

AT PLAINFIELD CENTRAL VS CENTRAL AND SOUTH

APRIL 23

Varsity Team Scores

North 72.5

South 60.5

Central 50

FS Team Scores

North 103

South 44

Central 37

100

Flowers 10.9 (1st)

Anderle 11.5 (3rd)

Baker 11.5 (2nd FS)

Harris 11.6* (3rd FS)

M. Covington 11.8

Shaw 11.8

Quaid 11.9

Bussell 12.0*

J. Covington 12.1*

Dunning 12.3

Choi 13.9*

200

Young 22.4 (1st)

Suss 22.5 (2nd)

Harris 24.0 (1st FS)

Hoosman 24.5 (2nd FS)

Porter 24.7

Tayo 24.8

Shaw 24.8* (4th FS)

Quaid 26.8

400

Young 50.6 (1st)

Flagg 54.3 (2nd)

Rosado 54.9 (1st FS)

Bussell 58.4 (4th FS)

Shaw 59.8

Vasquez 64.0

800

Faggett 2:22.6*

B. Villanueva 2:30.0*

Martinez 2:30.7*

Chase 2:31.2*
J. Villanueva 2:33.2
Zurita 2:33.7*
Mikolajewski 2:58.1
Copp 3:06.3

1600

Malec 5:13.4* (2nd FS)
Sanders 5:16.6 (3rd FS)
A. Bruyere 5:23.2 (4th FS)
Schrack 5:23.4
Thurman 5:26.1
Jung 5:27.1*
Goshert 5:29.0
Wolendowski 5:29.3
DeFrancisco 5:30.4
Marsiglio 5:30.9*
Martinez 5:32.9
Arif 5:47.2*
Chan 5:58.5
Gaeta 6:10.5

3200

Rysiewicz 10:42.4* (3rd)
Delaney 11:05.7* (1st FS)
Schrack 11:20.2 (3rd FS)
A. Bruyere 11:22.9
DeFrancisco 11:36.1
Wolendowski 11:37.7
S. Bruyere 11:40.3
Conley 12:13.7

110 HH

Mason 14.9* (1st) NSR

Bofah 15.9 (1st FS)
Johnson 17.3 (4th)

300 INT

Mason 41.9 (1st)
Lee 44.3 (4th)
Samms 45.4 (1st FS)
Bofah 46.2 (2nd FS)
Ratini 49.6

4x1

VAR - Flowers, Young, Clayton, Suss 43.2 (1st)
FS - Baker, Harris, Samms, Hoosman 45.7* (1st FS)

4x2

Var - Flowers, Gerber, Mason, Anderle 1:32.8 (1st)
FS - Hoosman, Harris, Samms, Ruscitti 1:34.9 (1st FS)

4x4

PN Var 3:32.3 (1st)

Flagg 55.9

Flowers 51.3

Delaney 52.7

Gerber 52.3*

PN FS 3:53.1 (1st FS)

Ruscitti 56.3

J. Covington 61.8

Rosado 55.3

Bussell 59.8

Distance Var 3:45.4

Foster 55.6*

DeVaux 55.3

Oudin 57.7*

Richards 56.9*

4x8

PN Var 9:10.8 (2nd)

Foster 2:12.2

Oudin 2:23.6

DeVaux 2:17.5

Sanders 2:17.5

PN FS 9:30.7 (1st FS)

Richards 2:17.5*

Faggett 2:24.4

J. Villanueva 2:26.3

Malec 2:22.5*

HJ

Bofah 6-4* (1st FS) NSR

Ruscitti 5-8* (2nd FS)

Samms 5-8* (3rd FS)

Flagg 5-6 (3rd)

Porter 5-6*

LJ

Tayo 19-8* (3rd)

Ivey SCR

TJ

Hoosman 41-6* (2nd) New FS Record

Tayo 36-7 (4th)

Bofah 35-9 (1st FS)

Ratini 35-9* (2nd FS)

PV

Funk 13-3 (2nd)

Heyl 11-3* (3rd)

Gulino 9-9* (1st FS)

Shot

Donaldson 46-0 (1st)

