

**DIAMOND STATE RELAYS**  
**@AI. DuPont High School**  
**Saturday, April 4th 2009 10am-6pm 57 degrees, 20-40mph wind**

**Team Results**

**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 BTI**

Mey 20' (not official)  
 Bennett 20' (not official)

**Discus**

Bennett 39'3"  
 Mey 33'3"

**Long Jump**

Geonnotti 13'6 1/4" **BTI**  
 Gangloff 13'1 1/2" **BTI**  
 Rizzo 13'0 3/4"  
 Davies 12'11"  
 Cope 12'10"

**Triple Jump**

Gangloff 28'1"  
 Copes 25'8"

**High Jump**

Farrell 4'6"  
 Evers NH

**4x100m Hurdles (Shuttle Hurdles)**

Cope 19.4  
 Farrell 19.1  
 Gangloff 19.8 **BTI**  
 McKoy 25.8  
 \*1:24.3 DQ **WOW though anyway**

**4 x 100m Relay**

**A Team**

Rizzo  
 Newton  
 White  
 Oakes  
 \*\*54.5 **PTP'er**

**B Team**

Davies  
 Powell  
 Hamberger  
 Gangloff  
 \*\*59.6 **PTP'er**

**C Team**

Reilly  
 Bazan  
 McKoy  
 Tansey  
 \*\*1:00.0 **PTP'er**

**4 x 200m Relay**

**A Team**

Oakes 29.3  
 Fogarty 29.4  
 Farrell 30.3  
 White 28.5 **WOW**  
 \*\*1:57.3 **PTP'er**

**B Team**

Gianonne 30.7  
 Lu 29.3  
 Tunis 31.8  
 Earley 30.0  
 \*\* 2:01.8 **PTP'ers**

**4 x 400m Relay**

**A Team**

Frydrych 65.4  
 Fogarty 67.9  
 Earley 68.7  
 Knowles 61.2 **DYST?**  
 \*\*4:23.4

**B Team**

Blackwell 71.2  
 Lu 72.2  
 McCabe 73.1  
 Kolakowski 74.7  
 \*\*4:51.4

**C Team**

Wegrzyn 73.1 **BTI**  
 Cochran A 82.5  
 Cochran S 76.4  
 Kaminski 77.9  
 \*\*5:09.9

### 4x800m Relay

Pollock	1:15	1:23	2:38	<b>PTP'er</b>
Sowden	1:16	1:23	2:39	<b>PTP'er</b>
Allen	1:18	1:28	2:46	
Steenkamer	1:23	1:31	2:54	

\*\*11:00.5

### Distance Medley Relay

#### A Team

Sowden	1:20	1:21	<u>2:41.5</u>	
Knowles	<u>1:01.7</u>			<b>WOW</b>
Pollock	1:17	1:30	1:27	<u>4:16</u>
Frydrych	1:21	1:24	1:27	1:18 <u>5:31</u> <b>WOW</b>

\*\*13:30.9 **DYST?**

#### B Team

Charlebois	1:22	1:33	<u>2:56.7</u>	
Allen	<u>1:09.5</u>			
Pesetsky	1:31	1:40	1:27	<u>4:38</u> <b>BTI</b>
Steenkamer	1:27	1:44	1:41	1:22 <u>6:14</u> <b>BTI</b>

\*\*14:58.8 **DYST?**

I was very pleased with our performances on Saturday. I was pleasantly excited with how some of you set season best times in such windy conditions. I thought our relays ran tough, and against tough competition. Some girls had to run their relays into the fierce wind, and I have respect the attitude you displayed when you took on that challenge. I heard some girls saying, "bring it," which you don't hear too often during a 25mph wind gust. Our throws and jumps continue to improve. Mey and Bennett both threw excellent. I heard their better throws did not get marked too.

We showed depth in our short relay events, and in some cases our B and even C relays were up there with our A team. That is exciting to see.

Overall we held our own against the best in the state. We have a lot of work to do to beat them, but we at least proved that we belong there. This was a wonderful rebound from Thursday. On to Tatnall on Tuesday.