

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017**East Stroudsburg South High School
Meet Program****Event 3 Girls 100 Meter Hurdles Colonial League (8)****Top two in each heat and next two fastest times to final****Meet Record: 14.64 1984 Debbie Linton, Catasauqua**

Lane	Comp#	Name	Year	School	Prelims
Section 1 of 1		Finals			
1	736	Moyer, Alexa	SO	Southern Lehigh	17.01
2	816	Evans, Jessica	SR	Saucon Valley	17.16
3	747	Quinn, Shannon	JR	Southern Lehigh	17.13
4	866	Panek, Rachel	SR	Saucon Valley	16.32
5	664	Billings, Laura	SR	Southern Lehigh	16.64
6	774	Williams, Sierra	FR	Southern Lehigh	16.83
7	1109	Martinez, Madison	SO	Blue Bombers	17.55
8	394	Everett, Stacy	SR	NWL	17.09

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Event 4 Boys 110 Meter Hurdles Colonial League (8)**Top two in each heat and next two fastest times to final****Meet Record: 14.17 2011 Kowan Scott, Wilson**

Lane	Comp#	Name	Year	School	Prelims
Section 1 of 1		Finals			
1	1095	Eckhart, Mike	JR	Blue Bombers	16.38
2	1131	Nelson, Jordan	FR	Blue Bombers	16.14
3	48	Greene, Robert	SR	Bangor	15.90
4	964	Goodman, Job	JR	Wilson Area	14.85
5	381	Cunningham, Trevor	SR	NWL	15.87
6	838	Holub, Brandon	SR	Saucon Valley	15.92
7	1174	Lobb, Eric	SO	Pen Argyl Track	16.28
8	1037	Barnes, Andrew	SR	Wilson Area	16.48

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Event 5 Girls 100 Meter Dash Colonial League (8)**Top two in each heat and next two fastest times to final****Meet Record: 12.03 2010 Alissa Lombardo, Saucon Valley**

Lane	Comp#	Name	Year	School	Prelims
Section 1 of 1		Finals			
1	690	Fitzmaurice, Yemme	SR	Southern Lehigh	13.29
2	329	Olewine, Jill	JR	Northern Lehigh	13.15
3	926	Badman, Aimee	SR	Wilson Area	13.09
4	814	Diggs, Talitha	FR	Saucon Valley	12.37
5	493	Bottelier, Lydia	SO	Palisades	12.68
6	758	Schroy, Allison	SR	Southern Lehigh	13.12
7	1209	Brown, Tyra	JR	Catasauqua	13.30
8	777	Chase, Nerissa	FR	Southern Lehigh	13.35

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Event 6 Boys 100 Meter Dash Colonial League (8)**Top two in each heat and next two fastest times to final****Meet Record: 11.04****J Funk, S Lapekas, B Walter, A Santos, PAL, BNGR, WLSN, SAL**

Lane	Comp#	Name	Year	School	Prelims
Section 1 of 1		Finals			
1	579	Volak, Josh	SO	Palisades	11.40
2	1124	Stasko, Mike	SR	Blue Bombers	11.47
3	503	Colletti, Jared	JR	Palisades	11.37
4	1176	Marfisi, Jonathan	SR	Pen Argyl Track	11.01
5	505	Creighton, Michael	SR	Palisades	11.08
6	381	Cunningham, Trevor	SR	NWL	11.34
7	757	Schock, Noah	JR	Southern Lehigh	11.48
8	592	Buda, Timothy	FR	Salisbury	11.52

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Event 7 Girls 200 Meter Dash Colonial League (8)**Top two in each heat and next two fastest times to final****Meet Record: 25.55 2016 Mary Ramsden, Palisades**

Lane	Comp#	Name	Year	School	Prelims
Section 1 of 1		Finals			
1	690	Fitzmaurice, Yemme	SR	Southern Lehigh	27.35
2	926	Badman, Aimee	SR	Wilson Area	27.22
3	758	Schroy, Allison	SR	Southern Lehigh	27.07
4	814	Diggs, Talitha	FR	Saucon Valley	25.50
5	493	Bottelier, Lydia	SO	Palisades	26.48
6	1209	Brown, Tyra	JR	Catasauqua	27.12
7	577	Terry, Juliann	SR	Palisades	28.11
8	777	Chase, Nerissa	FR	Southern Lehigh	27.68

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

Lane	Comp#	Name	Year	School	Prelims
Section 1 of 1		Finals			
1	220	Hohl, Charlie	JR	Notre Dame GP	24.15
2	757	Schock, Noah	JR	Southern Lehigh	23.94
3	503	Colletti, Jared	JR	Palisades	23.84
4	1176	Marfisi, Jonathan	SR	Pen Argyl Track	23.03
5	505	Creighton, Michael	SR	Palisades	23.21
6	1124	Stasko, Mike	SR	Blue Bombers	23.91
7	1073	Singletary-sims, Lamont	SR	Wilson Area	23.97
8	146	Scipio, Tyrek	SO	Bangor	24.22

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Meet Program

Event 16 Boys Pole Vault Colonial League (18)

Starting height 9'6"

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

Meet Record: 15-00 2008 Kyle Miller, Catasauqua

Pos	Comp#	Name	Year	School	Seed Mark
Flight 1 of 1 Finals					
1	1140	Beltz, Sawyer	JR	Pen Argyl Track	9-06.00
2	1153	Eibeck, Joshua	SR	Pen Argyl Track	9-06.00
3	100	Medina, Austin	SO	Bangor	10-00.00
4	168	Vicario, Domenic	JR	Bangor	10-00.00
5	141	Schippis, Matt	SR	Bangor	10-06.00
6	707	Holschwander, Dylan	SR	Southern Lehigh	10-06.00
7	1138	Barr, Tadd	SO	Pen Argyl Track	10-06.00
8	711	James, Nickolas	SO	Southern Lehigh	10-06.00
9	1234	Stires, John	SR	Catasauqua	10-06.00
10	427	McArdle, John	JR	NWL	10-09.00
11	84	Lasher, Derek	FR	Bangor	11-00.00
12	386	Derr, Tyler	SR	NWL	11-03.00
13	518	Farese, Andy	SR	Palisades	11-03.00
14	935	Buttner, Alec	SR	Wilson Area	11-06.00
15	1187	Roper, Mikey	JR	Pen Argyl Track	11-06.00
16	41	Gembarski, Brian	SR	Bangor	12-00.00
17	322	Miller, Nick	SR	Northern Lehigh	12-03.00
18	1275	Wittman, Jacob	JR	Catasauqua	12-06.00

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Meet Program

Event 18 Girls Pole Vault Colonial League (18)

Starting height 7'6"

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

Meet Record: 12-03 2010 Allison Vanek, Wilson

Pos	Comp#	Name	Year	School	Seed Mark
Flight 1 of 1 Finals					
1	463	Toth, Leila	JR	NWL	7-06.00
2	1172	Lau, Samantha	JR	Pen Argyl Track	7-06.00
3	756	Schiaretta, Tia	JR	Southern Lehigh	7-06.00
4	554	O'Brien, Grace	SO	Palisades	7-06.00
5	694	Glueck, Grace	SR	Southern Lehigh	7-06.00
6	1160	Hanlon, Kasey	SR	Pen Argyl Track	7-09.00
7	1203	Leis, Madison	SR	Pen Argyl Track	8-00.00
8	1164	Herrera, Angelique	JR	Pen Argyl Track	8-00.00
9	489	Badman, Stacey	SO	Palisades	8-00.00
10	239	Medei, Sara	SO	Notre Dame GP	8-00.00
11	613	Jewell, Madison	SO	Salisbury	8-00.00
12	1197	Vargo, Noelle	FR	Pen Argyl Track	8-00.00
13	713	Kandt, Autumn	JR	Southern Lehigh	8-06.00
14	1159	Guthrie, Megan	FR	Pen Argyl Track	8-06.00
15	222	Holmgaard, Nadia	JR	Notre Dame GP	9-00.00
16	877	Rose, Joslynn	JR	Saucon Valley	9-03.00
17	38	Frankenfield, Hannah	SO	Bangor	9-08.00
18	923	Altonen, Sara	FR	Wilson Area	10-03.00

