV	109-07
4 #227 Simmons, Tory	JR	CHS	108-11
5 #446 Sevrain, Sydney	11	NWL	103-09
6 #426 Miller, Caitlyn	10	NWL	102-03
7 #117 Menecola, Ariella	SR	BAN	94-03
8 #789 Cassel, Elizabeth	SR	Southern Lehigh	93-07
9 #718 Hagan, Natalie	SR	SV	89-00
10 #477 Carr, Autumn	SR	Palisades	87-04
11 #498 Hilferty, Delaney	SO	Palisades	87-03
12 #577 Dario, Emily	JR	PAHS	86-02
13 #219 Roberts, Shaziya	JR	CHS	85-07
14 #297 Ranszewski, Theres	JR	Notre Dame GP	84-03
15 #540 Shoemaker, Katelyn	FR	Palisades	84-00
15 #49 Reis, Abby	SO	Palmerton	84-00
17 #591 Hoover, Katya	SO	PAHS	78-00

## Event 36 Girls Triple Jump Colonial League

Two flights 3 jumps top 9 to final 3 more jumps

Meet Record: 37-10.25 @ 2016 Lindsay Bauer

Name	Yr	School	Finals
<b>Finals</b>			
1 #560 Williams, Trinity	SO	Palisades	35-11.25
2 #788 Cassaday, Amelia	JR	Southern Lehigh	34-07.50
3 #778 Adams, Victoria	SR	Southern Lehigh	34-01.25
4 #399 Fogal, Caroline	11	NWL	33-11.00
5 #106 Labar, Emily	SR	BAN	33-02.50
6 #672 Schimeneck, Lily	JR	Salisbury XC	32-10.50
7 #4 Burke, Sayler	SR	Palmerton	32-10.00
8 #7 Christman, Emma	FR	Palmerton	32-07.00
9 #70 Brennan, Koriyan	FR	BAN	32-02.25
10 #3 Beahm, Maddison	JR	Palmerton	32-02.00
11 #646 Holben, Erica	SR	Salisbury XC	32-01.75
12 #423 Mauer, Kirsten	9	NWL	32-01.25
13 #82 England, Tabatha	FR	BAN	31-10.00
14 #785 Boensch, Sophia	FR	Southern Lehigh	31-08.50
15 #262 Georges, Iyancy	JR	Notre Dame GP	31-07.75
16 #552 Szklarski, Julia	JR	Palisades	31-02.00
17 #45 Oldt, Chloe	JR	Palmerton	29-11.50
18 #462 Badman, Stacey	SR	Palisades	29-00.75

## Event 40 Girls 4x800 Meter Relay Eastern PA Conf

Team	Relay	Finals
<b>Finals</b>		
1 Liberty		9:39.46



## 2019 CL &amp; EPAC Track and Field Championship Meet - 5/7/2019 to 5/8/2019

## Whitehall High School

## Results

**Finals ... (Event 40 Girls 4x800 Meter Relay Eastern PA Conf)**

Team	Relay	Finals
2	Emmaus	9:43.00
3	Nazareth	9:52.44
4	Whitehall	9:54.35
5	Stroudsburg	9:55.27
6	Parkland	9:57.10
7	Northampton	10:13.15
8	Pocono Mountain East	10:17.74
9	Freedom	10:18.72
10	ACC	10:46.94
11	Easton	10:53.78
12	Pocono Mountain West	10:55.68
13	Bethlehem Catholic	10:57.62
14	Pleasant Valley	11:21.78
15	William Allen	11:38.71

**Event 41 Boys 4x800 Meter Relay Eastern PA Conf**

Team	Relay	Finals
1	Emmaus	8:08.37
2	Parkland	8:08.44
3	Liberty	8:09.28
4	Nazareth	8:18.44
5	Northampton	8:19.52
6	Stroudsburg	8:20.54
7	Easton	8:44.79
8	William Allen	8:48.81
9	Pocono Mountain East	8:53.97
10	Whitehall	8:55.11
11	Bethlehem Catholic	8:55.64
12	Pleasant Valley	8:59.54
13	Freedom	9:01.86
---	ACC	DQ

**Event 42 Girls 100 Meter Hurdles Eastern PA Conf**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	#1305 Silvernale, Taryn	JR STB	15.56q
2	#1038 Willshaw, Kate	SR EAS	15.78q
3	#1026 Jones, Jada	JR EAS	15.81q
4	#1113 Taylor, Gabriella	SR ESS	15.94q
5	#1401 Jones, Kiaya	JR PME	15.99q
6	#1023 Ford, Autumn	SO EAS	16.04q
7	#1021 Dover, Shayna	SR EAS	16.18q
8	#1490 Janny, Mary Rose	JR ACC	16.54q
9	#1033 Reinert, Jayla	FR EAS	16.55q
10	#1233 Drew, DeNair	FR PV	16.59
11	#1293 Liguori, Gabriella	JR STB	16.67
12	#1126 Deschamps, Hazel	SR LIB	16.71
13	#1438 Patel, Mahi	SO PRK	17.00
14	#1415 Zablakis, Sabela	SO PME	17.29

15	#1484 Willey, Lola	JR FRE	17.59
16	#1090 Vazquez, Destiny	JR EMM	17.78
17	#1339 John, Kayla	JR ESN	17.81
18	#1343 Mosley-Saunders, ISO	ESN	17.92
19	#1270 Ahmed, Deana	SR STB	17.96
20	#1192 Schaeffer, Gianna	SO NAZ	17.97
21	#1074 Mehrstens, Tayah	SO EMM	18.01
22	#1462 Zehner, Morgyn	JR PRK	18.02
23	#1188 Maholick, Kathryn	SO NAZ	18.06
24	#1152 Rodriguez, Alicia	SO LIB	18.11
25	#1297 Neyhart, Jacqueline	FR STB	18.21
---	#1431 Lowe, Melanie	FR PRK	DQ

**Event 42 Girls 100 Meter Hurdles Eastern PA Conf**

Name	Yr	School	Finals
<b>Finals</b>			
1	#1113 Taylor, Gabriella	SR ESS	15.04
2	#1305 Silvernale, Taryn	JR STB	15.31
3	#1038 Willshaw, Kate	SR EAS	15.65
4	#1021 Dover, Shayna	SR EAS	15.87
5	#1401 Jones, Kiaya	JR PME	15.97
6	#1023 Ford, Autumn	SO EAS	16.13
7	#1026 Jones, Jada	JR EAS	16.20
8	#1490 Janny, Mary Rose	JR ACC	16.40
9	#1033 Reinert, Jayla	FR EAS	16.66

**Event 43 Boys 110 Meter Hurdles Eastern PA Conf**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	#1354 Jones, Terrence	SR WA	15.16q
2	#1156 Tackett, Christian	JR LIB	15.19q
3	#1041 Harris, Evan	SR EAS	15.41q
4	#1385 McNeil, Marquez	SR DIE	15.91q
5	#1481 Rock, Thawadah	SR FRE	15.95q
6	#1236 Garmony, Xavier	SR PV	16.03q
7	#1111 Posten, Powell	SR ESS	16.08q
8	#1288 Hamilton, Wayne	JR STB	16.19q
9	#1358 Toure, Saleeph	JR WA	16.41q
10	#1123 Colon-Dejesus, Eze	JR LIB	16.47
11	#1025 Johnson, Syncere	SO EAS	16.47
12	#1373 Rosario, Esiah	SR BC	16.71
13	#1290 Jewell, Terrence	FR STB	16.83
14	#1228 Bob-Duberry, Tyler	JR PV	16.84
15	#1396 Farley, Ryan	SO PME	17.21
16	#1274 Cawley, Dwight	JR STB	17.30
17	#1444 Rolle JR, Gordo	SR PRK	17.35
18	#1083 Ryan, Kyle	SO EMM	17.58
19	#1445 Romain, Rhian	SO PRK	17.59
20	#1278 Cusumano, Tyler	FR STB	17.76
21	#1374 Santostefano, Steve	SR BC	17.78
22	#1145 Kolb, Thaddeus	SR LIB	18.04
23	#1488 Foley, Dillan	JR ACC	18.15

