

Boys Outdoor Track & Field

2009 Meet Results

Invitational

100M:

Drew Harris
Trial: 11.43
Final: 11.77 **8th Place**
Brandon Robles
Trial: 11.99

200M:

Adish Ramkumar
Trial: 23.69
Final: 23.71 **6th Place**

4x100 Relay: **45.96 6th Place**

Dylan Martin
Cam Lyons
Brandon Robles
Adish Ramkumar

4x400 Relay: **3:39.48 5th Place**

Cam Lyons: 54.2
Anthony Castaldi: 54.5
Hutton Chapman: 54.4
Brad Tunno: 54.6

Long Jump: **4th Place**

Cam Lyons: 20' 10"

Javelin:

Matt Hinkle: 143' 9" **2nd Place**
Eric Lang: 137' 5" **5th Place**

Unionville

1600M Novice:

Ryan White: 4:47.35
Kevin Helm: 5:08.98
Brian Doherty: 5:16.22

1600M:

Hutton Chapman: 4:34.70
5th Place
Lee Thompson: 4:55.10

300M Hurdles:

Brad Tunno: 42.33
8th Place

Shot Put: **7th Place**

Dylan O'Keefe: 42' 2"

Pole Vault:

Eric Lang: 9' 0"

Triple Jump:

Cam Lyons: 42' 2 1/2"
1st Place
Eric Speller: 37' 1"

4/25/09

110M Hurdles:

Brad Tunno
Trial: 17.08

400M:

Anthony Castaldi: 54.8
Mike Kent: 55.3

3200M:

Ankit Jain: 11:06.43

High Jump:

Zarko Ellis: 5' 6"
Lewis Smith: 5' 10"

Discus:

Ryan Hart: 103' 3"

Invitational

Penn Relays

4/25/09

4x400 Relay:

3:27.62

**2nd Place In Suburban
Chesmont Race
DISTRICT QUALIFYING**

John Barnett: 51.1

Nick Ferry: 50.1

Colt Lyons: 52.3

Nick Dastalfo: 52.8

Triple Jump:

12th Place

Matt Terry: 45' 1 3/4"

Tri-Meet vs:

Downingtown

West

&

Avon Grove

4/21/09

110M Hurdles:

John Barnett: 16.45
Brad Tunno: 17.32
Steve O'Donnell: 17.97
Ken Singleton
Matt Flaig: 19.22
Joe Jennings: 20.20

4x800 Relay:

8:19.59

Nick Ferry: 2:03.2
Kevin Dastalfo: 2:08.3
Ryan White: 2:05.6
Nick Dastalfo: 2:02.1

100M:

Matt Terry: 11.57
Drew Harris: 11.60
Adish Ramkumar: 11.65
John Barnett: 11.67
Ritchie Whitehead: 11.98
Alex Dunleavy: 12.15
Brandon Robles: 12.18

1600M:

Hutton Chapman: 4:38.26
Lee Thompson: 5:02.71
Nick Giordano: 5:23.32
Dan Bloodgood: 5:27.3
Matt Ferry: 5:13.26
Maurice Barber: 5:24.43

4x100 Relay:
46.82

Brandon Robles
Ritchie Whitehead
Alex Dunleavy
Kevin O'Donnell

400M:

Nick Ferry: 51.81
Dylan Martin: 53.46
Colt Lyons: 53.71
Al Kargbo: 57.04
Mike Kent: 57.24
Anthony Castaldi: 57.33
Dave Burak: 60.75
Jake Hazzard: 62.86
Schapachler: 63.90
Ken Vargas: 64.49
Dan Moore: 65.63
Decastro: 66.31
Chang: 66.81
Belknap: 66.82
Hydrean: DNF

300M Hurdles:

John Barnett: 41.94
Brad Tunno: 44.85
Steve O'Donnell: 43.89
Matt Flaig: 49.89
Ken Singleton: 51.63
Joe Jennings: 52.65

4x100 Relay:
44.91

Drew Harris
Cam Lyons
Matt Terry
Adish Ramkumar

800M:

Nick Dastalfo: 2:06.21
Ryan White: 2:10.88
James Dwyer: 2:13.97
Ryan Giantinno: 2:14.55
Brian Doherty: 2:20.06
Jake Kramer: 2:20.08
Dan Crompton: 2:23.95
Matt Murphy: 2:28.07
Zach Saska: 2:28.25
Maurice Barber: 2:29.79
Matt Bowyer: 2:31.19
Steve Weber: 2:39.58
Tim Dillon: 2:46.14
Mohan: 2:44.57

200M:

Matt Terry: 23.20
Adish Ramkumar: 24.00
Brad Tunno: 24.20
Brandon Robles: 24.58
Alex Dunleavy: 24.84
Lewis Smith: 25.05
Eric Speller: 25.66
Patrizio Capolli: 25.74
Al Kargbo: 25.76
Jake Hazzard: 26.01
Mike Kent: 26.15
Matt Flaig: 27.33
Dan Moore: 27.86
Schapachler: 28.16
Ken Vargas: 28.80
Belknap: 29.81
Decastro: 29.85

4x400 Relay:
3:54.3

James Dwyer: 58.8
Ryan White: 56.0
Ritchie Whitehead: 58.8
Al Kargbo: 59.0

Long Jump:

Cam Lyons: 20' 1 1/4"
Nick Damato: 20' 3"
Colt Lyons: 19' 11 1/4"
Lewis Smith: 19' 2 1/2"
Kevin O'Donnell: 16' 9 1/2"
Simmons: 17' 1"
Patrizio Capolli: 17' 2 1/2"

Pole Vault:

Eric Lang: 8' 6"
Ken Singleton: NH

3200M:

Ankit Jain: 10:42.51
Zach Neiner: 11:33.76

4x400 Relay:
4:01.4

Dan Crompton: 59.0
Brian Doherty: 59.8
Jake Kramer: 61.2
Matt Murphy: 61.4

Triple Jump:

Matt Terry: 43' 0"
Colt Lyons: 43' 1"
Cam Lyons: 42' 11"
Eric Speller: 37' 1"

Javelin:

Matt Hinkle: 142' 3"
Eric Lang: 141' 6"
Grant Hubbard: 116' 1"
Sheldon Morris: 126' 4"

Discus:

Ryan Hart: 115' 2"
Andrew Stengel: 94' 4"
Jeff Kiley: 95' 2"
Kevyn Gannon: 79' 3"

4x400 Relay:
3:39.44

John Barnett: 53.4
Anthony Castaldi: 56.3
Hutton Chapman: 56.7
Nick Ferry: 52.7

4x400 Relay:
4:03.8

Adish Ramkumar: 57.3
Ken Singleton: 63.6
Nick Giordano: 65.0
Matt Ferry: 58.0

High Jump:

Cam Lyons: 6' 5"
Colt Lyons: 6' 5"
Nick Damato: 6' 0"
Lewis Smith: 5' 10"
Zarko Ellis: 5' 10"
Simmons: NH

Shot Put:

Taj Alexander: 41' 5 1/2"
Dylan O'Keefe: 41' 5 1/2"
Sheldon Morris: 36' 10 1/2"
Martin Oglesby: 31' 1/4"

