

Notre Dame, Northwestern Lehigh at Palisades - 4/30/2013
Kintnersville, PA
Results

Girls 100 Meter Dash

					H#
Name	School	Seed	Finals	H#	Points
					H#
Finals					
1	Robinson, Anna		12.4	1	
2	Ramsden, Mary		12.5	1	
3	Anderson, Lauren	12.41	12.6	1	
4	Gehman, Danielle	13.00	12.7	1	
5	Mertz, Sabrina	12.91	13.0	1	
6	Divers, McKenzie	13.48	13.2	3	
7	Odle, Emily	13.30	13.3	2	
7	Simone, Olivia	13.40	13.3	1	
9	Burns, Nicole	13.41	13.4	1	
10	Everett, Amy	13.59	J13.4	2	
11	Axt, Raegan	13.57	13.5	2	
12	Jordan, Delaney	13.50	13.6	1	
13	Aquilina, Katie	14.01	13.9	2	
14	Shaffer, Kelsey	14.20	14.0	3	
15	Pfeiffer, Dana		J14.0	3	
16	Bettermann, Kristen	14.52	14.1	2	
17	O'Donnell, Yanna	16.70	15.6	3	
---	Schneck, Abigail	14.21	DQ	2	
---	Prager, Natalie	14.10	DQ	2	
---	Molchan, Alysce	14.58	DO	2	

Girls 200 Meter Dash

Name	School	Seed	Finals	H#	Points
Finals					
1	Ramsden, Mary		26.4	1	
2	Gehman, Danielle	27.20	26.6	1	
3	Mertz, Sabrina	26.83	26.7	1	
4	Jordan, Delaney	27.78	27.5	1	
5	Simone, Olivia	28.27	J27.5	1	
6	Gabriel, Katlyn		28.1	2	
7	Badman, Ally		28.5	2	
8	Cooper, Lily		28.6	3	
9	Veppert, Jordan	29.52	29.0	1	
10	Smith, Halev	31.08	29.4	3	
11	Bettermann, Kristen	30.10	29.6	1	
12	Pfeiffer, Dana	31.09	30.0	2	
13	Brader, Madison		30.2	3	
14	Bond, Erica	32.00	31.2	2	
15	Kittle, Catherine	31.41	31.7	2	
---	Harrington, Lydia	34.60	DQ	2	
---	Schneck, Abigail		DQ	3	
---	Irr, Taylor	31.20	DQ	2	
---	Feil, Rachel		DO	3	
---	Molchan, Alysce		DO	3	
---	Anderson, Lauren	26.51	DQ	1	
---	Aquilina, Katie	31.10	DO	2	

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Girls 400 Meter Dash

Name	School	Seed	Finals	H#	Points
Finals					
1 Robinson, Anna	Palisades Pirates	1:01.30	59.4	1	
2 Jordan, Delaney	Notre Dame	1:03.39	1:01.5	1	
3 Mertz, Sabrina	Northwestern Lehigh	1:02.04	1:02.0	1	
4 Simone, Olivia	Notre Dame	1:05.30	1:03.4	1	
5 Badman, Ally	Palisades Pirates		1:05.8	1	
6 Baker, Grace	Northwestern Lehigh	1:05.22	1:06.6	1	
7 Alotta, Shania	Northwestern Lehigh	1:09.80	1:09.7	2	
8 Keler, Karla	Palisades Pirates		1:09.9	3	
9 Hallingstad, Jennifer	Northwestern Lehigh	1:10.50	1:10.1	2	
10 Graner, Paula	Notre Dame	1:13.70	1:11.0	2	
11 Brader, Madison	Palisades Pirates		1:12.0	2	
12 Fixl, Jessica	Northwestern Lehigh	1:14.42	1:14.0	2	
13 Vesdel, Ashley	Palisades Pirates		1:15.0	3	
14 Johnson, Elizabeth	Northwestern Lehigh		1:22.0	3	
--- Irr, Alex	Notre Dame	1:10.50	DQ	2	
--- Edwards, Erika	Notre Dame	1:05.03	DQ	1	
--- Burns, Nicole	Northwestern Lehigh	1:09.30	DQ	2	
--- Aquilina, Katie	Notre Dame	1:09.20	DQ	1	