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## Whitehall High School

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**Preliminaries ... (Event 43 Boys 110 Meter Hurdles Eastern PA Conf)**

Name	Yr	School	Prelims
24 #1110 Posten, Palmer	JR	ESS	18.93
25 #1475 Lovell, Elijah	JR	FRE	22.30
--- #1404 Mason, Ky-mani	JR	PME	DQ

**Event 43 Boys 110 Meter Hurdles Eastern PA Conf**

Name	Yr	School	Finals
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**Finals**

1 #1156 Tackett, Christian	JR	LIB	14.82
2 #1354 Jones, Terrence	SR	WA	14.98
3 #1041 Harris, Evan	SR	EAS	15.01
4 #1111 Posten, Powell	SR	ESS	15.12
5 #1385 McNeil, Marquez	SR	DIE	15.52
6 #1288 Hamilton, Wayne	JR	STB	15.89
7 #1481 Rock, Thawadah	SR	FRE	16.03
8 #1236 Garmony, Xavier	SR	PV	16.40
9 #1358 Toure, Saleeph	JR	WA	16.47

**Event 44 Girls 100 Meter Dash Eastern PA Conf**

Name	Yr	School	Prelims
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**Preliminaries**

1 #1113 Taylor, Gabriella	SR	ESS	12.70q
2 #1191 Radcliffe, Abigail	SR	NAZ	12.74q
3 #1086 Smith, Alanna	JR	EMM	12.93q
4 #1060 Dries, Mackenzie	JR	EMM	12.99q
5 #1296 Murray, Asia	FR	STB	13.01q
6 #1095 Denny, Destiny	SR	ESS	13.04q
7 #1024 Johnson, Kennedy	FR	EAS	13.06q
8 #1326 Barkley, Aliyah	JR	WHI	13.09q
9 #1087 Smith, Kayla	JR	EMM	13.14q
10 #1402 Kelly, Madison	SO	PME	13.16
11 #1179 James, Abigail	SO	NAZ	13.19
12 #1381 Davis, Deona	JR	DIE	13.22
13 #1245 Porter, Alana	JR	PV	13.25
14 #1321 Davis, Helen	SR	WHI	13.26
15 #1380 Conover, Ade	SO	DIE	13.27
16 #1096 Ernest, Ayanna	SO	ESS	13.27
17 #1210 Korpics, Raine	FR	NOR	13.33
17 #1244 Moon, Nyia	FR	PV	13.33
19 #1064 Jennett, Halle	SO	EMM	13.36
20 #1327 Bonshak, Kate	JR	WHI	13.41
21 #1284 Graves, Sydney	JR	STB	13.52
22 #1477 Phipps, Jada	JR	FRE	13.53
23 #1448 Semler, Aubrey	SO	PRK	13.62
24 #1403 Kice, Madison	SO	PME	13.65
25 #1154 Samuel, Jesikah	FR	LIB	13.74

**Event 44 Girls 100 Meter Dash Eastern PA Conf**

Name	Yr	School	Finals
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**Finals**

1 #1113 Taylor, Gabriella	SR	ESS	12.76
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2 #1086 Smith, Alanna	JR	EMM	12.80
3 #1191 Radcliffe, Abigail	SR	NAZ	12.90
4 #1296 Murray, Asia	FR	STB	12.95
5 #1060 Dries, Mackenzie	JR	EMM	12.99
6 #1326 Barkley, Aliyah	JR	WHI	13.09
7 #1024 Johnson, Kennedy	FR	EAS	13.10
8 #1095 Denny, Destiny	SR	ESS	13.16
9 #1087 Smith, Kayla	JR	EMM	13.25

**Event 45 Boys 100 Meter Dash Eastern PA Conf**

Name	Yr	School	Prelims
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**Preliminaries**

1 #1266 Whittle, Maurice	JR	PMW	11.01q
2 #1138 Haynes, Javonte	SR	LIB	11.13q
3 #1264 Thomas, Kenson	SO	PMW	11.17q
4 #1159 West, Devon	SR	LIB	11.22q
5 #1453 Suriel, Sebastian	SR	PRK	11.22q
6 #1075 Myers, Lubens	SR	EMM	11.23q
7 #1046 Williams, Marcus	FR	EAS	11.25q
8 #1260 Monaco, Kaleb	JR	PMW	11.27q
9 #1479 Reph, Vincent	JR	FRE	11.31q
10 #1347 Seabrooks, Zaheer	SR	ESN	11.35
11 #1197 Brandon, Tyrese	JR	NOR	11.38
12 #1322 Hussett, Chad	SR	WHI	11.43
13 #1336 Whittick, Kresstoph	JR	WHI	11.48
14 #1398 Hilliman, Triston	SR	PME	11.53
15 #1272 Bryant, Amir	JR	STB	11.57
16 #1384 Lugo, Jadin	JR	DIE	11.61
17 #1370 Lucien, Nick	SR	BC	11.62
18 #1312 Khan, Moeed	SO	STB	11.63
19 #1390 Woods, Jessiah	SO	DIE	11.70
20 #1345 Richardson, Dejon	SR	ESN	11.72
21 #1385 McNeil, Marquez	SR	DIE	11.79
22 #1029 Muhammad, Tarif	FR	EAS	11.81
23 #1098 Ford-Cherry, Nyree	JR	ESS	11.94
24 #1127 Diaz, Justin	SR	LIB	13.26
--- #1073 McPherson, Izaiah	SR	EMM	FS
--- #1423 Duke, Ese	SR	PRK	FS

**Event 45 Boys 100 Meter Dash Eastern PA Conf**

Name	Yr	School	Finals
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**Finals**

1 #1266 Whittle, Maurice	JR	PMW	11.17
2 #1138 Haynes, Javonte	SR	LIB	11.20
3 #1264 Thomas, Kenson	SO	PMW	11.21
4 #1046 Williams, Marcus	FR	EAS	11.32
5 #1479 Reph, Vincent	JR	FRE	11.34
6 #1075 Myers, Lubens	SR	EMM	11.40
7 #1453 Suriel, Sebastian	SR	PRK	11.40
8 #1159 West, Devon	SR	LIB	11.43
9 #1260 Monaco, Kaleb	JR	PMW	11.46

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## Whitehall High School

## Results

## Event 46 Girls 200 Meter Dash Eastern PA Conf

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	#1267	Wiggins, Juanita	SR PMW 25.99q
2	#1234	Dunkley, Armani	SR PV 26.11q
3	#1038	Willshaw, Kate	SR EAS 26.18q
4	#1086	Smith, Alanna	JR EMM 26.37q
5	#1087	Smith, Kayla	JR EMM 26.46q
6	#1095	Denny, Destiny	SR ESS 26.63q
7	#1060	Dries, Mackenzie	JR EMM 26.73q
8	#1381	Davis, Deona	JR DIE 26.76q
9	#1327	Bonshak, Kate	JR WHI 26.86
10	#1148	Phillips, Gabrielle	JR LIB 26.98
11	#1024	Johnson, Kennedy	FR EAS 27.19
12	#1296	Murray, Asia	FR STB 27.30
13	#1244	Moon, Nyia	FR PV 27.37
14	#1366	Jones, Mikayla	SR BC 27.44
15	#1340	Mayes, Olivia	JR ESN 27.45
16	#1039	Corpora, Nina	SR EAS 27.51
17	#1245	Porter, Alana	JR PV 27.61
18	#1096	Ernest, Ayanna	SO ESS 27.67
19	#1210	Korpics, Raine	FR NOR 27.67
20	#1168	Calcao, Carley	SR NAZ 27.75
21	#1402	Kelly, Madison	SO PME 27.87
22	#1054	Brown, Madison	SO EMM 28.29
23	#1135	Gilbert, Victoria	SR LIB 28.39
24	#1477	Phipps, Jada	JR FRE 28.46