Invitational

4x1600 Relay: 21:14.3

Matt Ferry: 5:10.7
Nick Giordano: 5:28.1
Zach Neiner: 5:20.3
Kevin Helm: 5:15.7

4x200 Relay: 1:35.76

Dylan Martin: 24.4
Brad Tunno: 23.0
Adish Ramkumar: 23.3
Kevin O'Donnell: 24.7

4x100 Relay: 45.23

Dylan Martin
Adish Ramkumar
Kevin O'Donnell
Ritchie Whitehead

Long Jump: 37' 8" 7th Place

Nick Damato: 20' 1"
Lewis Smith: 17' 7"

Javelin: 295' 5" 2nd Place

Matt Hinkle: 152' 5"
Eric Lang: 143' 0"

Great Valley Relays

Shuttle Hurdle Relay:

John Barnett: 16+
Brad Tunno: 17+
Ken Singleton: 20+
Joe Jennings: 19+

DMR 11:08.57 7th Place

Nick Ferry: 3:28.4
John Barnett: 52.9
Nick Dastalfo: 2:04.1
Hutton Chapman: 4:43.2

4x100 Weight Man Relay: 51.70 7th Place

Matt Hinkle
Eric Lang
Ryan Hart
Jeff Kiley

High Jump: 11' 6" 5th Place

Nick Damato: 5' 4"
Colt Lyons: 6' 2"

Discus: 191' 11"

Ryan Hart: 101' 3"
Jeff Kiley: 90' 8"

4/19/09

4x800 Relay: 8:51.05

Ryan White: 2:08.5
Ryan Giantinno: 2:13.7
Steve O'Donnell: 2:13.2
Ritchie Whitehead: 2:15.5

SMR 4:00.40

Anthony Castaldi: 55.4
Alex Dunleavy: 23.8
Lewis Smith: 24.2
James Dwyer: 2:16.5

4x400 Relay: 3:32.33

Nick Ferry: 52.3
John Barnett: 53.2
Colt Lyons: 51.8
Steve O'Donnell: 54.4

Shot Put: 76' 4 1/2"

Taj Alexander: 38' 1 1/2"
Dylan O'Keefe: 76' 4 1/2"

Invitational

100M:

Dylan Martin: 12.04

300M Hurdles:

John Barnett: 41.20 **4th Place**

Brad Tunno: 45.19

4x800 Relay: **8:26.92 4th Place**

Nick Ferry
Hutton Chapman
Kevin Dastalfo
Nick Dastalfo

Shot Put:

Taj Alexander: 43' 3/4" **8th Place**

Relay Carnival

400M:

Nick Ferry: 51.74 **5th Place**

Anthony Castaldi: 55.99

4x100 Relay: **46.57**

Freshman SMR: **3:55.37 3rd Place**

Steve O'Donnell
Kevin O'Donnell
Ritchie Whitehead
Ryan White

Discus:

Ryan Hart: 99' 5" **7th Place**

Javelin:

4/11/09

800M:

James Dwyer: 2:14.08

4x400 Relay: **3:52.41**

Long Jump:

Matt Terry: 19'10 1/4" **4th Place**

Louis Smith: 17' 4 3/4"

Javelin:

Eric Lang: 140' 7" **3rd Place**
Matt Hinkle: 130' 2" **6th Place**

Dual-Meet vs:

Henderson

3/31/09

110M Hurdles:

John Barnett: 16.80
Brad Tunno: 17.25
Steve O'Donnell: 18.52

1600M:

Hutton Chapman: 4:36.86
Ryan White: 4:46.63
Lee Thompson: 5:03.33
Matt Ferry: 5:12.12
Dean Carasiello: 6:29.54

300M Hurdles:

John Barnett: 41.27
Brad Tunno: 43.67
Steve O'Donnell: 44.14
Matt Flaig: 46.87
Joe Jennings: 46.27

4x800 Relay:

8:46.3

Kevin Dastalfo: 2:08.8
Ryan Giantinno: 2:09.4
Anthony Castaldi: 2:13.6
Ritchie Whitehead: 2:16.5

400M:

Nick Ferry: 51.37
Colt Lyons: 52.34
Al Kargbo: 55.73
Jake Hazzard: 60.15
Matt Murphy: 59.27

800M:

Nick Dastalfo: 2:09.03
Kevin Dastalfo: 2:13.51
Zach Saska: 2:19.52
James Dwyer: 2:13.68
Tyler Frey: 2:24.26
Ken Singleton: 2:19.80
Brian Doherty: 2:19.34
Dan Crompton: 2:20.57
Steve Weber: 2:35.42
Tim Dillon: 2:40.85

100M:

Matt Terry: 11.51
Drew Harris: 11.97
Dylan Martin: 11.98
Louis Smith: 12.29
Brandon Robles: 12.08
Adish Ramkumar: 11.97
Kevin O'Donnell: 12.29
Alex Dunleavy: 12.03
Eric Speller: 12.44
Mike Kent: 12.85
Belknap: 14.26
Decastro: 14.63
Vargas: 13.65
Schapachler: 14.26
Ben Hydrean: 13.65
Chang: 13.80

4x100 Relay:

44.34

Drew Harris
Cam Lyons
Matt Terry
Dylan Martin

200M:

Matt Terry: 22.77
Drew Harris: 23.88
Nick Ferry: 23.63
Brandon Robles: 24.86
Ritchie Whitehead: 24.77
Alex Dunleavy: 24.46
Adish Ramkumar: 24.12
Al Kargbo: 25.41
Mike Kent: 25.69
Belknap: 29.19
Decastro: 30.71
Jake Hazzard: 25.78
Vargas: 27.39
Ryan Geiger: 30.78
Dave Burak: 26.04
Chang: 29.23

3200M:

Ankit Jain: 10:25.02
Zach Neiner: 11:31.05
Rich Walters: 11:27.43
Nick Giordano: 11:51.20

Long Jump:

Colt Lyons: 20' 10 1/4"
Louis Smith: 20' 0"
Cam Lyons: 20' 2"
Nick Damato: 19' 6 1/2"
Kevin O'Donnell: 16' 7"
Simmons: 17'4"

Pole Vault:

Eric Lang: 9' 6"
Ken Singleton: NH

4x400 Relay:
3:30.14

John Barnett: 52.2
Nick Ferry: 50.1
Dylan Martin: 53.8
Nick Dastalfo: 53.2

Triple Jump:

Matt Terry: 41' 1 1/2"
Colt Lyons: 38' 9 1/2"
Cam Lyons: 39' 4"
Nick Damato: 37' 9 3/4"
Eric Speller: 35' 8 1/4"

Javelin:

Matt Hinkle: 160' 0"
NEW SCHOOL RECORD
Eric Lang: 146' 1"
Sheldon Morris: 138' 9"
Grant Hubbard: 132' 0"
Zarko Ellis: 120' 7"
Dave Iaboni: 124' 7"
Restrepo: 115' 7"
Moore: 101' 0"
Denman: 70' 3"
Tyler David: 62' 3"