Girls 800 Meter Run

Name	School	Seed	Finals	H#	Points
Finals					
1 Edwards, Erika	Notre Dame	2:51.00	2:29.0		
2 Gibki, Nicole	Notre Dame	2:34.90	2:31.0		
3 Motolese, Angela	Northwestern Lehigh	2:43.90	2:40.0		
4 Megee, Amanda	Notre Dame		2:43.0		
5 Vieczorek, Jensen	Palisades Pirates		2:48.0		
6 Summers, Amanda	Northwestern Lehigh	2:54.30	2:50.0		
7 Colletti, Rachel	Palisades Pirates		2:58.0		
8 Rackish, Michelle	Notre Dame	3:02.90	3:01.0		
--- Pierce, Carly	Northwestern Lehigh	2:34.30	DQ		
--- Mikols, Rachel	Northwestern Lehigh	2:52.00	DQ		
--- Yost, Haley	Northwestern Lehigh	2:24.30	DQ		
--- Strickland, Zoe	Northwestern Lehigh		DQ		
--- Scartelli, Christina	Notre Dame	2:33.00	DQ		
--- Cerrone, Rachel	Northwestern Lehigh	2:27.60	DQ		
--- Thompson, Megan	Palisades Pirates		DQ		
--- Long, Juliet	Northwestern Lehigh	2:59.90	DQ		
--- Conrey, Emma	Northwestern Lehigh	2:52.70	DQ		

Girls 1600 Meter Run

Name	School	Seed	Finals	H#	Points
Finals					
1 Cerrone, Rachel	Northwestern Lehigh	5:15.00	5:24.0		
2 Scartelli, Christina	Notre Dame	5:38.20	5:31.0		
3 Pierce, Carly	Northwestern Lehigh	5:47.70	5:37.0		
4 Downing, Katie	Notre Dame	5:44.50	5:49.0		
5 Gibki, Nicole	Notre Dame	6:08.60	5:51.0		

Finals ... (Girls 1600 Meter Run)

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Name	School	Seed	Finals	H#	Points
6 Mikols, Rachel	Northwestern Lehigh	6:05.40	5:55.0		
7 Fleck, Amanda	Palisades Pirates		5:57.0		
8 Colletti, Rachel	Palisades Pirates		6:06.0		
9 Smith, Abigail	Northwestern Lehigh	6:20.20	6:09.0		
10 Lesko, Ashleigh	Notre Dame		6:23.0		
11 Thompson, Megan	Palisades Pirates		6:41.0		
12 Lodwig, Annie	Palisades Pirates		6:44.0		
13 Blanchard, Karli	Palisades Pirates		6:45.4		
14 Kemmerer, Abby	Northwestern Lehigh	6:42.20	6:45.8		
15 Hooper, Casey	Palisades Pirates		6:58.0		
16 Mikols, Marie	Northwestern Lehigh	7:23.90	7:28.0		
--- MacMillan, Isabella	Notre Dame	6:11.98	DQ		
--- Yost, Haley	Northwestern Lehigh	5:15.76	DQ		
--- Motolese, Angela	Northwestern Lehigh		DQ		
--- Marusak, Gabriela	Northwestern Lehigh	6:27.00	DO		