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Event 19 Boys Triple Jump Colonial League (18)**Two flights 3 jumps top 9 to final 3 more jumps****Meet Record: 47-02.50 2014 Austin Shupp, Palmerton**

Pos	Comp#	Name	Year	School	Seed Mark
Flight 1 of 2 Finals					
1	12	Berger, Noah	SO	Bangor	37-04.00
2	1148	Cleary - Kojo, Shomari	SR	Pen Argyl Track	37-06.50
3	620	Kulp, Robert	SO	Salisbury	37-10.75
4	726	Lewis, Connor	SO	Southern Lehigh	37-11.00
5	1093	Dekorte, Jesse	JR	Blue Bombers	37-11.50
6	433	Mittl, Julius	SR	NWL	38-01.00
7	124	Pagotto, David	SR	Bangor	39-03.75
8	632	Reichenbach, John	JR	Salisbury	40-01.00
9	453	Seyfried, Robert	SR	NWL	40-04.00
Flight 2 of 2 Finals					
1	1211	Contreras, Bryan	SR	Catasauqua	40-06.00
2	1194	Strouse, Adam	SR	Pen Argyl Track	40-06.00
3	72	Jones, Anthony	JR	Bangor	41-06.50
4	245	Myers, Kyshaun	JR	Notre Dame GP	41-07.50
5	137	Rivera, Angel	JR	Bangor	41-10.50
6	579	Volak, Josh	SO	Palisades	42-05.75
7	1095	Eckhart, Mike	JR	Blue Bombers	42-11.50
8	1037	Barnes, Andrew	SR	Wilson Area	43-01.75
9	568	Siley, Matthew	SR	Palisades	44-00.00

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Meet Program

Event 20 Girls Shot Put Colonial League (18)

Two flights 3 throws top 9 to final three more throws

Meet Record: 42-07 1984 Penny Roth, Nazareth

Pos	Comp#	Name	Year	School	Seed Mark
Flight 1 of 2 Finals					
1	551	Nastasi, Alyssa	JR	Palisades	28-03.00
2	420	Leibensperger, Kayla	SO	NWL	28-04.00
3	1178	Mondello, Orianna	SO	Pen Argyl Track	28-04.50
4	679	Craft, Tonnie	JR	Southern Lehigh	28-06.00
5	340	Synder, Andrea	SR	Northern Lehigh	28-07.00
6	714	Kelly, Bryanne	SR	Southern Lehigh	28-08.00
7	120	Ott, Cheyenne	SR	Bangor	29-03.00
8	1049	Gileza, Cheyenne	SR	Wilson Area	29-03.00
9	1217	Gillespie, Katelin	SR	Catasauqua	29-03.00
Flight 2 of 2 Finals					
1	1215	Garner, Jackie	SR	Catasauqua	29-05.00
2	530	Kerr, Lauren	SR	Palisades	29-10.50
3	641	Smith, Jacara	JR	Salisbury	29-11.50
4	1091	Cincilla, Kayla	FR	Blue Bombers	30-04.00
5	535	Kukowski, Peri	SO	Palisades	30-05.50
6	371	Christopher, Sage	SO	NWL	31-04.00
7	500	Carr, Autumn	SO	Palisades	31-07.50
8	289	Dibilio, Franki	SO	Northern Lehigh	32-01.00
9	724	LaPorta, Julia	JR	Southern Lehigh	34-09.00

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Meet Program

Event 21 Girls 1600 Meter Run Colonial League (18)

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, Southern Lehigh

Lane	Comp#	Name	Year	School	Seed Time
Section 1 of 1		Timed Finals			
1	513	Doman, Sophie	JR	Palisades	5:11.06
2	775	Yanega, Allyson	SR	Southern Lehigh	5:21.00
3	874	Riefenstahl, Kiele	SO	Saucon Valley	5:22.70
4	1008	Rustay, Abby	SR	Wilson Area	5:23.00
5	700	Groeber, Jenna	FR	Southern Lehigh	5:23.60
6	1023	Vega, Gaby	JR	Wilson Area	5:28.00
7	767	VandeBunte, Alissa	SR	Southern Lehigh	5:29.64
8	372	Consuelos, Madeline	SO	NWL	5:31.30
9	517	Farese, Amy	FR	Palisades	5:40.80
10	460	Tarvin, Molly	JR	NWL	5:42.30
11	763	Stephens, Megan	FR	Southern Lehigh	5:42.70
12	375	Costa, Allison	FR	NWL	5:43.80
13	416	Herzon, Hannah	JR	NWL	5:44.23
14	298	Guelcher, Katie	SO	Northern Lehigh	5:45.80
15	693	George, Katie	SR	Southern Lehigh	5:46.80
16	147	Sell, Martina	JR	Bangor	5:49.30
17	1115	Nesfeder, Hanna	JR	Blue Bombers	5:53.69
18	368	Brown, Kristen	FR	NWL	5:54.00

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Event 22 Boys 1600 Meter Run Colonial League (18)

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, Wilson

Lane	Comp#	Name	Year	School	Seed Time
Section 1 of 1		Timed Finals			
1	728	Matsumura, Thomas	JR	Southern Lehigh	4:26.10
2	698	Gray, Stephen	SR	Southern Lehigh	4:27.66
3	791	Bernstein, Ethan	JR	Saucon Valley	4:34.49
4	1066	Race, Alex	SR	Wilson Area	4:34.60
5	680	Cramer, Colin	JR	Southern Lehigh	4:36.90
6	1108	Martinez, Jake	SO	Blue Bombers	4:37.80
7	1058	Houghton, Shane	JR	Wilson Area	4:43.37
8	117	O'Brien, Morgan	SO	Bangor	4:44.30
9	150	Singleton, Saber	JR	Bangor	4:44.80
10	771	Welsh, Corey	SO	Southern Lehigh	4:44.90
11	219	Hammerstone, Sheamus	JR	Notre Dame GP	4:45.00
12	722	Kurtz, Adam	SR	Southern Lehigh	4:45.11
13	369	Castrine, Phillip	JR	NWL	4:50.20
14	14	Bubba, Marino	FR	Bangor	4:51.40
15	544	McNichol, Dylan	JR	Palisades	4:53.00
16	44	Giani, Chris	JR	Bangor	4:55.30
17	587	Artis, Shane	FR	Salisbury	4:55.80
18	450	Searcy, Justin	SR	NWL	4:56.00

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East Stroudsburg South High School
Meet Program

Event 23 Girls 400 Meter Dash Colonial League (24)

Three heats winner based on time

Meet Record: 56.88 2010 Alissa Lombardo, Saucon Valley

Lane	Comp#	Name	Year	School	Seed Time
Section 1 of 3 Timed Finals					
1	516	Fair, Callie	FR	Palisades	1:10.03
2	545	McNichol, Morgan	SO	Palisades	1:09.80
3	397	Flickinger, Samantha	JR	NWL	1:08.80
4	1046	Dubon, Angie	FR	Wilson Area	1:08.60
5	1155	Freda, Kristen	SO	Pen Argyl Track	1:08.80
6	1041	Carlbon, Alexis	SO	Wilson Area	1:09.00
7	962	Gillen, Sydney	SO	Wilson Area	1:09.90
8	98	Martin, Gabrielle	FR	Bangor	1:10.80
Section 2 of 3 Timed Finals					
1	375	Costa, Allison	FR	NWL	1:07.40
2	904	Yeahl, Brittany	SR	Saucon Valley	1:06.10
3	490	Benner, Megan	JR	Palisades	1:06.00
4	116	O'Brian, Amelia	JR	Bangor	1:04.35
5	1224	Kern, Trinity	SO	Catasauqua	1:04.50
6	204	Esposito, Victoria	SR	Notre Dame GP	1:06.00
7	1118	Papay, Casi	FR	Blue Bombers	1:07.04
8	966	Harris, Jordan	FR	Wilson Area	1:07.90
Section 3 of 3 Timed Finals					
1	441	Renner, Emily	SR	NWL	1:03.60
2	879	Ross, Katherine	SR	Saucon Valley	1:02.30
3	730	Mcgill, Megan	JR	Southern Lehigh	1:01.50
4	493	Bottelier, Lydia	SO	Palisades	57.30
5	600	Donaldson, Rylee	SO	Salisbury	1:01.20
6	740	O'Rourke, Trisha	FR	Southern Lehigh	1:01.90
7	1110	Mokshefski, Destiny	JR	Blue Bombers	1:03.15
8	790	Bernstein, Emma	FR	Saucon Valley	1:03.90