## Event 46 Girls 200 Meter Dash Eastern PA Conf

Name	Yr	School	Finals
<b>Finals</b>			
1	#1234	Dunkley, Armani	SR PV 25.86
2	#1267	Wiggins, Juanita	SR PMW 25.87
3	#1038	Willshaw, Kate	SR EAS 26.21
4	#1086	Smith, Alanna	JR EMM 26.29
5	#1095	Denny, Destiny	SR ESS 26.71
6	#1087	Smith, Kayla	JR EMM 26.97
7	#1381	Davis, Deona	JR DIE 27.16
8	#1060	Dries, Mackenzie	JR EMM 27.29

## Event 47 Boys 200 Meter Dash Eastern PA Conf

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	#1264	Thomas, Kenson	SO PMW 22.76q
2	#1075	Myers, Lubens	SR EMM 22.77q
3	#1138	Haynes, Javonte	SR LIB 22.80q
4	#1159	West, Devon	SR LIB 22.83q
5	#1088	Smolinsky, Jakob	JR EMM 22.93q
6	#1412	Thompson, Tahir	SR PME 23.07q
7	#1453	Suriel, Sebastian	SR PRK 23.10q
8	#1046	Williams, Marcus	FR EAS 23.23q

9	#1260	Monaco, Kaleb	JR PMW 23.23
10	#1384	Lugo, Jadin	JR DIE 23.26
11	#1359	White, Nicholas	JR WA 23.33
12	#1423	Duke, Ese	SR PRK 23.38
13	#1226	Deater, Ethan	NOR 23.52
14	#1127	Diaz, Justin	SR LIB 23.72
15	#1056	Byrne, Colin	SO EMM 23.72
16	#1303	Schneider, Andrew	SR STB 23.75
17	#1394	Brooks, Dylan	JR PME 23.82
18	#1466	Caton, Gabriel	JR FRE 23.90
19	#1481	Rock, Thawadah	SR FRE 24.07
20	#1351	Espinal, Hernan	SR WA 24.12
21	#1300	Rojas, Demetri	SO STB 24.16
22	#1444	Rolle JR, Gordo	SR PRK 24.39
23	#1385	McNeil, Marquez	SR DIE 24.49
24	#1347	Seabrooks, Zaheer	SR ESN 25.75

## Event 47 Boys 200 Meter Dash Eastern PA Conf

Name	Yr	School	Finals
<b>Finals</b>			
1	#1264	Thomas, Kenson	SO PMW 22.57
2	#1046	Williams, Marcus	FR EAS 22.74
3	#1075	Myers, Lubens	SR EMM 22.86
4	#1412	Thompson, Tahir	SR PME 23.17
5	#1159	West, Devon	SR LIB 23.19
6	#1453	Suriel, Sebastian	SR PRK 23.22
7	#1088	Smolinsky, Jakob	JR EMM 23.30
8	#1138	Haynes, Javonte	SR LIB 47.15

## Event 48 Girls 300 Meter Hurdles Eastern PA Conf

Name	Yr	School	Finals
<b>Finals</b>			
1	#1343	Mosley-Saunders, ISO	ESN 46.49
2	#1023	Ford, Autumn	SO EAS 46.84
3	#1131	Ferrufino, Yamilet	JR LIB 46.87
4	#1033	Reinert, Jayla	FR EAS 48.15
5	#1052	Brown, Bethany	FR EMM 48.25
6	#1126	Deschamps, Hazel	SR LIB 48.35
7	#1030	Murray, Brianna	JR EAS 48.45
8	#1233	Drew, DeNair	FR PV 48.50
9	#1490	Janny, Mary Rose	JR ACC 49.31
10	#1438	Patel, Mahi	SO PRK 50.12
11	#1469	Connelly, Shannon	SR FRE 50.18
12	#1339	John, Kayla	JR ESN 50.90
13	#1263	Ramlogan, Shavonr	FR PMW 51.15
14	#1431	Lowe, Melanie	FR PRK 51.31
15	#1091	Waterman, Sarah Ja	SO EMM 51.79
16	#1293	Liguori, Gabriella	JR STB 51.84
17	#1427	Hutchinson, Christi	SR PRK 51.94
18	#1188	Maholick, Kathryn	SO NAZ 52.55
19	#1465	Brown, Sydney	FR FRE 52.82
20	#1297	Neyhart, Jacqueline	FR STB 53.25



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## Whitehall High School

## Results

**Finals ... (Event 48 Girls 300 Meter Hurdles Eastern PA Conf)**

Name	Yr	School	Finals
21 #1152 Rodriguez, Alicia	SO	LIB	53.38
22 #1366 Jones, Mikayla	SR	BC	54.27
--- #1058 Creelman, Edna	SR	EMM	DNF
--- #1346 Rivera, Selena	SR	ESN	DNF

**Event 49 Boys 300 Meter Hurdles Eastern PA Conf**

Name	Yr	School	Finals
<b>Finals</b>			
1 #1354 Jones, Terrence	SR	WA	39.58
2 #1111 Posten, Powell	SR	ESS	40.05
3 #1367 Kelly, Josiah	SR	BC	41.35
4 #1041 Harris, Evan	SR	EAS	41.46
5 #1404 Mason, Ky-mani	JR	PME	41.90
6 #1123 Colon-Dejesus, Eze	JR	LIB	42.18
7 #1414 Wesley, Camryn	SO	PME	43.06
8 #1358 Toure, Saleeph	JR	WA	43.22
9 #1047 Acevedo, Jaiden	JR	EMM	43.38
10 #1236 Garmony, Xavier	SR	PV	43.48
11 #1396 Farley, Ryan	SO	PME	43.59
12 #1382 Kpaka, Vandi	SR	DIE	43.63
13 #1362 Buscemi, Tristan	SR	BC	43.74
14 #1216 Quinones, Nicolas	SO	NOR	43.78
15 #1258 Marshall, Deion	JR	PMW	43.96
16 #1110 Posten, Palmer	JR	ESS	44.06
17 #1301 Sanchez, Daniel	SR	STB	44.38
18 #1174 Finkbiner, Colin	SR	NAZ	44.65
19 #1278 Cusumano, Tyler	FR	STB	44.92
20 #1488 Foley, Dillan	JR	ACC	44.98
21 #1374 Santostefano, Steve	SR	BC	45.04
22 #1156 Tackett, Christian	JR	LIB	46.15
23 #1062 Harmon, Alex	SO	EMM	46.89

**Event 50 Girls 3200 Meter Run Eastern PA Conf**

Name	Yr	School	Finals
<b>Finals</b>			
1 #1461 Zaun, Madison	SR	PRK	11:12.20
2 #1275 Conboy, Amy	SR	STB	11:35.95
3 #1019 Danley, Skyler	SR	EAS	11:44.67
4 #1276 Conboy, Ciara	SO	STB	11:50.09
5 #1068 Lees, Isabella	FR	EMM	11:55.42
6 #1467 Charboneau, Lauren	SO	FRE	11:56.18
7 #1418 Bendetti, Ava	SO	PRK	11:56.38
8 #1136 Haas, Grace	SR	LIB	11:59.70
9 #1048 Augustin, Keerstin	SO	EMM	12:00.73
10 #1065 Kennedy, Clara	SO	EMM	12:02.86
11 #1225 Wiswesser, Georgia	SO	NOR	12:04.46
12 #1214 Perelli, Magen	SR	NOR	12:04.67
13 #1430 Labenberg, Brooke	SO	PRK	12:05.47
14 #1169 Danyi, Alysse	SR	NAZ	12:22.27
15 #1333 Roberts, Devon	JR	WHI	12:34.81