Discus:

Ryan Hart: 92' 6"
Andrew Stengel: 92' 11"
Jeff Kiley: 89' 8"
Joey Miller: 71' 7"
Taj Alexander: 88' 11"
Kevyn Gannon: 75' 9"
Kenny Ambrogi: 86' 7"

4x400 Relay:
3:52.8

James Dwyer: 58.2
Dan Crompton: 58.1
Brian Doherty: 58.9
Zach Saska: 57.6

High Jump:

Cam Lyons: 6' 0"
Colt Lyons: 6' 0"
Nick Damato: 5' 4"
Zarko Ellis: 5' 10"
Louis Smith: 5' 4"
Simmons: 5' 4"

Shot Put:

Taj Alexander: 39' 1 1/4"
Sheldon Morris: 38' 1 1/4"
Dillan O'Keefe: 39' 1/4"
Derek Madrigale: 36' 4 1/2"
Kevyn Gannon: 33' 7"
Andrew Stengel: 33' 7 3/4"
Ian Weiss: 29' 5 1/2"
Joey Miller: 31' 10 1/4"
O'Neil: 27' 9 1/4"
Kenny Ambrogi: 29' 10"
Davies: 25' 6 1/4"

Invitational

DMR

11:13.51 6th Place

Hutton Chapman: 3:19.8

Nick Ferry: 51.1

Nick Dastalfo: 2:04.3

Ankit Jain: 4:57.1

200M:

Drew Harris: 24.41

400M:

Nick Ferry: 51.57 **4th Place**

Anthony Castaldi: 55.12

High Jump:

Cam Lyons: 6'0" **5th Place**

Colt Lyons: 6'2" **3rd Place**

Zarko Ellis: 5'8"

Nick Damato: 5'10"

Javelin:

Matt Hinkle: 147' 10" **3rd Place**

Eric Lang: 142' 8" **5th Place**

PA Track Classic

100M:

Drew Harris: 11.78

Dylan Martin: 12.43

Brandon Robles: 12.31

300M Hurdles:

John Barnett: 41.18 **5th Place**

Brad Tunno: 43.93

Steve O'Donnell: 44.38

800M:

Nick Dastalfo: 2:06.20

Kevin Dastalfo: 2:09.63

Long Jump:

Cam Lyons: 20' 2 1/2" **6th Place**

Colt Lyons: 21' 1/2" **3rd Place**

Louis Smith: 20' 3 1/2" **5th Place**

3/28/09

110M Hurdles:

John Barnett: 16.96

Brad Tunno: DQ

4x100 Relay: 45.64

4x400 Relay: **3:30.65 5th Place**

Triple Jump:

Matt Terry: 43' 8" **3rd Place**

Nick Damato: 37' 4 1/2"

Tri-Meet vs:

Bishop Shanahan & W.C. East

3/24/09

110M Hurdles:

John Barnett: 17.1
Brad Tunno: 17.6
Matt Flaig: 19.5
Joe Jennings: 19.7

100M:

Matt Terry: 11.3
Drew Harris: 11.7
Dylan Martin: 11.8
Louis Smith: 11.9
Branden Robles: 12.1
Adish Ramkumar: 12.1
Alex Dunleavy: 12.3
Eric Speller: 12.6
Tyler Frey: 12.8
Mike Kent: 12.9
Dan Moore: 13.7
Belknap: 14.6
Decastro: 15.4

4x100 Relay: 45.3

Drew Harris
Cam Lyons
Brandon Robles
Matt Terry

800M:

Nick Dastalfo: 2:14.6
Hutton Chapman: 2:15.8
Kevin Dastalfo: 2:17.3
Ryan Giantinno: 2:17.4
Zach Saska: 2:22.7
James Dwyer: 2:23.3
Brian Doherty: 2:25.1
Jake Kramer: 2:26.2
Matt Bowyer: 2:31.7

4x800 Relay: 8:45.4

Kevin Dastalfo: 2:11.8
Nick Dastalfo: 2:12.3
Anthony Castaldi: 2:15.7
Nick Ferry: 2:14.6

1600M:

Hutton Chapman: 4:46.3
Ankit Jain: 5:04
Lee Thompson: 5:14
Dan Bloodgood: 5:16
Matt Ferry: 5:15

4x100 Relay: 45.6

Dylan Martin
Ritchie Whitehead
Adish Ramkumar
Kevin O'Donnell

200M:

Drew Harris: 23.4
Brandon Robles: 23.9
Adish Ramkumar: 24.4
Alex Dunleavy: 24.1
Al Kargbo: 25.2
Mike Kent: 25.8
Belknap: 29.2
Dan Moore: 29.3
Decastro: 30.1

4x800 Relay: 9:41.5

Jake Kramer: 2:29.0
Brian Doherty: 2:22.7
Ritchie Whitehead: 2:19.7
Matt Bowyer: 2:29.9

400:

Nick Ferry: 50.9
Colt Lyons: 53.0
Anthony Castaldi: 55.2
Al Kargbo: 57.0
Jake Hazzard: 61.2

300M Hurdles:

John Barnett: 41.5
Brad Tunno: 46.2
Steve O'Donnell: 44.1
Matt Flaig: 50.0
Joe Jennings: 51.4

3200M:

Kevin Helm: 11:19
Ken Singleton: 11:29
Zach Neiner: 11:29

4x400 Relay:
3:45.3

Ritchie Whitehead: 57.5
Kevin O'Donnell: 57.5
Dylan Martin: 54.7
Steve O'Donnell: 55.6

Triple Jump:

Colt Lyons: 41' 0"
Cam Lyons: 40' 6"
Eric Speller: 35' 3"

Javelin:

Matt Hinkle: 150' 2"
Eric Lang: 138' 2"
Sheldon Morris: 127' 1"
Grant Hubbard: 121' 10"
Zarko Ellis: 108' 7"

4x400 Relay:
3:57.0

Lee Thompson: 58.7
James Dwyer: 59.0
Brian Doherty: 59.0
Matt Ferry: 60.5

High Jump:

Cam Lyons: 6' 0"
Colt Lyons: 6' 0"
Zarko Ellis: 5' 10"
Nick Damato: 5' 8"
Louis Smith: 5' 8"

Shot Put:

Taj Alexander: 42' 1"
Sheldon Morris: 39' 8"
Dillan O'Keefe: 39' 2"
Derek Madrigale: 36' 7"
Kevin Gannon: 35' 8"
Eric Lang: 35' 7"
Martin Oglesby: 35' 3"
Ryan Hart: 34' 7"

Long Jump:

Matt Terry: 21' 2"
Colt Lyons: 20' 2 1/2"
Nick Damato: 19' 10 1/2"

Pole Vault:

Eric Lang: 9' 0"
Ken Singleton: 7' 0"

Discus:

Ryan Hart: 105' 6"
Andrew Stengel: 97' 7"
Jeff Kiley: 88' 10"
Joey Miller: 78' 6"
Taj Alexander: 76' 8"
Kevin Gannon: 72' 7"