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Event 24 Boys 400 Meter Dash Colonial League (24)

Three heats winners based on time

Meet Record: 48.04 2009

Anthony Davidson, Wilson

Lane	Comp#	Name	Year	School	Seed Time
Section 1 of 3 Timed Finals					
1	899	Ward, Samuel	JR	Saucon Valley	56.20
2	146	Scipio, Tyrek	SO	Bangor	56.00
3	1060	Lantosh, Beau	FR	Wilson Area	55.70
4	1114	Nelson, Jevon	SO	Blue Bombers	55.40
5	374	Cornell, Andrew	JR	NWL	55.50
6	296	Fronheiser, Seth	JR	Northern Lehigh	55.80
7	365	Blaine, Jonathon	SR	NWL	56.10
8	240	Meilinger, Aeron	JR	Notre Dame GP	56.20
Section 2 of 3 Timed Finals					
1	848	Kyra, Jarred	SR	Saucon Valley	54.80
2	465	Vennera, Anthony	SR	NWL	54.50
3	408	Goodolf, Andrew	JR	NWL	54.08
4	567	Sikorsky, Alex	SO	Palisades	53.90
5	271	Zahm, Hunter	JR	Notre Dame GP	54.00
6	75	Kane, Brad	SO	Bangor	54.10
7	674	Cocco, Nate	SO	Southern Lehigh	54.70
8	305	Keller, Nathan	SO	Northern Lehigh	55.10
Section 3 of 3 Timed Finals					
1	541	Lodwig, Patrick	JR	Palisades	53.60
2	992	Means, Jasone	SR	Wilson Area	53.30
3	1189	Sampson, Thomas	SR	Pen Argyl Track	53.20
4	220	Hohl, Charlie	JR	Notre Dame GP	52.70
5	421	Leiser, Robert	JR	NWL	52.80
6	942	Collier, Quadir	SO	Wilson Area	53.30
7	734	Miller, Brendan	SO	Southern Lehigh	53.50
8	780	Bounanno, Andrew	JR	Southern Lehigh	53.70

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017**East Stroudsburg South High School****Meet Program****Event 25 Girls 4x100 Meter Relay Colonial League (11)****Two heats winners based on time****Meet Record: 50.00 2015****Palisades, Palisdaes****L Cooper, A Robinson, K Reed, M Ramsden**

Lane	Comp#	Team	Relay	Seed Time
Section 1 of 2 Timed Finals				
3		Saucon Valley		57.50
4		Northern Lehigh		55.40
5		Bangor		55.40
Section 2 of 2 Timed Finals				
1		Pen Argyl Track 2017		54.90
2		Palisades		53.00
3		Wilson Area		51.80
4		Catasauqua		50.60
5		Southern Lehigh		50.80
6		Palmerton Area High School		52.67
7		Northwestern Lehigh		53.60
8		Notre Dame GP		55.20

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Meet Program****Event 26 Boys 4x100 Meter Relay Colonial League (10)**

Two heats winners based on time

Meet Record: 43.45 2014

Northwestern Lehigh, Northwestern Lehigh
H Hall, J Hereba, C Miller, C Richardson

Lane	Comp#	Team	Relay	Seed Time
Section 1 of 2 Timed Finals				
4		Notre Dame GP		46.90
5		Northern Lehigh		47.30
Section 2 of 2 Timed Finals				
1		Northwestern Lehigh		46.10
2		Southern Lehigh		44.80
3		Palmerton Area High School		44.25
4		Wilson Area		43.30
5		Palisades		44.10
6		Pen Argyl Track 2017		44.80
7		Bangor		45.50
8		Saucon Valley		46.60

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Event 27 Girls 800 Meter Run Colonial League (24)

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: 2:20.08 2012

Elizabeth Chikotas, Saucon Valley

Lane	Comp#	Name	Year	School	Seed Time
Section 1 of 2 Timed Finals					
1	1023	Vega, Gaby	JR	Wilson Area	2:30.70
2	416	Herzon, Hannah	JR	NWL	2:30.70
3	375	Costa, Allison	FR	NWL	2:31.50
4	1003	Pote, Jillian	FR	Wilson Area	2:33.10
5	1085	Brennan, Brianna	JR	Blue Bombers	2:34.07
6	763	Stephens, Megan	FR	Southern Lehigh	2:35.50
7	1054	Henley, Ashley	SR	Wilson Area	2:37.10
8	206	Farina, Gianna	FR	Notre Dame GP	2:38.00
9	226	Kelly, Cassie	SR	Notre Dame GP	2:39.90
10	1115	Nesfeder, Hanna	JR	Blue Bombers	2:40.50
11	1021	Trimmer, Jadah	SO	Wilson Area	2:41.50
12	353	Pender, Reagan	FR	Northern Lehigh	2:44.79
Section 2 of 2 Timed Finals					
1	768	VandeBunte, Brianna	SR	Southern Lehigh	2:22.26
2	513	Doman, Sophie	JR	Palisades	2:22.30
3	775	Yanega, Allyson	SR	Southern Lehigh	2:23.44
4	372	Consuelos, Madeline	SO	NWL	2:25.17
5	776	Yanega, Sarah	SR	Southern Lehigh	2:25.70
6	1008	Rustay, Abby	SR	Wilson Area	2:26.30
7	700	Groeber, Jenna	FR	Southern Lehigh	2:26.90
8	873	Riefenstahl, Brooke	SO	Saucon Valley	2:27.20
9	767	VandeBunte, Alissa	SR	Southern Lehigh	2:27.20
10	476	Zack, Alyssa	SO	NWL	2:28.57
11	517	Farese, Amy	FR	Palisades	2:29.90
12	460	Tarvin, Molly	JR	NWL	2:30.60

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Event 28 Boys 800 Meter Run Colonial League (24)

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, Wilson

Lane	Comp#	Name	Year	School	Seed Time
Section 1 of 2 Timed Finals					
1	219	Hammerstone, Sheamus	JR	Notre Dame GP	2:10.60
2	465	Vennera, Anthony	SR	NWL	2:10.80
3	772	Wetzel, Jack	SR	Southern Lehigh	2:11.00
4	117	O'Brien, Morgan	SO	Bangor	2:11.20
5	306	Kemery, Preston	SO	Northern Lehigh	2:12.40
6	14	Bubba, Marino	FR	Bangor	2:12.70
7	951	Dutt, Jason	SR	Wilson Area	2:13.30
8	498	Buccigrossi, Dylan	SR	Palisades	2:13.80
9	408	Goodolf, Andrew	JR	NWL	2:14.00
10	193	Carter, Dylan	SO	Notre Dame GP	2:14.00
11	1030	Harris, Josh	JR	Wilson Area	2:14.10
12	748	Ramson, Marc	SO	Southern Lehigh	2:14.30
Section 2 of 2 Timed Finals					
1	728	Matsumura, Thomas	JR	Southern Lehigh	2:03.40
2	698	Gray, Stephen	SR	Southern Lehigh	2:04.30
3	35	Ferguson, Tim	SR	Bangor	2:05.62
4	1066	Race, Alex	SR	Wilson Area	2:05.70
5	688	Fillman, Alex	SO	Southern Lehigh	2:06.70
6	230	Koons, John	SO	Notre Dame GP	2:08.00
7	791	Bernstein, Ethan	JR	Saucon Valley	2:08.09
8	1153	Eibeck, Joshua	SR	Pen Argyl Track	2:08.50
9	1058	Houghton, Shane	JR	Wilson Area	2:09.00
10	231	Koons, Tom	SR	Notre Dame GP	2:09.20
11	450	Searcy, Justin	SR	NWL	2:09.80
12	722	Kurtz, Adam	SR	Southern Lehigh	2:10.33