Girls 3200 Meter Run

Name	School	Seed	Finals	H#	Points
Finals					
1 Downing, Katie	Notre Dame	13:17.20	12:21.4		
2 Pierce, Carly	Northwestern Lehigh	12:14.20	12:30.0		
3 Yost, Haley	Northwestern Lehigh	11:32.10	12:48.9		
4 Mikols, Rachel	Northwestern Lehigh	13:02.70	13:08.0		
5 MacMillan, Isabella	Notre Dame	16:03.00	13:14.0		
6 Scartelli, Christina	Notre Dame		13:15.0		
7 Fleck, Amanda	Palisades Pirates		13:25.0		
8 Alden, Angela	Northwestern Lehigh	13:45.00	13:32.0		
9 Lesko, Ashleigh	Notre Dame	14:03.20	13:38.4		
10 Busher, Izabella	Notre Dame	14:16.90	13:46.6		
11 Skievaski, Sarah	Notre Dame	14:04.10	13:51.1		
12 Smith, Abigail	Northwestern Lehigh	13:46.50	13:56.4		
13 Marusak, Gabriela	Northwestern Lehigh	14:36.63	14:09.1		
14 Lorish, Brittany	Palisades Pirates	15:23.00	14:11.3		
--- Hooper, Casey	Palisades Pirates		DQ		
--- Strickland, Zoe	Northwestern Lehigh		DQ		
--- Mikols, Marie	Northwestern Lehigh		DQ		
--- Cerrone, Rachel	Northwestern Lehigh	11:39.12	DQ		
--- Motolese, Angela	Northwestern Lehigh	13:58.20	DQ		

Girls 100 Meter Hurdles

Name	School	Seed	Finals	H#	Points
Finals					
1 Rossi, Alexa	Palisades Pirates	16.60	16.5	1	
2 Cappuccino, Katie	Northwestern Lehigh	16.70	17.0	1	
3 Garofalo, Katherine	Notre Dame	17.70	17.4	1	
4 Gawelko, Alexis	Northwestern Lehigh	19.73	J17.4	1	
5 Iobst, Elizabeth	Northwestern Lehigh	17.66	17.7	1	
6 Sherman, Alexis	Notre Dame	18.72	J17.7	2	
7 Cooper, Lily	Palisades Pirates		18.1	1	
8 Scartelli, Jen	Notre Dame	18.64	18.2	1	

Finals ... (Girls 100 Meter Hurdles)

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Name	School	Seed	Finals	H#	Points
9 Durigon, Nicole	Notre Dame	21.90	18.7	2	
10 Clymer, Shelby	Northwestern Lehigh	18.94	18.9	1	
11 Weiss, Ashley	Northwestern Lehigh	20.22	19.7	2	
12 Bloss, Sara	Notre Dame	21.30	19.8	2	
13 Post, Kristen	Northwestern Lehigh	20.24	20.2	2	
14 Ross, Alyssa	Notre Dame	21.51	20.5	2	

Girls 300 Meter Hurdles

Name	School	Seed	Finals	H#	Points
Finals					
1 Gawelko, Alexis	Northwestern Lehigh	51.60	49.2	1	
2 Cappuccino, Katie	Northwestern Lehigh	52.10	50.7	1	
3 Odle, Emily	Palisades Pirates	52.90	51.3	1	
4 Cooper, Lily	Palisades Pirates		51.4	1	
5 Scartelli, Jen	Notre Dame	52.52	51.5	1	
6 Iobst, Elizabeth	Northwestern Lehigh	51.96	51.6	1	
7 Durigon, Nicole	Notre Dame	53.04	51.7	1	
8 Sherman, Alexis	Notre Dame	54.90	52.5	1	
9 Clymer, Shelby	Northwestern Lehigh	54.32	52.9	3	
10 Garofalo, Katherine	Notre Dame	54.91	53.3	2	
11 Ross, Alyssa	Notre Dame	57.58	57.0	2	
12 Post, Kristen	Northwestern Lehigh	1:01.50	57.6	2	
12 Bloss, Sara	Notre Dame	1:03.70	57.6	2	
14 Weiss, Ashley	Northwestern Lehigh	59.70	58.4	2	
--- Landrigan, Megan	Northwestern Lehigh	59.80	DQ	2	
--- Vieczorek, Jensen	Palisades Pirates	53.80	DQ	2	
--- Palmisano, Frankie	Palisades Pirates		DQ	3	
--- Horner, Paige	Northwestern Lehigh		DQ	3	

