

ST. MARK'S VS. Tatnall School
@Tatnall School
Tuesday, April 7 2009 3:30pm 50 degrees, Cloudy, Snow!

Team Meet Results
St. Mark's 88 - Tatnall 49

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

1 Jones 19'1" **BDAA**
2 Mitchell 18'10"
3 Bennett 18'4"
Mey 16'6"
Irving 13'10"

Discus

1 Jones 47'1" **BDAA**
2 Bennett 46'7"
3 Irving 43'7"
Mitchell 43'6"
Mey 37'11"

Long Jump

2 Rizzo 13'4" **BTI**
3 Gangloff 12'9"
Cope 12'6"
Geonnotti 12'5"
Davies 12'2"
Oakes 12'5"
Tansey 11'6"
Tunis 11'5"
Evers 11'0"
McKoy 9'5"

Triple Jump

1 Geonnotti 27'1"
2 Gangloff 26'11"
3 Copes 27'0"

High Jump

1 Farrell 4'6" **PQ**
2 Cope 4'0"
3 Wegnzen 4'0"

100m Hurdles

1 Cope 18.5 **PTP'er**
2 Farrell 19.1
3 Gangloff 20.3
Evers 22.4 (21.4 1st heat)
McCoy 22.2

	<u>St. Mark's</u>	<u>Tatnall</u>
4x800	0	5
100H	9	0
100M	9	0
4x200M	5	0
1600M	0	9
4x100	5	0
300H	9	0
800M	5	4
200M	6	3
3200M	0	9
4x400	0	5
Shot	9	0
Discus	9	0
Long	4	5
Triple	9	0
High	9	0
Score	88	49

300m Hurdles WOW!

1 Farrell 51.3 **AQ**
2 Fogarty 51.3 **AQ**
3 Earley 53.3
Lu 57.4
Dunlap 61.7
Spillane 62.0
Ortolano 66.1

100m Dash

1 Knowles 13.2 **AQ PTP'er**
2 Rizzo 14.1 **PTP'er**
3 Geonnotti 14.1 **PTP'er**
Newton 14.7
Powell 15.2
Hamberger 14.9
Tansey 15.0
Reilly 15.1
Davies 15.6
Tunis 15.8
Thornton 15.9
Bazan 15.3
Short 17.4
Habtewold 17.7

4 x 100m Relay

1 White
Geonnotti
Rizzo
Newton
**56.1

Davies
Powel
Gangloff
Hamberger
**59.0

Bazan
Tunis
McKoy
Reilly
**60.9

Habtewold
Short
Thornton
McIntyre
**66.0

Kolakowski 1:15.8
Wegrzyn 1:15.4
Cochran S 1:16.4
Kaminski 1:18.3
Barrett 1:22.1

4 x 400m Relay

White 1:11.2
Earley 1:13.1
Fogarty 1:10.7
Frydrych 1:06.6
**4:41.4

Blackwell
Kolakowski
Weg
Allen
**5:13.1

Cochran S
Kamsinski
Muddiman
Jerzak
**6:08

800m Run

1 Frydrych	1:11	2:25.2	AQ WOW / DYST?
Allen	1:24	2:44.6	
Charlebois	1:34	2:58.2	BTI
Kolakowski		3:09.0	
Barrett	1:41	3:22.9	
Cochran A		3:26.1	
Paulson		3:27.7	
Carlson		3:30.2	
DelNegro		3:35.1	
Palermo		3:45.4	
Richards		3:47.8	
Lopez		3:50.0	
Brant		4:25.4	

4 x 800m Relay

Wegrzyn 1:31 3:05
Charlebois 1:24 2:57
Kaminski 1:36 3:14
Cochran S 1:31 3:11
**12:27

Cochran A 1:36 3:26
King 1:18 2:51 **CIAC**
Muddiman 1:22 3:34
DelNegro 1:45 3:40
**13:31