Bergstrom 43-11 (3rd)

Marsigio 43-10* (4th)

Honey 40-2 (1st FS)

Bruns 38-1 (2nd FS)

Chaidez 38-7

Russo 36-6 (4th FS)

Johnson 33-4

Carcionne 31-10

Discus

Donaldson 151-10 (1st)

Bruns 109-7 (1st FS)

Honey 99-6* (3rd FS)

Bergstrom 99-2

Russo 98-10 (4th FS)

Johnson 85-11*

Carcionne 81-7

HEADLINES

BOFAH SHOCKS THE WORLD

HIGH JUMPS 6-4

NEW F/S RECORD ... NEW VARSITY RECORD



This was Manny's approach at his successful 6-4 jump

MASON TIES HIGH HURDLE RECORD



Runs 14.9 ... ties Corey Johnson's school record.

HOOSMAN SETS FR & F/S TRIPLE JUMP RECORD
41-6



Manny Bofah, Jumps Coach John Kern, and Quintin Hoosman

JAYDEN HAS BEST MEET



Jayden Gerber PR 52.3 in 4x4

FLOWERS BEATS WOLFE IN 100 ... 10.9



Marquis had a big workload (4x1, 100, 4x2, 4x4) ... and looked great in all four.

DONALDSON DOUBLE WINNER AGAIN



151-10 on this throw

WINNER VAR 4x1, 4x2, 4x4
WINNER FS 4x1, 4x2, 4x4



Quest to Jacob in the 4x1 (43.2)

Check out how close our FS team is ... Harris to Samms (after an incredible opening leg by Robert Baker) ... 45.7

Lots more to be seen ...

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Meet Notes & Comments

This meet makes our historical conference record 31-5 Varsity & 30-6 Fresh-Soph.
More important we redeemed ourselves after a poor showing Saturday in Edwardsville.
I challenged our guys to work hard and run multiple events ... mission accomplished.

34 PRs (personal records) were set

How about our vaulters?

Rick Funk responds to a no-height weekend to vault a season best 13-3.

Will Heyl ... another PR ... 11-3.

Danny Gulino is only 3 inches from the Freshman record ... vaulted a PR 9-9.

Our throwers weren't great today but we won both throws, both levels.

Scoring: North 30, Central 8, South 6.

Huge PR by John Marsiglio 43-10 ... John also ran the 1600 in 5:30

The group of the day ... John Kern's jumpers.

Caleb Ivey twisted his ankle in the Long Jump and did not score.

But ... Michael Tayo had a season PR of 19-8.

Quintin Hoosman smashed the FS Triple Jump Record going 41-6.

And then our high jumpers had four PRs

Soph - Bofah 6-4 ... New School Record ... previous best 6-0

Freshmen Jared Samms & Alex Ruscitti jumped PRs of 5-8

First year senior, Ryan Porter jumped a PR 5-6.

Sprint Dominance

Winners of varsity 4x1, 4x2, 4x4, 100, 200, 400, 110 HH, 300 INT

Winners of FS 4x1, 4x2, 4x4, 200, 400, 110 HH, 300 INT

We won 15 out of 16 sprint races.

The only one we didn't win was the FS 100 ... we placed 2nd and 3rd.

Hurdlers

Mason wins 110 and 300

Bofah wins FS 110, Samms wins FS 300

Distance runners of the night ...

Jack Malec with two PRs ... 2:22 in the 4x8, 5:13 in the 1600

Freshman Tommy Richards 2:17.5 in the 4x8 and 56.9 in the 4x4

Michael Delaney showed his versatility winning the FS 3200 at 11:05, then running in the 4x4 (52.7)

Dan Wooldridge had the night off.

PRs were up to date earlier this afternoon ... now there is lots more to do :)

2012 PERSONAL RECORDS

Next Meet Hunt Invite ... bus time 3:15

Waubonsie Invite Saturday at METEA VALLEY



Coach John Singleton ... johnsribhouse.com

Also ... Coach Singleton is now street vending in downtown Naperville (late night and weekends).



Former PNHS Coach, Eric Ott ... www.genevarunningoutfitters.com



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