

Bangor V Palisades V Northern Lehigh 4/4/13 - 3/19/2012**Bangor
Results****Girls 100 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
Finals					
1 Robinson, Anna	Palisades Pirates		12.8	2	
2 Ramsden, Mary	Palisades Pirates		12.9	1	
3 Gehman, Danielle	Palisades Pirates	13.00	13.0	1	
4 Boyle, Emily	Bangor	14.09	13.3	1	
5 Krawchuk, Erika	Northern Lehigh	14.50	13.6	1	
6 Lucena, Crystal	Bangor	14.28	13.9	1	
7 Howell, Emily	Bangor	15.50	14.2	2	
8 Onjack, Elise	Bangor	15.31	14.3	2	
9 Williams, Jamie	Bangor	15.40	14.4	3	
10 Eden, Samantha	Northern Lehigh	14.90	14.8	1	
11 Schweitzer, Dakota	Northern Lehigh	15.00	14.9	2	
12 Klein, Abby	Palisades Pirates		15.3	2	
13 Hein, Alana	Northern Lehigh	16.00	15.3	2	
14 Garcia, Alexandra	Northern Lehigh	16.40	15.6	3	
15 Reed, Olivia	Northern Lehigh		15.8	3	
16 O'Donnell, Yanna	Palisades Pirates	16.70	16.8	3	
-- Vince, Kelsey	Northern Lehigh		NT	3	
-- Nesfeder, Bryanna	Northern Lehigh		NT	3	
-- Phillips, Nina	Bangor		NT	3	

Girls 200 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Ramsden, Mary	Palisades Pirates		27.0	1	
2 Gehman, Danielle	Palisades Pirates	27.20	27.1	1	
3 Lucena, Crystal	Bangor	30.24	28.1	1	
4 Boyle, Emily	Bangor	31.00	28.2	1	
5 Krawchuk, Erika	Northern Lehigh	31.10	28.9	1	
6 Badman, Ally	Palisades Pirates		29.0	2	
7 Cooper, Lily	Palisades Pirates		29.1	2	
8 Dertinger, Rebecca	Bangor		30.1	3	
9 Onjack, Elise	Bangor	33.31	30.5	2	
10 Williams, Jamie	Bangor		30.8	3	
11 Howell, Emily	Bangor	33.21	30.9	2	
12 Schweitzer, Dakota	Northern Lehigh	32.80	31.4	2	
13 Klein, Abby	Palisades Pirates		31.6	3	
14 Brader, Madison	Palisades Pirates		32.5	3	
15 Hein, Alana	Northern Lehigh	34.40	33.2	2	
16 Haas, Summer	Northern Lehigh		35.7	3	
-- Eden, Samantha	Northern Lehigh	31.30	NT	1	
-- Garcia, Alexandra	Northern Lehigh	34.90	NT	3	
-- Vince, Kelsey	Northern Lehigh		NT	3	

Girls 400 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Robinson, Anna	Palisades Pirates	1:01.30	1:03.8	1	
2 Boyle, Emily	Bangor	1:09.60	1:06.9	1	
3 Badman, Ally	Palisades Pirates		1:07.4	1	
4 Crowley, Vianna	Bangor		1:07.4	1	

Bangor V Palisades V Northern Lehigh 4/4/13 - 3/19/2012**Bangor
Results****....Girls 400 Meter Dash**

5	Ditzig, Rebekka	Bangor	1:19.00	1:10.7	2
6	Dertinger, Rebecca	Bangor	1:17.00	1:11.5	2
7	Keler, Karla	Palisades Pirates		1:12.4	2
8	Eden, Samantha	Northern Lehigh		1:13.6	3
9	Tarafas, Annelise	Northern Lehigh	1:16.80	1:14.4	1
10	Vesdel, Ashley	Palisades Pirates		1:16.0	3
11	Brader, Madison	Palisades Pirates		1:16.1	2
12	Sauerwine, Abbey	Northern Lehigh	1:20.00	1:16.6	2
13	Fronheiser, Jennie	Northern Lehigh	1:19.00	1:17.9	2
14	Ojeda, Scarlet	Northern Lehigh		1:19.7	3
--	Taylor, Jackie	Northern Lehigh	1:17.40	NT	1
--	Frey, Tiffany	Bangor		NT	3
--	Garcia, Alexandra	Northern Lehigh		NT	3
--	Daly, Emma	Bangor		NT	3
--	Cameron, Anna	Bangor		NT	3

