

DIAA STATE CHAMPIONSHIPS
@Caesar Rodney High School
Friday-Saturday, May 15-16 2009

KEY

AQ=Automatic State Meet Qualifier
PQ=Provisional State Meet Qualifier
PR= Personal Record
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

Allshouse 31'2 1/4" **PTP'er!!**

Long Jump

Cope 12'7 1/2"

Triple Jump

Geonnotti 30'0 1/2"
 Gangloff 29'10 1/4"

High Jump

4 Farrell 4'8" **WOW!!!**

100m Hurdles

Cope 19.01

300m Hurdles

Fogarty 49.61 **PR WOW!!!**
 Earley 50.10 **PR WOW!!!!**
 Farrell 51.87

100m Dash

Knowles 13.49 **PTP'er**

4 x 100m Relay

Oakes
 White
 Rizzo
 Gangloff
****53.31 BTI**

200m Dash

White 27.63 **PTP'er PR**

4x 200m Relay

White
 Oakes
 Fogarty
 Knowles
****1:49.39 WOW!!**

400m Dash

4 Knowles 58.77 **WOW!! PR**

4 x 400m Relay

Knowles 1:00.6
 Sullivan 1:03.2
 Oakes 1:03.4
 Frydrych 1:01.6 **BDAA**
4th **4:09.28 DYST??? WOW!!!

800m Run

4 Frydrych 1:11 2:21.97 **BDAA WOW**
 Sullivan 1:11 2:24.83 **PR PTP'R**

4 x 800m Relay

Sullivan 1:10 2:24.3
 Frydrych 1:08 2:19.3
 Pollock 1:10 2:30.4
 Sowden 1:12 2:31.2 **BTI DYST??**
1st **9:45.44 WOW!! DYST?????

1600m Run

3 Frydrych 1:17 2:36 4:01 5:16.06 **BDAA WOW PR**
 King 1:24 2:58 4:33 6:01.11
 Allen 1:24 2:58 4:33 6:07.45

3200M Run

5 Sowden 1:26 2:54 4:25 5:56 **BTI WOW PR**
 7:31 9:09 10:39 (6:13) 12:09.85
 Pollock 1:26 2:54 4:35 5:57 **PTP'er**
 7:31 9:03 10:50 (6:20) 12:17.94