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017
East Stroudsburg South High School
Meet Program

Event 29 Girls 4x400 Meter Relay Colonial League (10)

Two heats winners based on time

Meet Record: 4:03.23 2015

Palisades, Palisades

L Cooper, A Robinson, K Reed, M Ramsden

Lane	Comp#	Team	Relay	Seed Time
Section 1 of 2 Timed Finals				
4		Notre Dame GP		4:39.20
5		Northern Lehigh		4:45.20
Section 2 of 2 Timed Finals				
1		Palmerton Area High School		4:27.20
2		Palisades		4:23.50
3		Pen Argyl Track 2017		4:21.00
4		Southern Lehigh		4:08.07
5		Saucon Valley		4:10.60
6		Northwestern Lehigh		4:22.40
7		Wilson Area		4:26.90
8		Bangor		4:31.40

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017**East Stroudsburg South High School
Meet Program****Event 30 Boys 4x400 Meter Relay Colonial League (10)**

Two heats winners based on time

Meet Record: 3:26.44 2004

Southern Lehigh, Southern Lehigh
B Dunne, M Snowden, J Babich, S Hison

Lane	Comp#	Team	Relay	Seed Time
Section 1 of 2 Timed Finals				
4		Bangor		3:44.80
5		Northern Lehigh		3:44.90
Section 2 of 2 Timed Finals				
1		Saucon Valley		3:43.00
2		Notre Dame GP		3:39.20
3		Wilson Area		3:34.70
4		Palisades		3:31.50
5		Pen Argyl Track 2017		3:34.40
6		Southern Lehigh		3:35.38
7		Northwestern Lehigh		3:39.25
8		Palmerton Area High School		3:44.13

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 34 Boys Shot Put Colonial League (18)

Two flights 3 throws top 9 to final 3 more throws

Meet Record: 55-03.50 2013

Byron Pearson, Bangor

Pos	Comp#	Name	Year	School	Seed Mark
Flight 1 of 2 Finals					
1	290	Egan, Joe	SR	Northern Lehigh	37-06.50
2	1116	Nicolo, Dan	SR	Blue Bombers	37-08.50
3	1146	Ceraul, Zachary	JR	Pen Argyl Track	37-09.00
4	114	Nittoli, Anthony	SR	Bangor	37-11.00
5	405	Garcia, Jason	JR	NWL	37-11.50
6	325	Neff, David	SR	Northern Lehigh	38-03.50
7	227	Kitchell, Tom	FR	Notre Dame GP	38-05.75
8	1103	Iles, John	SR	Blue Bombers	38-11.00
9	496	Britt, Walker	SR	Palisades	39-00.00
Flight 2 of 2 Finals					
1	66	Hopper, Josh	SO	Bangor	39-02.00
2	6	Barker, James	JR	Bangor	40-02.50
3	1064	Pozar, Cameron	JR	Wilson Area	40-10.00
4	515	Donnelly, Jack	JR	Palisades	40-11.00
5	868	Patterson-Zuber, Patrick	SO	Saucon Valley	42-01.50
6	31	Diorio, Seth	SO	Bangor	42-04.00
7	1163	Heisler, Austin	SR	Pen Argyl Track	46-00.00
8	326	Ni, Jackie	SR	Northern Lehigh	46-06.00
9	751	Rochon, Andrew	SR	Southern Lehigh	54-05.50

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 36 Girls Triple Jump Colonial League (18)

Two flights 3 jumps top 9 to final 3 more jumps

Meet Record: 37-10.25 2016

Lindsay Bauer, Salisbury

Pos	Comp#	Name	Year	School	Seed Mark
Flight 1 of 2 Finals					
1	1117	Oldt, Chloe	FR	Blue Bombers	30-07.50
2	1072	Sine, Laura	JR	Wilson Area	30-08.50
3	656	Adams, Victoria	SO	Southern Lehigh	30-10.50
4	451	Sevrain, Gabrielle	JR	NWL	31-03.00
5	938	Camillo, Dionnabel	SR	Wilson Area	31-03.50
6	877	Rose, Joslynn	JR	Saucon Valley	31-04.00
7	82	LaBar, Emily	SO	Bangor	31-06.00
8	886	Sinko, Jennifer	SR	Saucon Valley	31-08.00
9	548	Mitchell, Elora	JR	Palisades	31-10.00
Flight 2 of 2 Finals					
1	192	Carlin, Breene	JR	Notre Dame GP	31-11.75
2	701	Grossman, Jessica	JR	Southern Lehigh	32-03.50
3	609	Hoeing, Caitlin	SR	Salisbury	32-05.25
4	610	Hoeing, Olivia	FR	Salisbury	32-06.00
5	424	Lowthert, Jordan	JR	NWL	32-07.00
6	330	Pender, Darby	SR	Northern Lehigh	32-09.00
7	116	O'Brian, Amelia	JR	Bangor	33-00.50
8	1272	Bradley, Kenzie	JR	Catasauqua	33-04.00
9	329	Olewine, Jill	JR	Northern Lehigh	34-09.75

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017**East Stroudsburg South High School
Meet Program****Event 42 Girls 100 Meter Hurdles Eastern PA Conf (8)**

Lane	Comp#	Name	Year	School	Prelims
Section 1 of 1		Finals			
1	1359	Taylor, Gabriella	SO	ES South	16.74
2	1356	Little, Mya	SR	ES South	16.46
3	1436	Reed, Grace	SR	Parkland	16.57
4	1460	Jones, Kiaya	FR	PM East	16.26
5	1415	Lopez, Tatiana	SR	Northampton	16.45
6	1482	Fenn, Jaida	SR	Stroudsburg	16.29
7	1349	Rivera, Selena	SO	ES North	17.34
8	1428	Hutchinson, Christine	SO	Parkland	17.59

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017**East Stroudsburg South High School
Meet Program****Event 43 Boys 110 Meter Hurdles Eastern PA Conf (8)**

Lane	Comp#	Name	Year	School	Prelims
Section 1 of 1		Finals			
1	1514	Fernandez-Martinez, Rodgers	SR	William Allen	16.28
2	1590	Posten, Powell	SO	ES South	16.07
3	1697	Stewart, Jevaughn	SR	PM East	15.78
4	1551	Selassie, Isreal	JR	Easton	15.37
5	1687	Rosario, Jose	SR	Pleasant Valley	15.73
6	1553	Thompson, Katrell	JR	Easton	15.43
7	1592	Rosario, Juan	SR	ES South	16.17
8	1546	Kromah, Lansana	SO	Easton	16.43

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017**East Stroudsburg South High School
Meet Program****Event 44 Girls 100 Meter Dash Eastern PA Conf (8)**

Lane	Comp#	Name	Year	School	Prelims
Section 1 of 1		Finals			
1	1385	Shaffer, Payton	JR	Liberty	12.92
2	1379	Mittl, Grace	JR	Liberty	12.89
3	1402	Radcliffe, Abigail	SO	Nazareth	13.01
4	1458	Caldwell, Khyasia	SR	PM East	12.20
5	1455	Moore, Jalurah	JR	Pleasant Valley	12.53
6	1348	Mills, Nia	JR	ES North	12.39
7	1474	Wiggins, Juanita	SO	PM West	13.02
8	1486	Graves, Sydney	FR	Stroudsburg	12.92

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017**East Stroudsburg South High School
Meet Program****Event 45 Boys 100 Meter Dash Eastern PA Conf (8)**