16 #1067 Lavana, Amanda	SR	EMM	12:42.26
17 #1282 Garrett, Taylor	SR	STB	12:48.79
18 #1426 Goense, Lily	JR	PRK	12:50.04
19 #1454 Svetz, Claire	SO	PRK	12:51.63
20 #1129 Drager, Madison	SO	LIB	12:59.46
21 #1221 Tyler, Brianna	FR	NOR	12:59.74
22 #1451 Snyder, Stephanie	SO	PRK	13:00.64
23 #1242 Mingora, Lily	SO	PV	13:20.01
--- #1219 Straub, Kyleigh	SO	NOR	DQ

**Event 52 Girls Long Jump Eastern PA Conf**

Name	Yr	School	Finals
<b>Finals</b>			
1 #1267 Wiggins, Juanita	SR	PMW	17-07.00
2 #1369 Lieb, Liz	SR	BC	17-06.50
3 #1217 Rockovits, Brooke	JR	NOR	17-00.75
4 #1144 Kelly, Catherine	SO	LIB	17-00.00
5 #1401 Jones, Kiaya	JR	PME	J17-00.00
6 #1095 Denny, Destiny	SR	ESS	16-10.50
7 #1181 Karavitch, Kristen	JR	NAZ	16-09.75
8 #1093 Anderson, Courtney	JR	ESS	16-06.50
9 #1493 Lienhard, Abby	SR	ACC	16-02.50
10 #1240 Kautzsch, Jade	JR	PV	16-01.50
11 #1208 Keenan, Victoria	SR	NOR	16-01.00
12 #1092 Widdoss, Laurel	JR	EMM	15-10.00
13 #1069 Lumsden, Lindsay	SR	EMM	15-09.50
14 #1497 Defreitas, Jhaeon		STB	15-09.00
15 #1326 Barkley, Aliyah	JR	WHI	15-08.00
16 #1452 Staib, Shelby	SR	PRK	15-07.75
17 #1096 Ernest, Ayanna	SO	ESS	15-05.25
18 #1140 Huertas, Ellyana	SO	LIB	15-04.50
19 #1198 Czarnecki, Abigail	JR	NOR	15-03.50
20 #1176 Gidusko, Mackenzie	JR	NAZ	15-01.50
21 #1224 Wheeler, Abby	SR	NOR	14-08.75
22 #1161 Zheng, Jia Qian	JR	LIB	14-06.25
23 #1117 Arnone, Kaitlyn	SO	LIB	14-00.25
--- #1350 Wilson, Anais	SR	ESN	FOUL

**Event 53 Girls Discus Throw Eastern PA Conf**

Name	Yr	School	Finals
<b>Finals</b>			
1 #1027 Martellucci, Jaiden	SO	EAS	128-01
1 #1378 Wickel, Madeline	SR	BC	J111-09
2 #1452 Staib, Shelby	SR	PRK	J105-06
3 #1256 Hudson, Tiera	SO	PMW	J104-08
4 #1036 Thomas, Kasey	SR	EAS	J103-03
5 #1061 Hand, Anna-Scott	JR	EMM	J97-10
6 #1190 Patton, Savana	JR	NAZ	J97-00
7 #1410 Passmore, Kaitlyn	SR	PME	J92-11
8 #1413 Velcamp, Alexander	SR	PME	J86-05
9 #1187 Leszczynski, Kelly	FR	NAZ	J86-01
10 #1436 Olenwine, Marissa	FR	PRK	J86-00

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**Finals ... (Event 53 Girls Discus Throw Eastern PA Conf)**

Name	Yr	School	Finals
11 #1409 Passmore, Jessica	JR	PME	J85-04
12 #1496 Younes, Mona		PRK	J83-05
13 #1106 Mercado, Arianna	SO	ESS	J82-11
14 #1142 Johnson, Brynae	FR	LIB	J80-07
15 #1491 Kreger, Elena	SR	ACC	J80-05
16 #1150 Reifinger, Zoey	JR	LIB	J80-01
17 #1314 Jones, Toni	SO	WHI	J80-00
18 #1308 Strunk, Emily	SO	STB	J75-07
19 #1482 Rodriguez, Isabel	FR	FRE	J73-03
20 #1304 Schoupe, Kelsey	SR	STB	J69-04
--- #1218 Sanchez, Reia	FR	NOR	FOUL

**Event 54 Boys High Jump Eastern PA Conf**

Name	Yr	School	Finals
1 #1183 Karyea, Junior	SR	NAZ	6-03.00
2 #1443 Rolle III, Trey	SO	PRK	6-01.00
3 #1057 Carroll-Herring, Ke	SR	EMM	J6-01.00
4 #1376 Stianche, Matt	JR	BC	5-11.00
4 #1412 Thompson, Tahir	SR	PME	5-11.00
6 #1389 Turnier, Romanly	SR	DIE	J5-11.00
7 #1172 Dressler, Jake	JR	NAZ	J5-11.00
8 #1262 Pilgrim, Ishyne	SR	PMW	J5-11.00
9 #1251 Yopez, Elijah	SR	PV	5-09.00
10 #1368 Kulp, Bobby	SR	BC	J5-09.00
10 #1390 Woods, Jessiah	SO	DIE	J5-09.00
12 #1162 Rogers, Elijah	SO	LIB	J5-09.00
12 #1101 Goicoechea, Noah	SR	ESS	J5-09.00
12 #1205 Gilliard, Tyler	SR	NOR	J5-09.00
--- #1272 Bryant, Amir	JR	STB	NH
--- #1429 Klinger, Adam	SR	PRK	NH
--- #1338 Frye, Louis	SO	ESN	NH
--- #1108 Ndiaye, Leyti	FR	ESS	NH

**Event 55 Boys Pole Vault Eastern PA Conf**

Name	Yr	School	Finals
1 #1306 Slomiak, Tyler	SR	STB	13-09.00
2 #1111 Posten, Powell	SR	ESS	J13-09.00
3 #1045 Warren, Andrew	SR	EAS	12-09.00
4 #1151 Roan, Alex	SR	LIB	J12-09.00
5 #1433 Marciniak, Mitchell	SR	PRK	12-03.00
6 #1103 Johnson, Reese	SR	ESS	J12-03.00
7 #1330 Hamscher, Marcus	JR	WHI	J12-03.00
8 #1463 Bast, Mitchell	SR	FRE	11-09.00
9 #1371 Pavis, Henry	SR	BC	J11-09.00
10 #1174 Finkbiner, Colin	SR	NAZ	11-03.00
10 #1231 Conklin, Patrick	SR	PV	11-03.00
12 #1238 Ghin, Steffan	JR	PV	10-09.00
13 #1079 Rautzhan, Luke	SO	EMM	J10-09.00

14 #1471 Dew, Christopher	JR	FRE	10-03.00
14 #1076 Pavelko, Brody	JR	EMM	10-03.00
--- #1483 Smizaski, Ryan	SR	FRE	NH

