

## 2018-2019 WINTER TRACK & FIELD SCHEDULE

<b>DECEMBER</b>				
<b>DATE</b>	<b>MEET</b>	<b>LOCATION</b>	<b>TIME</b>	<b>BUS</b>
Saturday, December 8, 2018	Lawrenceville Scrimmage	The Lawrenceville School	2:00 PM	11:30 AM
Friday, December 14, 2018	Essex County Coaches Invitational	Ocean Breeze, State Island	4:00 PM	1:30 PM
Friday, December 14, 2018	Rebel Throws Series #1	Howell High School	6:30 PM	4:30 PM
Monday, December 17, 2018	Wayne Gardiner Invitational	Ocean Breeze, State Island	4:00 PM	2:10 PM Van
Friday, December 21, 2018	Jim Mitchell Invitational	Armory Track & Field Center	5:00 PM	2:30 PM
Wednesday, December 26, 2018	North Shore HS Invitational	Armory Track & Field Center	9:00 AM	N/A
Friday, December 28, 2018	Catholic Conference Relays	Armory Track & Field Center	3:00 PM	12:30 PM
Saturday, December 29, 2018	Marine Corps Holiday Classic	Armory Track & Field Center	9:00 AM	7:45 AM
<b>JANUARY</b>				
<b>DATE</b>	<b>MEET</b>	<b>LOCATION</b>	<b>TIME</b>	<b>BUS</b>
Saturday, January 5, 2019	Union County Relay Championship	Jersey City Armory	8:30 AM	6:45 AM
Wednesday, January 9, 2019	Millrose Games Trials	Armory Track & Field Center	6:00 PM	N/A
Thursday, January 10, 2019	Crusader Shot Put Meet #1	Arthur L. Johnson High School	6:00 PM	5:00 PM Van
Saturday, January 12, 2019	Lavino Relays	The Lawrenceville School	12:30 PM	10:00 AM
Thursday, January 17, 2019	Non Public State Relays	Bennett Center, Toms River	3:30 PM	12:30 PM
Tuesday, January 22, 2019	Crusader Shot Put Meet #2	Arthur L. Johnson High School	6:00 PM	5:00 PM Van
Friday, January 25, 2019	Bill Reid Invitational	Jersey City Armory	4:00 PM	2:25 PM
Saturday, January 26, 2019	Union County Championship	Jersey City Armory	9:00 AM	6:45 AM
Saturday, January 26, 2019	Bullis Champion Speed Invitational	Armory Track & Field Center	7:20 PM	N/A
Wednesday, January 30, 2019	Metropolitan Invitational	Armory Track & Field Center	4:00 PM	TBD
<b>FEBRUARY</b>				
<b>DATE</b>	<b>MEET</b>	<b>LOCATION</b>	<b>TIME</b>	<b>BUS</b>
Sunday, February 3, 2019	Catholic Conference Championship	Ocean Breeze, State Island	10:00 AM	7:45 AM
Saturday, February 9, 2019	Millrose Games	Armory Track & Field Center	12:30 PM	N/A
Friday, February 15, 2019	North Shore Pre-National Invitational	Armory Track & Field Center	4:30 PM	2:20 PM
Saturday, February 16, 2019	Non Public "A" State Championship	Bennett Center, Toms River	3:00 PM	12:00 PM
Tuesday, February 19, 2019	Eastern States Invitational	Armory Track & Field Center	4:30 PM	2:00 PM
Saturday, February 23, 2019	Purple Champions Pentathlon Invitational	Armory Track & Field Center	9:00 AM	7:00 AM
Saturday, February 23, 2019	New Jersey Meet of Champions - BOYS	Bennett Center, Toms River	10:00 AM	7:15 AM
Sunday, February 24, 2019	New Jersey Meet of Champions - GIRLS	Bennett Center, Toms River	10:00 AM	7:15 AM
<b>MARCH</b>				
<b>DATE</b>	<b>MEET</b>	<b>LOCATION</b>	<b>TIME</b>	<b>BUS</b>
March 8th-10th, 2019	New Balance Indoor Nationals	Armory Track & Field Center	8:30 AM	

**Note:** Use the tabs at the bottom of the page to view Results for each meet.

# Lawrenceville Scrimmage (UC, L'Ville, CBA, Lenape, ND)

## The Lawrenceville School

Saturday, December 8, 2018

**Solid Rust Buster**

### BOYS

#### 4x800 Meter Relay

Name	Results	Notes
Daniel Labrie	2:12.0	30,32,34,36
Andrew Palacio	2:12.1	31,35,36,36
Noah Alston	2:29.4	32,38,41,38
Chris Robateau	2:22.3	31,35,38,38
	9:16.33	

#### 55 Meter Hurdles

Name	Results	Notes
3 Elijah Abraham	8.28	
4 Brandon Leslie	8.29	
6 Obadare Animashaun	8.44	
Oluwafemi Asenuga	9.16	

#### 55 Meter Dash

Name	Results	Notes
1 Conor Reilly	6.82	
3 Brandon Leslie	6.94	
Chinedu Okoro	6.99	
Obadare Animashaun	7.00	
Samuel Hernandez	7.20	

#### 1600 Meter Run

Name	Results	Notes
6 Zach Turner	4:52.08	2:21
12 Matt Granizo	5:06.57	Fell - 2:33
Matthew Swinehart	5:20.24	2:36
Matt Kelly	5:34.46	
Liam Robb	5:40.12	

#### 400 Meter Dash

Name	Results	Notes
3 Elijah Abraham	53.37	
4 Connor Cooper	54.14	
5 Matt Axt	55.77	
13 Steven Traczik	58.67	
17 Elijah Walker	1:05.79	

#### 800 Meter Run

Name	Results	Notes
1 Myles Plummer	2:02.51	28,32,32,30
Michael Palacio	2:23.63	31,36,38,38

### GIRLS

#### 55 Meter Hurdles

Name	Results	Notes
1 Felicia Quainoo	8.43	
2 Avery Jordan	8.99	
3 Zamira Ysaac	9.00	
4 Angelique Williams	9.24	
5 Aliyah Thomas	9.27	

#### 55 Meter Dash

Name	Results	Notes
1 Chi Chi Nkulume	7.33	
2 Sydney Tucker	7.40	
3 Sydney McDonald	7.62	
2 Amira Waller	7.65	
11 Myaya Morton	8.16	

#### 1600 Meter Run

Name	Results	Notes
2 Morgan Williams	5:42.12	1:17,2:46,4:15
4 Megan McCabe	5:47.52	1:24,2:53,4:21
9 Kathryn Zeigler	5:51.65	1:24,2:53,4:23
10 Sarah Abood	5:55.44	1:24,2:53,4:23
17 Catherine Tangreti	6:35.26	1:32,3:11

#### 400 Meter Dash

Name	Results	Notes
1 Chi Chi Nkulume	58.97	
2 Zamira Ysaac	1:02.89	
3 Hope Hall	1:03.44	
5 Aniyah Charles	1:07.47	
9 Jada Mia Puryear	1:10.95	

#### 800 Meter Run

Name	Results	Notes
1 Jerika Lufrano	2:20.92	
3 Ashleigh Patterson	2:28.77	
6 Zoe Lee	2:32.70	
7 Morgan Jackson	2:34.31	
8 Kacey Brennan	2:34.56	

#### 200 Meter Dash

Name	Results	Notes
1 Sydney Tucker	26.04	
2 Felicia Quainoo	26.59	

	Noah Handlin	2:25.37	32,35,39,39		3	Avery Jordan	26.82	
	Jahi Dillard	2:54.01	33,39		4	Amira Waller	27.55	
					5	Aliyah Thomas	28.14	
<b>200 Meter Dash</b>				<b>4x400 Meter Relay "A"</b>				
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
1	Elijah Brown	23.82			Zamira Ysaac	1:01.0		
2	Chinedu Okoro	23.90			Hope Hall	1:02.4		
10	Matt Axt	25.11			Zoe Lee	1:06.3		
12	Samuel Hernandez	25.36			Morgan Jackson	1:04.5		
20	Elijah Walker	27.39				4:14.42	<b>2nd Place</b>	
<b>4x400 Meter Relay "A"</b>				<b>4x400 Meter Relay "B"</b>				
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
	Elijah Brown	50.6			Morgan Williams	1:02.6		
	Daniel Labrie	54.5			Sydney McDonald	1:04.4		
	Connor Cooper	53.2			Jerika Lufrano	1:03.2		
	Myles Plummer	52.8			Ashleigh Patterson	1:02.7		
		3:31.7				4:13.23	<b>1st Place</b>	
<b>4x400 Meter Relay "B"</b>				<b>High Jump</b>				
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
	Chris Robateau	59.0			1	Angelique Williams	5-04.00	
	Oluwafemi Asenuga	57.8			4	Aliyah Thomas	5-00.00	
	Andrew Palacio	57.4						
	Samuel Hernandez	57.4						
		3:51.90						
<b>Shot Put</b>				<b>Shot Put</b>				
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
2	Uchenna Duru	42-10.25			6	Rebecca Penevolpe	26-11.00	
3	Ryan McLaughlin	41-00.00				Kaitlyn Valendo	21-02.50	
4	Jared Ware	40-11.00				Jordan Dodson	21-00.0	
	Raymond Lestarchick	39-03.00						
	Uyi Igori	34-04.50						
<b>Pole Vault</b>				<b>Pole Vault</b>				
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
1	Conor Reilly	14-06.00			1	Hope Handlin	9-06.00	
5	Obadare Animashaun	11-00.00			2	Isabella Gray	8-00.00	
6	Justin Lopez	10-06.00				Autumn Barge	NH	
<b>Long Jump</b>				<b>Long Jump</b>				
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
3	Oluwafemi Asenuga	20-00.50			4	Danielle Rappa	14-02.25	
8	Brandon Leslie	18-02.00			7	Jada Mia Puryear	13-00.00	
<b>High Jump</b>				<b>Triple Jump</b>				
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
4	Oluwafemi Asenuga	5-06.00			2	Danielle Rappa	31-09.50	

5	Chinedu Okoro	5-04.00		5	Isabella Gray	28-09.75	
---	---------------	---------	--	---	---------------	----------	--

# Essex County Track Coaches - Season Opener Invitational

Ocean Breeze Complex, Staten Island

Friday, December 14, 2018

**Boys & Girls Team Champions!!!**

## BOYS

### 55 Meter Hurdles (Trials)

4:00 PM

	Name	Results	Notes
3	Ryan McLaughlin	8.07	
5	Obadare Animashaun	8.18	
7	Elijah Abraham	8.32	
8	Brandon Leslie	8.37	
15	Oluwafemi Asenuga	8.79	

### 55 Meter Hurdles (Final)

	Name	Results	Notes
2	Ryan McLaughlin	8.07	
5	Obadare Animashaun	8.30	
6	Elijah Abraham	8.36	
7	Brandon Leslie	9.50	

### Varsity 55 Meter Dash (Trials)

	Name	Results	Notes
19	Chinedu Okoro	7.00	

### Novice 55 Meter Dash (Final)

	Name	Results	Notes
27	Samuel Hernandez	7.38	
63	Donovyn Dias	7.76	

### 1600 Meter Run

	Name	Results	Notes
25	Matt Granizo	4:56.43	34,36,38,37,37,39,37,35
55	Noah Handlin	5:16.27	33,40,42,41,42,42,39,35

### 400 Meter Dash

	Name	Results	Notes
1	Elijah Brown	49.88	23.4
50	Steven Traczik	58.86	27.2

### Varsity 800 Meter Run

	Name	Results	Notes
1	Myles Plummer	1:59.71	26.6,30.5,31.2,30.8
10	Andrew Palacio	2:08.88	30,32,32,33.8
22	Daniel Labrie	2:11.83	30,34,34,33

### Novice 800 Meter Run

	Name	Results	Notes
14	Michael Palacio	2:23.28	32,37,38,35.4

## GIRLS

### 55 Meter Hurdles (Trials)

	Name	Results	Notes
1	Felicia Quainoo	8.56	
4	Avery Jordan	8.88	
6	Angelique Williams	9.08	