Girls 4x100 Meter Relay

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Palisades Pirates	A	51.60	49.7		
1) Gehman, Danielle	2) Robinson, Anna	3) Rossi, Alexa	4) Ramsden, Mary		
2 Northwestern Lehigh	A	52.00	51.3		
1) Everett, Amy	2) Divers, McKenzi	3) Anderson, Lauren	4) Mertz, Sabrina		
--- Notre Dame	A	54.00	DQ		
1) Prager, Natalie	2) Bettermann, Kristen	3) Pfeiffer, Dana	4) Molchan, Alysce		

Girls 4x400 Meter Relay

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Northwestern Lehigh	A	4:16.60	4:09.6		
1) Everett, Amy	2) Cerrone, Rachel	3) Mertz, Sabrina	4) Divers, McKenzi		
2 Palisades Pirates	A	4:17.00	4:15.0		
1) Gehman, Danielle	2) Badman, Ally	3) Odle, Emily	4) Robinson, Anna		
3 Notre Dame	A	4:28.30	4:19.3		
1) Jordan, Delaney	2) Edwards, Erika	3) Aquilina, Katie	4) Simone, Olivia		

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Girls 4x800 Meter Relay

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Northwestern Lehigh 1) Motolese, Angela	A 2) Pierce, Carly	9:34.40	12:35.0		
2 Notre Dame 1) Edwards, Erika	A 2) Downing, Katie	10:38.90	13:29.0		
--- Northwestern Lehigh 1) Conrey, Emma	B 2) Smith, Abigail		DQ		
		3) Cerrone, Rachel	4) Yost, Haley		
		3) Gibki, Nicole	4) Scartelli, Christina		
		3) Marusak, Gabriela	4) Summers, Amanda		

Girls High Jump

Name	School	Seed	Finals	H#	Points
Finals					
1 Nesfeder, Marv Paige	Notre Dame	5-00.00	5-00.00		
2 Codd, Shelby	Palisades Pirates	4-10.00	4-08.00		
3 Gawelko, Alexis	Northwestern Lehigh	4-04.00	4-06.00		
4 Blanchard, Karli	Palisades Pirates	4-10.00	4-04.00		
4 Jones, Sara	Northwestern Lehigh	4-06.00	4-04.00		
6 Taliijan, Madeleine	Notre Dame	4-06.00	J4-04.00		
7 Slack, Taylor	Northwestern Lehigh	4-06.00	J4-04.00		
8 Reese, Cara	Palisades Pirates		J4-04.00		
9 Keler, Karla	Palisades Pirates		4-02.00		
10 Noonan, Joey	Palisades Pirates	4-08.00	J4-02.00		
11 Sanders, Abigail	Northwestern Lehigh	4-02.00	J4-02.00		
12 Landrigan, Megan	Northwestern Lehigh	4-04.00	J4-02.00		
13 Lesko, Ashleigh	Notre Dame	4-04.00	4-00.00		
--- Veppert, Jordan	Northwestern Lehigh	4-02.00	DQ		
--- VonHolt, Jennifer	Northwestern Lehigh	4-02.00	DQ		
--- Romich, Julie	Notre Dame	4-06.00	DQ		

