

Licensed to Northern Lehigh High School  
 Colonial League Track and Field Championships - 5/12/2011  
 Bangor Memorial Park  
 Performance List

## Event 1 Girls 100 Meter Hurdles Prelims

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Top 2 in each heat of trials plus next 2 fastest times to final  
 Meet Record: 14.40 1984 Debbie Linton, Catasauqua

Name	Year	School	Seed
1 Williams, Ashley	FR	Wilson	16.10
2 Harding, Meryah	JR	Palisades	16.40
3 Romano, Kristen	SR	Palmerton	16.50
4 Fiscella, Nicole	JR	Southern Lehigh	16.70
5 Rossi, Alexa	SO	Palisades	16.90
6 Martin, Hailey	JR	Bangor	17.40
7 Sostorecz, Sami	FR	Wilson	17.50
8 Dutt, Carla	SO	Wilson	17.50
9 Uebele, Victoria	SR	NL	18.00
10 Mautino, Nicole	JR	Saucon	18.00
11 Quinn, Breanna	JR	Palmerton	18.10
12 Jennings, Anneli	JR	Palisades	18.20
13 Ruggiero, Meghan	FR	Bangor	18.70
14 Hoffert, Caitlin	SO	Saucon	19.00
15 Horner, Paige	FR	Nwl Girls	19.00
16 Gouck, Hannah	FR	Palisades	19.00
17 Hay, Samantha	FR	Bangor	19.20
18 Townes, Shantel	FR	Wilson	19.20
19 Zellner, Lauren	SO	NL	19.30
20 Handwerk, Brianna	SO	NL	19.30
21 Sherman, Alexis	FR	Notre Dame GP	19.50
22 Garofalo, Katherine	SO	Notre Dame GP	19.70
23 Prager, Sara	FR	Notre Dame GP	20.30
24 Szmodis, Alexis	FR	Saucon	20.50

## Event 2 Boys 110 Meter Hurdles Prelims

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Top 2 in each heat of trials plus next 2 fastest times to final  
 Meet Record: 14.25 5/13/2010 Kowan Scott, Wilson

Name	Year	School	Seed
1 Scott, Kowan	SR	Wilson	13.70
2 Anderson, Kevin	SR	Southern Lehigh	15.00
3 Bradley, Chrisson	SR	Bangor	15.50
4 Getz, David	JR	NL	15.80
5 Falcone, Dan	SR	Bangor	16.20
6 Garcia, Pedro	SR	Bangor	16.20
7 Johnson, Dalton	JR	NL	16.30
8 Lascelle, Kyle	SR	Saucon	16.50
9 Brandt, Jason	JR	Pen Argyl	16.60
10 Lutz, Fred	SR	Notre Dame GP	16.60
11 Rivardo, Ken	SR	Notre Dame GP	16.60
12 Clymer, Bobby	SR	Nwl Boys	16.80
13 Marsh, Danny	SO	NL	16.80
14 Muscavage, Caleb	SO	Palmerton	16.90
15 Wolfe, Travis	JR	Palmerton	17.00
16 Comisky, Daniel	SR	Wilson	17.10
17 Corliss, Brook	SR	Palisades	17.30
18 Boyle, Colin	SR	Bangor	17.40

19	O'Sullivan, Michael	SR Notre Dame GP	17.70
20	Martin, Isaac	JR Saucon	17.90
21	Wing, Noah	SO Bangor	17.90
22	Colmen, Fred	SO Wilson	18.00
23	Hofmann, Michael	SR NL	18.10
24	Jarjous, Bazz	JR Nwl Boys	18.20

## Event 3 Girls 100 Meter Dash Prelims

Top 2 in each heat of trials and next 2 fastest times to final  
 Meet Record: 12.03 5/13/2010 Alyssa Lombardo, Saucon

Name	Year School	Seed
1 Lombardo, Alyssa	SR Saucon	12.20
2 Reglas, Christelle	JR Bangor	12.60
3 Kester, Amy	JR Notre Dame GP	12.70
4 Swiatek, Carli	FR Wilson	13.00
5 Rinfret, Casey	SR Palmerton	13.10
6 Falcone, Amanda	JR Bangor	13.10
7 Pereira, Jessica	SO Palmerton	13.10
8 Gehman, Danielle	SO Palisades	13.20
9 Moreira, Michelle	SO Southern Lehigh	13.20
10 Ruggiero, Meghan	FR Bangor	13.20
11 Debski, Jessica	FR Palmerton	13.30
12 Lively, Leigh Ann	SR Notre Dame GP	13.30
13 Andrews, Sarah	SR Palmerton	13.40
14 Kester, Hailey	SR Salisbury	13.40
15 Krawchuk, Erika	SO NL	13.40
16 Mizack, Brandi	FR Wilson	13.50
17 Codd, Darby	JR Palisades	13.60
18 Dainauski, Anna	JR Notre Dame GP	13.70
19 Kluska, Kelsey	JR Bangor	13.80
20 Black, Tori	SR Nwl Girls	13.80
21 Englert, Kaelyn	FR Palmerton	13.80
22 Labriola, Nicole	SO Wilson	13.90
23 Thatcher, Brittany	SR Palisades	14.00
24 Barnett, Rachel	JR NL	14.00

## Event 4 Boys 100 Meter Dash Prelims

Top 2 in each heat of trials plus next 2 fastest times to final  
 Meet Record: 10.80 J Funk, S Lapekas, B Walter, A Santos, Pal, Bngr,