Girls 800 Meter Run

Name	Year	School	Seed	Finals	H#	Points
1	Robinson, Anna	Palisades Pirates	2:34.50	2:35.5	2	
2	Tomkins, Bryanna	Northern Lehigh	2:41.60	2:41.3	2	
3	Crowly, Vianna	Bangor	2:55.00	2:43.8	1	
4	Hallet, Samantha	Bangor	2:43.00	2:44.9	1	
5	Colletti, Rachel	Palisades Pirates		2:52.2	2	
6	Pierce, Olivia	Bangor		2:53.1	1	
7	Frey, Tiffany	Bangor	3:05.00	2:57.9	1	
8	Lodwig, Annie	Palisades Pirates		3:05.2	2	
9	Sauerwine, Abbey	Northern Lehigh		3:05.7	2	
--	Cameron, Anna	Bangor		NT	1	
--	Taylor, Jackie	Northern Lehigh		NT	2	
--	Kirkhum, Amanda	Bangor	3:30.00	NT	1	

Girls 1600 Meter Run

Name	Year	School	Seed	Finals	Points
1	Colton, Meredith	Bangor	5:58.00	5:40.2	
2	Hallet, Samantha	Bangor	6:11.00	6:06.2	
3	Colletti, Rachel	Palisades Pirates		6:15.3	
4	Figuccio, Julia	Bangor		6:24.2	
5	Fleck, Amanda	Palisades Pirates		6:28.9	
6	Knerr, Julie	Northern Lehigh	6:41.00	6:47.6	
7	Thompson, Megan	Palisades Pirates		7:07.7	
8	Kirkhum, Amanda	Bangor	7:47.00	7:30.5	
--	Buskirk, Lindsay	Northern Lehigh		NT	
--	Lodwig, Annie	Palisades Pirates		NT	

Bangor V Palisades V Northern Lehigh 4/4/13 - 3/19/2012**Bangor
Results****Girls 3200 Meter Run**

Name	Year School	Seed	Finals	Points
1 Colton, Meredith	Bangor	13:06.00	13:18.7	
2 Cobb, Virginia	Bangor	13:54.00	13:19.3	
3 McKay, Erika	Northern Lehigh	13:57.00	13:50.3	
4 Schnyder, Nina	Northern Lehigh	14:00.00	13:53.0	
5 Fleck, Amanda	Palisades Pirates		14:03.0	
-- Lorish, Brittany	Palisades Pirates	15:23.00	NT	
-- Hendrix, Rachel	Northern Lehigh	14:09.00	NT	

Girls 100 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Rossi, Alexa	Palisades Pirates	16.60	16.5	1	
2 Ruggiero, Megan	Bangor	17.90	16.5	1	
3 Cooper, Lily	Palisades Pirates		18.5	1	
4 Hay, Samantha	Bangor	20.00	18.9	1	
5 DeFranco, Sarah	Bangor	20.81	19.3	2	
6 McCormick, Caitlin	Northern Lehigh	22.40	22.0	1	
-- Fiore, Adrianna	Bangor		NT	2	
-- Merkle, Alexis	Northern Lehigh		NT	2	
-- Handwerk, Brianna	Northern Lehigh	19.70	NT	1	
-- Salgado, Johanly	Bangor		NT	2	

Girls 300 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Ruggiero, Megan	Bangor	55.50	53.5	1	
2 Cooper, Lily	Palisades Pirates		53.6	1	
3 Odle, Emily	Palisades Pirates	52.90	53.7	2	
4 Hay, Samantha	Bangor	57.60	56.0	1	
5 Horn, Nicole	Northern Lehigh	56.60	56.6	1	
6 DeFranco, Sarah	Bangor	1:00.80	56.8	2	
7 Merkle, Alexis	Northern Lehigh	56.20	57.3	1	
8 Salgado, Johanly	Bangor	1:03.70	58.6	2	
9 Vieczorek, Jensen	Palisades Pirates	53.80	1:00.0	1	
10 Fiore, Adrianna	Bangor	1:02.09	1:00.6	2	
-- Handwerk, Brianna	Northern Lehigh	59.80	NT	2	

Girls 4x100 Meter Relay

School	Seed	Finals	Points
1 Palisades Pirates 'A'	51.60	51.8	
1) Gehman, Danielle			
2) Odle, Emily			
3) Rossi, Alexa			
4) Ramsden, Mary			
2 Bangor 'A'	57.56	53.4	
1) Lucena, Crystal			
2) Howell, Emily			
3) Onjack, Elise			
4) Ruggiero, Megan			
3 Northern Lehigh 'A'	59.20	58.0	
1) Stauffer, Autumn			
2) Schweitzer, Dakota			
3) Eden, Samantha			
4) Krawchuk, Erika			