Invitational

Shot Put Relay:
73' 9" 6th Place

Taj Alexander: 39' 1/2"
Kevin Gannon: 34' 8 1/2"

Javelin Relay:
283' 9" 4th Place

Matt Hinkle: 158' 8"
NEW SCHOOL RECORD
Grant Hubbard: 125' 1"

**Phoenixville
Relays**

Shot Put Relay:
68' 8"

Dillan O'Keefe: 34' 8"
Andrew Stengel: 34'

**Weight Man 4x100
Relay:**
54.2 4th Place

Matt Hinkle
Grant Hubbard
Taj Alexander
Dillan O'Keefe

3/21/09

Discus Relay:
181' 8"

Taj Alexander: 86'
Andrew Stengel: 95' 8"

**2x300 Individual Hurdle
Relay:**
1:24.02

**DISTRICT QUALIFYING
NEW SCHOOL RECORD**

John Barnett: 40.57
Brad Tunno: 43.53

4x100 Relay:
44.73 5th Place

Drew Harris
Cam Lyons
Matt Terry
Colt Lyons

Long Jump Relay:
40' 11 1/2" 2nd Place

Matt Terry: 20' 2"
Colt Lyons: 20' 9 1/2"
**DISTRICT QUALIFYING
JUMP**

High Jump Relay:
10' 8" 6th Place

Zarko Ellis: 5' 4"
Louis Smith: 5' 4"

Medals Won: 10

4x100 Relay:
47.16

Dylan Martin
Louis Smith
Zarko Ellis
Brandon Robles

Triple Jump Relay:
84' 8 1/2" 1st Place

Matt Terry: 45' 4"
**DISTRICT QUALIFYING
NEW SCHOOL RECORD**
Cam Lyons: 39' 4 1/2"

**4 New School
Records**

SMR:
1:41.86 2nd Place

Nick Ferry: 51.0
John Barnett: 23.2
Brad Tunno: 23.3
Nick Dastalfo: 2:03.9

High Jump Relay:
12' 4" 2nd Place

Colt Lyons: 6' 2"
Cam Lyons: 6' 2"

**3 District
Qualifiers**

Boys Outdoor Track & Field

2008 Meet Results

Ches-Mont Dual Meet Record: 3 - 2

Ches-Mont League Championships 5/7-5/8 at Coatesville High School East Results:

100 Dash

Matt Terry:
11.86 / 11.71

James

Ferguson: 11.92
/ 11.81

Alex Dunleavy:
12.31 / 11.86

Ryan Francis:
13.3

110 Hurdles

Austin Woodford: 16.20
/ 15.28 / 15.27, **3rd**

John Rupert: 16.47 /
16.00 / 16.20, **7th**

4x800:

Splits

Chris Glaug:
2:03.7

Steve Cline:
2:05.7

Kyle Brown:
2:00.0

Nick Dastalfo:
2:00.8

200 Dash

John Rupert: 23.67 /
23.02 / 23.22, **5th**

James Ferguson: 23.48
/ 23.07 / 23.37, **7th**

Alex Dunleavy: 24.32 /
23.87

Anthony Castaldi:
26.14

Novice 1600 Run

Zach Saska: 5:19.68

Nick Giordano: 5:27.67

Richard Walters: 5:42.08

Matt Bowyer: 5:45.60

Zach Neiner: 5:53.08

1600 Run

Hutton Chapman: 4:49.33

Ankit Jain: 4:53.34

Matt Ferry: 5:02.53

Ken Peou: 5:14.38

400 DashNick Ferry: 51.37, **4th**

Dave

Whitehead: 51.60, **7th**

Ty Savastio: 52.05

4x100:

Austin Woodford

James Ferguson

Matt Terry

Cam Lyons

Novice 4x100A: 47.47, **1st**

B: 49.59

300 IHJohn Barnett: 41.56, **4th**

John Rupert: 43.97

Brad Tunno: 44.90

Blake Anderson: 45.23

800 RunNick Dastalfo: 2:03.91, **8th**

Chris Glaug: 2:04.34

Kyle Brown: 2:04.39

Steve Cline: 2:06.21

3200 Run

Ankit Jain: 10:31.49

Stu Rial: 11:25.58

4x400:Splits

Nick Ferry: 50.9

Ty Savastio: 51.8

Colt Lyons: 52.3

Dave Whitehead: 51.8

Triple JumpMatt Terry: 43' 5", **2nd**Cam Lyons: 42' 2.5", **4th**Colt Lyons: 40' 11", **7th**

Austin Woodford: 40' 8"

High JumpCam Lyons: 6' 2", **4th**Colt Lyons: 5' 10", **7th**Zarko Ellis: 5' 10", **8th**

Nick Damato: 5' 8"

Long JumpAustin Woodford: 20' 2", **3rd**Matt Terry: 19' 11.75", **4th**Cam Lyons: 19' 11", **5th**

Nick Damato: 18' 1"

JavelinCody Shopa: 149' 04", **7th**

Conaire Moore: 135' 10"

Matt Hinkle: 132' 01"

Doug Borrell: 131' 10"

Shot Put

Cody Shopa: 38' 3.75"

Bryan Stengel: 33' 9.25"

Discus

Bryan Stengel: 121' 03"

Mike Vigilante: 93' 02"

Lee Thompson: 84' 03"

Ed Matta: 73' 07"

Pole VaultJoe Linskens:
12' 00", **2nd**John Keenan:
11' 00", **7th**Sean Campbell:
8' 6"**Novice Shot Put**Ian Hall: 38' 3", **1st**

Bryan Morris: 35' 6"

Jeff Kyley: 32' 10.5"

Joe Miller: 32' 4.75"

Martin Oglesby: 28' 8"

**Lower Merion Invitational
5/3 at Lower Merion High School
East Results:****300 IH**

Brad Tunno: 45.10

4x800:**Splits**Anthony Castaldi:
2:09.6James Dwyer:
2:12.4Kevin Dastalfo:
2:13.7

Stu Rial: 2:18.5

100 DashAlex Dunleavy:
12.34

Al Kargbo: 12.45

Zarko Ellis: 12.64

1600 RunKen Peou:
5:16.17**400 Dash**Ty Savastio: 51.65,
6thJames Ferguson:
53.97James Dwyer:
58.92**4x100:**

Colt Lyons

Cam Lyons

Alex Dunleavy

Matt Terry

110 Hurdles

Brad Tunno: 18.1

Blake Anderson:
18.4**800 Run**Steve Cline:
2:04.5Kevin
Dastalfo:
2:11.5Ken Peou:
2:15.7

200 Dash

James Ferguson:
24.31

Alex Dunleavy:
24.73

Al Kargbo: 25.37

4x400:

Splits

Ian Hall: 53.4

Brad Tunno: 55.0

Colt Lyons: 52.8

Cam Lyons: 55.7

Javelin

Hinkle: 138' 10"

Hubbard: 118' 8"

Pole Vault

Joe Linskens:
11'

Long Jump

Joe Linskens: 16'
9"

John Keenan: 16'
8"

Triple Jump

Colt Lyons: 40'
4.5", 4th

Matt Terry: 40' 2"