Palermo 1:38 3:32
Richards 1:40 3:45
Carlson 1:30 3:22
Washington 1:39 3:33
**14:12

200m Dash

2 Knowles	27.3	AQ BDAA
Oakes	29.2	
Earley	29.8	
Gianonni	30.1	
Newton	30.7	
Dunlap	31.5	BTI
Davies	31.5	
Powell	32.5	
Tunis	33.7	
Tansey	32.5	
McIntyre	33.0	
Reilly	33.4	
Thornton	35.6	
Spillane	34.0	

x 200m Relay

1 White **PTP'er**
Oakes
Farrell
Knowles **DYST?**
1:54.6 **WOW!!

Giannone
Blackwell
McCabe
Lu
**2:06.8

Dunlap
Bazan
McIntyre
Spillane
** 2:15.1

400m Dash

3 Knowles	62.1	AQ BDAA
Oakes	65.2	PQ WOW!!
Allen	68.9	BTI
King	1:10.2	CIAC
Blackwell	1:12.6	

1600m Run

Frydrych	1:20	2:50	4:17	5:35.1	AQ
Sowden	1:21	2:53	4:25	5:50.1	AQ
Pollock	1:21	2:53	4:25	5:50.4	AQ
Steenkamer	1:29	3:05	4:40	6:04.7	BDAA
Pesetsky	1:31	3:12	4:56	6:23.5	
Cahill	1:33	3:25	5:20	7:04	BTI
Paulson	1:33	3:25	5:20	7:08.5	

3200M Run

Sowden	1:30	3:08	4:45	6:23	AQ
	8:00	9:36	11:13	(6:18)	12:41.9
Pollock	1:30	3:08	4:45	6:23	AQ
	8:00	9:36	11:13	(6:18)	12:42.1
Steenkamer	1:36	3:21	5:06	6:52	BDAA
	8:36	10:21	12:03	(6:41)	13:33.6
Pesetsky	1:38	3:26	5:13	7:00	
	8:50	10:43	12:36	(7:14)	14:17.2

Girls!!

I am again very pleased with our performances from our 1st girl to our last. I can see how some girls are starting to make the commitment to getting better. I also like when I see girls taking some risks. In my years as a runner I have only improved when I took chances in races. You are starting to realize that.

We had many highlights in the meet. . Emily's performance in the 800 was special. I hope you all had a chance to watch that race. Tatnall's 4x800 team has the state record, and that is their event. They stacked it with the belief that they'd go 1-5. For Emily to walk them down like that was amazing!! It was what I call a "breakthrough" race. We again looked great over the hurdles. Our 300 hurdlers are a perfect 12-0. In 4 meets they have gone 1-2-3 every time. Once we start hitting the hurdle workouts, those 51's will be 48's.

We are noticing that we are a lot more versatile when we move around our senior sprinters. The combo of Oakes/Knowles/White can be a threat when we get you going together. The three of you have range from 100-400, and in the right events we can get the job done. The 4x200 gave us a scare, but I was very calm in that last 200 because we had a ringer on the anchor leg as well. Some were nervous, but I was not at all. Jeanne again delivered when she had to. Great work!

Our young girls are really starting to step up. Cope was again all over the track. She had a 1st, 2nd, and 3rd place finish. Rizzo also had a huge day with 2, 2nd place finishes and a 1st in the 4x100. Katrina is starting send a message to her cousin Merideth that she is not the only Steenkamer in track and field. She had another excellent performance in the 1600, (6:04.7) narrowly missing the state meet qualifying mark. She came back and almost hit her goal of 13:30.

The throwers had some big-time performance and swept both events. That was also great to see. They are all making huge breakthroughs, and by May they will be knocking on the door of those state meet qualifiers. Keep up the good work.

Overall, I like where we are heading. Please continue to work hard and strive to achieve your best. If you are going away this week, be safe and please continue to train hard. You've done so much to get in shape and you don't want to take that step backwards. Get in the work!!