Name	Year School	Seed
1 Hill, Deonte	SR Catty	11.00
2 Brown, Alex	SR Catty	11.10
3 Robinson, Trey	Wilson	11.10
4 Foulke, Alex	SR Salisbury	11.10
5 Burton, Sa'Quon	JR Catty	11.20
6 Wing, Josh	JR Bangor	11.20
7 Bowles, Kyree	JR Notre Dame GP	11.30
8 Kirsch, Nick	SR Southern Lehigh	11.30
9 Havens, Ryan	JR Bangor	11.30
10 Woerner, Greg	JR Pen Argyl	11.40
11 Miata, Dallas	JR Palmerton	11.40
12 Burton, Ravon	Catty	11.40
13 Sacks, Jarred	FR Palmerton	11.50
14 Burris, Philip	JR Southern Lehigh	11.50
15 Georges, Juvany	SO Notre Dame GP	11.50
16 Altorfer, Steven	SR Bangor	11.50

17	Naugle, Matthew	JR Nwl Boys	11.60
18	Campbell, Patrick	JR Palisades	11.60
19	Snyder, Ben	JR Nwl Boys	11.60
20	Rodriguez, Nick	JR Notre Dame GP	11.60
21	Winkler, Austin	SR Wilson	11.70
22	Zimmerman, William	JR Pen Argyl	11.70
23	Szukics, Monty	JR Palmerton	11.70
24	Barnett, Matt	SO Southern Lehigh	11.70

## Event 5 Girls 4x800 Meter Relay

Box alley start

Meet Record: 9:41.10 1986 Southern Lehigh, Southern Lehigh  
K Koones, L Usinowicz, M Usinowicz, S Kozelnicky

School	Seed
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1	Notre Dame GP 'A'	10:27.20
2	Saucon Valley 'A'	10:34.00
3	Southern Lehigh 'A'	10:38.40
4	Northwestern Lehigh Girls 'A'	10:39.90
5	Bangor 'A'	10:41.00
6	Palmerton 'A'	10:48.20
7	Palisades 'A'	10:55.30
8	Wilson 'A'	11:07.50
9	Pen Argyl 'A'	NT
10	Catasauqua 'A'	NT

## Event 6 Boys 4x800 Meter Relay

Box alley start

Meet Record: 8:02.30 1983 Southern Lehigh, Southern Lehigh  
T Danissavich, M Krafczyk, M McGinty, B McGinty

School	Seed
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1	Palisades 'A'	8:24.80
2	Wilson 'A'	8:28.30
3	Southern Lehigh 'A'	8:33.70
4	Notre Dame GP 'A'	8:41.80
5	Bangor 'A'	8:46.90
6	Saucon Valley 'A'	8:48.00
7	Salisbury 'A'	9:39.60
8	Pen Argyl 'A'	NT

## Event 7 Girls 200 Meter Dash Prelims

Top 2 in each heat of trials plus next 2 fastest times to final

Meet Record: 25.70 Jen Gerstenmeier, Casey Ord, Palisades, Palmert

Name	Year School	Seed
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1	Lombardo, Alyssa	SR Saucon	25.40
2	Reglas, Christelle	JR Bangor	26.10
3	Weedling, Kendall	JR Southern Lehigh	27.00
4	Pereira, Jessica	SO Palmerton	27.30
5	Gehman, Danielle	SO Palisades	27.60
6	Swiatek, Carli	FR Wilson	27.80
7	Falcone, Amanda	JR Bangor	27.90
8	Solt, Lauryn	SO Palmerton	28.20
9	Mizack, Brandi	FR Wilson	28.60
10	Andrews, Sarah	SR Palmerton	29.20
11	Sechrist, Rachel	SO Salisbury	29.30

12	Sostorecz, Sami	FR Wilson	29.70
13	Dibetta, Bridget	Pen Argyl	29.70
14	Gabriel, Katlyn	FR Palisades	29.70
15	Williams, Jamie	SO Bangor	29.70
16	Vince, Kelsey	SO NL	29.90
17	Kennedy, Katie	FR Saucon	29.90
18	Pechanec, Monica	SR Notre Dame GP	29.90
19	Prager, Natalie	SO Notre Dame GP	29.90
20	Thatcher, Brittany	SR Palisades	29.90
21	DaSilva, Samantha	SR Saucon	29.90
22	Bishop, Jennifer	FR Southern Lehigh	30.00
23	Kluska, Kelsey	JR Bangor	30.00
24	Labriola, Nicole	SO Wilson	30.10

## Event 8 Boys 200 Meter Dash Prelims

Top 2 in each heat of trial plus next 2 fastest times to final

Meet Record: 22.10 1985 John Funk, Palisades

Name	Year	School	Seed
1	Brown, Alex	SR Catty	22.80
2	Burton, Sa'Quon	JR Catty	23.20
3	Foulke, Alex	SR Salisbury	23.20
4	Wirfel, Joseph	SR NL	23.30
5	Havens, Ryan	JR Bangor	23.40
6	Robinson, Trey	Wilson	23.50
7	Kirsch, Nick	SR Southern Lehigh	23.50
8	Altorfer, Steven	SR Bangor	23.50
9	Rodriguez, Nick	JR Notre Dame GP	23.50
10	Miata, Dallas	JR Palmerton	23.60
11	Naugle, Matthew	JR Nwl Boys	23.80
12	Georges, Juvany	SO Notre Dame GP	23.90
13	McKelley, Dakota	JR Salisbury	24.00
14	Voag, Christopher	SR Saucon	24.10
15	Dannenhower, Tom	SR Palisades	24.10
16	Winkler, Austin	SR Wilson	24.20
17	Alexander, Dysean	JR Notre Dame GP	24.20
18	Vignone, Alex	SO Palmerton	24.30
19	Sesay, Abdul	SR Wilson	24.30
20	Barnett, Matt	SO Southern Lehigh	24.30
21	Snyder, Ben	JR Nwl Boys	24.40
22	Reinhardt, Alex	SO Southern Lehigh	24.40
23	Hagenbach, Jared	Saucon	24.50
24	Stanell, Tony	SR Palisades	24.60