Cam Lyons: 39'
6"

High Jump

Zarko Ellis: 5' 4"



**3rd Annual Henderson Invitational
5/2 at Henderson HS
East Results:**

110 Hurdles

Austin Woodford:
15.61 / 15.57, **1st**

4x800:

Splits

Chris Glaug: 2:02.8

Kyle Brown: 2:01.6

Nick Ferry: 2:01.3

Nick Dastalfo: 2:01.1

400 Dash

Nick Ferry:
51.90

Dave

Whitehead:
52.16

4x100:

Austin Woodford

John Rupert

Matt Terry

James Ferguson

300 IH

Brad Tunno: 43.83

4x400:

Splits:

Ty Savastio: 52.0

Dave Whitehead:
52.8

Kyle Brown: 52.5

James Ferguson:
52.5

Pole Vault

Joe Linskens:
10' 6"

John Keenan:
10' 6"

Long Jump

Cam Lyons: 20'
9.5"

Matt Terry: 19'
11.5"

Triple Jump

Matt Terry: 42' 2.5"

Cam Lyons: 41' 9.5"

Colt Lyons: 41' 3.5"

Discus

Bryan Stengel: 123' 1"

Javelin

Hinkle: 139'
2"

Doug Borrell:
120' 5"



Dual Meet vs. Coatesville

4/30 at Home

East Results:

100

James Ferguson:
11.9

Matt Terry: 11.7

Colt Lyons: 12.1

Zarko Ellis: 12.6

Alex Dunleavy: 12.2

Brandon Robles:
12.3

Ryan Francis: 12.7

Al Kargbo: 12.5

Antonio Ortiz: 13.6

Tyler Frey: 13.1

Devin Tucker: 13.2

110 Hurdles

Austin Woodford:
15.6

John Rupert: 15.9

John Barnett: 16.6

Brad Tunno: 17.7

Blake Anderson:
17.9

200

James Ferguson:
23.5

Colt Lyons: 24.1

Brad Tunno: 24.7

Al Kargbo: 24.9

Alex Dunleavy:
24.6

Brandon Robles:
25.5

John Barnett:
24.2

Antonio Ortiz:
27.2

Tyler Frey: 26.4

Dan Crompton:
25.9

Tom Shutt: 25.2

300 Hurdles

John Barnett:
40.8

Brad Tunno:
45.1

400

Nick Ferry: 51.1

Ty Savastio: 52.5

Dave Whitehead:
51.6

Ian Hall: 54.2

Dan Crompton: 57.8

800

Kyle Brown: 2:04.9

Nick Dastalfo:
2:02.7

Steve Cline: 2:05.6

Chris Glaug: 2:04.4

Anthony Castaldi:
2:09.6

Hunter
Backenstose: 2:20.0

Kevin Dastalfo:
2:14.1

James Dwyer:
2:14.0

Nick Giordano:
2:29.2

Jake Kramer: 2:29.1

Matt Ferry: 2:12.1

1600

Hutton
Chapman: 4:52.1

Nick Giordano:
5:28.8

Matt Bowyer:
5:36.2

Richard Walters:
5:35.2

Zack Neiner:
5:46.8

Dave Saska:
5:26.3

3200

Ankit Jain:
10:30.6

Stu Rial: 11:29.1

4x100 Relay

Relay A - 43.7

Austin Woodford

John Rupert

Matt Terry

James Ferguson

Relay B - 47.4

Alex Dunleavy

Brandon Robles

Al Kargbo

Zarko Ellis

Relay C - 50.3

Thompson

Ryan Francis

Antonio Ortiz

Devin Tucker

Long Jump

Austin Woodford: 20' .75"

Nick Damato: 19' 5"

Cam Lyons: 19' 9.5"

Matt Terry: 19' 4.75"

4x400 Relay

Relay A - 3:26.6

Nick Ferry: 51.4

Ty Savastio: 52.3

Dave Whitehead:
51.6

James Ferguson:
51.5

Relay B

Kevin Dastalfo: 59.9

Matt Ferry: 57.6

Anthony Castaldi:
59.1

James Dwyer: 58.8

Relay C

Hunter

Backenstose: 60.6

Jake Kramer:

Al Kargbo: 56.6

Zarko Ellis: 57.6

Triple Jump

Matt Terry: 41' 1.25"

Austin Woodford:
40' 4.5"

Cam Lyons: 41' 4"

4x800 Relay

Relay D

Matt Bowyer:
64.5

Zack Neiner:
70.3

Richard Walters:
62.8

Nick Giordano:
58.1

Chris Glaug:
2:04.8

Kyle Brown:
2:01.3

Steve Cline:
2:08.0

Nick Dastalfo:
2:03.5

High Jump

Nick Damato: 5' 6"

Cam Lyons: 5' 8"

Javelin

Cody Shopa: 134' 3"
 Conaire Moore: 133' 8"
 Doug Borell: 131' 6"
 Matt Hinkle: 132' 2"
 Grant Hubbard: 116' 7"
 Devin Tucker: 82' 9"
 Ed Matta: 81' 8"
 Lee Thompson: 108' 7"

Shot Put

Bryan Stengle: 34' 4.5"
 Cody Shopa: 36' 6.5"
 Martin Oglesby: 30' 1"
 Ian Hall: 36' 3"
 Joe Miller: 30' 11"
 Jeff Kyley: 29' 7.5"
 Andrew Colona: 32' 8.25"
 Kevin Gannon: 35' 2.75"
 Sheldon Morris: 34' 3.5"

Discus

Bryan Stengle: 108' 11"
 Mike Vigilante: 96' 11"
 Jeff Kyley: 92' 7"
 Joe Miller: 71' 10"
 Lee Thompson: 77' 8"

Unionville Invitational
4/26 at Unionville High School
East Results:

100

Colt Lyons: 12.17
 Leonard Clossen:
 12.01

200

Colt Lyons: 24.44

110 Hurdles

Austin Woodford:
 15.26 / 15.52 - **4th**
 John Rupert: 15.78

300 Hurdles

John Barnett: 42.44
 - **5th**
 Brad Tunno: 43.37

400

Brandon Robles:
 61.53
 John Barnett: 55.11

800

Nick Dastalfo:
 2:02.75 - **5th**

1600

Hutton Chapman:
 4:43.33
 Steve Cline: 4:46.54

Novice 1600

Nick Giordano: 5:20
 Richard Walters:
 5:32
 Matt Bowyer: 5:36
 Zack Neiner: 5:48

3200

Ankit Jain: 10:31

Stu Rial:

4x100

Austin Woodford

John Rupert

Matt Terry

Colt Lyons

Novice 4x200

Alex Dunleavy: 25.0

Brandon Robles:
24.2

Al Kargbo: 23.5

Zarko Ellis: 25.1

4x400Dave Whitehead:
52.1

Ty Savastio: 51.7

Ian Hall: 53.9

John Rupert: 52.0

4x800 Relay

Matt Ferry: 2:12

Hunter

Backenstose: 2:22

Kevin Dastalfo: 2:17

Stu Rial: 2:20

Long JumpMatt Terry: 20' 1" -
4thNick Damato: 18'
11.5"**Triple Jump**Matt Terry: 41' 3.75"
- **3rd**