### 55 Meter Hurdles (Final)

	Name	Results	Notes
1	Felicia Quainoo	8.49	
5	Avery Jordan	8.77	
6	Angelique Williams	9.01	

### Varsity 55 Meter Dash (Trials)

	Name	Results	Notes
1	Sydney Tucker	7.46	
3	Khamil Evans	7.52	
4	Avery Jordan	7.55	
6	Sydney McDonald	7.64	
9	Aliyah Thomas	7.73	

### Novice 55 Meter Dash (Final)

	Name	Results	Notes
6	Danielle Rappa	8.13	
7	Myaya Morton	8.16	
8	Natalie Gibson	8.17	
14	Jada Mia Puryear	8.29	
40	Yasmen Edmondson	8.73	

### Varsity 55 Meter Dash (Final)

	Name	Results	Notes
1	Sydney Tucker	7.46	
3	Avery Jordan	7.51	
5	Sydney McDonald	7.60	
	Khamil Evans	DNS	

### 1600 Meter Run

	Name	Results	Notes
7	Abby Granrath	5:37.18	40,81,2:04,2:47,3:30,4:15,4:58
9	Zoe Lee	5:38.13	40,81,2:04,2:47,3:30,4:15,4:58

### 400 Meter Dash

	Name	Results	Notes
1	Khamil Evans	58.35	26.9
5	Hope Hall	1:03.47	30.1

				12	Aniyah Charles	1:05.05	29.8	
<b>Varsity 200 Meter Dash</b>				27	Alyssa Stephen	1:08.89	32.2	
	<b>Name</b>	<b>Results</b>	<b>Notes</b>					
6	Chinedu Okoro	23.47		<b>Varsity 800 Meter Run</b>				
18	Matt Axt	24.11			<b>Name</b>	<b>Results</b>	<b>Notes</b>	
25	Obadare Animashaun	24.36		1	Leena Morant	2:19.92	33, 69, 1:45	
<b>Novice 200 Meter Dash</b>				2	Jerika Lufano	2:20.10	33, 69, 1:45	
	<b>Name</b>	<b>Results</b>	<b>Notes</b>	3	Morgan Williams	2:22.65	35, 70, 1:46	
21	Steven Traczik	25.80		4	Ashleigh Patterson	2:28.46	35, 71, 1:48	
<b>Varsity 4x400 Meter Relay</b>				9	Morgan Jackson	2:32.61	34, 72, 1:53	
	<b>Name</b>	<b>Results</b>	<b>Notes</b>	<b>Novice 800 Meter Run</b>				
	Conor Reilly	52.5	23.9		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
	Elijah Abraham	52.0	25.1	1	Kacey Brennan	2:36.48	35,38,40,41	
	Myles Plummer	54.1	25.2	<b>Varsity 200 Meter Dash</b>				
	Elijah Brown	52.6	23.2 - Ran Into Athlete		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
		3:31.82	1st Place	1	Sydney Tucker	25.90		
<b>Novice 4x400 Meter Relay</b>				3	Sydney McDonald	26.75		
	<b>Name</b>	<b>Results</b>	<b>Notes</b>	x	Hope Hall	27	Timing Error	
	Oluwafemi Asenuga	55.3	26.8	<b>Novice 200 Meter Dash</b>				
	Matt Axt	55.3	24.8		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
	Daniel Labrie	55.9	25.5	2	Aniyah Charles	27.73		
	Andrew Palacio	57.3	28.1	11	Jada Mia Puryear	29.66		
		3:44.12	1st Place	21	Myaya Morton	30.25		
<b>Pole Vault</b>				26	Natalie Gibson	30.64		
	<b>Name</b>	<b>Results</b>	<b>Notes</b>	68	Allison Julve	34.12		
1	Conor Reilly	14-00.00		<b>Varsity 4x400 Meter Relay</b>				
2	Obadare Animashaun	12-06.00			<b>Name</b>	<b>Results</b>	<b>Notes</b>	
3	Justin Lopez	10-00.00			Avery Jordan	1:01.5	29	
5	Chris Robateau	9-00.0			Felicia Quainoo	1:02.1	29	
<b>High Jump</b>					Morgan Williams	1:02.4	30	
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		Leena Morant	59.4	28	
9	Oluwafemi Asenuga	5-06.00				4:05.90	1st Place	
12	Chinedu Okoro	5-03.00		<b>Novice 4x400 Meter Relay</b>				
<b>Long Jump</b>					<b>Name</b>	<b>Results</b>	<b>Notes</b>	
	<b>Name</b>	<b>Results</b>			Kacey Brennan	1:06.1	30	
7	Oluwafemi Asenuga	19-04.75			Zoe Lee	1:04.1	30	
9	Matt Axt	18-08.00			Abby Granrath	1:06.3	33	
13	Samuel Hernandez	17-03.25			Ashleigh Patterson	1:04.1	30	
	Brandon Leslie	Foul				4:21.08	1st Place	
<b>Pole Vault</b>				<b>Pole Vault</b>				
					<b>Name</b>	<b>Results</b>	<b>Notes</b>	
				1	Hope Handlin	9-06.00		
				3	Isabella Gray	8-06.00		
					Danielle Rappa	NH		



# Rebel Throws Series #1

Howell High School

Friday, December 14, 2018

## BOYS

### Sophomore Shot Put

	Name	Results	Notes
40	Addison Montemayor	25-02.00	

### Junior Shot Put

	Name	Results	Notes
15	Uyi Igori	34-08.50	
31	Daniel Hernandez	27-11.00	

### Senior Shot Put

	Name	Results	Notes
7	Raymond Lestarchick	42-00.00	
9	Uchenna Duru	41-06.50	
8	Jared Ware	41-06.50	
21	Miles Smith	36-00.00	
25	Kendahl Brown	33-10.00	

## GIRLS

### Junior Shot Put

	Name	Results	Notes
18	Rebecca Penevolpe	24-09.00	
25	Kaitlyn Valendo	20-03.00	

### Senior Shot Put

	Name	Results	Notes
24	Jordan Dodson	22-00.00	



# Wayne Gardiner Invitational

Ocean Breeze Complex, Staten Island

Monday, December 17, 2018

**Job Well Done**

## BOYS

### Shuttle Hurdle Relay

4:00 PM

Name	Results	Notes
Brandon Leslie	7.8	
Ryan McLaughlin	7.7	
Elijah Abraham	7.7	
Oluwafemi Asenuga	8.5	
	31.82	<b>2nd Place</b>

## GIRLS

### Shuttle Hurdle Relay

4:00 PM

Name	Results	Notes
Avery Jordan	7.9	
Felicia Quainoo	7.9	<i>Left Late - No Call</i>
Aliyah Thomas	8.1	
Angelique Williams	8.4	
	32.56	<b>1st Place</b>

### Shot Put Relay "A"

Name	Results	Notes
<b>4</b> Uchenna Duru	43-11.00	
<b>12</b> Jared Ware	40-07.50	
	84-06.50	<b>2nd Place</b>

### High Jump Relay

Name	Results	Notes
Angelique Williams	5-02.00	
Aliyah Thomas	4-10.00	
	10-00.00	<b>2nd Place</b>

### Shot Put Relay "B"

Name	Results	Notes
<b>13</b> Ryan McLaughlin	40-05.00	
<b>21</b> Raymond Lestarchick	36-07.25	
	77-00.25	

# Jim Mitchell Invitational

Armory Track & Field Center, NY

Friday, December 21, 2018

**Strong Night! 4 School Records!**

## BOYS

### 55 Meter Hurdles (Final)

	Name	Results	Notes
3	Ryan McLaughlin		
9	Elijah Abraham		
14	Brandon Leslie		

### 1000 Meter Run

	Name	Results	Splits
7	Myles Plummer	2:38.02	<i>Frosh Class Record</i>
34	Zach Turner	2:47.76	
45	Matt Granizo	2:51.65	
54	Andrew Palacio	2:55.36	
125	Matt Kelly	3:12.92	

### 300 Meter Dash

	Name	Results	Splits
7	Conor Reilly	36.74	
24	Matt Axt	37.85	
	Samuel Hernandez	39.89	

### 600 Meter Run

	Name	Results	Splits
1	Elijah Brown	1:22.13	<i>25.8,28.1,(53.8),28.4</i>
11	Elijah Abraham	1:29.20	
35	Daniel Labrie	1:33.36	
66	Derek Ruiz-Webb	1:37.29	

### 4x200 Meter Relay "A"

	Name	Results	Notes
	Chinedu Okoro	23.1	
	Matt Axt	23.9	
	Brandon Leslie	24.2	
	Oluwafemi Asenuga	24.6	
		1:36.14	

### 4x200 Meter Relay "B"

	Name	Results	Notes
	Steven Traczik	24.9	
	Ryan McLaughlin	24	
	Elijah Walker	27.1	<i>Ran in Lane 2</i>
	Chris Robateau	26.3	
		1:43.20	

### Shot Put

## GIRLS

### 55 Meter Hurdles (Final)

5:00 PM

	Name	Results	Notes
1	Felicia Quainoo	8.46	
6	Avery Jordan	8.81	
12	Aliyah Thomas	9.13	

### 1000 Meter Run

5:00 PM

	Name	Results	Splits
2	Jerika Lufrano	2:57.67	<i>SR 34,69,1:45,2:22,35.3</i>
29	Abby Granrath	3:15.02	
42	Kacey Brennan	3:20.96	
68	Kathryn Zeigler	3:29.26	

### 300 Meter Dash

	Name	Results	Splits
1	Khamil Evans	40.23	
2	Sydney Tucker	40.73	
9	Avery Jordan	42.62	

### 600 Meter Run

	Name	Results	Notes
1	Leena Morant	1:34.07	<i>School Rec (30.8,31.5,31.8)</i>
3	Zamira Ysaac	1:38.18	31.1, 32.3, 34.9
4	Ashleigh Patterson	1:38.24	31.8, 32.5, 33.9
7	Morgan Williams	1:39.19	31.3, 32.7, 35.2

### 4x200 Meter Relay "A"

	Name	Results	Splits
	Sydney Tucker		
	Khamil Evans		
	Aliyah Thomas		
	Felicia Quainoo		
		1:43.54	<b>1st Place</b>

### 4x200 Meter Relay "B"

	Name	Results	Splits
	Sydney McDonald	26.9	
	Hope Hall	26.5	
	Aniyah Charles	26.9	
	Myaya Morton	28.2	
		1:49.16	

### 4x1500 Meter Relay

	Name	Results	Splits
--	------	---------	--------

	<b>Name</b>	<b>Results</b>	<b>Series</b>			Jerika Lufrano	4:51.3	
2	Uchenna Duru	44-08.25				Zoe Lee	5:15.4	
4	Jared Ware	42-02.25				Megan McCabe	Lap Short	
8	Raymond Lestarchick	40-09.00				Sarah Abood	5:31.2	
							NT	<i>Lap Short</i>
<b>Pole Vault</b>								
	<b>Name</b>	<b>Results</b>			<b>High Jump</b>			
2	Conor Reilly	15-00.00	<i>School Record</i>			<b>Name</b>	<b>Results</b>	<b>Notes</b>
8	Justin Lopez	11-00.00				8 Angelique Williams	4-08.00	
<b>High Jump</b>								
	<b>Name</b>	<b>Results</b>	<b>Notes</b>			<b>Pole Vault</b>		
9	Chinedu Okoro	5-08.00				<b>Name</b>	<b>Results</b>	
10	Oluwafemi Asenuga	5-08.00				2 Hope Handlin	10-06.00	
<b>Shot Put</b>								
						<b>Name</b>	<b>Results</b>	<b>Series</b>
						42 Rebecca Penevolpe	24-04.25	

# North Shore Invitational

Armory Track & Field Center, NY

Wednesday, December 26, 2018

*Job Well Done*

## BOYS

### 3200 Meter Run

9:00 AM

	Name	Results	Notes
21	Matt Granizo	10:21.64	
34	Zach Turner	10:29.26	
53	Matthew Swinehart	11:12.23	