Girls Pole Vault

Name	School	Seed	Finals	H#	Points
Finals					
1 Rossi, Alexa	Palisades Pirates	9-00.00	10-00.00		
2 Feil, Rachel	Notre Dame	8-00.00	8-06.00		
3 Baker, Grace	Northwestern Lehigh	8-00.00	8-00.00		
4 Brinley, Mallory	Northwestern Lehigh	7-00.00	7-06.00		
5 Prager, Sara	Notre Dame	7-06.00	7-00.00		
6 Cooney, Andrea	Palisades Pirates	7-00.00	J7-00.00		
6 Schulteis, Kari	Northwestern Lehigh	7-06.00	J7-00.00		
8 Steidinger, Josephine	Northwestern Lehigh	6-06.00	6-06.00		
9 Swartz, Kaitlyn	Palisades Pirates		6-00.00		
9 Spies, Emma	Palisades Pirates		6-00.00		
--- Ziemniak, Caitlyn	Northwestern Lehigh	6-06.00	DQ		
--- Dicataldo, Ashlyn	Northwestern Lehigh	6-06.00	DQ		
--- Thompson, DeAngela	Palisades Pirates		DQ		

Girls Long Jump

Name	School	Seed	Finals	H#	Points
Finals					
1 Cunningham, Trista	Northwestern Lehigh	15-07.00	15-09.00		
2 Gabriel, Katlyn	Palisades Pirates		14-08.25		

Finals ... (Girls Long Jump)

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Name	School	Seed	Finals	H#	Points
3 Schneck, Abigail	Northwestern Lehigh	14-04.00	14-07.00		
4 Bartone, Sydney	Palisades Pirates		14-06.00		
5 Ramsden, Mary	Palisades Pirates		14-05.00		
6 Nesfeder, Mary Paige	Notre Dame	14-00.50	14-00.00		
7 Foster, Pavane	Palisades Pirates	13-09.00	13-10.00		
8 Keler, Karla	Palisades Pirates		13-05.00		
9 Kilanowski, Cassandra	Northwestern Lehigh	13-10.50	13-03.00		
10 Margle, Elizabeth	Notre Dame	13-05.00	J13-03.00		
11 Frisch, Sydney	Northwestern Lehigh	13-03.00	13-00.00		
12 Prager, Natalie	Notre Dame		12-10.00		
13 VonHolt, Jennifer	Northwestern Lehigh		12-07.50		
14 Kom, Manuela	Notre Dame	12-07.00	11-11.50		
--- Morrison, Jennifer	Northwestern Lehigh	12-05.50	DQ		
--- Baker, Grace	Northwestern Lehigh	13-03.00	DQ		
--- Aquilina, Katie	Notre Dame	13-09.00	DQ		
--- Jones, Sara	Northwestern Lehigh		DQ		
--- Young, Laura	Notre Dame	12-02.50	DQ		

Girls Triple Jump

Name	School	Seed	Finals	H#	Points
Finals					
1 Rossi, Alexa	Palisades Pirates	32-05.25	33-07.00		
2 Codd, Shelby	Palisades Pirates	30-06.50	31-06.00		
3 Schneck, Abigail	Northwestern Lehigh	29-04.00	30-05.00		
4 Brinley, Mallory	Northwestern Lehigh	30-00.50	30-04.50		
5 Boland, Hunter	Palisades Pirates		29-11.50		
6 Prager, Natalie	Notre Dame	28-11.00	29-11.00		
7 Kilanowski, Cassandra	Northwestern Lehigh	30-07.00	29-04.00		
8 Harris, Caitlin	Northwestern Lehigh	28-08.50	29-00.50		
9 Romich, Julie	Notre Dame	28-09.00	28-01.50		
9 Margle, Elizabeth	Notre Dame		28-01.50		
11 Gabriel, Katlyn	Palisades Pirates		27-09.00		
12 Bartone, Sydney	Palisades Pirates		27-07.00		
13 Young, Laura	Notre Dame	26-03.00	26-11.00		
14 Morrison, Jennifer	Northwestern Lehigh	25-11.50	24-07.00		