**Event 56 Boys Discus Throw Eastern PA Conf**

Name	Yr	School	Finals
1 #1167 Burkhart, Collin	SO	NAZ	151-10
2 #1137 Harris, Trevor	SR	LIB	146-04
3 #1143 Johnson, Messiah	SO	LIB	131-08
4 #1328 Bright, Izak	JR	WHI	128-10
5 #1295 McDonald, mark	SR	STB	127-11
6 #1269 Adams, Jaden	SR	STB	126-04
7 #1018 Conner, Jack	SO	EAS	120-00
8 #1209 Klucsarits, Tyler	SO	NOR	117-03
9 #1291 Jones-Godshalk, Lu	SR	STB	116-06
10 #1022 Ferrency, Elek	SR	EAS	113-08
11 #1037 Villante, Anthony	JR	EAS	112-06
12 #1388 Tahahawi, Tahahaw	SR	DIE	110-08
13 #1114 Thorsen, Tom	SO	ESS	107-10
14 #1246 Powlus, Mason	JR	PV	106-00
15 #1100 Fullmer, Joe	JR	ESS	104-05
15 #1349 Venable, Isaiah	SR	ESN	104-05
17 #1440 Pitts, Landon	SR	PRK	103-04
18 #1134 Freeman, Jaden	SR	LIB	100-01
19 #1393 Boone, Michael	SR	PME	98-08
20 #1250 Wyatt, Ahmad	JR	PV	98-00
21 #1416 Oltmanns, Casey	JR	PME	93-09

**Event 57 Girls Pole Vault Eastern PA Conf**

Name	Yr	School	Finals
1 #1432 Mangahas, Jada	JR	PRK	11-00.00
2 #1199 Davidson, Mikayla	SR	NOR	10-06.00
3 #1485 Atiyeh, Jamilie	SR	ACC	J10-06.00
4 #1305 Silvernale, Taryn	JR	STB	10-00.00
5 #1449 Shivok, Coral	FR	PRK	J10-00.00
6 #1372 Pfeiffer, Emma	JR	BC	J10-00.00
7 #1317 Millets, Hope	SR	WHI	9-06.00
8 #1325 Rivera, Savannah	SR	WHI	9-00.00
9 #1428 Kearns, Megan	SR	PRK	J9-00.00
9 #1315 Schache, Aspen	SO	WHI	J9-00.00
11 #1375 Spanitz, Cailey	SO	BC	8-06.00
11 #1049 Belisle, Morgan	FR	EMM	8-06.00
11 #1178 Hauck, Natalie	JR	NAZ	8-06.00
11 #1116 Zayas, Sabrina	SR	ESS	8-06.00
15 #1468 Connelly, Cailin	SO	FRE	8-00.00
15 #1472 Fey, Madison	JR	FRE	8-00.00
--- #1080 Rautzhan, Peyton	SO	EMM	NH
--- #1055 Bruns, Mackenzie	SO	EMM	NH

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## Event 58 Boys Triple Jump Eastern PA Conf

Name	Yr	School	Finals
<b>Finals</b>			
1	#1266	Whittle, Maurice	JR PMW 46-06.00
2	#1398	Hilliman, Triston	SR PME 43-09.00
3	#1437	Panny, John	SR PRK 43-07.50
4	#1051	Boyd, Mason	JR EMM 43-01.00
5	#1153	Sahaydak, Sander	SO LIB 42-11.00
6	#1429	Klinger, Adam	SR PRK 42-06.00
7	#1285	Grazette, Adrian	SR STB 42-04.75
8	#1124	Damon, Daniel	SR LIB 42-04.25
9	#1338	Frye, Louis	SO ESN 41-09.25
10	#1364	Donchez, Michael	SR BC 41-04.00
11	#1307	Stewart, Sherwin	SR STB 41-03.25
12	#1303	Schneider, Andrew	SR STB 40-06.00
13	#1201	Dziedzic, Jacob	JR NOR 40-04.75
14	#1361	Althouse, Mychael	SO BC 40-02.25
15	#1362	Buscemi, Tristan	SR BC 40-01.00
16	#1442	Rhoads, Dylan	PRK 39-10.00
17	#1205	Gilliard, Tyler	SR NOR 39-04.50
18	#1389	Turnier, Romanly	SR DIE 39-01.25
19	#1387	Rubio, Albert	SR DIE 39-00.75
20	#1202	Fields, Ditez	JR NOR 38-10.25
21	#1341	Mills, Jahad	SO ESN 37-00.75
22	#1261	Morris, Jared	JR PMW 36-10.00
23	#1173	Felician, Dominic	SO NAZ 35-06.00
---	#1110	Posten, Palmer	JR ESS FOUL

## Event 59 Girls Shot Put Eastern PA Conf

Name	Yr	School	Finals
<b>Finals</b>			
1	#1036	Thomas, Kasey	SR EAS 41-00.50
2	#1256	Hudson, Tiera	SO PMW 36-07.75
3	#1125	Davis, Jaida	SR LIB 35-11.50
4	#1460	Yeboah, Kendra	SR PRK 35-10.00
5	#1308	Strunk, Emily	SO STB 34-00.00
6	#1313	Schoupppe, Kelsee	SR STB 33-04.00
7	#1150	Reifinger, Zoey	JR LIB 32-09.00
8	#1239	Johnson, Sophia	SR PV 31-09.50
9	#1379	Zambo, Julia	SR BC 31-08.00
10	#1478	Ramos, Kilia	FR FRE 30-11.75
11	#1277	Correia, Nandee	JR STB 30-08.25
12	#1190	Patton, Savana	JR NAZ 30-03.00
13	#1106	Mercado, Arianna	SO ESS 29-10.25
14	#1424	Feyrer, Emily	JR PRK 29-09.75
15	#1102	Idehen, Allison	SO ESS 29-09.00
16	#1459	Woodring, Mikayla	SO PRK 29-08.25
17	#1378	Wickel, Madeline	SR BC 29-06.00
18	#1357	Sneed, Shaliah	FR WA 28-11.00
19	#1450	Shivok, Sonya	SO PRK 28-10.25
20	#1486	Cerimele, Maria	JR ACC 28-01.25

21	#1413	Velcamp, Alexandr	SR PME 27-11.25
22	#1185	Kresge, Katie	SR NAZ 27-04.50
---	#1395	Candelario, Ciarah	SO PME FOUL

## Event 60 Girls 1600 Meter Run Eastern PA Conf

Name	Yr	School	Finals
<b>Finals</b>			
1	#1276	Conboy, Ciara	SO STB 5:15.64
2	#1275	Conboy, Amy	SR STB 5:15.93
3	#1195	Voloshen, Caitlin	FR NAZ 5:16.82
4	#1461	Zaun, Madison	SR PRK 5:18.22
5	#1487	DeVos, Isabel	FR ACC 5:19.84
6	#1141	Jobes, Emily	SO LIB 5:20.97
7	#1081	Reinhard, Kera	SO EMM 5:22.39
8	#1040	Emin, Sophie	FR EAS 5:23.34
9	#1155	Stuckey, Greta	SR LIB 5:25.86
10	#1065	Kennedy, Clara	SO EMM 5:30.13
11	#1019	Danley, Skyler	SR EAS 5:31.23
12	#1068	Lees, Isabella	FR EMM 5:31.34
13	#1333	Roberts, Devon	JR WHI 5:31.39
14	#1467	Charboneau, Lauret	SO FRE 5:33.04
15	#1225	Wiswesser, Georgia	SO NOR 5:33.78
16	#1067	Lavana, Amanda	SR EMM 5:36.02
17	#1215	Poniktera, Amber	SO NOR 5:36.68
18	#1089	Toretta, Madison	FR EMM 5:37.22
19	#1147	Perevalov, Barbara	SO LIB 5:41.54
20	#1214	Perelli, Magen	SR NOR 5:43.19
21	#1430	Labenberg, Brooke	SO PRK 5:43.86
22	#1219	Straub, Kyleigh	SO NOR 5:45.19
23	#1392	Bone, Allison	SR PME 5:47.29
24	#1169	Danyi, Alysse	SR NAZ 5:50.74