Cam Lyons: 40' 2"

High JumpCam Lyons: 6' 2" -
2nd

Nick Damato: 5' 8"

Pole VaultJoe Linskens: 11' 6"
- **4th**

John Keenan: 10' 6"

Javelin

Matt Hinkle: 127' 0"

Shot PutBryan Stengle: 35'
5"**Discus**Bryan Stengle: 111'
8"**Penn Relays****4/24 - 4/25 at University
of Pennsylvania
East Results****4x100 Relay**

Austin Woodford

John Rupert

Matt Terry

Cam Lyons

4x400 Relay

Chris Glaug: 53.3

Nick Ferry: 50.5

Kyle Brown: 51.3

James Ferguson: 51.7

Tri Meet vs. Downingtown West & Avon Grove

4/16 at Home

East Results:

100

James Ferguson:
11.4

Colt Lyons: 11.6

Alex Dunleavy: 11.8

Brandon Robles:
12.1

Ryan Francis: 12.1

Duron Wilson: 12.3

Antonio Ortiz: 13.0

Tyler Frey: 12.5

Devin Tucker: 12.7

110 Hurdles

Austin Woodford:
15.1

John Rupert: 15.7

John Barnett: 16.4

Brad Tunno: 17.6

Blake Anderson:
17.3

200

James Ferguson: 23.3
John Barnett: 41.5

John Rupert: 23.4
John Rupert: 42.5

Alex Dunleavy: 24.2
Brad Tunno: 43.7

Brandon Robles: 24.9
Blake Anderson: 45.0

Al Kargbo: 24.4

Antonio Ortiz:
27.2

Tyler Frey: 25.8

Ryan Francis:
25.6

Tom Shutt: 25.4

Devin Tucker:
25.9

Zarko Ellis: 24.9

Dan Crompton:
25.5

300 Hurdles

400

Nick Ferry: 49.5

Ty Savastio: 53.0

Dave Whitehead: 51.8

800

Kyle Brown: 2:02.2

Nick Dastalfo: 2:03.0

Steve Cline: 2:06.0

Anthony Castaldi:
2:10.7

Hunter Backenstose:
2:18.7

Kevin Dastalfo: 2:17.8

Tim Leonhardt: 2:18.2

Nick Giordano: 2:25.6

Corey Oas: 2:19.7

Matt Ferry: 2:12.1

1600

Hutton
Chapman: 4:48.2

Steve Cline:
4:56.2

Matt Bowyer:
5:33.1

Zack Neiner:
5:45.4

Dave Saska:
5:17.5

3200

Ankit Jain: 10:35.1

Stu Rial: 11:18.4

4x100 Relay

Relay 1: Woodford, Ferguson, Terry, Colt Lyons: 44.2

Relay 2: Ellis, Robles, Kargbo, Wilson: 47.6

Relay 3: Thompson, Perez, Ortiz, Tucker: 48.6

Relay 4: Francis, Frey, Shutt, Crompton: 50.9

4x400 Relay

Nick Ferry: 52.4 Nick Dastalfo

Ty Savastio: 53.0 Chris Glaug

Chris Glaug: 52.1 Kyle Brown

Dave Whitehead: 52.0 Dave Whitehead

4x800 Relay**Long Jump**

Austin Woodford: 19' 10"

Nick Damato: 19' 3.5"

Cam Lyons: 18' 8"

Matt Terry: 19' 10"

Triple Jump

Matt Terry: 43' 5"

Colt Lyons: 37' 11.5"

Cam Lyons: 41' 9"

High Jump

Nick Damato: 5' 6"

Zarko Ellis: 5' 8"

Cam Lyons: 6' 2"

Pole Vault

Joe Linskens: 11' 6"

John Keenan: 11' 0"

Sean Campbell: 9' 0"

Javelin

Cody Shopa: 151' 6"

Conaire Moore: 118' 9"

Doug Borell: 127' 9"

Matt Hinkle: 133' 5"

Grant Hubbard: 121' 11"

Brett Coyle: 75' 11"

Sheldon Morris: 104' 1"

Ed Matta: 87' 6"

Lee Thompson: 100' 3"

Shot Put

Woodford: 37' 4.25"

Cody Shopa: 38' .25"

Martin Oglesby: 29' 10"

Ian Hall: 34' 4"

Joe Miller: 32' 5.75"

Jeff Kyley: 31' 6.5"

Andrew Colona: 32' 8.25"

Kevin Gannon: 35' 5.25"

Duron Wilson: 29' 5.5"

Bryan Stengle: 38' 5"

Discus

Bryan Stengle: 116' 8"

Mike Vigilante: 97' 6"

Jeff Kyley: 94' 11"

Joe Miller: 72' 5"

Lee Thompson: 81' 6"

Cody Shopa: 91' 1"

TFCAGP Relay Carnival

4/12 at Upper Dublin

East Results:

Shuttle Hurdles

1:05 - 2nd Place

Splits:

John Rupert: 16.0

Austin Woodford: 15.0

John Barnett: 17.0

Brad Tunno: 17.5

4x200 Relay

1:36.7

Splits:

Alex Dunleavy: 24.8

Al Kargbo: 24.2

Kenny Peou: 24.2

John Barnett: 23.7

4x800 Relay

8:16.8 - 6th Place

Splits:

Nick Dastalfo: 2:03.8

Kyle Brown: 2:03.9

Nick Ferry: 2:04.2

Chris Glaug: 2:05.2

4x100 Relay

44.98 - 6th Place

Splits:

Austin Woodford

James Ferguson

Matt Terry

John Rupert

4x400 Relay

3:31.7 - 7th Place

Splits:

Nick Ferry: 52.4

Chris Glaug: 53.2

Kyle Brown: 54.1

James Ferguson: 52.1

Sprint Medley Relay

4th Place

Splits:

John Rupert: 23.7

Colt Lyons: 23.7

Ty Savastio: 53.6

Steve Cline: 2:10.7

FR Sprint Medley Relay

Splits:

Brandon Robles: 25.0

Zarko Ellis:

Brad Tunno: 55.0

Kevin Dastalfo: 2:21.5

Distance Medley Relay

11:39.2

Splits:

Hutton Chapman: 3:28.8

Ty Savastio: 54.0

Nick Dastalfo: 2:08.6

Matt Ferry: 5:07.8

Pole Vault

Joe Linskens: 11'

John Keenan: 11'

High Jump

Cam Lyons: 5' 10" - 4th Place

Long Jump

Austin Woodford: 20' 8.25" - 1st Place

Cam Lyons: 19' 11" - 5th Place

Triple Jump

Matt Terry: 40' 5" - 2nd Place

Discus

Bryan Stengel: 118' 5"

Javelin

Conair Moore: 126' 5"



Dual Meet vs W.C. Henderson

Wednesday 4/9 at Henderson

East Results:

110 Hurdles

John Rupert:
16.42

John Barnett:
16.42

Brad Tunno: 18.49

100

James Ferguson:
12.17

Colt Lyons: 12.51

Alex Dunleavy:
12.51

200

John Rupert:
23.79

James Ferguson:
23.87

Al Kargbo: 25.10

Tyler Frey: 26.6
Brandon Robles:
26.53

Zarko Ellis: 25.58

Dan Crompton:
26.3

Tom Shutt: 26.84

Devin Tucker:
27.02

Radames Ortiz:
26.53

Jake Kramer: 27.5

300 Hurdles

John Barnett:
41.78

John Rupert:
42.60

Kenny Peou:
45.19

400

Nick Ferry: 52.0

Ty Savastio: 52.8

Dave Whitehead:
52.8

Jake Kramer:
59.19

Dan Crompton:
61.29

800

Chris Glaug:
2:06.1

Nick Dastalfo:
2:07.5

Kyle Brown:
2:07.7

Hunter
Backenstose:
2:19.6

Kevin Dastalfo:
2:22.4

Sean Campbell:
2:26.7

Nick Giordano:
2:29.8

Chris Schwab:
2:31.5

1600

Hutton Chapman:
4:46.1

Matt Ferry: 5:00.3

Dave Saska:
5:21.8

3200

Stu Rial:

4x100**Relay A: 45.56**

Austin Woodford
 James Ferguson
 Matt Terry
 Colt Lyons

Relay C: 49.6

Ryan Francis
 Duron Wilson
 Tom Shutt
 Tyler Frey

4x400**Relay A: 3:29.9**

Nick Ferry: 51.8
 Ty Savastio: 53.1
 Dave Whitehead:
 52.0
 Kyle Brown: 52.8

4x800**Relay A: 8:18.8**

Nick Dastalfo:
 2:02.8
 Kyle Brown:
 2:03.2
 Steve Cline:
 2:08.2
 Chris Glaug:
 2:04.0

Relay B: 48.4

Alex Dunleavy
 Brandon Robles
 Al Kargbo
 Zarko Ellis

Relay D: 51.6

Radames Ortiz
 Perez
 Thompson
 Devin Tucker

Relay B: 3:52.6

Brad Tunno: 55.5
 Alex Dunleavy:
 56.6
 Hunter
 Backenstose: 62.0
 Matt Ferry: 58.7

Relay C: 3:49.6

Kenny Peou: 54.9
 Dan Crompton:
 59.8
 Zarko Ellis: 58.5
 Al Kargbo: 56.3

Long Jump

Austin Woodford:
 20' 7 3/4"
 Nick Damato: 19'
 5"
 Matt Terry: 19' 4
 1/2"

Triple Jump

Matt Terry: 42'
 5.5"
 Austin Woodford:
 41' .5"
 Colt Lyons: 40' 2"
 Cam Lyons: 38' 4"

High Jump

James Ferguson:
 5' 6"
 Ty Savastio: 5' 6"
 Nick Damato: 5' 8"
 Zarko Ellis: 5' 8"
 Austin Woodford:
 5' 6"

Pole Vault

Joe Linskens: 10'
 6"
 John Keenan: 10'
 6"
 Sean Campbell: 8'
 0"

Javelin

Conair Moore: 129' 6"
 Matt Hinkle: 129'
 Doug Borell: 125'
 John Keenan: 122'
 Grant Hubbard: 110'
 Ed Matta: 101'
 Lee Thompson: 110'
 Cody Shopa: 105'
 Brett Coyle: 82'

Discus

Bryan Stengle: 109' 11"
 Mike Vigilante: 91' 5"
 Jeff Kyley: 97' 5"
 Joe Miller: 66' 8"
 Lee Thompson: 90' 10"

Shot Put

Cody Shopa: 38'
 Jeff Kyley: 30'
 Martin Oglesby: 30'
 Joe Miller: 34' 9"

Tri Meet vs W.C East and Bishop Shanahan**Wednesday 4/9 at Shanahan****East Results:****110 Hurdles**

Austin Woodford: 15.8
 John Rupert: 15.9
 John Barnett: 16.5
 Brad Tunno: 18.3
 James Ferguson: 11.2
 Colt Lyons: 11.5
 Matt Terry: 11.6
 Cam Lyons: 11.7
 Alex Dunleavy: 11.9
 Brandon Robles: 12.1
 Ryan Francis: 12.4

100**200**

Colt Lyons: 24.3
 Alex Dunleavy: 24.8
 Brandon Robles: 25.1
 Ian Hall: 24.7
 Zarko Ellis: 26.8
 Al Kargbo: 25.5
 Ed Matta: 26.9
 Tom Shutt: 25.5

300 Hurdles

John Barnett: 42.2
 Kenny Peou: 45.4
 Brad Tunno: 45.5

400

Nick Ferry: 52.5

Kyle Brown: 53.6

Ty Savastio: 52.7

Anthony Castaldi:
57.2

Zarko Ellis: 58.5

Al Kargbo: 58.5

Tom Shutt: 60.1

800Chris Glaug:
2:04.1Nick Dastalfo:
2:06.0

Nick Ferry: 2:09.7

Sean Campbell:
2:32.2**1600**Hutton Chapman:
4:55

Ankit Jain: 5:03

Matt Ferry: 5:07

Steve Cline: 5:09

Stu Rial: 5:17

Hunter

Backenstose: 5:20

Richard Walters:

5:42

Matt Bowyer: 5:50

Zack Neiner: 5:59

3200Hutton Chapman:
11:52

Stu Rial: 11:54

Ankit Jain: 11:55

Matt Ferry: 11:56

4x100 Relay**Relay A - 44.7**Splits:

Austin Woodford

John Rupert

Colt Lyons

James Ferguson

4x400 Relay**Relay A - 3:31.7**Splits:Dave Whitehead:
53.8James Ferguson:
51.7

John Rupert: 53.0

Ty Savastio: 53.2

4x800 Relay**8:57.1**Splits:Nick Dastalfo:
2:09.6Dave Whitehead:
2:11.0Kyle Brown:
2:18.7Chris Glaug:
2:17.8**Relay B - 47.0**Splits

Cam Lyons

Ryan Francis

Brandon Robles

Alex Dunleavy

Relay B - 3:44.7Splits:Anthony Castaldi:
58.9

John Barnett: 54.4

Kenny Peou: 55.7

Brad Tunno: 55.9

Long JumpAustin Woodford:
19' 9.5"Nick Damato: 17'
8"

Cam Lyons: 20' 1"

Matt Terry: 19' 10"

Triple Jump

Matt Terry: 39' .5"

Colt Lyons: 35' 5"

Cam Lyons: 37' 6"

Grant Hubbard:
33' 3"**High Jump**James Ferguson:
5' 8"

Ty Savastio: 5' 4"

Nick Damato: 5' 8"

Zarko Ellis: 5' 6"

Pole Vault

Joe Linskens: 10'

John Keenan: 10'

Sean Campbell: 7'
6"

Javelin

Cody Shopa: 143' 9"
 Conair Moore: 126' 2"
 Matt Hinkle: 115' 8"
 Grant Hubbard: 113' 3"