Bangor V Palisades V Northern Lehigh 4/4/13 - 3/19/2012**Bangor
Results****Girls 4x400 Meter Relay**

School	Seed	Finals	Points
1 Palisades Pirates 'A'	4:17.00	4:30.2	
1) Gehman, Danielle			
2) Badman, Ally			
3) Odle, Emily			
4) Robinson, Anna			
2 Bangor 'A'	5:13.62	4:43.9	
1) Ditzig, Rebekka			
2) Ruggiero, Megan			
3) Hallet, Samantha			
4) Colton, Meredith			
3 Northern Lehigh 'A'	5:02.40	5:11.1	
1) Horn, Nicole			
2) Tarafas, Annelise			
3) Tomkins, Bryanna			
4) Eden, Samantha			

Girls 4x800 Meter Relay

School	Seed	Finals	Points
1 Bangor 'A'	11:45.00	11:14.7	
1) Hallet, Samantha			
2) Pierce, Olivia			
3) Frey, Tiffany			
4) Colton, Meredith			
2 Northern Lehigh 'A'		11:50.1	
1) Schnyder, Nina			
2) McKay, Erika			
3) Knerr, Julie			
4) Tomkins, Bryanna			
3 Palisades Pirates 'A'	10:35.70	11:54.6	
1) Vieczorek, Jensen			
2) Lorish, Brittany			
3) Thompson, Megan			
4) Fleck, Amanda			

Girls High Jump

Name	Year School	Seed	Finals	Points
1 Crowley, Vianna	Bangor	4-04.00	4-06.00	
2 Blanchard, Karli	Palisades Pirates	4-10.00	4-04.00	
2 Badman, Ally	Palisades Pirates		4-04.00	
4 Reese, Cara	Palisades Pirates		4-02.00	
-- DeFranco, Sarah	Bangor	4-00.00	DQ	
-- Stauffer, Autumn	Northern Lehigh	4-10.00	DQ	
-- Bevans, Emily	Northern Lehigh		DQ	

Girls Pole Vault

Name	Year School	Seed	Finals	Points
1 Rossi, Alexa	Palisades Pirates	9-00.00	10-00.00	
2 McCormick, Caitlin	Northern Lehigh	6-00.00	7-00.00	
3 Olewine, Jessica	Northern Lehigh	6-00.00	7.25	
-- Dertinger, Rebecca	Bangor		NH	
-- Murgia, Katrina	Bangor		NH	
-- Swartz, Kaitlyn	Palisades Pirates		NH	
-- Spies, Emma	Palisades Pirates		NH	
-- Handwerk, Brianna	Northern Lehigh	6-00.00	NH	
-- Sompel, Kayla	Northern Lehigh		NH	
-- Daly, Emma	Bangor		NH	
-- Reid, Kailey	Bangor		NH	

Bangor V Palisades V Northern Lehigh 4/4/13 - 3/19/2012**Bangor
Results****Girls Long Jump**

Name	Year School	Seed	Finals	Points
1 Lucena, Crystal	Bangor	12-07.50	13-06.50	
2 Merkle, Alexis	Northern Lehigh	14-08.75	13-05.50	
3 Bartone, Sydney	Palisades Pirates		13-05.00	
4 Dailey, Cheyenne	Bangor		13-02.00	
5 Howell, Emily	Bangor	11-05.25	13-01.50	
6 Ramsden, Mary	Palisades Pirates		13-01.00	
7 Olewine, Jessica	Northern Lehigh	15-03.00	12-11.00	
7 Odle, Emily	Palisades Pirates		12-11.00	
9 Krawchuk, Erika	Northern Lehigh	13-08.25	12-07.50	
10 Keler, Karla	Palisades Pirates		12-06.00	
11 Foster, Pavane	Palisades Pirates	13-09.00	11-04.00	
12 Tarafas, Annelise	Northern Lehigh	12-03.00	11-03.50	
-- Fronheiser, Jennie	Northern Lehigh	9-00.75	ND	
-- Vaughn, Brianna	Bangor		ND	

Girls Triple Jump

Name	Year School	Seed	Finals	Points
1 Rossi, Alexa	Palisades Pirates	32-05.25	31-11.00	
2 Olewine, Jessica	Northern Lehigh	31-00.75	29-07.00	
3 Dailey, Cheyenne	Bangor	29-01.25	29-00.00	
4 Crowley, Vianna	Bangor	27-04.25	28-06.50	
5 DeFranco, Sarah	Bangor	28-01.25	27-06.00	
6 Bartone, Sydney	Palisades Pirates		26-07.00	
7 Vaughn, Brianna	Bangor	24-05.00	25-09.00	
8 Blanchard, Karli	Palisades Pirates	29-05.00	25-00.00	
-- Wylie, Sage	Palisades Pirates		ND	
-- Reese, Cara	Palisades Pirates		ND	