## Event 61 Boys 1600 Meter Run Eastern PA Conf

Name	Yr	School	Finals
<b>Finals</b>			
1	#1458	Williamson, Riley	SR PRK 4:24.84
2	#1130	Fermin, Darlyn	SR LIB 4:26.93
3	#1474	Heidemann, Alexan	FR FRE 4:30.43
4	#1031	Ozgar, Joseph	SR EAS 4:30.59
5	#1053	Brown, Jacob	SR EMM 4:31.50
6	#1186	Lahr, Travis	JR NAZ 4:31.84
7	#1034	Rhinehart, Trey	SO EAS 4:31.93
8	#1294	Marina, William	JR STB 4:32.56
9	#1016	Cardone, Cosmo	SR EAS 4:33.37
10	#1132	Frank, Casey	JR LIB 4:33.84
11	#1017	Cardone, Marco	JR EAS 4:35.94
12	#1133	Frank, Cole	SO LIB 4:36.27
13	#1204	Gillette, Evan	SR NOR 4:36.54
14	#1292	Landvik-Larsen, Za	SR STB 4:38.31
15	#1419	Bower, Nicholas	SR PRK 4:38.96
16	#1257	Lawrence, Daniel	JR PMW 4:39.58
17	#1163	Boucher, Colton	SR NAZ 4:40.33



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**Finals ... (Event 61 Boys 1600 Meter Run Eastern PA Conf)**

Name	Yr	School	Finals
18 #1184 Kositz, Anthony	SO	NAZ	4:40.99
19 #1166 Brunner, Daniel	JR	NAZ	4:41.77
20 #1203 Gallagher, Vince	JR	NOR	4:42.26
21 #1213 Nahf, Owen	SO	NOR	4:45.39
22 #1447 Santacoloma, Matt	SR	PRK	4:45.96
23 #1489 Harris, Nathan	FR	ACC	4:49.42
24 #1232 Covart, Connor	JR	PV	4:50.57

**Event 62 Girls 400 Meter Dash Eastern PA Conf**

Name	Yr	School	Finals
1 #1171 Doherty, Alexis	SO	NAZ	58.52
2 #1191 Radcliffe, Abigail	SR	NAZ	58.67
3 #1234 Dunkley, Armani	SR	PV	1:00.45
4 #1122 Byrne, Rachel	SR	LIB	1:01.07
5 #1319 Solderitch, Lindsay	SO	WHI	1:01.39
6 #1054 Brown, Madison	SO	EMM	1:01.52
7 #1109 Parkins, Safiya	SO	ESS	1:01.54
8 #1072 McNellis, Ashleigh	SO	EMM	1:01.74
9 #1131 Ferrufino, Yamilet	JR	LIB	1:01.82
10 #1380 Conover, Ade	SO	DIE	1:01.94
11 #1448 Semler, Aubrey	SO	PRK	1:02.09
12 #1340 Mayes, Olivia	JR	ESN	1:02.19
13 #1244 Moon, Nyia	FR	PV	1:02.60
14 #1492 Kuklis, Natasha	SR	ACC	1:03.08
15 #1030 Murray, Brianna	JR	EAS	1:03.47
16 #1032 Reed, Courtney	JR	EAS	1:03.63
17 #1066 Kisthardt, Kayla	SR	EMM	1:04.05
18 #1135 Gilbert, Victoria	SR	LIB	1:04.23
19 #1082 Ryan, Ashley	SO	EMM	1:04.64
20 #1059 Downey, Katharine	SR	EMM	1:04.68
21 #1335 Wells, Emily	SR	WHI	1:07.45
22 #1397 Hayden, Paris	SO	PME	1:11.05

**Event 63 Boys 400 Meter Dash Eastern PA Conf**

Name	Yr	School	Finals
1 #1446 Salau, Mustapha	SO	PRK	49.22
2 #1156 Tackett, Christian	JR	LIB	50.39
3 #1354 Jones, Terrence	SR	WA	51.06
4 #1088 Smolinsky, Jakob	JR	EMM	51.31
5 #1051 Boyd, Mason	JR	EMM	51.68
6 #1466 Caton, Gabriel	JR	FRE	52.04
7 #1359 White, Nicholas	JR	WA	52.27
8 #1351 Espinal, Hernan	SR	WA	52.53
9 #1014 Brown, Asad	JR	EAS	52.55
10 #1303 Schneider, Andrew	SR	STB	52.90
11 #1299 Redondo-Lopes, M	SO	STB	53.26
12 #1386 Nunez-Delgado, G	SR	DIE	53.45
13 #1411 Stan, Mike	SR	PME	53.50

14 #1495 Shea, Matt	JR	ACC	53.57
15 #1247 Stephens, Jack	JR	PV	53.71
16 #1070 Lysek, Jarrett	SO	EMM	53.83
17 #1229 Bonser, Ryan	FR	PV	54.07
18 #1355 Madjoue, Auxence	JR	WA	54.16
19 #1255 Henderson, Messial	SO	PMW	54.19
20 #1421 Colon, Noah	JR	PRK	54.41

**Event 64 Girls 4x100 Meter Relay Eastern PA Conf**

Team	Relay	Finals
1 Whitehall		49.63
2 Emmaus		50.28
3 ESS		50.31
4 Nazareth		50.34
5 Easton		50.72
6 Stroudsburg		51.49
7 Liberty		51.66
8 Parkland		51.68
9 Northampton		51.89
10 Dieruff		52.11
11 Freedom		52.17
12 Pocono Mountain East		52.45
13 ACC		53.03
14 William Allen		57.14
--- Pleasant Valley		DNF

**Event 65 Boys 4x100 Meter Relay Eastern PA Conf**

Team	Relay	Finals
1 Pocono Mountain West		42.89
2 Parkland		43.63
3 Liberty		43.95
4 Freedom		44.00
5 Dieruff		44.52
6 Northampton		44.74
7 Whitehall		44.77
8 Stroudsburg		44.80
9 Emmaus		44.88
10 Bethlehem Catholic		45.00
11 ESS		45.09
12 Nazareth		45.91
13 William Allen		46.53
--- ESN		DNF
--- Pocono Mountain East		DQ

**Event 66 Girls 800 Meter Run Eastern PA Conf**

Name	Yr	School	Finals
1 #1155 Stuckey, Greta	SR	LIB	2:21.02
2 #1271 Banashefski, Emily	SR	STB	2:21.47
3 #1194 Vera, Anita	SO	NAZ	2:22.66

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Name	Yr	School	Finals
4 #1063 Heilenman, Abby	SR	EMM	2:22.70
5 #1032 Reed, Courtney	JR	EAS	2:24.05
6 #1418 Bendetti, Ava	SO	PRK	2:24.54
7 #1120 Bortz, Camryn	JR	LIB	2:24.69
8 #1180 Jordan, Skyler	FR	NAZ	2:25.47
9 #1048 Augustin, Keerstin	SO	EMM	2:25.49
10 #1417 Beers, Emily	FR	PRK	2:25.88
11 #1397 Hayden, Paris	SO	PME	2:28.31
12 #1455 Vaccari, Olivia	JR	PRK	2:28.72
13 #1331 Marsteller, Alyssa	FR	WHI	2:29.00
14 #1065 Kennedy, Clara	SO	EMM	2:29.20
15 #1068 Lees, Isabella	FR	EMM	2:29.66
16 #1066 Kisthardt, Kayla	SR	EMM	2:29.70
17 #1107 Molinaro, Elise	JR	ESS	2:31.14
18 #1457 Williams, Lauren	SO	PRK	2:31.28
19 #1212 Minnich, Julia	FR	NOR	2:31.56
20 #1081 Reinhard, Kera	SO	EMM	2:33.11
21 #1230 Caffrey, Cameron	JR	PV	2:35.19
22 #1082 Ryan, Ashley	SO	EMM	2:35.92

