

VIKING INVITATIONAL
@ BETHESDA, MD
 Saturday, April 18 2009 78 degrees and sunny

Team Results
St. Mark's 12th place 24 points

KEY

AQ=Automatic State Meet Qualifier
PQ=Provisional State Meet Qualifier
SR=School Record
WOW= Ridiculous
PTP'er=Prime Time Performer
DYST?= Did You See That?
CIAC=Call it a Comeback!
BDAA= Big Day All-Around
BTI= Big Time Improvement

Shot Put

2 Allshouse 31'05" **WOW!! AQ**

Discus

Allshouse 65'04"

Long Jump

Cope 14'00" **BDAA**
 Rizzo 12'06"

Triple Jump

Cope 28'07"

High Jump

Farrell 4'04"
 Cope 4'02"

100m Hurdles

Cope 18.81

300m Hurdles

Farrell 51.86
 Earley 52.90

100m Dash

Knowles 13.33
 Rizzo 14.40

4 x 100m Relay

White
 Oakes
 Giannoni
 Rizzo
****54.81**

200m Dash

White 28.72 **BDAA**
 Giannoni 30.66

4 x 200m Relay

6 White 28.1
 Oakes 28.7
 Farrell 28.8
 Knowles 26.5

****1:52.56 WOW!!**

400m Dash

4 Knowles 60.89 **WOW AQ**
 Oakes 65.30

4 x 400m Relay

5 Knowles 61.8
 Sullivan 65.6
 Earley 66.9
 Frydrych 62.6 **WOW**

****4:17.65 DYST?**

800m Run

5 Frydrych 1:12 1:11 2:24.14 **DYST? AQ**
 Sullivan 1:14 1:18 2:33.75

4 x 800m Relay

King 1:13 1:26 2:39.6 **BTI**
 Wegrzyn 1:22 2:29 2:51.0 **BTI**
 Charlebois 1:27 1:30 2:57.0
 Settle 2:46.9

****11:15.27**

1600m Run

Frydrych 1:17 1:24 1:27 1:17 5:27.66
 Sullivan 1:17 1:25 xx xx 5:45.16

3200M Run

Settle 1:39 1:50 1:49 1:52
 1:52 1:54 1:52 1:42 14:33.97