## GIRLS

### 3000 Meter Run

9:25 AM

	Name	Results	Notes
7	Megan McCabe	11:16.50	<i>School Record</i>
13	Sarah Abood	11:40.66	
18	Kathryn Zeigler	12:03.17	

# NJCTC Winter Relays

Armory Track & Field Center, NY

Friday, December 28, 2018

**Strong Meet**

## BOYS

### Distance Medley Relay

3:15 PM

Name	Results	Splits
Zach Turner	3:27.2	
Daniel Labrie	54.1	
Andrew Palacio	2:08.6	
Matt Granizo	4:52.9	
	11:23.40	<b>7th Place</b>

## GIRLS

### Shuttle Hurdle Relay

3:00 PM

Name	Results	Notes
Felicia Quainoo		
Zamira Ysaac		
Aliyah Thomas		
Avery Jordan		
	31.62	<b>2nd Place</b>

### Varsity 4x200 Meter Relay

Name	Results	Notes
Chris Robateau	27.2	
Donovyn Dias	28.3	
Patrick White	27.3	
Camari Bartley	31.1	
	1:42.30	<b>12th Place</b>

### Distance Medley Relay

3:00 PM

Name	Results	Splits
Zoe Lee	4:07.5	35,39,41,41,45,45
Hope Hall	1:00.2	28.5
Kacey Brennan	2:31.5	36,37.8,38.3,38.7
Abby Granrath	5:28.2	37,40,42,42,42,43,40.8,38.3
	13:07.80	<b>2nd Place</b>

### Fr/So 4x200 Meter Relay "A"

Name	Results	Splits
Steven Traczik	24.9	
Elijah Walker	44.7	<i>Fell</i>
Jonathan Carrion	26.8	
Justin Lopez	26.5	
	2:02.30	<b>13th Place</b>

### Varsity 4x200 Meter Relay

Name	Results	Notes
Sydney McDonald	26.6	
Aniyah Charles	27.3	
Jada Mia Puryear	29.2	
Natalie Gibson	29.5	
	1:51.40	<b>4th Place</b>

### Fr/So 4x200 Meter Relay "B"

Name	Results	Splits
Nicholas Hart	NT	
Collin Jones	NT	
Jahi Dillard	NT	
Spencer Brilhante	NT	

### Fr/So 4x200 Meter Relay

Name	Results	Notes
Yasmen Edmondson	30.3	
Alyssa Stephen	29.1	
Allison Julve	32.2	
Katharine Hall	34.2	
	2:05.9	

### Frosh/Soph 4x800 Meter Relay

Name	Results	Splits
Derek Ruiz-Webb	2:14.5	30,34,37,32
Samuel Hernandez	2:19.2	33,35,35, 36
Michael Palacio	2:26.4	34,35,37,38
Noah Handlin	2:24.7	36,35,36,37
	9:24.40	<b>2nd Place</b>

### Varsity 4x800 Meter Relay

Name	Results	Splits
Jenna Keith	2:31.8	36,38,39,38
Sarah Abood	2:36.2	37,37,40,42
Aiyana Williams	3:02.8	37,42,48,55
Cara Leegan	3:13.5	43,48,52,48
	11:24.00	<b>4th Place</b>

### Varsity 4x800 Meter Relay

Name	Results	Splits
Patrick White	2:18.1	
Matthew Swinehart	2:19.8	

### Fr/So 4x400 Meter Relay

Name	Results	Notes
Alyssa Stephen	1:08.3	32.6
Jada Mia Puryear	1:15.5	34.5,40.5

	Matt Kelly	2:31.8			Autumn Barge	1:13.5	34,39.2
	Liam Robb	2:34.4			Yasmen Edmondson	1:09.6	
		9:44.40	<b>10th Place</b>			4:46.90	<b>4th Place</b>
<b>Varsity Sprint Medley Relay</b>				<b>Varsity Shot Put Relay "A"</b>			
	<b>Name</b>	<b>Results</b>	<b>Splits</b>		<b>Name</b>	<b>Results</b>	<b>Series</b>
	Oluwafemi Asenuga	24.8			6 Rebecca Penevolpe	27-02.25	
	Chris Robateau	26.5			28 Jordan Dodson	20-01.00	
	Matt Axt	53.8	24.6 - Glasses			47-03.25	
	Daniel Labrie	2:14.2	30,31,35,37				
		3:59.30	<b>7th Place</b>		<b>Varsity Shot Put Relay "B"</b>		
					<b>Name</b>	<b>Results</b>	<b>Series</b>
<b>Fr/So 4x400 Meter Relay "A"</b>					22 Kaitlyn Valendo	21-10.00	
	<b>Name</b>	<b>Results</b>	<b>Splits</b>		29 Reyna Montilus	19-09.50	
	Derek Ruiz-Webb	56.7	27			41-07.50	
	Samuel Hernandez	56.2	27				
	Steven Traczik	58.8	28		<b>Pole Vault (Clinic)</b>		
	Michael Palacio	58.3	27		<b>Name</b>	<b>Results</b>	
		3:50.40	<b>2nd Place</b>		Autumn Barge	Clinic	
<b>Fr/So 4x400 Meter Relay "B"</b>							
	<b>Name</b>	<b>Results</b>	<b>Splits</b>				
	Jonathan Carrion	1:00.2	28				
	Noah Handlin	1:02.5	30				
	Jahi Dillard	1:06.1	29				
	Collin Jones	1:08.8	33				
		4:16.6	<b>7th Place</b>				
<b>High Jump Relay</b>							
	<b>Name</b>	<b>Results</b>					
12	Oluwafemi Asenuga	5-06.00					
19	Elijah Walker	5-00.00					
		10-06.00					
<b>Long Jump Relay</b>							
	<b>Name</b>	<b>Results</b>	<b>Series</b>				
8	Oluwafemi Asenuga	20-01.50					
11	Matt Axt	19-05.25					
		39-06.75					
<b>Varsity Shot Put Relay "A"</b>							
	<b>Name</b>	<b>Results</b>	<b>Series</b>				
5	Uchenna Duru	45-06.25					
10	Jared Ware	40-10.25					
22	Raymond Lestarchick	36-06.50					
<b>Varsity Shot Put Relay "B"</b>							
	<b>Name</b>	<b>Results</b>	<b>Series</b>				
20	Miles Smith	37-01.00					

43	Uyi Igori	31-02.50					
30	Ryan Villani	34-06.25					
<b>Fr/So Shot Put Relay</b>							
	<b>Name</b>	<b>Results</b>	<b>Splits</b>				
8	Anthony Madsen	27-09.50					
9	Troy Jasey	26-11.00					
<b>Pole Vault (Clinic)</b>							
	<b>Name</b>	<b>Results</b>					
	Chris Robateau	Clinic					
	Donovyn Dias	Clinic					
	Justin Lopez	Clinic					

# Marine Corps Holiday Classic

Armory Track & Field Center, NY

Saturday, December 29, 2018

**Strong Meet! Long Meet!**

## BOYS

### Varsity 55m Hurdles - Trial

10:00 AM

	Name	Results	Notes
23	Elijah Abraham	8.19	
27	Brandon Leslie	8.31	
48	Oluwafemi Asenuga	8.79	

### Varsity Shot Put

10:15 AM

	Name	Results	Notes
19	Uchenna Duru	43-09.00	
41	Jared Ware	39-05.25	
54	Raymond Lestarchick	37-10.00	

### Varsity 55m Dash - Trial

Unseeded Division

	Name	Results	Notes
8	Chinedu Okoro	6.95	

### Varsity Pole Vault

12:00 PM

	Name	Results	Notes
3	Conor Reilly	14-06.00	
26	Justin Lopez	10-00.00	

### Invitational 800 Meter Run

**Frosh Class Record**

	Name	Results	Notes
6	Myles Plummer	1:58.74	27.5, 30.98, 29.84, 30.41 27.51, 58.49, 1:28.33

### Varsity 400 Meter Dash

1:00 PM

	Name	Results	Notes
5	Elijah Brown	49.60	
40	Connor Cooper	52.85	
139	Samuel Hernandez	57.03	
153	Matt Axt	57.49	

### Varsity High Jump

2:00 PM

	Name	Results	Notes
14	Oluwafemi Asenuga	5-07.00	
14	Chinedu Okoro	5-07.00	

### Varsity 200 Meter Dash

3:15 PM

	Name	Results	Notes
43	Connor Cooper	23.56	
86	Brandon Leslie	24.23	

## GIRLS

### Freshman 200 Meter Dash

10:00 AM

	Name	Results	Notes
7	Sydney McDonald	26.91	
17	Aniyah Charles	27.99	

### Varsity 55m Hurdles - Trial

10:30 AM

	Name	Results	Notes
7	Felicia Quainoo	8.48	
9	Aliyah Thomas	8.68	
23	Avery Jordan	9.02	

### Sophomore 200 Meter Dash

10:35 AM

	Name	Results	Notes
	Amira Waller		

### Varsity Long Jump

11:00 AM

	Name	Results	Notes
9	Aliyah Thomas	17-00.00	

### Fr/So Pole Vault

11:00 AM

	Name	Results	Notes
6	Autumn Barge	7-00.00	

### Varsity 55 Meter Dash - Trial

Unseeded Division

	Name	Results	Notes
3	Sydney McDonald	7.74	

### Invitational 300 Meter Dash

12:40 PM

	Name	Results	Notes
9	Khamil Evans	40.83	
14	Chi Chi Nkulume	41.54	

### Invitational 800 Meter Run

12:45 PM

	Name	Results	Notes
6	Leena Morant	2:19.17	31.34, 34.93, 36.53, 36.38

### Varsity 55m Hurdles - Final

1:10 PM

	Name	Results	Notes
8	Felicia Quainoo	8.48	

### Varsity High Jump

2:00 PM

	Name	Results	Notes
10	Aliyah Thomas	5-00.00	



<b>Varsity 4x400 Meter Relay</b>			7:35 PM				
<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Varsity Pole Vault</b>			4:00 PM
Conor Reilly	52.31			<b>Name</b>	<b>Results</b>	<b>Notes</b>	
Elijah Brown	49.77			6	Hope Handlin	11-00.00	<i>School Record</i>
Elijah Abraham	51.75			20	Isabella Gray	8-00.00	
Myles Plummer	51.18						
	3:25.00	<b>4th Place</b>		<b>Varsity 200 Meter Dash - Trials</b>			3:45 PM
				<b>Name</b>	<b>Results</b>	<b>Notes</b>	
				9	Sydney Tucker	25.57	
				<b>Varsity 800 Meter Run</b>			4:40 PM
				<b>Name</b>	<b>Results</b>	<b>Notes</b>	
				1	Zamira Ysaac	2:22.11	33.86, 34.35, 35.96, 37.96
				2	Morgan Williams	2:22.38	34.08, 34.82, 36.08, 37.41
				5	Ashleigh Patterson	2:23.99	34.39, 24.47, 36.55, 38.59
				24	Morgan Jackson	2:32.34	35.55, 37.42, 39.65, 39.74
				<b>Varsity 1 Mile Run</b>			<i>School Record</i>
				<b>Name</b>	<b>Results</b>	<b>Notes</b>	
				1	Jerika Lufrano	5:04.09	1:11.7, 2:28.6, 3:46.9
				<b>Varsity 200 Meter Dash - Final</b>			6:00 PM
				<b>Name</b>	<b>Results</b>	<b>Notes</b>	
				8	Sydney Tucker	26.17	
				<b>Sprint Medley Relay</b>			6:25 PM
				<b>Name</b>	<b>Results</b>	<b>Notes</b>	
					Felicia Quainoo	1:01.48	
					Hope Hall	26.23	
					Avery Jordan	26.82	
					Kacey Brennan	2:32.60	
						4:27.11	<b>13th Place</b>
				<b>Varsity 4x800 Meter Relay</b>			7:20 PM
				<b>Name</b>	<b>Results</b>	<b>Notes</b>	
					Jerika Lufrano	2:20.90	
					Abby Granrath	2:27.92	
					Megan McCabe	2:37.54	
					Zoe Lee	2:28.35	
						9:54.70	<b>3rd Place</b>
				<b>Varsity 4x400 Meter Relay "A"</b>			8:05 PM
				<b>Name</b>	<b>Results</b>	<b>Notes</b>	
					Chi Chi Nkulume	59.65	
					Leena Morant	57.32	
					Sydney Tucker	59.50	
					Khamil Evans	57.50	
						3:53.95	<b>2nd Place</b>
				<b>Varsity 4x400 Meter Relay "B"</b>			8:05 PM