**Event 67 Boys 800 Meter Run Eastern PA Conf**

Name	Yr	School	Finals
<b>Finals</b>			
1 #1200 Domchek, Dalton	SR	NOR	1:58.79
2 #1160 Wycherley, Ryan	SR	LIB	1:59.11
3 #1077 Petre, Paul	JR	EMM	2:00.41
4 #1130 Fermin, Darlyn	JR	LIB	2:00.79
5 #1196 Voloshen, Christian	JR	NAZ	2:00.93
6 #1186 Lahr, Travis	JR	NAZ	2:01.15
7 #1149 Phillips, Graham	SO	LIB	2:01.43
8 #1458 Williamson, Riley	SR	PRK	2:01.99
9 #1012 Basile, Andrew	JR	EAS	2:02.11
10 #1356 Pawlowski, Alexan	JR	WA	2:02.89
11 #1227 Akob, Tyler	FR	PV	2:03.15
12 #1441 Reimer, Nathan	JR	PRK	2:04.02
13 #1193 Serafin, Evan	SO	NAZ	2:04.06
14 #1286 Green, Andre	SR	STB	2:04.31
15 #1352 Hernandez, Marcos	SR	WA	2:04.39
16 #1071 Magee, Mark	JR	EMM	2:04.45
17 #1348 Sympson, Pagette	SR	ESN	2:04.49
18 #1132 Frank, Casey	JR	LIB	2:04.81
19 #1279 Daly, Parker	SR	STB	2:05.06
20 #1294 Marina, William	JR	STB	2:05.18
21 #1053 Brown, Jacob	SR	EMM	2:06.55

**Event 68 Girls 4x400 Meter Relay Eastern PA Conf**

Team	Relay	Finals
<b>Finals</b>		
1 Liberty		4:03.13
2 Nazareth		4:04.23

3 Emmaus	4:06.78
4 Northampton	4:15.73
5 Parkland	4:16.03
6 Easton	4:16.04
7 Whitehall	4:18.24
8 Dieruff	4:18.33
9 ACC	4:18.93
10 Freedom	4:19.72
11 Pocono Mountain East	4:21.39
12 Bethlehem Catholic	4:22.30
13 William Allen	4:31.51
14 Pocono Mountain West	4:32.83
--- Stroudsburg	DQ

**Event 69 Boys 4x400 Meter Relay Eastern PA Conf**

Team	Relay	Finals
<b>Finals</b>		
1 William Allen		3:27.75
2 Liberty		3:29.43
3 Stroudsburg		3:29.97
4 Emmaus		3:30.72
5 Bethlehem Catholic		3:30.76
6 Pleasant Valley		3:36.58
7 Dieruff		3:38.09
8 Pocono Mountain East		3:38.83
9 Northampton		3:39.77
10 Nazareth		3:40.37
11 Pocono Mountain West		3:40.71
12 ESS		3:40.77
13 Freedom		3:41.23
14 Whitehall		3:45.05

**Event 70 Boys Long Jump Eastern PA Conf**

Name	Yr	School	Finals
<b>Finals</b>			
1 #1266 Whittle, Maurice	JR	PMW	23-04.50
2 #1177 Harris, Anthony	JR	NAZ	22-04.75
3 #1124 Damon, Daniel	SR	LIB	21-08.75
4 #1138 Haynes, Javonte	SR	LIB	21-06.00
5 #1051 Boyd, Mason	JR	EMM	21-05.50
6 #1157 Teague, Daeshawn	SR	LIB	21-04.50
7 #1253 Bowens, Jaden	FR	PMW	21-03.00
8 #1387 Rubio, Albert	SR	DIE	20-03.25
9 #1345 Richardson, Dejon	SR	ESN	20-02.25
10 #1324 Perez, Chris	SR	WHI	20-01.00
11 #1383 Lora Lora, Andy	SR	DIE	19-09.50
12 #1361 Althouse, Mychael	SO	BC	J19-09.50
13 #1429 Klinger, Adam	SR	PRK	19-08.75
14 #1197 Brandon, Tyrese	JR	NOR	19-07.50
15 #1437 Panny, John	SR	PRK	19-06.25
16 #1112 Sapp, Christian	SO	ESS	19-05.00
17 #1312 Khan, Moeed	SO	STB	19-04.25

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**Event 70 Boys Long Jump Eastern PA Conf**

Name	Yr	School	Finals
18 #1364 Donchez, Michael	SR	BC	19-00.50
19 #1365 Giordano, Caden	SR	BC	18-09.25
20 #1398 Hilliman, Triston	SR	PME	18-05.75
21 #1088 Smolinsky, Jakob	JR	EMM	18-05.00
22 #1094 Brown, Najee	SR	ESS	16-11.25
--- #1323 Negrate, Allen	JR	WHI	FOUL
--- #1153 Sahaydak, Sander	SO	LIB	FOUL

**Event 71 Boys Javelin Throw Eastern PA Conf**

Name	Yr	School	Finals
1 #1391 Altemose, Andrew	JR	PME	193-10
2 #1167 Burkhart, Collin	SO	NAZ	188-01
3 #1320 Souders, Lucas	JR	WHI	180-09
4 #1119 Beagell, Nolan	SR	LIB	173-06
5 #1259 McCarroll, Sheamu	JR	PMW	156-04
6 #1265 Viruet, Adrian	SR	PMW	155-09
7 #1434 Medlar, Dante	JR	PRK	154-00
8 #1407 Myron, Sean	SR	PME	151-04
9 #1252 Armand, Tyler	JR	PMW	149-01
10 #1101 Goicoechea, Noah	SR	ESS	148-00
11 #1139 Hontz, Gabriel	JR	LIB	147-09
12 #1175 Garvey, Patrick	JR	NAZ	146-11
13 #1206 Gula, Zachary	JR	NOR	146-06
14 #1128 Donchez, Jack	FR	LIB	145-07
15 #1479 Reph, Vincent	JR	FRE	145-02
16 #1302 Sattamini, Leo	JR	STB	144-01
17 #1298 Pickett, Sean	SR	STB	135-08
18 #1273 Buzzard, Brady	JR	STB	135-02
19 #1211 Marth, Aaron	SR	NOR	134-01
20 #1050 Bertsch, Brian	JR	EMM	131-07
21 #1118 Aviles, Luis	SR	LIB	130-01
22 #1309 VanVarick, Ryan	SR	STB	129-10
23 #1316 Heffner, Jacob	SR	WHI	128-00
24 #1100 Fullmer, Joe	JR	ESS	127-06

**Event 72 Girls High Jump Eastern PA Conf**

Name	Yr	School	Finals
1 #1038 Willshaw, Kate	SR	EAS	5-05.00
2 #1400 Horvath, Isabella	SO	PME	5-03.00
3 #1181 Karavitch, Kristen	JR	NAZ	5-01.00
3 #1420 Boychuck, Celine	JR	PRK	5-01.00
5 #1234 Dunkley, Armani	SR	PV	J5-01.00
6 #1401 Jones, Kiaya	JR	PME	4-11.00
7 #1353 Ingram, Grace	JR	WA	J4-11.00
8 #1305 Silvernale, Taryn	JR	STB	4-09.00
9 #1289 Irlbeck, Emily	SR	STB	J4-09.00
9 #1317 Millets, Hope	SR	WHI	J4-09.00
--- #1310 VanWhy, Casie	SR	STB	NH

---	#1350 Wilson, Anais	SR	ESN	NH
---	#1069 Lumsden, Lindsay	SR	EMM	NH
---	#1078 Rakowsky, Julia	SR	EMM	NH
---	#1043 Pettus, Jonna	SO	EAS	NH
---	#1105 Kross, MACKENZIE	SR	ESS	NH
---	#1198 Czarnecki, Abigail	JR	NOR	NH
---	#1092 Widdoss, Laurel	JR	EMM	NH