Lane	Comp#	Name	Year	School	Prelims
Section 1 of 1		Finals			
1	1526	Kurtz, Joe	SO	Bethlehem Catholic	11.43
2	1763	Colon, Julian	JR	Parkland	11.47
3	1702	Edwards, Khalil	JR	PM West	11.44
4	1629	Liaci, Julian	SR	Nazareth	11.11
5	1730	Walter, Nicholas	SR	Stroudsburg	11.33
6	1768	Brown, Eddie	SR	ES North	11.36
7	1512	Alexander, Jahvanne	SR	William Allen	11.55
8	1747	Labib, Martin	JR	Whitehall	11.44

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017**East Stroudsburg South High School
Meet Program****Event 46 Girls 200 Meter Dash Eastern PA Conf (8)**

Lane	Comp#	Name	Year	School	Prelims
Section 1 of 1		Finals			
1	1402	Radcliffe, Abigail	SO	Nazareth	26.70
2	1385	Shaffer, Payton	JR	Liberty	26.52
3	1455	Moore, Jalurah	JR	Pleasant Valley	26.36
4	1458	Caldwell, Khyasia	SR	PM East	25.89
5	1480	Douglas-Grant, Jasmine	JR	Stroudsburg	26.17
6	1348	Mills, Nia	JR	ES North	26.49
7	1474	Wiggins, Juanita	SO	PM West	26.71
8	1325	Slader, Ellissa	JR	Easton	26.70

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017**East Stroudsburg South High School****Meet Program****Event 47 Boys 200 Meter Dash Eastern PA Conf (8)**

Lane	Comp#	Name	Year	School	Prelims
Section 1 of 1		Finals			
1	1622	Vazquez, Jaden	JR	Liberty	23.32
2	1702	Edwards, Khalil	JR	PM West	23.47
3	1512	Alexander, Jahvanne	SR	William Allen	22.93
4	1629	Liaci, Julian	SR	Nazareth	22.45
5	1763	Colon, Julian	JR	Parkland	22.91
6	1768	Brown, Eddie	SR	ES North	22.96
7	1747	Labib, Martin	JR	Whitehall	23.61
8	1585	Gordan, Camden	JR	ES South	23.48

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 52 Girls Long Jump Eastern PA Conf (24)

Pos	Comp#	Name	Year	School	Seed Mark
Flight 1 of 3 Finals					
1	1489	Irlbeck, Emily	FR	Stroudsburg	15-08.00
2	1413	Hendricks, Jessica	SR	Northampton	15-08.75
3	1491	Liguori, Gabriella	FR	Stroudsburg	15-09.00
4	1746	Kromer, Jennifer	JR	Whitehall	15-09.50
5	1403	Saylor, Haylee	SO	Nazareth	15-09.50
6	1472	Smith, Deryk	JR	PM West	15-10.00
7	1366	Swint, Kaitlyn	SR	Freedom	15-11.00
8	1416	Lopez, Tyleen	SR	Northampton	16-00.00
Flight 2 of 3 Finals					
1	1286	Lienhard, Abby	SO	ACC	16-00.00
2	1380	Okumus, Meryum	SR	Liberty	16-00.00
3	1365	Roberts, Kasyanna	SO	Freedom	16-01.00
4	1396	Gidusko, Mackenzie	FR	Nazareth	16-02.00
5	1475	Appiah, Mariam	SR	Stroudsburg	16-02.50
6	1446	Brandt, Maddy	SR	Pleasant Valley	16-04.25
7	1486	Graves, Sydney	FR	Stroudsburg	16-05.00
8	1394	Emrick, Olivia	JR	Nazareth	16-05.00
Flight 3 of 3 Finals					
1	1439	Staib, Shelby	SO	Parkland	16-05.00
2	1352	Wilson, Anais	SO	ES North	16-06.75
3	1741	Cunningham, Kylee	SR	Whitehall	16-08.25
4	1297	Lieb, Liz	SO	Bethlehem Catholic	16-11.25
5	1474	Wiggins, Juanita	SO	PM West	17-01.00
6	1478	Burrell, Ayanna	JR	Stroudsburg	17-08.50
7	1379	Mittl, Grace	JR	Liberty	18-10.00
8	1458	Caldwell, Khyasia	SR	PM East	19-11.00

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 53 Girls Discus Throw Eastern PA Conf (24)

Pos	Comp#	Name	Year	School	Seed	Mark
Flight 1 of 3 Finals						
1	1383	Reifinger, Zoey	FR	Liberty		81-05
2	1337	Lingold, Hannah	SO	Emmaus		84-01
3	1739	Clarke, Ques	JR	Whitehall		84-05
4	1457	Salmon, Natalia	SR	Pleasant Valley		84-05
5	1381	Polak, Kristina	SR	Liberty		84-09
6	1417	Nika, Madison	SO	Northampton		86-03
7	1377	Lopez, Dakotah	SR	Liberty		87-00
8	1468	Emmanuel, Kenya	SO	PM West		87-00
Flight 2 of 3 Finals						
1	1363	McNulty, Katie	JR	Freedom		87-02
2	1463	Velcamp, Alexandra	SO	PM East		89-02
3	1469	Johnson, Imani	JR	PM West		92-00
4	1461	Passmore, Kaitlyn	SO	PM East	93-08.50	
5	1350	Roughan, Stephanie	JR	ES North		96-01
6	1498	Salvadeo, Melissa	JR	Stroudsburg		98-04
7	1354	Copeman, Sydney	SR	ES South		99-00
8	1431	Konsko, Paige	SR	Parkland		99-02
Flight 3 of 3 Finals						
1	1484	Gaita, Riley	JR	Stroudsburg		99-06
2	1279	Baroun, Grace	JR	ACC		102-03
3	1382	Prodes, Eleni	JR	Liberty		105-00
4	1304	Zamolyi, Quintessa	SR	Bethlehem Catholic		105-03
5	1407	Blount, Aja	SR	Northampton		108-10
6	1390	Wilson, Sydney	SR	Liberty		113-07
7	1368	Arthur, Jochebed	SR	Liberty		130-09
8	1301	Tanczos, Rachel	SR	Bethlehem Catholic		131-04

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 54 Boys High Jump Eastern PA Conf (18)

Pos	Comp#	Name	Year	School	Seed Mark
Flight 1 of 1 Finals					
1	1520	Santiago Rodriguez, Jose	SO	William Allen	5-11.00
2	1768	Brown, Eddie	SR	ES North	5-11.00
3	1639	Bryant, Lee	SR	Northampton	5-11.00
4	1766	Carnegie, Thomas	SR	ES South	5-11.00
5	1743	Falcon, Angel	SR	Whitehall	5-11.00
6	1635	Austin, Jahmari	SR	Northampton	5-11.00
7	1762	Stianche, Matt	FR	Bethlehem Catholic	5-11.00
8	1583	Goicoechea, Noah	SO	ES South	5-11.00
9	1555	Artis, Joshua	JR	Emmaus	5-11.00
10	1591	Rodgers, Andre'	SR	ES South	6-00.00
11	1651	Comegys, Kiaeem	JR	Parkland	6-01.00
12	1542	Ekoko, Brendon	JR	Easton	6-01.00
13	1725	Moninghoff, Adam	SR	Stroudsburg	6-01.00
14	1625	Harris, Anthony	FR	Nazareth	6-01.00
15	1730	Walter, Nicholas	SR	Stroudsburg	6-03.00
16	1626	Karyea, Junior	SO	Nazareth	6-05.00
17	1548	Muhammad, Tawheed	SR	Easton	6-05.00
18	1708	Wiggins, Isaiah	SR	PM West	6-07.00

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 56 Boys Discus Throw Eastern PA Conf (24)

