

**ST. MARK'S VS. ARCHMERE ACADEMY**  
**@Archmere Academy**  
**Monday, March 23<sup>rd</sup>, 2009 3:30pm 46 degrees, windy**

**Meet Results**

**KEY**

**A=Automatic State Meet Qualifier**  
**P=Provisional State Meet Qualifier**  
**SR=School Record**  
**WOW= Ridiculous**  
**PTP'er=Prime Time Performer**  
**DYST?=Did You See That?**  
**CIAC=Call it a Comeback!**  
**BDA-A= Big Day All-Around**

**Shot Put**

2 Jones 21'6" **BDA-A**  
 t3 Mey 18'4"  
 t3 Mitchell 18'4"  
 Irbing 11'7"

**Discus**

2 Jones 52'10"  
 Mey 42'11"  
 Mitchell 41'8"  
 Irbing 29'8"

**Long Jump**

**Triple Jump**

2 Gangloff 27'11"  
 3 McKoy 24'2"  
 Tunis  
 Evers  
 Rizzo

**High Jump**

1 Farrell 4'2"  
 2 Evers 4'0"  
 3 Hamberger 4'0"  
 Cope 4'0"  
 Wegnzen NH

**100m Hurdles**

3 Evers 20.2  
 Cope 20.5  
 Gangloff 20.8  
 McKoy 24.4

**300m Hurdles**

1 Farrell 52.9 **A**  
 2 Earley 53.9 **P**  
 3 Fogarty 54.8  
 Lu 57.2 **DYST**  
 Dunlap 1:00  
 Spillane 1:01.1

**100m Dash**

3 Rizzo 14.1  
 Al-Amin 15.1  
 Bazan 15.6  
 Tunis 16.1  
 Short 17.5  
 Habtewold 18.3

**4 x 100m Relay**

Oakes  
 Gangloff  
 Rizzo  
 Knowles  
 \*\*55.07  
  
 Tansey  
 Al-Amin  
 Giannoni  
 Davies  
 \*\*58.17  
  
 Tunis  
 Hamberger  
 McKoy  
 Habtewold  
 \*\*63.72

**200m Dash**

1 Earley 29.0 **DYST?**  
 2 Gianonni 30.0  
 Al-Amin 31.1  
 Powell 32.1  
 Tunis 32.1  
 Bazan 33.0  
 Riley 33.0  
 Spillane 35.3  
 Short 39.0

**4 x 200m Relay**

1 Oakes 30.5  
 Fogarty 27.73  
 Farrell 29.1  
 Knowles 26.65 **DYST?**  
 \*\*1:53.9 **DYST?**

McCabe 32.3  
 Dunlap 33.2  
 Powell ---  
 Lu  
 \*\*DQ

**400m Dash**

1 Blackwell 1:11.6 **DYST?**  
 3 Kolakowski 1:17.6  
 Kaminski 1:17.9  
 Cochran. S 1:19.6  
 Riley 1:21.3  
 Cochran. A 1:26.5

**4 x 400m Relay**

1 Knowles 63.2 **WOW**  
 Sullivan 68.1  
 Fogarty 70.1  
 Frydrych 67.2  
 \*\*4:28.5

Blackwell  
 Kolakowski  
 McCabe  
 Carlson

Barrett  
 Muddiman  
 Paulson  
 Washington

Richards  
 Wegrzen  
 DelNegro  
 Brant

**800m Run**

2 Sullivan 1:15 1:17 2:33.8 **A, PTP'ER**  
 Harrison 1:25 1:36 3:01  
 Steenkamer 1:26 1:37 3:03  
 Pesetsky 1:31 1:36 3:07  
 Carlson 1:31 1:50 3:21  
 Barrett 1:41 1:49 3:30  
 Palermo 1:43 1:57 3:40  
 Cahill 1:46 1:55 3:41  
 Lopez 1:55 2:06 4:01  
 Brant 2:03 2:34 4:37

**4 x 800m Relay**

1 Frydrych 73.3 76.2 2:29.5 **BDA**  
 Sullivan 72.3 81.0 2:33.3 **CIAC**  
 Pollock 74.0 82.2 2:36.2  
 Sowden 75.1 84.0 2:39.0  
 \*\*10:18

Settle 1:20 1:25 2:45  
 Harrison 1:21 1:32 2:53 **CIAC!**  
 Charlebois 1:20 1:40 3:00  
 Kaminski 1:25 1:41 3:06  
 \*\*11:46

Cochran. S 1:23 1:43 3:08  
 Cochran. A 1:35 1:44 3:18  
 Richards 1:35 2:00 3:35  
 Paulson 1:30 1:42 3:12  
 \*\*13:19

Cahill 3:21  
 Palermo  
 Lopez  
 DelNegro

**1600m Run**

1 Frydrych 2:52 2:52 5:44.25 **A**  
 3 Steenkamer 3:10 3:16 6:26  
 Charlebois 3:12 3:35 6:47  
 Wegrzen 3:22 3:46 7:08.7  
 Washington 3:50 4:02 7:53.2  
 Muddiman 3:38 4:36 8:14  
 Pesetsky 3:09 DNF

**3200M Run**

2 Sowden 3:11 3:17 (6:28) 3:14 3:08 12:51.3 **A, PTR'ER**  
 3 Pollock 3:11 3:17 (6:28) 3:14 3:08 12:51.5 **A, PTR'ER**  
 Settle 3:16 3:29 (6:45) 3:28 3:19 13:32.0