Shot Put

Cody Shopa: 39' 2"
 Martin Oglesby: 28' 8"
 Ian Hall: 36' 6"
 Mike Brophy: 30'
 Rob Miller: 33'
 Jeff Kyley: 33'
 Sheldon Morris: 32'
 Andrew Colona: 32'

Discus

Bryan Stengle: 110' 8"
 Ed Matta: 65'
 Mike Vigilante: 90'
 Joseph Miller
 Lee Thompson

**PA Track
 Classic
 3/29/08 at Great
 Valley
 East Results:**

100 HH

John Barnett: 17.7
 John Rupert: 17.3

200 Run

James Ferguson: 24.3

300 Hurdles

John Barnett: 44.9
 John Rupert: 44.4
 Brad Tunno: 45.6

800 Run

Kenny Peou: 2:09.9

**4x100 Relay
 45.18 - 7th Place
Splits:**

James Ferguson
 John Rupert
 Matt Terry
 Ty Savastio

**4x400 Relay
 3:33.4
Splits:**

Nick Ferry: 53.3
 Chris Glaug: 53.0
 Dave Whitehead: 53.9
 Kyle Brown: 53.3

**4x800 Relay
 8:20.32 - 3rd Place
Splits:**

Nick Ferry: 2:06.9
 Kyle Brown: 2:05.5
 Nick Dastalfo: 2:04.6
 Chris Glaug: 2:03.6

**DMR
 11:46.8
Splits:**

Hutton Chapman: 3:27.0
 Dave Whitehead: 55.0
 Kenny Peou: 2:14.8
 Matt Ferry: 5:07.4

Long Jump

Nick Damato: 18' 10"

High Jump

James Ferguson: 5' 8"

Triple JumpAustin Woodford: 38' 3.25"
Matt Terry: 42' 2.25" - **4th**
Ty Savastio: 38' 8.25"**Pole Vault**Joe Linskens: 11' 6" - **7th Place**
John Keenan: 11' 0" - **8th Place****Discus**

Bryan Stengle: 106' 2"

JavelinCody Shopa: 154' 1" - **5th Place**
Conair Moore: 131' 7"**Scrimmage vs.
Unionville
Tuesday, 3/25
at Home****East Results:****110 Hurdles**

Austin Woodford: 15.8

John Rupert: 16.8

John Barnett: 17.3

Brad Tunno: 20.0

100 Run

Alex Dunleavy: 12.5

Cameron Mazzei: 12.9

Matt Terry: 12.2

Brandon Robles: 12.9

Colt Lyons: 12.3

Cam Lyons: 12.7

Al Kargbo: 12.5

Zarko Ellis: 12.4

Radames Ortiz: 13.5

Ken Singleton: 14.2

Tyler Frey: 13.5

Devin Tucker: 13.5

200 Run

James Ferguson: 23.4

Nick Ferry: 24.0

Alex Dunleavy: 25.3

Al Kargbo: 25.5

Colt Lyons: 24.8

Cam Lyons: 25.4

Zarko Ellis: 25.3

Tom Shutt: 26.0

Ryan Francis: 26.2

Dan Crompton: 25.5

Ken Singleton: 28.2

Ed Matta: 27.3

Devin Tucker: 26.3

Radames Ortiz: 27.8

300 HH

John Rupert: 42.2

John Barnett: 42.8

Brad Tunno: 45.1

Dave Stevens: 51.5

400 Run

Nick Ferry: 52.7

Kyle Brown: 53.3

Tom Shutt: 58.2

Dan Crompton:
59.4

Jake Kramer: 64.0

800 RunNick Dastalfo:
2:11.5Hutton Chapman:
2:24.0Anthony Castaldi:
2:16.3Tim Leonhardt:
2:27.2Sean Campbell:
2:28.4Kevin Dastalfo:
2:33.8James Dwyer:
2:31.2Nick Giordano:
2:29.4**1600 Run**Hutton Chapman:
4:56.3

Matt Ferry: 5:10.9

Stu Rial: 5:18.9

Matt Bowyer:
5:51.4Nick Giordano:
5:31.5

Zack Neiner: 5:54.0

Richard Walters:
5:50.2**3200 Run**Ankit Jain:
11:15.8Stu Rial:
13:10.2**4x100 Relay****Relay A: 45.4**Splits:

Austin Woodford

James Ferguson

Matt Terry

Ty Savastio

4x400 Relay**Relay 1: 3:46.7**Splits:

Ty Savastio: 55.1

John Rupert: 58.7

Kenny Peou: 58.4

Kyle Brown: 54.5

Relay 4:Splits:Alex Dunleavy:
62.8Nick Giordano:
64.5

Matt Ferry: 61.1

Sean Campbell:
62.4**4x800 Relay****9:04.8**Splits:Dave
Whitehead:
2:11.1Kenny Peou:
2:13.8Chris Glaug:
2:15.5Kyle Brown:
2:19.2**Relay B: 48.3**Splits:

Alex Dunleavy

Cam Lyons
Ryan Francis

Colt Lyons

Relay 2: 3:42.4Splits:James Ferguson:
54.5

Chris Glaug: 55.8

Nick Dastalfo: 56.4

Dave Whitehead:
56.2**Relay 5:**Splits:

Brad Tunno: 58.9

Dave Stevens: 62.5

Zarko Ellis: 62.8

Tyler Frey: 62.4

Relay C: 52.3Splits:

Cameron Mazzei

Al Kargbo

Devin Tucker

Radames Ortiz

Relay 3:Splits:

John Barnett: 58.5

Al Kargbo: 60.6

Anthony Castaldi:
63.1Hutton Chapman:
62.8**Relay 6:**SplitsTim Leonhardt:
62.8Kevin Dastalfo:
68.0

Matt Bowyer: 69.0

Richard Walters:
71.0**Javelin**Cody Shopa: 155'
0"Conair Moore:
126' 9"Doug Borell: 118'
11"Matt Hinkle: 118'
11"Grant Hubbard:
100' 1"

Brett Coyle: 76' 4"

Ed Matta: 77' 11"

Sheldon Morris:
101' 10"**Shot Put**Cody Shopa: 36'
4.5"Mike Brophy: 29'
7.5"Bryan Stengle: 33'
1"Mike Vigilante: 24'
8.5"Joseph Miller: 33'
2"Amro Elensari: 35'
3.25"**Pole Vault**Joe Linskens: 11'
0"John Keenan: 11'
0"**Discus**Bryan Stengle:
116' 6"Collin Kalescy:
83' 6"Ed Matta: 76'
6"Lee
Thompson: 77'
2"Mike Vigilante:
97' 5"**Triple Jump**

Ty Savastio: 36' 2"

Matt Terry: 39' 8.5"

Colt Lyons: 38' .5"

Cam Lyons: 35'
3.5"Grant Hubbard:
32' 4.25"**High Jump**James Ferguson:
5' 6"

Ty Savastio: 5' 6"

Austin Woodford:
5' 8"

Nick Damato: 5' 6"

Long JumpAustin Woodford:
19' 7.75"

Matt Terry: 17' 9.5"

Nick Damato: 18'
7.75"