Pos	Comp#	Name	Year	School	Seed Mark
Flight 1 of 3 Finals					
1	1610	Hill, Marcus	JR	Liberty	110-02
2	1723	Miller, Zach	SR	Stroudsburg	111-03
3	1523	Andrew, Nathan	JR	Bethlehem Catholic	111-10
4	1617	McLaughlin, Shane	JR	Liberty	112-00
5	1637	Bauer, Michael	SR	Northampton	112-07
6	1608	Harris, Trevor	SO	Liberty	113-07
7	1769	Fisher, Matt	SR	PM East	114-02
8	1543	Ferreny, Elek	SO	Easton	115-09
Flight 2 of 3 Finals					
1	1554	Wiafe, Nathan	SR	Easton	118-04
2	1596	Thomas, Terrell	JR	ES South	119-07
3	1606	Figueroa, Jayden	SR	Liberty	120-04
4	1648	Sell, Jeremy	JR	Northampton	120-04
5	1758	Snyder, Jacob	SR	Whitehall	122-05
6	1641	Gehret, Vincent	SR	Northampton	123-05
7	1732	Whitewood, Nick	JR	Stroudsburg	125-09
8	1581	Finn, Patrick	SR	ES South	127-10
Flight 3 of 3 Finals					
1	1705	Simon, Amitral	SR	PM West	129-06
2	1644	Liggitt, Zachery	JR	Northampton	134-05
3	1659	Lessig, Andrew	SR	Parkland	134-11
4	1675	Bard, Ben	SR	Pleasant Valley	135-05
5	1631	Patton, Conner	FR	Nazareth	139-08
6	1505	Fenstermaker, Eric	SR	ACC	144-09
7	1716	Dudak IV, Frederick	SR	Stroudsburg	146-10
8	1750	Meyers, Tyler	SR	Whitehall	149-11

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 60 Girls 1600 Meter Run Eastern PA Conf (25)

Lane	Comp#	Name	Year	School	Seed Time
Section 1 of 2 Timed Finals					
1	1298	Pepe, Rowan	SR	Bethlehem Catholic	5:28.69
2	1308	Acevedo, Heidi	JR	Easton	5:32.20
3	1313	Ellmaker, Katherine	JR	Easton	5:33.30
4	1425	DelVecchio, Sydney	SR	Parkland	5:33.30
5	1393	Danyi, Alysse	SO	Nazareth	5:33.76
6	1327	Carter, Kaitlyn	JR	Emmaus	5:33.80
7	1339	Pickering, Sophie	JR	Emmaus	5:34.60
8	1314	Heitz, Mackenzie	JR	Easton	5:35.80
9	1450	Eberhardt, Elizabeth	SR	Pleasant Valley	5:36.10
10	1754	Roberts, Devon	FR	Whitehall	5:38.04
11	1445	Zaun, Madison	SO	Parkland	5:40.90
12	1309	Basile, Geena	SR	Easton	5:41.10
Section 2 of 2 Timed Finals					
1	1479	Conboy, Amy	SO	Stroudsburg	5:07.50
2	1412	Gallagher, Lyndsey	SR	Northampton	5:08.13
3	1490	Joyce, Michelle	SR	Stroudsburg	5:13.10
4	1497	Powlette, Allana	SR	Stroudsburg	5:14.60
5	1448	Covart, Morgan	JR	Pleasant Valley	5:16.00
6	1375	Kochmaruk, Raisa	SR	Liberty	5:19.00
7	1333	Durrwachter, Katrina	SR	Emmaus	5:23.90
8	1292	Bunke, Lauren	JR	Bethlehem Catholic	5:24.83
9	1329	Dalton, Abby	JR	Emmaus	5:25.00
10	1321	Repsher, Alyssa	SR	Easton	5:25.30
11	1389	Weikert, Belle	FR	Liberty	5:26.40
12	1371	Byrne, Rachel	SO	Liberty	5:27.30
13	1281	Deschler, Emily	JR	ACC	5:27.90

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 61 Boys 1600 Meter Run Eastern PA Conf (24)

Lane	Comp#	Name	Year	School	Seed Time
Section 1 of 2 Timed Finals					
1	1539	Cardone, Cosmo	SO	Easton	4:45.50
2	1600	Gross, Isaac	SR	Freedom	4:45.70
3	1721	Marina, William	FR	Stroudsburg	4:45.84
4	1699	Payack, Jon	SR	PM East	4:46.00
5	1605	Fermin, Darlyn	SO	Liberty	4:46.70
6	1556	Brown, Jacob	SO	Emmaus	4:47.30
7	1682	Milburn, Billy	SR	Pleasant Valley	4:47.50
8	1575	Sympson, Pagette	SO	ES North	4:47.50
9	1722	Marrero, Edwin	JR	Stroudsburg	4:48.30
10	1557	Brown, Mason	FR	Emmaus	4:48.36
11	1504	Deschler, Chris	JR	ACC	4:48.80
12	1544	Guydish, Sean	JR	Easton	4:49.20
Section 2 of 2 Timed Finals					
1	1662	Morgan, Samuel	JR	Parkland	4:24.75
2	1688	Slavin, Seth	SR	Pleasant Valley	4:26.40
3	1690	Sullivan, Gabe	SR	Pleasant Valley	4:29.90
4	1713	Bodon, Matthew	JR	Stroudsburg	4:33.00
5	1726	Mostellar, Teddy	SR	Stroudsburg	4:33.20
6	1570	Vierling, Del	SR	Emmaus	4:35.06
7	1685	Murphy, Ryan	JR	Pleasant Valley	4:35.10
8	1549	Ozgar, Joseph	SO	Easton	4:38.30
9	1652	Geiger, Hailemichael	SR	Parkland	4:38.60
10	1545	Kraus, Stephen	SR	Easton	4:42.20
11	1536	Williams, Daron	SR	Dieruff	4:43.50
12	1649	Bower, Nicholas	SO	Parkland	4:44.70

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 62 Girls 400 Meter Dash Eastern PA Conf (24)

Lane	Comp#	Name	Year	School	Seed Time
Section 1 of 3 Timed Finals					
1	1467	Dewitt, Lexis	SR	PM West	1:04.70
2	1338	McWhinney, Madison	FR	Emmaus	1:04.00
3	1302	Williamson, Kamryn	FR	Bethlehem Catholic	1:03.70
4	1322	Roach, Mikayla	JR	Easton	1:03.30
5	1476	Banashefski, Emily	SO	Stroudsburg	1:03.49
6	1408	Daniels, Olivia	JR	Northampton	1:04.00
7	1290	James, Starteasha	JR	William Allen	1:04.20
8	1306	Seeds, Rebecca		Bethlehem Catholic	1:04.80
Section 2 of 3 Timed Finals					
1	1482	Fenn, Jaida	SR	Stroudsburg	1:03.20
2	1310	Corpora, Nina	SO	Easton	1:03.00
3	1319	Reed, Courtney	FR	Easton	1:02.50
4	1477	Burgess, Kayla	SR	Stroudsburg	1:02.00
5	1282	Dietz, Morgan	SO	ACC	1:02.10
6	1347	Mayes, Olivia	FR	ES North	1:02.50
7	1378	Lunger, Olivia	JR	Liberty	1:03.00
8	1331	Downey, Katharine	SO	Emmaus	1:03.20
Section 3 of 3 Timed Finals					
1	1388	Valladeras, Alicia	JR	Liberty	1:01.50
2	1483	Francis, Avery	FR	Stroudsburg	1:01.00
3	1332	Dries, Mackenzie	FR	Emmaus	1:00.50
4	1480	Douglas-Grant, Jasmine	JR	Stroudsburg	58.20
5	1410	Flaven, Hannah	JR	Northampton	1:00.00
6	1385	Shaffer, Payton	JR	Liberty	1:01.00
7	1443	Willcox, Emily	SR	Parkland	1:01.16
8	1367	Weaver, Morgan	SR	Freedom	1:01.62

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 63 Boys 400 Meter Dash Eastern PA Conf (24)