## Event 9 Girls 1600 Meter Run

Box alley start

Meet Record: 5:00.40 1987 Sue Kozelnicky, Southern Lehigh

Name	Year	School	Seed
1	Smith, Lainie	JR Saucon	5:23.00
2	Stack, Megan	SR Saucon	5:26.40
3	Yost, Haley	FR Nwl Girls	5:28.00
4	Downing, Katie	SO Notre Dame GP	5:36.00
5	Kelly, Kimberly	SR Saucon	5:40.00
6	Colton, Meredith	FR Bangor	5:43.90
7	Gonoude, Taylor	SR Salisbury	5:44.00
8	Stevko, Andrea	JR Palmerton	5:50.00
9	Keller, Laura	SR Palisades	5:50.10

10	Sarnicky, Erica	JR Nwl Girls	5:52.00
11	Corcoran, Samantha	JR NL	5:53.00
12	Ferrani, kristen	SR Saucon	5:54.00
13	Bishop, Katherine	SO Southern Lehigh	5:59.70
14	Figuccio, Julia	SO Bangor	5:59.80
15	Lesko, Ashleigh	FR Wilson	6:00.40
16	Fleck, Amanda	SO Palisades	6:02.50

## Event 10 Boys 1600 Meter Run

Box alley start

Meet Record: 4:22.50 1983 Carl Kemmerer, Palisades

Name	Year	School	Seed
1	Stelmack, Tyler	SO Nwl Boys	4:41.30
2	McAtee, Rory	SR Wilson	4:45.50
3	Rolek, Kory	SR Wilson	4:45.90
4	Patti, Nicholas	JR Bangor	4:46.60
5	Weikel, Sage	JR Palisades	4:46.80
6	O'Malley, Ryan	JR Southern Lehigh	4:46.90
7	Seemiller, Kevin	SR Palmerton	4:47.40
8	McAtee, Chris	SR Wilson	4:49.70
9	McGinty, Ryan	SO Southern Lehigh	4:50.50
10	Strobel, Patrick	SO Nwl Boys	4:52.00
11	Handley, Matt	JR Wilson	4:53.60
12	Fritzinger, Nathan	FR Saucon	4:55.00
13	Brinkley, Anthony	SO Catty	4:56.30
14	Powell, Garret	JR Saucon	4:56.50
15	Bartleson, Zach	JR Pen Argyl	4:56.90
16	Gouck, Mike	JR Southern Lehigh	4:58.60

## Event 11 Girls 400 Meter Dash

Meet Record: 56.88 5/13/2010 Alyssa Lombardo, Saucon

Name	Year	School	Seed
1	Lombardo, Alyssa	SR Saucon	57.60
2	Weedling, Kendall	JR Southern Lehigh	1:00.10
3	Kish, Sarah	SR Saucon	1:02.00
4	Kester, Amy	JR Notre Dame GP	1:02.80
5	Hartman, Katrina	SO Nwl Girls	1:03.30
6	Pekurny, Lindsey	JR Palmerton	1:03.34
7	Kelly, Colleen	JR Notre Dame GP	1:04.90
8	Lambert, Lauren	JR Bangor	1:06.40
9	Fornaro, Marissa	JR Bangor	1:06.60
10	Primrsoe, Shea	SO Wilson	1:07.00
11	Snyder, Arissa	FR Palmerton	1:07.20
12	Dibetta, Bridget	Pen Argyl	1:07.80
13	Mummey, Morgan	SO Palmerton	1:08.30
14	Thatcher, Brittany	SR Palisades	1:08.40
15	Rutt, Alex	SR Salisbury	1:08.50
16	Brannon, Madison	FR Wilson	1:08.80

## Event 12 Boys 400 Meter Dash

Meet Record: 48.04 2009 Anthony Davidson, WIL

Name	Year	School	Seed
1	Foulke, Alex	SR Salisbury	51.60
2	Robinson, Trey	Wilson	52.40

3	Petrik, David	SR Notre Dame GP	52.50
4	Johnson, Caleb	SO NL	52.50
5	Wagner, Joey	SR Pen Argyl	52.70
6	Wirfel, Joseph	SR NL	52.80
7	Boyle, Colin	SR Bangor	53.30
8	Bergey, Collin	SO Southern Lehigh	53.70
9	Felix, Spencer	JR Saucon	54.00
10	Orecchio, Zach	JR Palisades	54.20
11	Bardell, Richard	JR Palisades	54.20
12	Furry, Derek	SR Palmerton	54.30
13	Woerner, Greg	JR Pen Argyl	54.80
14	Johnson, Mark	SR Bangor	55.60
15	Dockry, Cody	JR Bangor	55.60
16	Ball, Shaun	FR Notre Dame GP	55.80

## Event 13 Girls 4x100 Meter Relay

Meet Record: 50.60 2002 Palisades, Palisades  
L Hallowell, G Franklin, D Kennedy, C Parris