Girls Shot Put

Name	School	Seed	Finals	H#	Points
Finals					
1 Cunningham, Trista	Northwestern Lehigh	33-02.00	33-01.50		
2 Poniktera, Chantal	Palisades Pirates		33-01.00		
3 Masenheimer, Hannah	Northwestern Lehigh	28-02.00	30-00.00		
4 Grant, Jordon	Notre Dame	28-04.50	26-05.50		
5 Colon, Krystal	Notre Dame	24-01.00	25-02.50		
6 Blose, Vanessa	Northwestern Lehigh	26-07.50	24-11.00		
7 Kraky, Jamie	Northwestern Lehigh	28-06.00	24-07.00		
8 Raisin, Kelsey	Notre Dame	24-07.00	23-03.00		
9 DelGuerico, Trish	Palisades Pirates		22-01.00		
10 Odle, Emily	Palisades Pirates		J22-01.00		
11 Hopper, Jenna	Notre Dame	20-00.00	21-00.00		

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Name	School	Seed	Finals	H#	Points
12 Samuels, Julie	Palisades Pirates	20-04.00	20-09.50		
13 Hetzer, Alyssa	Palisades Pirates	17-03.00	19-02.00		
14 Joesph, Mehgan	Notre Dame	17-00.00	18-04.00		
15 Pergosky, Rosie	Northwestern Lehigh	19-06.00	17-09.50		

Girls Discus Throw

Name	School	Seed	Finals	H#	Points
Finals					
1 Nesfeder, Mary Paige	Notre Dame	105-02	104-00		
2 Cunningham, Trista	Northwestern Lehigh	95-08	97-04		
3 Kitchell, Brianna	Notre Dame	68-09	74-07.50		
4 DelGuerico, Trish	Palisades Pirates		73-01		
5 Hohl, Katie	Notre Dame	65-00	70-10.50		
6 Poniktera, Chantal	Palisades Pirates		69-07		
7 Samuels, Julie	Palisades Pirates	63-06.50	68-08.50		
8 Bethman, Christina	Palisades Pirates		68-06		
9 Kraky, Jamie	Northwestern Lehigh	72-11	64-01		
10 Mulligan, Claire	Notre Dame		63-04		
11 Blose, Vanessa	Northwestern Lehigh	65-03	57-07		
12 Batres, Isabel	Northwestern Lehigh	44-08	50-05		
13 Keebler, Ashley	Palisades Pirates		45-03		
--- Masenheimer, Hannah	Northwestern Lehigh	73-07	DQ		
--- Morello, Maria	Notre Dame	59-03	DQ		

Girls Javelin Throw

Name	School	Seed	Finals	H#	Points
Finals					
1 Nesfeder, Mary Paige	Notre Dame	87-05	96-11		
2 Masenheimer, Hannah	Northwestern Lehigh	101-02	87-03		
3 Keebler, Ashley	Palisades Pirates		86-06		
4 Gensits, Cesily	Northwestern Lehigh	80-10	83-03		
5 Cunningham, Trista	Northwestern Lehigh	91-05	82-01.50		
6 Pergosky, Rosie	Northwestern Lehigh	76-06	76-00		
7 Murphy, M'Kenna	Notre Dame	72-06	71-02		
8 Kraky, Jamie	Northwestern Lehigh	71-07	68-01		
9 Brader, Madison	Palisades Pirates		67-05.50		
10 Cabone, Sam	Notre Dame	59-03	64-01		
11 Kitchell, Brianna	Notre Dame	68-04	59-09		
12 Pason, McKenna	Palisades Pirates		57-06.50		
13 McDowell, Mackenzie	Palisades Pirates		55-00.50		
--- Hohl, Katie	Notre Dame		DQ		
--- Klein, Abby	Palisades Pirates		DQ		

Boys 100 Meter Dash

Name	School	Seed	Finals	H#	Points
Finals					
1 Richardson, Cameron	Northwestern Lehigh	10.79	10.9	1	
2 Odle, Alex	Palisades Pirates	11.30	11.2	1	
3 Theadford, Kordell	Notre Dame	11.38	11.4	1	
4 Hall, Harry	Northwestern Lehigh	11.24	11.5	1	

Finals ... (Boys 100 Meter Dash)