Lane	Comp#	Name	Year	School	Seed Time
Section 1 of 3 Timed Finals					
1	1538	Austin, Christopher	SR	Easton	54.10
2	1679	Jones, Malachai	JR	Pleasant Valley	53.90
3	1560	Dries, Connor	SR	Emmaus	53.70
4	1569	Smolinsky, Jakob	FR	Emmaus	53.30
5	1694	Bas, Mike	SR	PM East	53.60
6	1550	Scalzo, Joseph	FR	Easton	53.78
7	1633	Woo, Connor	JR	Nazareth	54.00
8	1658	Lawson, Kevaughn	SR	Parkland	54.18
Section 2 of 3 Timed Finals					
1		Moses, Stephon	JR	William Allen	NT
2	1715	Ducosse, Clarence	JR	Stroudsburg	52.50
3	1748	Linton, Zahir	JR	Whitehall	52.20
4	1670	Salau, Habeeb	JR	Parkland	52.10
5	1534	Santiago, Josh	JR	Dieruff	52.20
6	1678	Gilleece, Brenden	SR	Pleasant Valley	52.50
7	1620	Tackett, Christian	FR	Liberty	52.80
8	1506	Ferrell, Darnell	SR	ACC	53.22
Section 3 of 3 Timed Finals					
1	1521	Stellingburg, Duquan	SO	William Allen	51.90
2	1643	Jackson, Jared	JR	Northampton	51.90
3	1673	Tempro, Connor	SR	Parkland	51.50
4	1594	Slocombe, Omari	SR	ES South	50.60
5	1516	Hernandez, Javier	SR	William Allen	51.20
6	1686	Richardson, Justin	SR	Pleasant Valley	51.50
7	1563	McFarland, Sean	SR	Emmaus	51.90
8	1522	Toure, Ahmed	SR	William Allen	52.00

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017**East Stroudsburg South High School
Meet Program****Event 64 Girls 4x100 Meter Relay Eastern PA Conf (15)**

Lane	Comp#	Team	Relay	Seed Time
Section 1 of 2 Timed Finals				
1		William Allen		56.20
2		Dieruff		53.50
3		Northampton		53.00
4		Nazareth		52.20
5		Bethlehem Catholic		52.40
6		Pocono Mountain West		53.20
7		Allentown Central Catholic		54.30
Section 2 of 2 Timed Finals				
1		East Stroudsburg South		51.50
2		Liberty		50.60
3		Emmaus		50.40
4		Whitehall		47.70
5		Stroudsburg		49.90
6		Parkland		50.40
7		East Stroudsburg North		51.00
8		Easton		52.00

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East Stroudsburg South High School
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Event 65 Boys 4x100 Meter Relay Eastern PA Conf (16)

Lane	Comp#	Team	Relay	Seed Time
Section 1 of 2 Timed Finals				
1		Pleasant Valley		45.30
2		Whitehall		44.70
3		East Stroudsburg South		44.30
4		Northampton		44.14
5		Easton		44.20
6		William Allen		44.40
7		East Stroudsburg North		45.04
8		Allentown Central Catholic		45.70
Section 2 of 2 Timed Finals				
1		Stroudsburg		43.90
2		Emmaus		43.80
3		Nazareth		43.53
4		Pocono Mountain West		43.13
5		Freedom		43.50
6		Parkland		43.72
7		Liberty		43.90
8		Bethlehem Catholic		44.10

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 66 Girls 800 Meter Run Eastern PA Conf (24)

Lane	Comp#	Name	Year	School	Seed Time
Section 1 of 2 Timed Finals					
1	1339	Pickering, Sophie	JR	Emmaus	2:27.20
2	1334	Heilenman, Abby	SO	Emmaus	2:27.30
3	1288	Montanari, Devon	JR	ACC	2:27.79
4	1292	Bunke, Lauren	JR	Bethlehem Catholic	2:28.00
5	1313	Ellmaker, Katherine	JR	Easton	2:28.70
6	1740	Cunningham, Cassidy	JR	Whitehall	2:28.99
7	1280	Deschler, Alyssa	JR	ACC	2:29.08
8	1371	Byrne, Rachel	SO	Liberty	2:31.00
9	1405	Albright, Beth	JR	Northampton	2:31.30
10	1298	Pepe, Rowan	SR	Bethlehem Catholic	2:31.50
11	1312	Disora, Alexis	FR	Easton	2:31.60
12	1432	Krasley, Kiley	JR	Parkland	2:32.10
Section 2 of 2 Timed Finals					
1	1384	Sahaydak, Olivia	JR	Liberty	2:20.50
2	1437	Schaller, Ava	FR	Parkland	2:21.74
3	1386	Stuckey, Greta	SO	Liberty	2:21.80
4	1497	Powlette, Allana	SR	Stroudsburg	2:23.00
5	1321	Repsher, Alyssa	SR	Easton	2:23.40
6	1412	Gallagher, Lyndsey	SR	Northampton	2:24.00
7	1393	Danyi, Alysse	SO	Nazareth	2:24.10
8	1448	Covart, Morgan	JR	Pleasant Valley	2:24.40
9	1325	Slader, Ellissa	JR	Easton	2:25.10
10	1421	Anderson, Devyn	SR	Parkland	2:26.13
11	1476	Banashefski, Emily	SO	Stroudsburg	2:26.30
12	1333	Durrwachter, Katrina	SR	Emmaus	2:26.80

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017
East Stroudsburg South High School
Meet Program

Event 67 Boys 800 Meter Run Eastern PA Conf (24)

Lane	Comp#	Name	Year	School	Seed Time
Section 1 of 2 Timed Finals					
1	1556	Brown, Jacob	SO	Emmaus	2:04.90
2	1701	Carr, James	SR	PM West	2:05.40
3	1529	Tucker, William	SR	Bethlehem Catholic	2:06.26
4	1672	Snyder, Jonathan	SR	Parkland	2:06.60
5	1519	Nunez Cuevas, Yancarlos	JR	William Allen	2:06.80
6	1509	Grapsy, Michael	SR	ACC	2:06.97
7	1704	Millings, Trevon	JR	PM West	2:07.30
8	1567	Petre, Paul	FR	Emmaus	2:07.40
9	1721	Marina, William	FR	Stroudsburg	2:07.40
10	1718	Green, Charles	JR	Stroudsburg	2:07.40
11	1660	Maymon, Bar	SR	Parkland	2:07.60
12	1627	Kreider, Blake	SR	Nazareth	2:07.60
Section 2 of 2 Timed Finals					
1	1513	Coronel, Carlos	SR	William Allen	1:59.40
2	1667	Ringer, Jacob	JR	Parkland	1:59.57
3	1545	Kraus, Stephen	SR	Easton	1:59.70
4	1632	Samsel, Blake	JR	Nazareth	2:00.44
5	1674	Williamson, Riley	SO	Parkland	2:01.35
6	1586	Heller, Stephen	SR	ES South	2:02.40
7	1570	Vierling, Del	SR	Emmaus	2:02.60
8	1692	Valdevit, Luke	JR	Pleasant Valley	2:02.60
9	1744	Hawk, Andrew	SR	Whitehall	2:02.90
10	1681	Mickens, Jonathan	JR	Pleasant Valley	2:03.20
11	1713	Bodon, Matthew	JR	Stroudsburg	2:04.00
12	1534	Santiago, Josh	JR	Dieruff	2:04.30

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017**East Stroudsburg South High School
Meet Program****Event 68 Girls 4x400 Meter Relay Eastern PA Conf (15)**

Lane	Comp#	Team	Relay	Seed Time
Section 1 of 2 Timed Finals				
1		William Allen		4:40.00
2		East Stroudsburg North		4:24.70
3		Freedom		4:19.30
4		Allentown Central Catholic		4:16.60
5		Northampton		4:17.70
6		Whitehall		4:20.80
7		Nazareth		4:30.20
Section 2 of 2 Timed Finals				
1		Pocono Mountain East		4:15.00
2		Liberty		4:12.70
3		Stroudsburg		4:12.00
4		Bethlehem Catholic		3:54.40
5		Easton		4:03.10
6		Pocono Mountain West		4:12.51
7		Parkland		4:14.03
8		Emmaus		4:16.50

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017**East Stroudsburg South High School
Meet Program****Event 69 Boys 4x400 Meter Relay Eastern PA Conf (16)**