School	Seed
1 Palmerton 'A'	52.20
2 Bangor 'A'	52.30
3 Palisades 'A'	52.90
4 Wilson 'A'	53.10
5 Salisbury 'A'	55.10
6 Northern Lehigh 'A'	55.10
7 Southern Lehigh 'A'	55.60
8 Northwestern Lehigh Girls 'A'	55.70
9 Saucon Valley 'A'	56.70
10 Notre Dame GP 'A'	57.50
11 Pen Argyl 'A'	NT
12 Catasauqua 'A'	NT

## Event 14 Boys 4x100 Meter Relay

Meet Record: 43.60 1999 Bangor, Bangor  
J Lapekas, M Stopfer, J Stopher M Ferreira

School	Seed
1 Catasauqua 'A'	43.60
2 Palmerton 'A'	45.30
3 Palisades 'A'	46.00
4 Southern Lehigh 'A'	46.00
5 Bangor 'A'	46.20
6 Notre Dame GP 'A'	46.60
7 Wilson 'A'	46.90
8 Salisbury 'A'	47.10
9 Northern Lehigh 'A'	47.10
10 Saucon Valley 'A'	47.80
11 Pen Argyl 'A'	48.60
12 Northwestern Lehigh Boys 'A'	50.10

## Event 15 Girls 300 Meter Hurdles

Meet Record: 45.00 1984 Debbie Linton, Catasauqua

Name	Year School	Seed
1 Kester, Amy	JR Notre Dame GP	48.00
2 Romano, Kristen	SR Palmerton	50.90

3	Dutt, Carla	SO Wilson	51.10
4	Harding, Meryah	JR Palisades	51.20
5	Fiscella, Nicole	JR Southern Lehigh	51.40
6	Serson, Ali	JR Wilson	51.80
7	Carl, Casey	FR Wilson	52.00
8	Williams, Ashley	FR Wilson	52.20
9	Horn, Nicole	SO NL	52.40
10	Debski, Jessica	FR Palmerton	53.00
11	Crowly, Vianna	SO Bangor	53.50
12	Vough, Sara	SR Pen Argyl	53.90
13	Martin, Hailey	JR Bangor	54.00
14	Horner, Paige	FR Nwl Girls	54.20
15	Mautino, Nicole	JR Saucon	54.30
16	Hay, Samantha	FR Bangor	54.50

## Event 16 Boys 300 Meter Hurdles

Meet Record: 38.67 5/13/2010 Kowan Scott, Wilson			
Name	Year	School	Seed
1	Scott, Kowan	SR Wilson	38.20
2	Anderson, Kevin	SR Southern Lehigh	40.00
3	Falcone, Dan	SR Bangor	40.70
4	Johnson, Caleb	SO NL	41.50
5	Lascelle, Kyle	SR Saucon	41.70
6	Bradley, Chrisson	SR Bangor	42.30
7	Brandt, Jason	JR Pen Argyl	43.50
8	Rivardo, Ken	SR Notre Dame GP	43.60
9	Muscavage, Caleb	SO Palmerton	43.80
10	Martin, Isaac	JR Saucon	44.20
11	Comisky, Daniel	SR Wilson	44.40
12	Wolfe, Travis	JR Palmerton	44.49
13	Clymer, Bobby	SR Nwl Boys	44.50
14	Molseed, Max	SR Salisbury	44.70
15	Stetler, Greg	SR Wilson	44.80
16	Hofmann, Michael	SR NL	45.20

## Event 17 Girls 800 Meter Run

Box alley start			
Meet Record: 2:20.00 1980 Sheri Hershey, Saucon Valley			
Name	Year	School	Seed
1	Lombardo, Alyssa	SR Saucon	2:25.30
2	Yost, Haley	FR Nwl Girls	2:25.90
3	Kelly, Kimberly	SR Saucon	2:26.30
4	Kish, Sarah	SR Saucon	2:28.00
5	Smith, Lainie	JR Saucon	2:29.00
6	Stack, Megan	SR Saucon	2:31.00
7	McDonald, Maria	SO Southern Lehigh	2:32.60
8	Farkas, Jill	SR Palmerton	2:34.90
9	Kelly, Colleen	JR Notre Dame GP	2:35.80
10	Edwards, Erika	SO Notre Dame GP	2:36.80
11	Primrsoe, Shea	SO Wilson	2:36.90
12	Hallet, Samantha	SO Bangor	2:37.00
13	Yext, Kali	JR Southern Lehigh	2:37.80
14	Grandfield, Rebekah	SO Southern Lehigh	2:39.30
15	Fornaro, Marissa	JR Bangor	2:41.00
16	Keler, Nicole	SR Palisades	2:41.50
17	Tomkins, Bryanna	SO NL	2:42.10

18	Mcatee, Brigette	FR Wilson	2:42.80
19	Rodrigues, Kyla	SO Palmerton	2:44.00
20	Yext, Kati	SO Southern Lehigh	2:44.40
21	Evans, Vanessa	JR Palmerton	2:45.00
22	Gouck, Hannah	FR Palisades	2:45.10
23	Constant, Rachel	JR Notre Dame GP	2:46.00
24	Sauer, Tehya	JR Palisades	2:46.10