					<b>Name</b>	<b>Results</b>	<b>Notes</b>
					Morgan Williams	1:00.86	
					Zamira Ysaac	1:00.68	
					Avery Jordan	1:02.88	
					Ashleigh Patterson	1:01.19	
						4:05.60	<b>5th Place</b>

# Union County Relays

## Jersey City Armory

Saturday, January 5, 2019

**Girls Win 6th Straight! Great Peformance! 66 Pts**  
**Boys Win Team Title! Amazing Meet! 55 Points**

### BOYS

#### Distance Medley Relay

9:15 AM

Name	Results	Splits
Zach Turner	3:24.5	32,34,35,35,33,33
Connor Cooper	53.5	25.1
Elijah Brown	1:55.6	26, 55, 1:26
Myles Plummer	4:37.5	29,1:02,1:38,2:13,2:50,3:27,4:02
	10:51.60	<b>1st Place</b>

### GIRLS

#### Distance Medley Relay

9:00 AM

Name	Results	Splits
Abby Granrath	4:00.9	35,39,41,42,42,39
Hope Hall	1:02.0	28
Morgan Williams	2:29.1	35,37,40,37
Jerika Lufrano	5:06.7	1:17, 2:32, 3:49
	12:38.83	<b>1st Place</b>

#### Shuttle Hurdle Relay

Name	Results	Notes
Obadare Animashaun	8.1	Delayed Start - Bad Gun
Ryan McLaughlin	7.5	
Brandon Leslie	7.5	
Elijah Abraham	8.4	
	31.77	<b>3rd Place</b>

#### Shuttle Hurdle Relay

Name	Results	Notes
Felicia Quainoo	7.7	
Zamira Ysaac	7.9	
Aliyah Thomas	8.2	
Avery Jordan	8.3	
	32.79	<b>1st Place</b>

#### 4x200 Meter Relay

Name	Results	Notes
Conor Reilly	23.3	
Chinedu Okoro	24.1	
Connor Cooper	24.2	
Matt Axt	24.7	
	1:36.67	<b>4th Place</b>

#### Novice 4x800 Meter Relay

Name	Results	Splits
Kathryn Zeigler	2:42.3	38,39,41,42
Megan McCabe	2:44.1	40,41,44,39
Sarah Abood	2:40.2	39,40,41,40
Kacey Brennan	2:40.0	39,38,41,40
	10:48.54	<b>1st Place</b>

#### 4x800 Meter Relay

Name	Results	Splits
Andrew Palacio	2:09.4	31,63,1:35
Daniel Labrie	2:13.8	29,61,1:36
Matt Granizo	2:13.0	31,64,1:38
Derek Ruiz-Webb	2:14.2	28,59,1:35
	8:50.69	<b>6th Place</b>

#### 4x200 Meter Relay

Name	Results	Notes
Sydney Tucker	25.5	
Khamil Evans	26.0	
Chi Chi Nkulume	26.2	Late Exchange
Felicia Quainoo	26.6	
	1:44.86	<b>1st Place</b>

**Meet Record**

#### Sprint Medley Relay

Name	Results	Notes
Chinedu Okoro	23.1	
Obadare Animashaun	24.6	
Elijah Brown	50.7	24.8
Myles Plummer	2:00.9	26, 57, 1:29
	3:39.54	<b>1st Place</b>

#### Novice 4x200 Meter Relay

Name	Results	Notes
Sydney McDonald	26.9	
Aniyah Charles	28.0	
Amira Waller	26.9	Late Exchange
Jada Mia Puryear	29.6	
	1:51.71	<b>1st Place</b>

**Meet Record**

#### Novice 4x800 Meter Relay "A"

Name	Results	Notes
Samuel Hernandez	2:18.2	31.5, 33.5, 36, 37

#### 4x800 Meter Relay

Name	Results	Splits
Morgan Williams	2:23.6	32,36,37,37

	Matthew Swinehart	2:24.4	<i>Dropped Baton - 66, 78</i>		Morgan Jackson	2:33.2	34,40,41,38
	Patrick White	2:23.3	30,35,41,37		Zoe Lee	2:35.4	32,35,41,44
	Michael Palacio	2:30.5	35,36,39,40		Ashleigh Patterson	2:26.8	32,36,39,40
		9:41.71	<b>9th Place</b>			9:59.04	<b>1st Place</b>
<b>Novice 4x800 Meter Relay "B"</b>				<b>Sprint Medley Relay</b>			
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Splits</b>
	Noah Handlin	2:25.2	32,36,39,38		Sydney Tucker	25.7	
	Noah Alston	2:32.5	34,39,40,39		Aliyah Thomas	26.6	
	Matt Kelly	2:31.0	35,37,40,39		Khamil Evans	59.3	27
	Liam Robb	2:31.4	35,37,40,39		Zamira Ysaac	2:22.7	32,34,38,38
		10:00.79	<b>16th Place</b>			4:14.78	<b>2nd Place</b>
<b>4x400 Meter Relay</b>				<b>4x400 Meter Relay</b>			
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Splits</b>
	Conor Reilly	52.7	24		Hope Hall	1:03.3	30
	Elijah Brown	50.1	23		Chi Chi Nkulume	59.0	27.8
	Matt Axt	54.1	35		Avery Jordan	1:01.6	28
	Myles Plummer	51.5	24		Ashleigh Patterson	1:02.2	28
		3:28.99	<b>2nd Place</b>			4:06.40	<b>1st Place</b>
<b>High Jump Relay</b>				<b>High Jump Relay</b>			
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>
<b>1</b>	Oluwafemi Asenuga	5-10.00	<i>Scissor</i>	<b>2</b>	Angelique Williams	5-04.00	
<b>8</b>	Chinedu Okoro	5-06.00		<b>4</b>	Aliyah Thomas	5-00.00	
		11-04.00	<b>2nd Place</b>			10-04.00	<b>2nd Place</b>
<b>Shot Put Relay</b>				<b>Shot Put Relay</b>			
	<b>Name</b>	<b>Results</b>	<b>Series</b>		<b>Name</b>	<b>Results</b>	<b>Series</b>
<b>3</b>	Uchenna Duru	46-01.50		<b>29</b>	Kaitlyn Valendo	22-08.50	
<b>6</b>	Jared Ware	43-04.25		<b>34</b>	Jordan Dodson	21-09.00	
<b>14</b>	Raymond Lestarchick	39-07.00		<b>39</b>	Jada Mia Puryear	20-06.75	
		129-00.75	<b>2nd Place</b>			65-00.25	<b>13th Place</b>

# Millrose Games Trials

Armory Track & Field Center, NY

Wednesday, January 9, 2019

**4x400 and Conor Headed to Millrose!**

## BOYS

### Pole Vault

6:00 PM

	Name	Results	Splits
1	Conor Reilly	14-02.00	

## GIRLS

### 1 Mile Run

6:45 PM

	Name	Results	Notes
9	Jerika Lufrano	5:05.93	1:12, 2:28 . 3:47

### 4x400 Meter Relay

8:45 PM

	Name	Results	Notes
	Khamil Evans	58.30	25.7, 32.6
	Sydney Tucker	57.51	26.6, 30.9
	Chi Chi Nkulume	57.27	26.2, 31.0
	Leena Morant	57.85	27.3, 30.5
		3:50.93	<b>1st Place</b>

# Crusader Shot Put Meet #1

Arthur L. Johnson High School

Thursday, January 10, 2019

## BOYS

### Frosh Shot Put

Name	Results	Notes
Anthony Madsen	26-03-00	

### Sophomore Shot Put

Name	Results	Notes
Michael Robateau	26-03-25	
Addison Montemayor	23-08-50	
Case Wilkins	27-10-00	
Henrique Alves	27-01-50	
Rajit Sharma	23-08-00	

### Junior Shot Put

Name	Results	Notes
Ryan Villani	31-04-50	
Uyi Igori	35-04-75	
Daniel Gonzalez	28-00-25	

### Senior Shot Put

Name	Results	Notes
Kendahl Brown	32-06-50	
Miles Smith	37-09-50	

## GIRLS

### Frosh Shot Put

Name	Results	Notes

### Sophomore Shot Put

Name	Results	Notes
Covenant Oriola	20-03-00	
Reyna Montilus	22-08-00	

### Junior Shot Put

Name	Results	Notes
Rebecca Penevolpe	25-08-50	

### Senior Shot Put

Name	Results	Notes
Myaya Morton	23-04-25	

# Lavino Relays

## The Lawrenceville School

Saturday, January 12, 2019

**Good Day of Competing!**

### BOYS

#### Shuttle Hurdle Relay

Name	Results	Notes
Obadare Animashaun	7.7	
Ryan McLaughlin	7.4	
Brandon Leslie	7.6	
Oluwafemi Asenuga	8.3	
	31.22	<b>2nd Place</b>

#### Varsity 4x800 Meter Relay

Name	Results	Splits
Zach Turner	2:08.6	30, 31, 33, 33
Andrew Palacio	2:06.2	29, 59, 1:31.8
Matt Granizo	2:11.2	29, 1:01, 1:35
Daniel Labrie	2:12.1	28, 1:00, 1:36
	8:38.51	<b>8th Place</b>

#### Varsity 4x400 Meter Relay

Name	Results	Splits
Derek Ruiz-Webb	55.1	25.4
Matt Axt	56.0	24.5
Samuel Hernandez	56.1	26.2
Steven Traczik	56.9	26.8
	3:44.4	

#### Varsity Sprint Medley Relay

Name	Results	Splits
Chinedu Okoro	23.1	
Conor Reilly	24.1	<i>Poor Exchange</i>
Elijah Brown	49.5	
Myles Plummer	1:57.3	
	3:34.35	<b>1st Place</b>

#### High Jump Relay

Name	Results	Notes
14 Oluwafemi Asenuga	5-06.00	
18 Chinedu Okoro	5-06.00	
	11-00.00	

#### Long Jump Relay "A"

Name	Results	Series
10 Brandon Leslie	19-06.00	
12 Ryan McLaughlin	19-05.00	
	38-11.00	<b>3rd Place</b>

### GIRLS

#### Varsity 4x200 Meter Relay "A"

Name	Results	Notes
Sydney McDonald	26.4	
Avery Jordan	26.2	
Aliyah Thomas	26.2	
Felicia Quainoo	26.6	
	1:45.52	<b>1st Place</b>

#### Varsity 4x200 Meter Relay "B"

Name	Results	Notes
Amira Waller		
Hope Hall		
Aniyah Charles		
Natalie Gibson		
	1:51.74	<b>5th Place</b>

#### Varsity 4x800 Meter Relay "A"

Name	Results	Splits
Morgan Jackson	2:28.8	
Morgan Williams	2:21.7	
Abby Granrath	2:33.4	
Jenna Keith	2:27.6	
	9:51.60	<b>2nd Place</b>

#### Varsity 4x800 Meter Relay "B"

Name	Results	Splits
Kacey Brennan	2:34.1	
Zamira Ysaac	2:29.5	
Ashleigh Patterson	2:22.9	
Sarah Abood	2:37.7	
	10:04.96	<b>6th Place</b>

#### Varsity 4x400 Meter Relay "A"

Name	Results	Notes
Felicia Quainoo	1:00.3	27.8, 32.5
Aliyah Thomas	1:03.6	29.9, 33.7
Sydney McDonald	1:05.2	31.2, 34.0
Avery Jordan	1:01.8	29.5, 32.3
	4:11.31	<b>1st Place</b>

#### Varsity 4x400 Meter Relay "B"

Name	Results	Notes
Amira Waller	1:05.5	29.5, 35.0
Aniyah Charles	1:04.9	30.4, 34.5