Lane	Comp#	Team	Relay	Seed Time
Section 1 of 2 Timed Finals				
1		East Stroudsburg North		3:41.10
2		Nazareth		3:38.80
3		Liberty		3:36.95
4		Emmaus		3:36.50
5		Pocono Mountain West		3:36.59
6		Northampton		3:37.00
7		Bethlehem Catholic		3:40.00
8		Pocono Mountain East		3:42.60
Section 2 of 2 Timed Finals				
1		Pleasant Valley		3:35.22
2		Whitehall		3:35.00
3		East Stroudsburg South		3:30.00
4		William Allen		3:27.30
5		Parkland		3:29.70
6		Freedom		3:35.00
7		Stroudsburg		3:35.20
8		Easton		3:36.30

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 70 Boys Long Jump Eastern PA Conf (24)

Pos	Comp#	Name	Year	School	Seed Mark
Flight 1 of 3 Finals					
1	1635	Austin, Jahmari	SR	Northampton	19-11.00
2	1588	Murphy, John	SR	ES South	19-11.50
3	1663	Naudziunas, Ignas	JR	Parkland	20-00.00
4	1542	Ekoko, Brendon	JR	Easton	20-00.00
5	1630	Mennona, Noah	JR	Nazareth	20-01.50
6	1684	Moon, Nasai	SO	Pleasant Valley	20-02.00
7	1707	Whittle, Maurice	FR	PM West	20-07.00
8	1655	Guridy, Jeremy	JR	Parkland	20-07.50
Flight 2 of 3 Finals					
1	1618	Ruth, Hayden	SR	Liberty	20-08.25
2	1621	Teague, Daeshawn	SO	Liberty	20-09.00
3	1738	Castro, Devin	SR	Whitehall	20-09.00
4	1724	Mitchell, Shaquille	SR	Stroudsburg	20-09.50
5	1700	Bowen, Steven	SR	PM West	20-09.50
6	1693	Wright, Maurice	SR	Pleasant Valley	20-10.00
7	1625	Harris, Anthony	FR	Nazareth	20-10.75
8	1580	Eck, Greg	JR	ES South	20-10.75
Flight 3 of 3 Finals					
1	1642	Heffelfinger, Morgan	8	Northampton	20-11.00
2	1730	Walter, Nicholas	SR	Stroudsburg	21-00.75
3	1609	Heess, Jonathan	SR	Liberty	21-05.50
4	1725	Moninghoff, Adam	SR	Stroudsburg	21-07.00
5	1683	Mitchell, Michael	SR	Pleasant Valley	21-08.00
6	1520	Santiago Rodriguez, Jose	SO	William Allen	22-02.50
7	1572	Marajeen, Keiden	SO	ES North	22-02.50
8	1619	Street, Darian	SR	Liberty	22-07.00

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 71 Boys Javelin Throw Eastern PA Conf (24)

Pos	Comp#	Name	Year	School	Seed Mark
Flight 1 of 3 Finals					
1	1584	Gomez, Dylan	JR	ES South	130-01
2	1729	VanVarick, Ryan	SO	Stroudsburg	131-03
3	1734	Bogucki, Michael	JR	Whitehall	131-05
4	1604	Donchez, Matt	SR	Liberty	134-01
5	1598	Dailey, James	SR	Freedom	134-02
6	1511	Sweetana, Stephen	SO	ACC	137-10
7	1647	Sebesta, Jared	JR	Northampton	138-03
8	1565	Mulder, John	SR	Emmaus	139-02
Flight 2 of 3 Finals					
1	1671	Semler, Scott	SR	Parkland	141-04
2	1675	Bard, Ben	SR	Pleasant Valley	141-09
3	1503	Chlebove, Danny	JR	ACC	141-10
4	1577	Ahmed, Omar	SR	ES South	143-01
5	1535	Tahahawi, Tahahawi	JR	Dieruff	143-09
6	1582	Garcia, Donte	JR	ES South	144-00
7	1711	Bergman, Nicholas	JR	Stroudsburg	146-00
8	1636	Azar, Chad	SR	Northampton	150-00
Flight 3 of 3 Finals					
1	1637	Bauer, Michael	SR	Northampton	151-11
2	1583	Goicoechea, Noah	SO	ES South	152-01
3	1728	Smith, Zackary	JR	Stroudsburg	153-11
4	1525	Kelly, Brandon	SR	Bethlehem Catholic	154-11
5	1646	Schucker, Colin	SR	Northampton	157-09
6	1508	Galassi, Joseph	SR	ACC	159-09
7	1759	Souders, Lucas	FR	Whitehall	160-01
8	1737	Buskirk, Jackson	SR	Whitehall	172-04

2017 Colonial League Track and Field League Meet - 5/9/2017 to 5/10/2017

East Stroudsburg South High School
Meet Program

Event 72 Girls High Jump Eastern PA Conf (18)

Pos	Comp#	Name	Year	School	Seed Mark
Flight 1 of 1 Finals					
1	1355	Kross, MACKENZIE	SO	ES South	4-09.00
2	1460	Jones, Kiaya	FR	PM East	4-09.00
3	1426	Graver, Samantha	SR	Parkland	4-09.00
4	1449	Duviella, Ashley	FR	Pleasant Valley	4-09.00
5	1369	Bittle, Megan	SO	Liberty	4-09.00
6	1404	Youngkin, Jaime	SO	Nazareth	4-09.00
7	1401	Livermore, Rebekah	FR	Nazareth	4-09.00
8	1391	Brugler, Tessa	SR	Nazareth	4-11.00
9	1440	Steurer, Grace	SO	Parkland	4-11.00
10	1429	Jago, Mia	JR	Parkland	4-11.00
11	1487	Grunauer, Emily	JR	Stroudsburg	4-11.00
12	1422	Baldo, Ellie	SO	Parkland	4-11.00
13	1282	Dietz, Morgan	SO	ACC	5-00.00
14	1500	Silvernale, Taryn	FR	Stroudsburg	5-01.00
15	1352	Wilson, Anais	SO	ES North	5-01.00
16	1400	Karavitch, Kristen	FR	Nazareth	5-03.00
17	1326	Willshaw, Kate	SO	Easton	5-06.00
18	1438	Sherwin, Morgan	SR	Parkland	5-06.00

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East Stroudsburg South High School
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Event 74 Girls Javelin Throw Eastern PA Conf (24)

Pos	Comp#	Name	Year	School	Seed Mark
Flight 1 of 3 Finals					
1	1293	Comp, Madeline	SO	Bethlehem Catholic	85-06
2	1462	Richard, Emerald	SO	PM East	85-09
3	1493	Mars, Emily	FR	Stroudsburg	85-09
4	1398	Hillegass, Klarissa	FR	Nazareth	86-08
5	1434	Mohr, Madison	SR	Parkland	87-10
6	1362	Jones, Zaynah	SR	Freedom	88-00
7	1756	Rummel, Taylor	JR	Whitehall	90-04
8	1736	Britland, Jada	JR	Whitehall	91-01
Flight 2 of 3 Finals					
1	1419	Tepes, Grace	SO	Northampton	91-02
2	1395	Gangewere, Ashley	SR	Nazareth	92-00
3	1492	Long, Sydney	SR	Stroudsburg	93-04
4	1465	Ellerbee, Anaiah	SR	PM East	94-04.50
5	1414	Kemmerer, Lauren	JR	Northampton	96-07
6	1757	Shook, Cheyenne	JR	Whitehall	96-10
7	1439	Staib, Shelby	SO	Parkland	99-06
8	1283	Herzog, Olivia	JR	ACC	100-06
Flight 3 of 3 Finals					
1	1360	Vazquez, Gabi	SO	ES South	103-02
2	1484	Gaita, Riley	JR	Stroudsburg	107-01
3	1431	Konsko, Paige	SR	Parkland	109-06
4	1294	Cuttic, Sarah	JR	Bethlehem Catholic	114-11
5	1304	Zamolyi, Quintessa	SR	Bethlehem Catholic	115-11
6	1368	Arthur, Jochebed	SR	Liberty	119-01
7	1495	Meisse, Becca	SR	Stroudsburg	121-07
8	1382	Prodes, Eleni	JR	Liberty	122-00