## Event 18 Boys 800 Meter Run

Box alley start

Meet Record: 1:56.90 2004 Justin Babich, Southern Lehigh

Name	Year	School	Seed
1	Fritz, Sean	SR Wilson	1:56.40
2	Weikel, Sage	JR Palisades	2:01.70
3	Seemiller, Kevin	SR Palmerton	2:04.40
4	Mease, Keenan	SR Wilson	2:04.80
5	Handley, Matt	JR Wilson	2:05.30
6	Cross, Steven	JR Southern Lehigh	2:05.90
7	McGinty, Ryan	SO Southern Lehigh	2:06.70
8	Patti, Nicholas	JR Bangor	2:07.20
9	Middaugh, Darien	SO NL	2:07.57
10	Loew, Seth	JR Southern Lehigh	2:08.80
11	Colletti, Justin	JR Palisades	2:08.90
12	Pruszyński, David	JR Notre Dame GP	2:09.20
13	Powell, Garret	JR Saucon	2:09.70
14	Rolek, Kory	SR Wilson	2:10.20
15	Kelly, John	SR Bangor	2:12.00
16	Bartleson, Zach	JR Pen Argyl	2:12.50
17	McAtee, Chris	SR Wilson	2:13.00
18	Wagner, Joey	SR Pen Argyl	2:13.00
19	Busher, Eric	JR Notre Dame GP	2:13.20
20	Marant, Dan	SO Southern Lehigh	2:13.90
21	Fritz, Brandon	FR Wilson	2:14.20
22	Stafford, Amir	JR Wilson	2:14.40
23	Duraes, Shane	SO Wilson	2:14.40
24	Rackish, Mark	JR Notre Dame GP	2:15.00

## Event 19 Girls 3200 Meter Run

Box alley start

Meet Record: 11:22.80 1985 Sue Kozelnicky, Southern Lehigh

Name	Year	School	Seed
1	Rivenbark, Chelsea	SR Southern Lehigh	11:47.00
2	Smith, Lainie	JR Saucon	11:58.00
3	Boehm, Natalie	JR Nwl Girls	12:12.00
4	Colton, Meredith	FR Bangor	12:19.20
5	Kemmerer, Emma	JR Nwl Girls	12:21.10
6	Downing, Katie	SO Notre Dame GP	12:35.00
7	Stack, Megan	SR Saucon	12:41.00
8	Stevko, Andrea	JR Palmerton	12:44.00
9	Gonoude, Taylor	SR Salisbury	12:44.00
10	Keller, Laura	SR Palisades	12:44.80
11	Corcoran, Samantha	JR NL	12:49.50
12	Sarnicky, Erica	JR Nwl Girls	12:53.00
13	Colton, Lindsey	SR Bangor	12:59.80
14	Lesko, Ashleigh	FR Wilson	13:06.20
15	Ferrani, kristen	SR Saucon	13:08.00



16 Ondush, Erin SO Nwl Girls 13:18.00

Event 20 Boys 3200 Meter Run

Box alley start

Meet Record: 9:34.10 1999 Jeff Dobias, Palmerton

Name	Year	School	Seed
1 Thatcher, Trey	SO	Wilson	10:06.00
2 White, Wade	SO	Bangor	10:10.40
3 McAtee, Rory	SR	Wilson	10:16.30
4 Flank, Jaryd	SO	Wilson	10:18.50
5 Stelmack, Tyler	SO	Nwl Boys	10:26.30
6 DeSario, Timothy	SR	Bangor	10:36.30
7 Sutherland, Michael	JR	Saucon	10:43.00
8 Blaydon, Collin	JR	Palisades	10:45.40
9 Brinkley, Anthony	SO	Catty	10:55.90
10 Fritzinger, Nathan	FR	Saucon	10:58.80
11 Strobel, Patrick	SO	Nwl Boys	11:01.70
12 O'Malley, Ryan	JR	Southern Lehigh	11:02.40
13 Cerrone, Ryan	FR	Nwl Boys	11:04.00
14 Kurtz, Gregory	SR	Saucon	11:07.00
15 Stevens, Alex	JR	Notre Dame GP	11:08.80
16 Danish, Austin	SR	NL	11:15.60

Event 21 Girls 4x400 Meter Relay

Meet Record: 4:08.00 1986 Palisades, Palisades

K Lynch, J Hafner, D Rotter, L Lippincott

School	Seed
1 Notre Dame GP 'A'	4:17.40
2 Saucon Valley 'A'	4:23.00
3 Southern Lehigh 'A'	4:24.50
4 Palisades 'A'	4:27.80
5 Palmerton 'A'	4:28.30
6 Bangor 'A'	4:32.00
7 Northwestern Lehigh Girls 'A'	4:34.40
8 Wilson 'A'	4:41.80
9 Salisbury 'A'	4:53.40
10 Northern Lehigh 'A'	4:55.70
11 Pen Argyl 'A'	NT
12 Catasauqua 'A'	NT

Event 22 Boys 4x400 Meter Relay

Meet Record: 3:26.20 2004 Southern Lehigh, Southern Lehigh

B Dunne, M Snowden, J Babich, S Hixon

School	Seed
1 Wilson 'A'	3:26.80
2 Palisades 'A'	3:37.90
3 Southern Lehigh 'A'	3:38.70
4 Northern Lehigh 'A'	3:40.60
5 Pen Argyl 'A'	3:40.70
6 Bangor 'A'	3:41.30
7 Notre Dame GP 'A'	3:43.20
8 Saucon Valley 'A'	3:45.90
9 Salisbury 'A'	3:47.90
10 Palmerton 'A'	3:48.00