<b>Long Jump Relay "B"</b>					Shyla Williams	1:09.6	34.0, 35.6
	<b>Name</b>	<b>Results</b>	<b>Series</b>		Alyssa Stephen	1:09.5	32.5, 37.0
19	Oluwafemi Asenuga	18-08.50				4:30.17	<b>9th Place</b>
25	Matt Axt	18-02.75					
		36-11.25					
<b>Long Jump Relay</b>							
	<b>Name</b>	<b>Results</b>	<b>Notes</b>				
				3	Aliyah Thomas	17-02.50	
				15	Danielle Rappa	15-02.00	
4	Uchenna Duru	46-08.75				32-04.50	<b>2nd Place</b>
9	Jared Ware	42-08.50					
		89-05.25	<b>1st Place</b>				
<b>Pole Vault Relay</b>							
	<b>Name</b>	<b>Results</b>	<b>Series</b>				
8	Obadare Animashaun	11-06.00					
27	Justin Lopez	9-06.00					
		21-00.00					



# Non Public "A" State Relay Championship

Bennett Complex, Toms River

Thursday, January 17, 2019

**Girls Team Champions! 5th Straight!**  
**Boys 2nd Place! Strong Showing!**

## BOYS

### Shuttle Hurdle Relay

Name	Results	Notes
Obadare Animashaun	7.8	
Ryan McLaughlin	7.3	
Brandon Leslie	7.8	
Elijah Abraham	8.1	
	31.13	<b>1st Place</b>

### 4x200 Meter Relay

Name	Results	Notes
Conor Reilly	24.0	
Chinedu Okoro	23.6	
Connor Cooper	23.0	
Elijah Abraham	24.3	
	1:35.08	<b>3rd Place</b>

### 4x800 Meter Relay

Name	Results	Splits
Zach Turner	2:07.9	29, 60.8, 1:34.2
Myles Plummer	1:59.6	26.5, 56.3, 1:27.5
Andrew Palacio	2:06.4	29.2, 60, 1:32.5
Elijah Brown	1:58.7	26, 56, 1:29
	8:13.14	<b>3rd Place</b>

### Sprint Medley Relay

Name	Results	Notes
Elijah Abraham	53.5	25.1
Brandon Leslie	23.9	
Matt Axt	26.4	<i>Fell</i>
Daniel Labrie	2:08.9	30, 62, 1:36
	3:53.05	<b>5th Place</b>

### 4x400 Meter Relay

Name	Results	Notes
Conor Reilly	52.8	24.9
Elijah Brown	50.3	23.1
Connor Cooper	53.2	24.7
Myles Plummer	51.0	24.7
	3:27.04	<b>1st Place</b>

### High Jump Relay

## GIRLS

### Distance Medley Relay

Name	Results	Splits
Abby Granrath	3:57.1	38, 40, 39, 40, 40, 39
Morgan Williams	1:01.1	29.5
Leena Morant	2:16.6	32.5, 34.5, 34.8, 34.8
Jerika Lufrano	5:04.7	1:17, 2:39, 3:50
	12:19.84	<b>1st Place</b>

### Shuttle Hurdle Relay

Name	Results	Notes
Felicia Quainoo	7.9	
Zamira Ysaac	7.7	
Aliyah Thomas	8.3	
Avery Jordan	8.2	
	32.09	<b>1st Place</b>

### 4x200 Meter Relay

Name	Results	Notes
Sydney Tucker	25.5	
Avery Jordan	27.0	<i>Baton</i>
Chi Chi Nkulume	26.6	<i>Baton</i>
Felicia Quainoo	26.5	
	1:46.04	<b>1st Place</b>

### 4x800 Meter Relay

Name	Results	Splits
Zamira Ysaac	2:23.6	32, 69, 1:45.5
Morgan Williams	2:24.6	32, 68, 1:46
Ashleigh Patterson	2:27.6	34, 70, 1:50
Jerika Lufrano	2:19.3	32, 69, 1:45.5
	9:35.30	<b>1st Place</b>

### Sprint Medley Relay

Name	Results	Splits
Chi Chi Nkulume	58.5	27.7
Sydney McDonald	26.2	
Aliyah Thomas	26.5	
Leena Morant	2:26.4	35, 72, 1:49
	4:17.85	<b>1st Place</b>

### 4x400 Meter Relay

	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Splits</b>
4	Oluwafemi Asenuga	5-08.00			Avery Jordan	1:01.1	29.2
8	Chinedu Okoro	5-06.00			Sydney Tucker	1:00.6	28.3
			<b>4th Place</b>		Ashleigh Patterson	1:01.5	28.5
					Zamira Ysaac	1:01.1	28.3
<b>Shot Put Relay</b>						4:04.11	<b>1st Place</b>
	<b>Name</b>	<b>Results</b>	<b>Series</b>		<b>High Jump Relay</b>		
4	Uchenna Duru	50-07.25			<b>Name</b>	<b>Results</b>	<b>Notes</b>
6	Jared Ware	44-07.75			1	Angelique Williams	5-02.00
		95-03.00	<b>2nd Place</b>		4	Aliyah Thomas	4-10.00
						10-00.00	<b>1st Place</b>
<b>Pole Vault Relay</b>					<b>Shot Put Relay</b>		
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Series</b>
1	Conor Reilly	15-00.00			8	Rebecca Penevolpe	25-02.00
2	Obadare Animashaun	12-00.00			9	Myaya Morton	24-02.00
			<b>1st Place</b>				<b>4th Place</b>
					<b>Pole Vault Relay</b>		
							<b>School Record</b>
					<b>Name</b>	<b>Results</b>	<b>Notes</b>
					1	Hope Handlin	11-00.00
					4	Isabella Gray	9-00.00
						20-00.00	<b>2nd Place</b>

# Crusader Shot Put Meet #2

Arthur L. Johnson High School

Tuesday, January 22, 2019

## BOYS

### Frosh Shot Put

Name	Results	Notes
Anthony Madsen	25-06.00	

### Sophomore Shot Put

Name	Results	Notes
Case Wilkins	29-09.75	
Henrique Alves	28-08.00	
Michael Robateau	23-10.50	
Rajit Sharma	22-11.50	
Addison Montemayor	24-04.50	

### Junior Shot Put

Name	Results	Notes
Uyi Igori	35-04.75	
Ryan Villani	31-04.50	
Daniel Gonzalez	28-00.25	

## GIRLS

### Frosh Shot Put

Name	Results	Notes
1 Jada Mia Puryear	23-04.75	

### Sophomore Shot Put

Name	Results	Notes
Reyna Montilus	20-02.00	

### Junior Shot Put

Name	Results	Notes
2 Rebecca Penevolpe	28-10.75	
Kaitlyn Valendo	20-10.50	

# Bill Reid Invitational

## Jersey City Armory

Friday, January 25, 2019

*Some Nice Times! Long Night!*

### BOYS

#### 55 Meter Hurdles - Trial

	Name	Results	Notes
3	Brandon Leslie	8.15	

#### 55 Meter Hurdles - Trial

	Name	Results	Notes
5	Brandon Leslie	8.23	

#### Varsity 55 Meter Dash

	Name	Results	Notes
25	Elijah Walker	7.31	
30	Samuel Hernandez	7.43	
34	Steven Traczik	7.52	

#### Novice 55 Meter Dash

	Name	Results	Notes
25	Collin Jones	7.64	
42	Nicholas Hart	8.19	
45	Camari Bartley	8.23	

#### Novice 3200 Meter Run

	Name	Results	Notes
8	Noah Handlin	11:44.91	

#### Novice 400 Meter Dash

	Name	Results	Notes
7	Samuel Hernandez	57.47	
12	Steven Traczik	59.48	
37	Nicholas Hart	1:07.63	

#### Novice 800 Meter Run

	Name	Results	Notes
5	Michael Palacio	2:18.08	
16	Noah Alston	2:27.92	
33	Jahi Dillard	2:43.17	

#### Varsity 800 Meter Run

	Name	Results	Notes
17	Derek Ruiz-Webb	2:19.31	

#### Novice 1600 Meter Run

	Name	Results	Notes
7	Matt Kelly	5:32.26	
11	Liam Robb	5:46.34	

### GIRLS

#### Varsity 55 Meter Dash - Trial

	Name	Results	Notes
2	Amira Waller	7.60	
4	Sydney McDonald	7.63	
12	Natalie Gibson	8.09	

#### Novice 55 Meter Dash - Trial

	Name	Results	Notes
2	Hope Wegryn	8.10	
22	Allison Julve	8.81	
22	Katharine Hall	9.04	

#### Varsity 55 Meter Dash - Final

	Name	Results	Notes
2	Sydney McDonald	7.57	
4	Amira Waller	7.62	

#### Novice 55 Meter Dash - Final

	Name	Results	Notes
2	Hope Wegryn	8.10	

#### Varsity 3200 Meter Run

	Name	Results	Splits
4	Samantha Granizo	13:17.99	

#### Varsity 400 Meter Dash

	Name	Results	Notes
3	Sydney McDonald	1:04.36	
6	Aniyah Charles	1:05.04	

#### Novice 400 Meter Dash

	Name	Results	Notes
8	Alyssa Stephen	1:10.21	
22	Cara Leegan	1:15.60	
	Yasmen Edmondson	1:12.9	DQ

#### Novice 800 Meter Run

	Name	Results	Notes
2	Shyla Williams	2:45.26	
7	Aiyana Williams	2:57.33	

#### Varsity 1600 Meter Run

	Name	Results	Notes
7	Kathryn Zeigler	6:00.84	

				12	Kacey Brennan	6:22.60	
				<b>Novice 1600 Meter Run</b>			
					<b>Name</b>	<b>Results</b>	<b>Notes</b>
				8	Catherine Tangreti	6:49.73	

# Union County Championship

## Jersey City Armory

Saturday, January 26, 2019

**Boys & Girls Team Champions!!!**

**Boys 2 Straight (62 Pts) Girls 6 Straight (115 Pts)**

### BOYS

#### 400 Meter Dash

	Name	Results	Notes
1	Elijah Brown	49.91	23.4
13	Connor Cooper	53.67	24.5

#### 55 Meter Hurdles (Trial)

	Name	Results	Notes
3	Ryan McLaughlin	7.89	
7	Elijah Abraham	8.18	
10	Obadare Animashaun	8.33	

#### 1600 Meter Run

	Name	Results	Notes
1	Myles Plummer	4:32.23	1:07, 2:17, 3:26, (66-31)
7	Zach Turner	4:44.37	1:08, 2:20, 3:31

#### 55 Meter Hurdles (Final)

	Name	Results	Notes
3	Ryan McLaughlin	7.73	7 Fastest to Final
6	Elijah Abraham	8.21	7 Fastest to Final

#### 800 Meter Run

	Name	Results	Notes
1	Elijah Brown	1:57.92	28.6, 30.5, 30.4, 28.5
14	Andrew Palacio	2:08.42	30, 1:01, 1:34
20	Daniel Labrie	2:11.77	31, 1:02, 1:36

#### 55 Meter Dash (Trial)

	Name	Results	Notes
12	Chinedu Okoro	6.88	
19	Brandon Leslie	6.93	

#### 3200 Meter Run

	Name	Results	Notes
3	Myles Plummer	9:56.74	2:24, 4:51, 7:27
6	Matt Granizo	10:14.27	2:27, 5:00, 7:35
18	Matthew Swinehart	11:05.44	2:40, 5:24

#### 4x400 Meter Relay

	Name	Results	Notes
--	------	---------	-------

### GIRLS

#### 400 Meter Dash

	Name	Results	Notes
2	Chi Chi Nkulume	57.86	27
3	Khamil Evans	57.97	26.8
4	Leena Morant	58.34	27

#### 1600 Meter Run

	Name	Results	Notes
1	Jerika Lufrano	5:13.04	1:21, 2:44, 3:58
5	Abby Granrath	5:28.41	1:21, 2:45, 4:09
15	Zoe Lee	5:44.64	1:22, 2:46, 4:15

#### 55 Meter Hurdles (Trial)

	Name	Results	Notes
1	Felicia Quainoo	8.5	
3	Aliyah Thomas	8.67	
6	Avery Jordan	8.75	