**Event 73 Boys Shot Put Eastern PA Conf**

Name	Yr	School	Finals	
1 #1022 Ferrency, Elek	SR	EAS	53-11.75	
2 #1137 Harris, Trevor	SR	LIB	48-06.75	
3 #1422 Dawkins, Nicholas	JR	PRK	46-02.75	
4 #1134 Freeman, Jaden	SR	LIB	44-10.00	
5 #1349 Venable, Isaiah	SR	ESN	44-02.75	
6 #1280 Fitt, Colson	SR	STB	44-01.00	
7 #1476 Moore, Kaden	JR	FRE	43-04.00	
8 #1165 Breidenbach, Cody	SO	NAZ	42-05.75	
9 #1416 Oltmanns, Casey	JR	PME	41-11.00	
10 #1018 Conner, Jack	SO	EAS	41-09.25	
11 #1143 Johnson, Messiah	SO	LIB	40-06.75	
12 #1318 Santiago, Justin	SR	WHI	40-00.25	
13 #1407 Myron, Sean	SR	PME	39-06.75	
14 #1334 Sullivan, Liam	SR	WHI	39-06.50	
15 #1254 Green, Preston	JR	PMW	39-03.75	
16 #1344 Noble, Jaylon	SR	ESN	38-02.25	
17 #1097 Fernandez, Jordan	JR	ESS	37-08.50	
18 #1439 Piston, Adam	SR	PRK	37-07.50	
19 #1406 Miller, Shayne	SR	PME	37-02.00	
20 #1342 Minor, John	SO	ESN	36-03.50	
21 #1211 Marth, Aaron	SR	NOR	36-00.25	
22 #1470 Curry, Camren	SR	FRE	32-07.00	
---	#1028 Morsch, Griffin	SR	EAS	FOUL

**Event 74 Girls Javelin Throw Eastern PA Conf**

Name	Yr	School	Finals
1 #1187 Leszcynski, Kelly	FR	NAZ	121-03
2 #1452 Staib, Shelby	SR	PRK	119-00
3 #1158 Tereska, Brylee	FR	LIB	116-01
4 #1150 Reifinger, Zoey	JR	LIB	105-03
5 #1450 Shivok, Sonya	SO	PRK	103-07
6 #1425 Fritzingler, Ashlyn	JR	PRK	99-07
7 #1027 Martellucci, Jaiden	SO	EAS	98-10
8 #1104 Kossakowska, Alex	JR	ESS	96-07
9 #1311 Kuras, Tiffany	SO	STB	95-01
10 #1115 Vazquez, Gabi	SR	ESS	94-04
11 #1249 Wilson, Madison	SO	PV	94-01
12 #1494 Schroyer, Emma	SR	ACC	93-09
13 #1020 Deegan, Jenna	SO	EAS	93-02
14 #1405 McCarroll, Tierney	FR	PME	91-06

**2019 CL & EPAC Track and Field Championship Meet - 5/7/2019 to 5/8/2019****Whitehall High School****Results****Finals ... (Event 74 Girls Javelin Throw Eastern PA Conf)**

Name	Yr	School	Finals
15 #1329 Dragovits, Autumn	SR	WHI	90-09
16 #1085 Shields, Lillian	SO	EMM	89-10
17 #1363 Comp, Maddie	SR	BC	89-04
18 #1218 Sanchez, Reia	FR	NOR	88-01
19 #1220 Tepes, Grace	SR	NOR	87-08
20 #1170 Dearworth, Holly	SO	NAZ	87-00
21 #1223 Vajda, Olivia	FR	NOR	84-07
22 #1287 Grimes, Allison	JR	STB	80-01
23 #1408 Palmieri, Gianna	FR	PME	78-03
24 #1099 Frame, Cira	SR	ESS	74-08

11) Salisbury	15
12) PAHS Track 2019	12

**Event 75 Girls Triple Jump Eastern PA Conf**

Name	Yr	School	Finals
<b>Finals</b>			
1 #1267 Wiggins, Juanita	SR	PMW	37-07.00
2 #1452 Staib, Shelby	SR	PRK	36-10.25
3 #1092 Widdoss, Laurel	JR	EMM	35-08.75
4 #1181 Karavitch, Kristen	JR	NAZ	35-07.50
5 #1369 Lieb, Liz	SR	BC	35-05.75
6 #1093 Anderson, Courtney	JR	ESS	35-04.25
7 #1435 Nation, Grace	FR	PRK	34-11.00
8 #1248 Whalen, Kelly	SR	PV	34-09.75
9 #1217 Rockovits, Brooke	JR	NOR	34-06.00
10 #1069 Lumsden, Lindsay	SR	EMM	34-05.50
11 #1144 Kelly, Catherine	SO	LIB	34-04.25
11 #1289 Irlbeck, Emily	SR	STB	34-04.25
13 #1240 Kautzsch, Jade	JR	PV	33-08.50
14 #1148 Phillips, Gabrielle	JR	LIB	33-00.75
15 #1224 Wheeler, Abby	SR	NOR	32-10.00
16 #1484 Willey, Lola	JR	FRE	32-03.50
17 #1198 Czarnecki, Abigail	JR	NOR	32-01.75
18 #1207 Heffner, Sydney	JR	NOR	31-08.75
19 #1176 Gidusko, Mackenzi	JR	NAZ	31-06.25
20 #1042 Ianelli, Isabella		EAS	31-03.00
21 #1015 Bryant, Faith	JR	EAS	31-02.50
22 #1480 Roberts, Kasyanna	SR	FRE	30-09.50
23 #1152 Rodriguez, Alicia	SO	LIB	29-07.50
--- #1350 Wilson, Anais	SR	ESN	FOUL

**Women - Colonial League - Team Rankings - 18 Events Scored**

1) Southern Lehigh	173
2) Palisades	133.5
3) Northwestern Lehigh	81
4) Saucon Valley	57
5) Bangor HS	54
6) Wilson Area	53
7) Notre Dame GP	46
8) Northern Lehigh	34
9) Palmerton	24
10) Catasauqua 2019	19.5



**2019 CL & EPAC Track and Field Championship Meet - 5/7/2019 to 5/8/2019****Whitehall High School****Results**

16) Pleasant Valley

4

**Women - Eastern PA Conf - Team Rankings - 18 Events Scored**

1) Easton	92
2) Parkland	83.5
3) Nazareth	80.5
4) Liberty	76
5) Stroudsburg	72
6) Emmaus	71
7) Pocono Mountain West	41
7) East Stroudsburg South	41
9) Whitehall	27
10) Bethlehem Catholic	24
11) Pleasant Valley	23
12) Northampton	21
12) Pocono Mountain East	21
14) Allentown Central Catholic	11
15) East Stroudsburg North	10
16) Freedom	3
16) Dieruff	3
18) William Allen	2

**Men - Colonial League - Team Rankings - 18 Events Scored**

1) Southern Lehigh	136.5
2) Bangor HS	124
3) Palmerton	113
4) Wilson Area	81
5) Notre Dame GP	67
6) Palisades	47
7) PAHS Track 2019	35
7) Saucon Valley	35
9) Salisbury	19
10) Northern Lehigh	18
11) Northwestern Lehigh	17.5
12) Catasauqua 2019	8

**Men - Eastern PA Conf - Team Rankings - 17 Events Scored**

1) Liberty	134
2) Parkland	71
3) Pocono Mountain West	66
4) Emmaus	60
5) Nazareth	54
6) Easton	51
7) William Allen	39
8) Stroudsburg	36
9) Pocono Mountain East	35.5
10) East Stroudsburg South	24
11) Freedom	23
12) Northampton	18
13) Whitehall	15
14) Bethlehem Catholic	14.5
15) Dieruff	14
16) East Stroudsburg North	4