11 Northwestern Lehigh Boys 'A' 3:58.50

Event 23 Girls Pole Vault

Starting height 6" lower than height of last seeded competitor

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

Meet Record: 12-03 5/13/2010 Allison Vanek, Wilson

Name	Year School	Seed Mark
1 Pechanec, Monica	SR Notre Dame GP	12-00.00
2 Kester, Hailey	SR Salisbury	11-06.00
3 Herzog, Sophia	SR Southern Lehigh	9-06.00
4 Doherty, Samantha	SO Palmerton	9-00.50
5 James, Kayla	SR Catty	9-00.00
6 Salvemini, Michelle	JR Bangor	8-06.00
7 Koch, Taryn	SO Saucon	8-00.00
8 Kester, Leah	JR Nwl Girls	7-06.00
9 Doherty, Michayla	SO Palmerton	7-06.00
10 Hoffert, Caitlin	SO Saucon	7-06.00
11 Sostorecz, Sami	FR Wilson	7-00.00
12 Olexson, Morgan	JR Wilson	7-00.00
13 Winneberger, Sarah	SO Pen Argyl	7-00.00
14 Prager, Sara	FR Notre Dame GP	7-00.00
15 Goy, Kaitlin	JR Saucon	7-00.00
16 Adams, Emily	Palisades	7-00.00

Event 24 Girls High Jump

Starting height 2" lower than last seeded competitor

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

Meet Record: 5-09.75 1988 Leslie Lippincott, Palisades

Name	Year School	Seed Mark
1 Nesfeder, Mary Paige	SO Notre Dame GP	5-02.00
2 Solt, Lauryn	SO Palmerton	5-01.00
3 Keller, Laura	SR Palisades	5-00.00
4 Smith, Shaye	SO Wilson	5-00.00
5 Mizack, Brandi	FR Wilson	5-00.00
6 Stauffer, Autumn	SO NL	5-00.00
7 Williams, Ally	SR Notre Dame GP	5-00.00
8 Vough, Sara	SR Pen Argyl	4-10.00
9 Lively, Leigh Ann	SR Notre Dame GP	4-10.00
10 Everett, Nycole	SR Nwl Girls	4-10.00
11 Cole, Madeleine	SO Southern Lehigh	4-10.00
12 Cassar, Nicole	SR Salisbury	4-08.00
13 Hoferica, Morgan	SR Palisades	4-08.00
14 Gabriel, Katlyn	FR Palisades	4-08.00
15 Lehr, Kalyn	JR Palmerton	4-08.00
16 Schanzenbach, Emma	JR Saucon	4-06.00
17 Krawchuk, Erika	SO NL	4-06.00
18 Groller, Jen	SR Nwl Girls	4-06.00
19 Reichenbach, Amanda	SR Salisbury	4-06.00

Event 25 Boys Long Jump Prelims

Meet Record: 22-09.75 2009 Jon Heberling, NL

Name	Year School	Seed Mark
1 Peters, Devon	SR Wilson	22-06.00
2 Wagner, Joey	SR Pen Argyl	20-09.00

3	Wing, Josh	JR Bangor	20-08.75
4	Bradley, Chrisson	SR Bangor	20-05.00
5	Vignone, Alex	SO Palmerton	20-04.50
6	Hunsicker, Brett	SO Nwl Boys	20-02.50
7	Manor, Rodney	SR Southern Lehigh	20-02.00
8	Furry, Derek	SR Palmerton	20-00.50
9	Contreras, Andrew	JR Catty	19-09.00
10	Thomas, Tyler	JR Notre Dame GP	19-07.50
11	Reichenbach, Dan	SO Salisbury	19-06.50
12	Jesiolowski, Kyle	SO Palisades	19-05.25
13	Sacks, Jarred	FR Palmerton	19-04.75
14	Wieand, Aaron	JR Saucon	19-04.50
15	Caughey, Luke	SO Palisades	19-04.00
16	Middaugh, Darien	SO NL	19-03.00

## Event 26 Girls Javelin Throw Prelims

Meet Record: 140-08 1985		Heather Korhammer, Wilson	
Name	Year	School	Seed Mark
1	Hay, Kelsey	JR Palmerton	134-07
2	Josephson, Sonya	SR NL	117-07
3	Vass, Jasmine	FR Bangor	109-10
4	Bastardi, Tina	SO NL	102-08
5	Schiavone, Stani	SR Bangor	100-02
6	Hahn, Stephanie	SR Bangor	99-11.50
7	Pontier, AnnaMarie	SO Palisades	98-03
8	Freed, Kennedy	SO Salisbury	92-00
9	Nesfeder, Mary Paige	SO Notre Dame GP	91-05
10	Murray, Sarah	SR Nwl Girls	91-01
11	Rivera, Lauren	Nwl Girls	89-07
12	Bittner, Hannah	SR Nwl Girls	88-03
13	Oertner, Lauren	SR NL	88-01
14	Braham, Hailey	Pen Argyl	87-01
15	Payung, Kelsey	SO Saucon	86-03
16	Oertner, Aimee	JR NL	86-01.50

## Event 27 Boys Shot Put Prelims

Meet Record: 54-03.25 1996		Jarrett Weiss, Northwestern Lehigh	
Name	Year	School	Seed Mark
1	Haklar, Dylan	Catty	48-05.00
2	Onjack, Michael	JR Bangor	46-10.50
3	Belletiere, Corey	SR Salisbury	46-04.00
4	Pearson, Bryan	SO Bangor	45-11.50
5	Snyder, John	SO Palmerton	45-08.00
6	Gallagher, Jeff	SR Catty	44-08.00
7	Cahill, Greg	SO Wilson	43-01.00
8	Saks, Douglas	JR Nwl Boys	42-10.00
9	Falko, Nate	SR Catty	42-05.00
10	Ross, Anthony	SR Notre Dame GP	42-02.00
11	Heiser, Kyle	SR NL	42-01.50
12	Callanan, Pat	SR Wilson	41-05.50
13	Moyer, Robert	JR Southern Lehigh	41-04.00
14	Bickowski, Albert	SR Palmerton	41-00.00
15	Onokogu, John	JR Wilson	40-03.00
16	Semmel, Steve	JR Palmerton	40-00.75