Girls Shot Put

Name	Year School	Seed	Finals	Points
1 McCollian, Morgan	Bangor	33-06.00	35-11.75	
2 Poniktera, Chantal	Palisades Pirates		32-10.00	
3 Vass, Jasmine	Bangor	27-09.00	29-04.50	
4 Wain, Jessica	Bangor	27-04.00	27-10.00	
5 Bevans, Emily	Northern Lehigh	25-07.00	25-07.00	
5 McDowell, Mackenzie	Palisades Pirates	20-08.00	25-07.00	
7 DelGuerico, Trish	Palisades Pirates		22-03.75	
8 Kipp, Taylor	Northern Lehigh	18-10.00	21-02.00	
9 Hoffman, Taylor	Northern Lehigh	19-01.00	21-00.25	
10 Smith, Kendra	Northern Lehigh	19-06.00	20-07.75	
11 Hetzer, Alyssa	Palisades Pirates	17-03.00	20-02.25	
12 Samuels, Julie	Palisades Pirates	20-04.00	20-02.00	
13 Culp, Alexis	Bangor		19-03.75	
14 Follweiler, Kelsey	Northern Lehigh		18-06.25	
-- Werkheiser, Cheyanne	Bangor		ND	

Bangor V Palisades V Northern Lehigh 4/4/13 - 3/19/2012**Bangor
Results****Girls Discus Throw**

Name	Year School	Seed	Finals	Points
1 Vass, Jasmine	Bangor	85-05	95-06.50	
2 McCollian, Morgan	Bangor	102-00	93-11	
3 Wain, Jessica	Bangor	63-02	80-00	
4 Frankenfield, Liz	Bangor		70-07.50	
5 Samuels, Julie	Palisades Pirates	63-06.50	63-11	
6 Follweiler, Kelsey	Northern Lehigh		58-05.50	
7 Bethman, Christina	Palisades Pirates		58-05	
8 DelGuerico, Trish	Palisades Pirates		54-09	
9 Mulcahy, Ashley	Northern Lehigh	54-04	53-09	
10 Werkheiser, Cheyanne	Bangor		49-09	
11 Kipp, Taylor	Northern Lehigh	51-00	46-11	
12 McDowell, Mackenzie	Palisades Pirates		46-00	
13 Hoffman, Taylor	Northern Lehigh	37-10	43-03	
-- Gleeson, Jennifer	Bangor	52-05	ND	
-- Smith, Kendra	Northern Lehigh	67-03	ND	
-- Poniktera, Chantal	Palisades Pirates		ND	

Girls Javelin Throw

Name	Year School	Seed	Finals	Points
1 Vass, Jasmine	Bangor	121-04	116-04	
2 Wain, Jessica	Bangor	69-02	86-05	
3 Keebler, Ashley	Palisades Pirates		81-05	
4 Brader, Madison	Palisades Pirates		78-03	
5 Bevans, Emily	Northern Lehigh	72-02	75-00	
6 Farber, Morgan	Northern Lehigh	67-02	71-06	
7 Follweiler, Kelsey	Northern Lehigh		71-05	
8 Brewer, Brittany	Bangor		67-11	
9 Hoffman, Taylor	Northern Lehigh	62-00	66-06	
10 DeJonge, Katie	Bangor	65-00	63-07	
11 Pason, McKenna	Palisades Pirates		58-11	
12 Gleeson, Jennifer	Bangor		56-10	
13 Harlan, Chelsea	Northern Lehigh	63-03	55-11	
14 Krauss, Jessica	Palisades Pirates		52-10	
15 Hetzer, Alyssa	Palisades Pirates	39-02	41-05	
-- McCollian, Morgan	Bangor	78-02	DQ	

Boys 100 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Odle, Alex	Palisades Pirates	11.30	11.6	1	
2 Phillips, Jonathan	Bangor	11.90	11.7	1	
3 O'Dell, Michael	Bangor	12.60	11.7	2	
4 Vass, Phillip	Bangor	12.15	11.7	1	
5 Jesiolowski, Kyle	Palisades Pirates	11.50	11.8	1	
6 Michaelson, Will	Bangor		12.0	3	
7 Snyder, Jesse	Palisades Pirates	11.90	12.1	2	
8 Booker, Tristan	Bangor	12.80	12.3	2	
9 Wolderich, Sean	Bangor		12.4	3	
10 Danko, Jake	Palisades Pirates		12.4	3	
11 Ingles, Stephen	Northern Lehigh	12.90	12.5	2	