#### 55 Meter Hurdles (Final)

	Name	Results	Notes
1	Felicia Quainoo	8.45	7 Fastest to Final
5	Avery Jordan	8.78	7 Fastest to Final
7	Aliyah Thomas	9.78	7 Fastest to Final

#### 800 Meter Run

	Name	Results	Notes
1	Leena Morant	2:19.49	33.6, 1:09.5, 1:44.8
2	Morgan Williams	2:20.04	33.7, 1:10, 1:44.9
4	Zamira Ysaac	2:23.49	33.8, 1:10, 1:46

#### 55 Meter Dash (Trial)

	Name	Results	Notes
1	Sydney Tucker	7.26	
	Chi Chi Nkulume	7.35	
8	Khamil Evans	7.44	

#### 3200 Meter Run

	Name	Results	Splits
1	Jerika Lufrano	11:13.44	5:39, 5:34
8	Sarah Abood	12:09.88	6:00, 6:09
	Megan McCabe	12:40.39	6:00, 6:40

#### 55 Meter Dash (Final)

	Name	Results	Notes
--	------	---------	-------

	Conor Reilly	52.7	24.2		1	Sydney Tucker	7.13	7 Fastest to Final
	Elijah Brown	50.2	23.7		2	Chi Chi Nkulume	7.28	7 Fastest to Final
	Connor Cooper	53.2	24.2					
	Elijah Abraham	54.1	24					
		3:30.39	<b>3rd Place</b>		<b>4x400 Meter Relay</b>			
					<b>Name</b>	<b>Results</b>	<b>Notes</b>	
<b>Shot Put</b>					Avery Jordan	1:01.9		
	<b>Name</b>	<b>Results</b>	<b>Notes (Trials)</b>		Sydney Tucker	59.8		
3	Uchenna Duru	47-09.75			Morgan Williams	1:00.7		
7	Jared Ware	42-07.25			Zamira Ysaac	1:00.5		
10	Raymond Lestarchick	41-07.00				4:03.45	<b>1st Place</b>	
<b>High Jump</b>					<b>Shot Put</b>			
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes (Finals)</b>	
3	Oluwafemi Asenuga	5-10.00			23	Myaya Morton	26-00.75	
10	Chinedu Okoro	5-06.00			24	Rebecca Penevolpe	26-00.50	
	Ryan McLaughlin	NH			36	Jada Mia Puryear	21-10.25	
					<b>High Jump</b>			
					<b>Name</b>	<b>Results</b>	<b>Notes</b>	
					2	Angelique Williams	5-04.00	
					4	Aliyah Thomas	5-00.00	





# Metropolitan Invitational

## Armory Track & Field Center

Wednesday, January 30, 2019

**Solid Night.**

### GIRLS

#### Pole Vault

	Name	Results	Notes
3	Conor Reilly	14-10.00	
10	Obadare Animashaun	11-09.00	

#### Pole Vault

	Name	Results	Notes
3	Hope Handlin	10-09.00	
8	Isabella Gray	9-03.00	

#### Varsity 800 Meter Run

	Name	Results	Notes
24	Elijah Abraham	2:07.38	
58	Connor Cooper	2:14.36	

#### Frosh 1600 Meter Run

	Name	Results	Notes
	Jenna Keith		

#### Varsity 55 Meter Dash (Trial)

	Name	Results	Notes
2	Felicia Quainoo	7.50	

#### Varsity 55 Meter Dash (Final)

	Name	Results	Notes
4	Felicia Quainoo	7.54	

#### Varsity 800 Meter Run

	Name	Results	Notes
5	Zamira Ysaac	2:24.11	
15	Zoe Lee	2:30.13	
19	Morgan Jackson	2:30.83	
20	Abby Granrath	2:30.84	

#### Frosh 800 Meter Run

	Name	Results	Notes
10	Aniyah Charles	2:46.41	

#### Frosh 200 Meter Dash

	Name	Results	Notes
1	Sydney McDonald	26.93	

#### Varsity 200 Meter Dash

	Name	Results	Notes
18	Felicia Quainoo	26.79	

# Catholic Conference Championship

Ocean Breeze, Staten Island

Sunday, February 3, 2019

**Boys & Girls Team Champions!**

## BOYS

### 55 Meter Hurdle (Trials)

	Name	Results	Notes
3	Ryan McLaughlin	7.88	
8	Elijah Abraham	8.22	
9	Brandon Leslie	8.24	
11	Oluwafemi Asenuga	8.33	
16	Obadare Animashaun	8.38	

### 55 Meter Dash (Trials)

	Name	Results	Notes
9	Matt Axt	6.88	
10	Chinedu Okoro	6.90	
15	Connor Cooper	6.96	
18	Brandon Leslie	6.98	
42	Jonathan Carrion	7.47	

### 55 Meter Hurdle (Final)

	Name	Results	Notes
4	Ryan McLaughlin	7.89	
7	Elijah Abraham	8.26	

### 1000 Meter Run

	Name	Results	Notes
2	Myles Plummer	2:32.35	<i>Frosh Record</i>
7	Zach Turner	2:46.50	
24	Noah Alston	3:07.03	

### 300 Meter Dash

	Name	Results	Notes
16	Connor Cooper	36.81	
50	Matt Axt	40.59	
	Jonathan Carrion	40.81	

### 600 Meter Run

	Name	Results	Notes
1	Elijah Brown	1:20.04	<i>School/Meet Record</i>
11	Elijah Abraham	1:28.61	
16	Daniel Labrie	1:29.66	
18	Andrew Palacio	1:30.36	
24	Derek Ruiz-Webb	1:32.80	

### 1600 Meter Run

	Name	Results	Notes
9	Matt Granizo	4:40.26	

## GIRLS

### 55 Meter Hurdle (Trials)

	Name	Results	Notes
1	Felicia Quainoo	8.39	
6	Aliyah Thomas	8.67	
4	Avery Jordan	8.65	
7	Zamira Ysaac	8.78	

### 55 Meter Dash (Trials)

	Name	Results	Notes
2	Sydney Tucker	7.32	
1	Chi Chi Nkulume	7.28	
11	Khamil Evans	7.58	
9	Avery Jordan	7.55	
5	Sydney McDonald	7.49	

### Frosh/Soph 4x400 Meter Relay

	Name	Results	Notes
	Aniyah Charles	1:04.49	
	Abby Granrath	1:05.08	
	Yasmen Edmondson	1:08.92	
	Amira Waller	1:03.34	
		4:21.81	<b>1st Place</b>

### 55 Meter Hurdle (Final)

	Name	Results	Notes
3	Felicia Quainoo	8.33	
4	Avery Jordan	8.55	
5	Aliyah Thomas	8.69	
6	Zamira Ysaac	8.83	

### 55 Meter Dash (Final)

	Name	Results	Notes
1	Sydney Tucker	7.22	
2	Chi Chi Nkulume	7.24	
7	Sydney McDonald	7.53	

### 1000 Meter Run

	Name	Results	Notes
1	Jerika Lufrano	2:58.64	
5	Morgan Williams	3:09.23	
7	Jenna Keith	3:12.37	
12	Zoe Lee	3:20.92	
18	Kathryn Zeigler	3:26.85	





# Millrose Games

Armory Track & Field Center, NY

Saturday, February 9, 2019

**Very Strong Day!!! We Competed Hard!**

## BOYS

### Pole Vault

11:45 AM

Name	Results	Notes
Conor Reilly	NH	

## GIRLS

### 4x400 Meter Relay

1:21 PM

Name	Results	Notes
Avery Jordan	59.83	
Sydney Tucker	57.88	
Zamira Ysaac	58.90	
Chi Chi Nkulume	56.81	
	3:53.40	<b>1st Place</b>

### 4x800 Meter Relay

2:03 PM

Name	Results	Notes
Morgan Williams	2:18.06	
Jerika Lufrano	2:16.47	
Ashleigh Patterson	2:21.63	
Leena Morant	2:11.28	
	9:07.87	<b>1st Place</b>

**UNION COUNTY RECORD + US #1**

# Lawrenceville Varsity Meet

## The Lawrenceville School

Saturday, February 9, 2019

*A Lot of PR's! Great Day of Competing!*

### BOYS

#### 55 Meter Dash

	Name	Results	Notes
6	Chinedu Okoro	6.89	
8	Matt Axt	6.94	
10	Brandon Leslie	6.98	
12	Ryan McLaughlin	7.11	
15	Jonathan Carrion	7.30	

#### 55 Meter Hurdles

	Name	Results	Notes
1	Ryan McLaughlin	7.83	
2	Elijah Abraham	8.07	
3	Brandon Leslie	8.12	
4	Obadare Animashaun	8.28	
10	Oluwafemi Asenuga	9.19	

#### 1600 Meter Run

	Name	Results	Notes
4	Matt Granizo	4:42.64	2:17
5	Zach Turner	4:42.68	2:17
10	Matthew Swinehart	5:03.62	2:23
13	Patrick White	5:07.65	

#### 400 Meter Dash

	Name	Results	Notes
1	Myles Plummer	52.34	
2	Connor Cooper	52.54	
6	Elijah Abraham	53.32	
11	Samuel Hernandez	56.55	
15	Jonathan Carrion	58.84	

#### 800 Meter Run

	Name	Results	Notes
7	Daniel Labrie	2:07.84	
10	Andrew Palacio	2:10.48	
11	Derek Ruiz-Webb	2:16.28	
14	Michael Palacio	2:23.21	

#### 200 Meter Dash

	Name	Results	Notes
2	Chinedu Okoro	23.62	
4	Matt Axt	23.75	
7	Connor Cooper	24.19	
8	Obadare Animashaun	24.45	

### GIRLS

#### 55 Meter Dash

	Name	Results	Notes
1	Sydney McDonald	7.55	
2	Felicia Quainoo	7.62	
9	Hope Wegryn	7.98	
11	Natalie Gibson	8.02	

#### 55 Meter Hurdles

	Name	Results	Notes
1	Felicia Quainoo	8.47	
2	Aliyah Thomas	8.84	

#### 1600 Meter Run

	Name	Results	Notes
1	Abby Granrath	5:31.17	2:46
4	Zoe Lee	5:43.60	2:48
6	Sarah Abood	5:44.81	2:50
7	Megan McCabe	5:45.47	

#### 400 Meter Dash

	Name	Results	Notes
6	Aniyah Charles	1:02.71	

#### 800 Meter Run

	Name	Results	Notes
2	Jenna Keith	2:23.27	
4	Morgan Jackson	2:27.11	
12	Kathryn Zeigler	2:38.13	
14	Shyla Williams	2:42.01	

#### 200 Meter Dash

	Name	Results	Notes
2	Sydney McDonald	26.27	
3	Aliyah Thomas	26.36	
4	Felicia Quainoo	26.36	
8	Aniyah Charles	27.38	
19	Hope Wegryn	28.46	

#### 4x400 Meter Relay

	Name	Results	Notes
	Aniyah Charles	1:04.6	
	Morgan Jackson	1:04.0	
	Jenna Keith	1:02.8	
	Zoe Lee	1:05.8	