## Event 28 Boys Pole Vault

Starting height 6" lower than height of last seeded competitor  
 Raise bar 6" until 3 competitors remain then raise 3"

Meet Record: 15-00 2008

Kyle Miller, Catasauqua

Name	Year School	Seed Mark
1 Nicholas, Drew	SR Bangor	14-00.00
2 Mitchell, Colton	JR Palisades	13-00.00
3 Witmer, Austin	JR Pen Argyl	13-00.00
4 Olexson, Dave	JR Wilson	11-06.00
5 Hoats, Nick	JR Salisbury	11-00.00
6 Kutzler, Kyler	JR Pen Argyl	10-06.00
7 Beaver, Spencer	SO Saucon	10-06.00
8 Manor, Rodney	SR Southern Lehigh	10-06.00
9 Hallenbeck, Dustin	JR Palisades	10-06.00
10 Detrick, Nick	SR Pen Argyl	10-06.00
11 Capps, Zachary	SO Nwl Boys	10-00.00
12 Kocse, Alex	SR Southern Lehigh	10-00.00
13 Wagner, Kyle	SR NL	10-00.00
14 Rodrigues, Darris	FR Palmerton	10-00.00
15 Rankin, Carter	SR NL	10-00.00
16 Fryer, Ryan	SR Southern Lehigh	9-09.00

Event 29 Boys Javelin Throw Prelims

Meet Record: 203-08 1977

Tom Nickles, Nazareth

Name	Year School	Seed Mark
1 Falko, Nate	SR Catty	172-01
2 Beam, Geoff	JR Pen Argyl	170-08
3 Snyder, Jesse	FR Palisades	164-05
4 Horn, Russ	SR Bangor	164-01
5 Wirfel, Joseph	SR NL	158-02
6 Thieme, Joe	SR Catty	154-00
7 Fatzinger, Tyler	JR Catty	151-00
8 Tinney, Eric	SO Pen Argyl	150-02
9 Garner, Luke	JR Catty	150-00
10 Haklar, Dylan	Catty	148-02
11 Kirchner, Trevor	SR Palmerton	147-03
12 Ross, Anthony	SR Notre Dame GP	143-07
13 Spence, Zach	SR Wilson	143-00
14 Solt, Kenny	JR Saucon	140-09
15 Stetler, Greg	SR Wilson	140-05
16 Bickowski, Albert	SR Palmerton	139-04

Event 30 Girls Shot Put Prelims

Meet Record: 42-07 1984

Penny Roth, Nazareth

Name	Year School	Seed Mark
1 Hay, Kelsey	JR Palmerton	36-01.50
2 Oertner, Aimee	JR NL	32-04.50
3 Carson, Gabrielle	JR Wilson	32-02.00
4 Murray, Sarah	SR Nwl Girls	31-09.00
5 Schiavone, Stani	SR Bangor	31-06.50
6 Baab, Sara	SR Saucon	30-02.00
7 Bundra, Shannon	SO Catty	29-08.50
8 Duch, Megan	SR Catty	29-04.00
9 Snyder, Jen	JR Palmerton	29-04.00
10 Everett, Nycole	SR Nwl Girls	29-01.00

11	Skibo, Holly	JR Palisades	28-11.00
12	Vass, Jasmine	FR Bangor	28-03.00
13	Rozenkranz, Melissa	JR Wilson	28-03.00
14	Josephson, Sonya	SR NL	27-06.50
15	Oertner, Lauren	SR NL	27-06.00
16	Bittner, Hannah	SR Nwl Girls	27-06.00

## Event 31 Girls Long Jump Prelims

Meet Record: 17-05		Tara GemmelMegan WelshJanna Radenbush, CattyP	
Name	Year	School	Seed Mark
1	Reglas, Christelle	JR Bangor	16-06.75
2	Vough, Sara	SR Pen Argyl	16-05.00
3	Moreira, Michelle	SO Southern Lehigh	16-01.00
4	Rinfret, Casey	SR Palmerton	15-10.00
5	Swiatek, Carli	FR Wilson	15-05.00
6	Gabriel, Katlyn	FR Palisades	15-03.50
7	Herzog, Sophia	SR Southern Lehigh	15-03.00
8	Codd, Darby	JR Palisades	15-02.50
9	Black, Tori	SR Nwl Girls	15-00.25
10	Carney, Molly	SO Southern Lehigh	14-10.50
11	Lively, Leigh Ann	SR Notre Dame GP	14-10.50
12	Gulick, Jenny	SR Nwl Girls	14-10.00
13	Reichenbach, Amanda	SR Salisbury	14-07.00
14	Doherty, Samantha	SO Palmerton	14-05.25
15	Dainauski, Anna	JR Notre Dame GP	14-04.00
16	Sunners, Meghan	SO Southern Lehigh	14-03.50

## Event 32 Boys High Jump

Starting height 2" lower than last seeded competitor		Raise bar 2" until 3 competitors remain then raise 1"	
Meet Record: 6-09 2000		Mike Newhart, Southern Lehigh	
Name	Year	School	Seed Mark
1	Ehret, Brad	SO Palmerton	6-02.00
2	Blaydon, Collin	JR Palisades	6-01.00
3	Hanzlik, Robby	SR NL	6-00.00
4	Peters, Devon	SR Wilson	6-00.00
5	Wing, Josh	JR Bangor	5-10.50
6	Johnson, Dalton	JR NL	5-10.00
7	Swan, Mike	JR Southern Lehigh	5-10.00
8	Reichenbach, Dan	SO Salisbury	5-10.00
9	Bradley, Chrisson	SR Bangor	5-10.00
10	Johnson, Caleb	SO NL	5-10.00
11	Mast, Isaiah	JR Salisbury	5-08.00
12	Thieme, Joe	SR Catty	5-08.00
13	Caughey, Luke	SO Palisades	5-08.00
14	Santos, PJ	JR Notre Dame GP	5-08.00
15	Hughes, Connor	JR Notre Dame GP	5-08.00
16	Garcia, Pedro	SR Bangor	5-06.25

## Event 33 Girls Discus Throw Prelims

Meet Record: 125-09 1988		Stacey Becker, Palisades	
Name	Year	School	Seed Mark
1	Hay, Kelsey	JR Palmerton	102-04
2	Nesfeder, Mary Paige	SO Notre Dame GP	98-05

3	Schiavone, Stani	SR Bangor	97-08
4	Rozenkranz, Melissa	JR Wilson	96-04
5	Oertner, Aimee	JR NL	95-09
6	Vass, Jasmine	FR Bangor	94-00
7	Quinn, Erin	JR Southern Lehigh	93-05
8	Everett, Nycole	SR Nwl Girls	92-05
9	Young, Angela	SO Wilson	91-08
10	Roberson, Mya	JR Bangor	90-04
11	Cox, Devin	SR Palisades	89-10.50
12	Pontier, AnnaMarie	SO Palisades	85-02.50
13	Moyer, Taylor	SR Pen Argyl	85-02
14	Hahn, Stephanie	SR Bangor	83-10
15	Baab, Sara	SR Saucon	83-10
16	Reily, Kayli	SO Saucon	80-06

## Event 34 Boys Triple Jump Prelims

Meet Record: 46-00.25 2008		Adam Eckhart, Wilson	
Name	Year	School	Seed Mark
1	Peters, Devon	SR Wilson	44-01.00
2	Reichenbach, Dan	SO Salisbury	42-07.00
3	Seremula, Mike	JR NL	40-08.00
4	Brandt, Jason	JR Pen Argyl	40-06.00
5	Jesiolowski, Kyle	SO Palisades	40-00.00
6	Wing, Josh	JR Bangor	39-10.50
7	Horvath, Eric	SR Pen Argyl	39-07.00
8	Davis, Jryi	FR Bangor	39-06.25
9	Martin, Isaac	JR Saucon	39-04.00
10	Ehret, Brad	SO Palmerton	39-03.00
11	Furry, Derek	SR Palmerton	39-02.50
12	Hunsicker, Brett	SO Nwl Boys	39-02.25
13	Shupp, Austin	FR Palmerton	39-00.00
14	Paskewicz, Michael	SO Saucon	38-11.00
15	Georges, Juvany	SO Notre Dame GP	38-10.25
16	Caughey, Luke	SO Palisades	38-07.00

## Event 35 Boys Discus Throw Prelims

Meet Record: 166-08 2001		Travis Hand, Palmerton	
Name	Year	School	Seed Mark
1	Pearson, Bryan	SO Bangor	162-05
2	Romeo, Andrew	JR Bangor	147-03
3	Gallagher, Jeff	SR Catty	143-00
4	Cahill, Greg	SO Wilson	137-06
5	Haklar, Dylan	Catty	135-09
6	Spence, Zach	SR Wilson	130-02
7	Falko, Nate	SR Catty	125-08
8	Greenawald, Kyle	JR NL	125-02
9	Callanan, Pat	SR Wilson	124-09
10	Thieme, Joe	SR Catty	123-10
11	Belletiere, Corey	SR Salisbury	121-06
12	Solt, Kenny	JR Saucon	118-08
13	Flores, Marcos	JR Saucon	117-06
14	Snyder, John	SO Palmerton	116-02
15	Brown, Derek	SR Catty	115-02
16	Ross, Anthony	SR Notre Dame GP	111-02

## Event 36 Girls Triple Jump Prelims

Meet Record: 37-07.50 1978		Lori James, Catasauqua	
Name	Year	School	Seed Mark
1		Vough, Sara	SR Pen Argyl 35-04.00
2		Reichenbach, Amanda	SR Salisbury 32-08.50
3		Pereira, Jessica	SO Palmerton 32-04.00
4		Cole, Madeleine	SO Southern Lehigh 32-04.00
5		Doherty, Samantha	SO Palmerton 32-02.25
6		Dutt, Carla	SO Wilson 32-01.75
7		Hoferica, Morgan	SR Palisades 32-01.00
8		Rossi, Alexa	SO Palisades 31-06.25
9		Salvemini, Michelle	JR Bangor 31-01.25
10		Sunners, Meghan	SO Southern Lehigh 30-10.50
11		Black, Tori	SR Nwl Girls 30-10.50
12		Solt, Lauryn	SO Palmerton 30-10.50
13		Greaney, Allison	SR Palisades 30-10.00
14		Oertner, Aimee	JR NL 30-06.75
15		Williams, Ally	SR Notre Dame GP 30-04.75
16		Schanzenbach, Emma	JR Saucon 30-02.50