14	Steven Traczik	25.36				4:17.56	4th Place
<b>3200 Meter Run</b>				<b>Shot Put</b>			
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>
6	Noah Alston	10:59.71	5:27		7	Myaya Morton	25-02.00
8	Matt Kelly	11:19.56	5:29		9	Jada Mia Puryear	24-06.00
<b>4x400 Meter Relay</b>				<b>Pole Vault</b>			
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>
	Daniel Labrie	56.2			1	Isabella Gray	8-06.00
	Andrew Palacio	58.1			5	Autumn Barge	7-00.00
	Samuel Hernandez	56.6					
	Derek Ruiz-Webb	54.3			<b>Long Jump</b>		
		3:45.52	2nd Place			<b>Name</b>	<b>Results</b>
					2	Aliyah Thomas	16-04.00
<b>Shot Put</b>					5	Sydney McDonald	15-02.50
	<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Triple Jump</b>		
2	Miles Smith	40-01.25				<b>Name</b>	<b>Results</b>
3	Raymond Lestarchick	39-01.75			4	Isabella Gray	28-03.75
7	Uyi Igori	35-04.00					
<b>Pole Vault</b>							
	<b>Name</b>	<b>Results</b>	<b>Notes</b>				
3	Justin Lopez	11-00.00					
4	Obadare Animashaun	11-00.00					
	Chris Robateau	NH					
<b>Long Jump</b>							
	<b>Name</b>	<b>Results</b>	<b>Notes</b>				
5	Oluwafemi Asenuga	19-02.50					
6	Brandon Leslie	18-06.25					
13	Matt Axt	16-02.50					
<b>Triple Jump</b>							
	<b>Name</b>	<b>Results</b>	<b>Notes</b>				
1	Brandon Leslie	39-05.75					
3	Matt Axt	39-01.50					
7	Samuel Hernandez	34-07.00					
<b>High Jump</b>							
	<b>Name</b>	<b>Results</b>	<b>Notes</b>				
1	Oluwafemi Asenuga	5-06.00					
3	Chinedu Okoro	5-03.00					

# North Shore Pre-National Invitational

Armory Track & Field Center, NY

Friday, February 15, 2019

**Strong Racing!!!**

## BOYS

### 55 Meter Dash (Trial)

	Name	Results	Notes
29	Jonathan Carrion	7.34	
31	Steven Traczik	7.52	

### 55 Meter Hurdles (Trial)

	Name	Results	Notes
7	Obadare Animashaun	8.17	
18	Oluwafemi Asenuga	8.98	

### 1 Mile Run

	Name	Results	Notes
76	Patrick White	5:05.89	
95	Noah Alston	5:18.15	
102	Matt Kelly	5:25.92	

### 400 Meter Dash

	Name	Results	Notes
18	Daniel Labrie	53.39	25.47
23	Derek Ruiz-Webb	54.16	25.84
31	Samuel Hernandez	55.21	
37	Jonathan Carrion	56.43	26.93
41	Steven Traczik	57.24	26.63
47	Michael Palacio	58.69	27.50

### 200 Meter Dash

	Name	Results	Notes
6	Conor Reilly	22.88	
8	Connor Cooper	22.95	
12	Chinedu Okoro	23.24	
57	Jonathan Carrion	25.19	
59	Steven Traczik	25.25	

### 800 Meter Run

	Name	Results	Notes
11	Daniel Labrie	2:05.39	28, 1:01, 1:32
35	Derek Ruiz-Webb	2:14.75	31, 1:04
38	Samuel Hernandez	2:16.43	31, 1:05, 1:41
44	Patrick White	2:20.22	33, 1:07
46	Noah Alston	2:22.02	33, 1:08
47	Michael Palacio	2:22.32	33, 1:08

## GIRLS

### 55 Meter Dash (Trial)

	Name	Results	Notes
13	Natalie Gibson	7.87	

### 1 Mile Run

	Name	Results	Notes
31	Kathryn Zeigler	5:52.75	2:56
37	Samantha Granizo	5:58.85	2:57
63	Catherine Tangreti	6:31.39	3:14

### 400 Meter Dash

	Name	Results	Notes
	Aniyah Charles		
	Shyla Williams		
	Natalie Gibson		

### 200 Meter Dash

	Name	Results	Notes
16	Aniyah Charles	27.15	
33	Natalie Gibson	29.29	

### 800 Meter Run

	Name	Results	Notes
8	Morgan Jackson	2:25.10	33, 1:07, 1:44



# Non Public A State Championship

Bennett Complex, Toms River

Saturday, February 16, 2019

**Girls State Champions! 5th Straight! 101 Points!  
Boys 2nd Place. Great Meet. 4 Point Deficit.**

## BOYS

### High Jump

	Name	Results	Notes
6	Oluwafemi Asenuga	5-08.00	
18	Chinedu Okoro	5-04.00	

### 400 Meter Dash

	Name	Results	Notes
1	Elijah Brown	49.38	23.4
9	Connor Cooper	53.08	24.5
19	Matt Axt	55.03	24.8

### 55 Meter Hurdles (Trial)

	Name	Results	Notes
2	Ryan McLaughlin	7.66	
6	Elijah Abraham	8.11	
7	Brandon Leslie	8.20	

### 55 Meter Hurdles (Final)

	Name	Results	Notes
2	Ryan McLaughlin	7.55	8 Fastest to Final
6	Elijah Abraham	8.01	8 Fastest to Final
8	Brandon Leslie	8.2	8 Fastest to Final

### 1600 Meter Run

	Name	Results	Notes
17	Zach Turner	4:44.44	2:18
32	Matthew Swinehart	5:07.00	2:28

### 800 Meter Run

	Name	Results	Notes
1	Elijah Brown	1:56.66	27, 30, 30
2	Myles Plummer	1:58.00	27, 30, 31
14	Andrew Palacio	2:05.39	29, 31, 32

### 55 Meter Dash (Trial)

	Name	Results	Notes
15	Matt Axt	6.85	
17	Brandon Leslie	6.87	

### 55 Meter Dash (Final)

## GIRLS

### Shot Put

	Name	Results	Notes (Finals)
13	Myaya Morton	27-11.00	
21	Rebecca Penevolpe	26-09.00	
26	Jada Mia Puryear	25-04.50	

### Pole Vault

	Name	Results	Notes (Finals)
2	Hope Handlin	10-06.00	
10	Autumn Barge	8-06.00	
16	Isabella Gray	8-00.00	

### 400 Meter Dash

	Name	Results	Notes
2	Chi Chi Nkulume	57.71	26.8
3	Leena Morant	57.72	26.8
12	Zamira Ysaac	1:01.83	29.1

### 1600 Meter Run

	Name	Results	Notes
1	Jerika Lufrano	5:02.92	SR - 2:30
12	Jenna Keith	5:33.95	2:43
18	Zoe Lee	5:45.87	2:43

### 55 Meter Hurdles (Trial)

	Name	Results	Notes
2	Felicia Quainoo	8.49	
5	Avery Jordan	8.74	
6	Aliyah Thomas	8.77	

### 55 Meter Hurdles (Final)

	Name	Results	Notes
4	Felicia Quainoo	8.44	8 Fastest to Final
5	Aliyah Thomas	8.69	8 Fastest to Final
	Avery Jordan	False Start	8 Fastest to Final

### 800 Meter Run

	Name	Results	Notes
1	Leena Morant	2:16.13	31, 32, 35, 36
5	Morgan Williams	2:18.34	32, 34, 38, 34
6	Ashleigh Patterson	2:23.23	33, 34, 40, 36

### 55 Meter Dash (Trial)

Name	Results	Notes	Name	Results	Notes
		<i>8 Fastest to Final</i>	1 Sydney Tucker	7.15	
		<i>8 Fastest to Final</i>	3 Chi Chi Nkulume	7.32	
		<i>8 Fastest to Final</i>	12 Sydney McDonald	7.57	
<b>3200 Meter Run</b>			<b>3200 Meter Run</b>		
Name	Results	Notes	Name	Results	Splits
15 Zach Turner	10:26.67	5:04	2 Abby Granrath	11:32.67	2:51, 5:51, 8:45 (37)
17 Matt Granizo	10:32.05	5:03	7 Megan McCabe	12:06.02	2:57, 5:59
<b>4x400 Meter Relay</b>			<b>55 Meter Dash (Final)</b>		
Name	Results	Notes	Name	Results	Notes
Conor Reilly	52.3	24.0	1 Sydney Tucker	7.15	<i>8 Fastest to Final</i>
Myles Plummer	51.4	25.0	2 Chi Chi Nkulume	7.21	<i>8 Fastest to Final</i>
Connor Cooper	51.7	24.5			
Elijah Brown	49.5	23.2			
	3:25.30	<b>1st Place</b>	<b>4x400 Meter Relay</b>		
<b>Shot Put</b>			Name	Results	Notes
9 Jared Ware	44-09.00		Avery Jordan	1:01.5	29.2
11 Uchenna Duru	43-10.50		Sydney Tucker	1:01.7	29
20 Raymond Lestarchick	38-07.00		Morgan Williams	1:00.9	29
			Zamira Ysaac	1:00.2	27.7
				4:04.65	<b>1st Place</b>
<b>Pole Vault</b>			<b>High Jump</b>		
Name	Results	Notes	Name	Results	Notes
1 Conor Reilly	15-00.00		2 Aliyah Thomas	5-04.00	
2 Obadare Animashaun	12-00.00		3 Angelique Williams	5-00.00	
3 Justin Lopez	11-06.00				

# Eastern States Invitational

Armory Track & Field Center, NY

Tuesday, February 19, 2019

## BOYS

### 55 Meter Hurdles (Trial)

4:30 PM

Name	Results	Notes
17 Ryan McLaughlin	7.82	

### Long Jump

5:00 PM

Name	Results	Notes
33 Oluwafemi Asenuga	19-05.50	
37 Ryan McLaughlin	18-08.75	

### 55 Meter Hurdles (Semi)

5:10 PM

Name	Results	Notes
13 Ryan McLaughlin	7.72	

### 4x200 Meter Relay

6:55 PM

Name	Results	Notes
Conor Reilly	22.8	
Connor Cooper	22.6	
Chinedu Okoro	22.72	
Matt Axt	23.30	
	1:31.63	

### Pole Vault

After Girls

Name	Results	Notes
6 Conor Reilly	14-00.00	

### Triple Jump

7:00 PM

Name	Results	Notes
34 Matt Axt	37-00.50	

## GIRLS

### Pole Vault

4:30 PM

Name	Results	Notes
7 Hope Handlin	11-00.00	

### 55 Meter Hurdles (Trial)

4:40 PM

Name	Results	Notes
5 Avery Jordan	8.39	
7 Felicia Quainoo	8.44	

### 55 Meter Hurdles (Semi)

5:15 PM

Name	Results	Notes
9 Felicia Quainoo	8.40	
11 Avery Jordan	8.50	

### 200 Meter Dash

5:45 PM

Name	Results	Notes
5 Sydney Tucker	24.85	
30 Sydney McDonald	26.52	
33 Felicia Quainoo	26.68	

### Distance Medley Relay

6:15 PM

Name	Results	Notes
Leena Morant	3:42.96	34.2, 1:10.7, 1:49.9, 3:05.8, 37.0
Avery Jordan	59.90	28.6, 31.4
Morgan Williams	2:21.86	32.8, 36.6, 36.1, 36.5 - 1:09.4, 1:45.5, 32.9, 1:08.7, 1:45.3, 2:22.5, 3:00.1, 3:37.9, 4:16.1, 38.6
Jerika Lufrano	4:54.68	
<b>County Record US#1</b>	11:59.38	<b>1st Place</b>

### 4x800 Meter Relay

7:35 PM

Name	Results	Notes
Ashleigh Patterson	2:20.42	32.9, 34.5, 36.2, 36.6 (67.4, 72.8)
Zamira Ysaac	2:24.46	30.6, 35.6, 38.5, 40.7 (66.2, 79.2)
Jenna Keith	2:22.97	31.6, 35.2, 37.9, 38.6 (66.8, 76.5)
Morgan Jackson	2:23.51	31.7, 35.1, 1:16.7 (66.8, 76.7)
	9:31.36	<b>7th Place</b>

### 400 Meter Dash

9:20 PM

Name	Results	Notes (Finals)
4 Chi Chi Nkulume	57.24	26.85, 30.39

### High Jump

7:00 PM

Name	Results	Notes
13 Aliyah Thomas	5-02.00	
14 Angelique Williams	5-00.00	

					<b>Long Jump</b>		<i>7:00 PM</i>
					<b>Name</b>	<b>Results</b>	<b>Notes</b>
					13 Aliyah Thomas	17-03.00	

# Purple Champions Pentathlon Invitational

Armory Track & Field Center, NY

Saturday, February 23, 2019

***A Lot of Personal Bests!***

## BOYS

### Long Jump

9:00 AM

	Name	Results	Notes
3	Brandon Leslie	19-09.00	

### 60 Meter Hurdles (Final)

9:20 AM

	Name	Results	Notes
4	Brandon Leslie	8.69	8.06 En Route
5	Obadare Animashaun	8.71	8.10 En Route

### 60 Meter Dash (Final)

9:50 AM

	Name	Results	Notes
3	Matt Axt	7.51	6.98 En Route

### 1600 Meter Run

10:10 AM

	Name	Results	Notes
19	Matthew Swinehart	5:01.82	
18	Patrick White	5:01.74	
23	Matt Kelly	5:32.95	

### 400 Meter Dash

11:00 AM

	Name	Results	Notes
3	Matt Axt	53.59	
6	Jonathan Carrion	56.11	
7	Steven Traczik	56.92	
9	Michael Palacio	59.61	

### Pole Vault

11:00 AM

	Name	Results	Notes
5	Obadare Animashaun	12-04.00	

### 1000 Meter Run

11:20 PM

	Name	Results	Notes
6	Zach Turner	2:47.18	

### 600 Meter Dash

12:00 PM

	Name	Results	Notes
7	Daniel Labrie	1:28.90	
6	Andrew Palacio	1:28.83	
17	Derek Ruiz-Webb	1:35.50	
19	Samuel Hernandez	1:36.86	

### 4x400 Meter Relay

1:05 PM

	Name	Results	Notes
	Daniel Labrie	55.02	
	Samuel Hernandez	56.0	
	Andrew Palacio	56.60	
	Zach Turner	57.55	
		3:45.17	5th Place

## GIRLS

### 60 Meter Hurdles (Final)

9:35 AM

	Name	Results	Notes
4	Avery Jordan	9.26	8.57 En Route

### 60 Meter Dash (Final)

9:55 AM

	Name	Results	Notes
2	Sydney McDonald	8.14	7.58 En Route

### 1500 Meter Run

10:00 AM

	Name	Results	Notes
	Megan McCabe	5:23.83	
	Catherine Tangreti	6:09.30	

### 400 Meter Dash

10:50 AM

	Name	Results	Notes
5	Aniyah Charles	1:03.57	

### 200 Meter Dash

11:30 AM

	Name	Results	Notes
1	Avery Jordan	25.79	
3	Sydney McDonald	25.89	

### 600 Meter Dash

11:50 AM

	Name	Results	Notes
8	Zoe Lee	1:46.65	

<b>PENTATHLON</b>			
<b>Event #1 60 Meter Hurdles</b>			<i>9:05 AM</i>
	<b>Name</b>	<b>Results</b>	<b>Notes</b>
5	Oluwafemi Asenuga	8.91	766
<b>Event #2 Shot Put</b>			<i>9:50 AM</i>
	<b>Name</b>	<b>Results</b>	<b>Notes</b>
12	Oluwafemi Asenuga	9.19	437
<b>Event #3 Long Jump</b>			<i>11:00 AM</i>
	<b>Name</b>	<b>Results</b>	<b>Notes</b>
2	Oluwafemi Asenuga	5.86	556
<b>Event #4 High Jump</b>			<i>12:00 PM</i>
	<b>Name</b>	<b>Results</b>	<b>Notes</b>
1	Oluwafemi Asenuga	1.72	560
<b>Event #5 1000 Meter Run</b>			<i>1:45 PM</i>
	<b>Name</b>	<b>Results</b>	<b>Notes</b>
5	Oluwafemi Asenuga	3:00.05	664
<b>4TH PLACE OVERALL - 2,983 POINTS</b>			

<b>PENTATHLON</b>			
<b>Event #1 60 Meter Hurdles</b>			<i>9:25 AM</i>
	<b>Name</b>	<b>Results</b>	<b>Notes</b>
1	Aliyah Thomas	9.33	842
<b>Event #2 Long Jump</b>			<i>10:05 AM</i>
	<b>Name</b>	<b>Results</b>	<b>Notes</b>
1	Aliyah Thomas	5.23	623
<b>Event #3 Shot Put</b>			<i>11:00 AM</i>
	<b>Name</b>	<b>Results</b>	<b>Notes</b>
6	Aliyah Thomas	8.05	403
<b>Event #4 High Jump</b>			<i>12:00 PM</i>
	<b>Name</b>	<b>Results</b>	<b>Notes</b>
1	Aliyah Thomas	1.60m	736
<b>Event #5 800 Meter Run</b>			<i>1:50 PM</i>
	<b>Name</b>	<b>Results</b>	<b>Notes</b>
4	Aliyah Thomas	2:50.22	461
<b>1ST PLACE OVERALL - 3,065 POINTS</b>			

<b>BOYS - Meet of Champions</b>				<b>GIRLS - Meet of Champions</b>			
<b>Bennett Complex, Toms River</b>				<b>Bennett Complex, Toms River</b>			
Saturday, February 23, 2019				Sunday, February 24, 2019			
<b>7:15am Bus. Meet Begins at 10:00am.</b>				<b>7:15am Bus. Meet Begins at 10:00am.</b>			
<b><u>BOYS</u></b>				<b><u>GIRLS</u></b>			
<b>Pole Vault</b>				<b>Pole Vault</b>			
<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
4 Conor Reilly	15-00.00			11 Hope Handlin	11-00.00		
Justin Lopez	NH						
<b>55 Meter Hurdles (Trial)</b>				<b>High Jump</b>			
<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
Ryan McLaughlin				16 Angelique Williams	5-02.00		
Elijah Abraham							
<b>800 Meter Run</b>				<b>1600 Meter Run</b>			
<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
1 Elijah Brown	1:53.98	26.8, 55, 1:27		1 Jerika Lufrano	4:59.26	36.4, 37.7, 38.1, 36, 36, 37, 38, 37.3	
8 Myles Plummer	1:57.70	26.8, 55, 1:28					
<b>4x400 Meter Relay</b>				<b>55 Meter Hurdles (Trial)</b>			
<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>	
Connor Cooper	52.3			10 Felicia Quainoo	8.43		
Myles Plummer	51.3						
Elijah Abraham	52.1			<b>800 Meter Run</b>			
Elijah Brown	50.3			<b>Name</b>	<b>Results</b>	<b>Notes</b>	
		<b>6th Place</b>		2 Leena Morant	2:13.08	30, 32, 34, 36	
				10 Morgan Williams	2:18.43	31, 34, 37, 36	
				19 Ashleigh Patterson	2:22.46	32, 34.8, 36.7, 38	
				<b>55 Meter Dash (Trial)</b>			
				<b>Name</b>	<b>Results</b>	<b>Notes</b>	
				3 Sydney Tucker	7.20		
				5 Chi Chi Nkulume	7.22		
				<b>3200 Meter Run</b>			
				<b>Name</b>	<b>Results</b>	<b>Splits</b>	
				26 Abby Granrath	11:38.91	2:50, 5:45, 8:46	
				<b>55 Meter Dash (Final)</b>			
				<b>Name</b>	<b>Results</b>	<b>Notes</b>	
				3 Sydney Tucker	7.16		
				4 Chi Chi Nkulume	7.23		
				<b>4x400 Meter Relay</b>			
				<b>Name</b>	<b>Results</b>	<b>Notes</b>	
				Khamil Evans	59.8		
				Leena Morant	57.2		
				Sydney Tucker	58.8		
				Chi Chi Nkulume	57.8		
					3:53.84	<b>1st Place</b>	

				<b>4x800 Meter Relay</b>		
				<b>Name</b>	<b>Results</b>	<b>Notes</b>
				Jerika Lufrano	2:21.4	34, 36, 35.7, 35.7
				Jenna Keith	2:22.3	32, 67, 1:44
				Zamira Ysaac	2:20.5	30, 65, 1:42
				Morgan Jackson	2:26.1	33, 68, 1:48
						<b>2nd Place</b>



# New Balance Indoor Nationals

Armory Track & Field Center, NY

Friday-Sunday, March 8th - 10th

[Meet and Transportation Info - Click Here](#)

## FRIDAY, MARCH 8th

### BOYS

#### EE Pole Vault

4:00 PM

Name	Results	Notes
6 Conor Reilly	14-10.00	

## FRIDAY, MARCH 8th

### GIRLS

#### EE 4x800 Meter Relay

3:55 PM

Name	Results	Notes
Jenna Keith	2:22.83	
Morgan Jackson	2:23.13	
Abby Granrath	2:27.84	
Zoe Lee	2:29.50	
	9:43.28	16th Place

#### EE 4x200 Meter Relay

6:05 PM

Name	Results	Notes
Conor Reilly		
Connor Cooper		
Chinedu Okoro		
Matt Axt		
	DNF	

#### Distance Medley Relay

7:35 PM

Name	Results	Notes
Leena Morant	3:40.78	
Chi Chi Nkulume	57.43	
Morgan Williams	2:17.13	
Jerika Lufrano	4:57.99	
	<b>COUNTY RECORD</b> 11:53.31	5th Place

## SATURDAY, MARCH 9th

#### Shuttle Hurdle Relay

10:40 AM

Name	Results	Notes
Elijah Abraham	8.01	
Ryan McLaughlin	7.02	
Brandon Leslie	7.96	
Obadare Animashaun	7.69	
	30.55	5th Place

## SATURDAY, MARCH 9th

#### Shuttle Hurdle Relay

11:15 AM

Name	Results	Notes
Avery Jordan	8.51	
Felicia Quainoo	7.90	
Zamira Ysaac	8.17	
Aliyah Thomas	8.54	
	32.99	

#### Sprint Medley Relay

2:40 PM

Name	Results	Notes
Conor Reilly	22.8	
Connor Cooper	22.7	
Myles Plummer	50.13	
Elijah Brown	1:57.20	
	3:32.91	10th Place

#### 4x200 Meter Relay

11:35 AM

Name	Results	Notes
Sydney McDonald	25.7	
Avery Jordan	25.6	
Aliyah Thomas	26.74	Ran into athlete
Felicia Quainoo	25.45	
	1:43.72	21st Place

#### Sprint Medley Relay

1:55 PM

Name	Results	Notes
Sydney Tucker	25.0	
Khamil Evans	25.4	
Chi Chi Nkulume	56.05	
Leena Morant	2:12.00	
	<b>COUNTY RECORD</b> 3:58.46	1st Place

#### 4x800 Meter Relay

6:15 PM

				<b>Name</b>			<b>Results</b>	<b>Notes</b>
				Morgan Williams			2:19.19	
				Ashleigh Patterson			2:18.94	
				Zamira Ysaac			2:25.81	
				Jerika Lufrano			2:15.12	
							9:19.05	<b>9th Place</b>
<b>SUNDAY, MARCH 10th</b>				<b>SUNDAY, MARCH 10th</b>				
<b>Freshman 1 Mile Run</b>			9:00 AM	<b>Freshman 60 Meter Dash</b>			10:40 AM	
<b>Name</b>	<b>Results</b>	<b>Notes</b>		<b>Name</b>	<b>Results</b>	<b>Notes</b>		
2 Myles Plummer	4:27.25	64.18, 2:14.9, 3:23.5		33 Sydney McDonald	7.53			
				<b>4x400 Meter Relay</b>			12:15 PM	
<b>800 Meter Run</b>			10:10 AM	<b>Name</b>	<b>Results</b>	<b>Notes</b>		
<b>Name</b>	<b>Results</b>	<b>Notes</b>		Felicia Quainoo	1:02.74			
10 Elijah Brown	1:54.15	27.76, 56.91, 1:26.31		Avery Jordan	58.55			
				Zamira Ysaac	1:00.09			
<b>4x400 Meter Relay</b>			12:30 PM	Ashleigh Patterson	1:00.14			
<b>Name</b>	<b>Results</b>	<b>Notes</b>					<b>18th Place</b>	
Connor Cooper	52.65			<b>4x400 Meter Relay</b>			3:07 PM	
Myles Plummer	55.25	Dropped Baton		<b>Name</b>	<b>Results</b>	<b>Notes</b>		
Elijah Abraham	52.14			Khamil Evans	58.36			
Elijah Brown	50.06			Chi Chi Nkulume	55.33			
	3:28.51	<b>28th Place</b>		Sydney Tucker	58.02			
				Leena Morant	55.61			
					3:47.31		<b>5th Place</b>	