

## 2009 AAA Track and Field Results

Wednesday's results from the District 10 Class AAA track and field championships at Harbor Creek's Paul J. Weitz Stadium:

### Team standings

#### Boys

1. McDowell (MC) 176; 2. Cathedral Prep (CP) 137; 3. Slippery Rock (SR) 91; 4. Grove City (GC) 58; 5. George Junior Republic (GJR) 57; 6. Oil City (OC) 51; 7. Meadville (ME) 31; 8. Strong Vincent (SV) 30; 9. Warren (W) 29; 10. Central Tech (CT) 24; 11. East (E) 6; 11. Corry (C) 6

#### Girls

1. McDowell (MC) 216.83; 2. Grove City (GC) 86.50; 3. Meadville (ME) 84; 4. Strong Vincent (SV) 78.33; 5. Warren (W) 72; 6. Titusville (T) 56.50; 7. Greenville (GV) 36.50; 8. Central Tech (CT) 23; 9. Oil City (OC) 18; 10. Franklin (F) 17.33; 11. Corry (C) 8; 12. East (E) 1

### Individual results

#### Boys

3,200 relay (SQT-8:02.04): 1. GROVE CITY (Wesley Phipps, Ryan Sestak, Mark Jaskowak, Aaron Anderson), 8:16.44; 2. McDowell (Alex Rupert, Brayden Romeo, Ray Rood, Brennan Fedorko), 8:18.70; 3. Oil City (Chris Delany, Kevin Duncan, Luke Klena, Ben Freeman), 8:24.96; 4. Meadville (Charles Ash, Corey Young, Josh Makepeace, Ryan Haylett), 8:40.62; 5. Warren (Ethan Beardsley, Brad Simmons, Jake McTavish, Amani Bosko), 8:42.15; 6. Slippery Rock (Derrick Orloski, Nick Steele, Ryan Thompson, Jackson Udy), 8:45.23; 7. Cathedral Prep (Alex Simon, John Cordier, Brandon Yapple, Mike Wehrle), 8:46.62; 8. Central Tech (Andrew Tarbell, Dyquain Rogers, Alec Raynor, Jared Martin), 8:48.46

110 hurdles (SQT-15.10): 1. ISSAC OSBORNE (SR) 14.98; 2. NICK MCALLISTER (MC) 15.10; 3. Toby Oduho (CP) 15.24; 4. Monir Hall (GJR) 15.71; 5. Mike Mandic (CP) 15.74; 6. Shannon Sanders (CP) 15.84; 7. Cody Bupp (W) 15.89; 8. Ethan Geisler (SR) 15.93

100 (SQT-11.10): 1. PETER OVERARE (MC) 10.80; 2. DAJOUN HEIDELBERG (CP) 10.88; 3. EARL BANKS (GJR) 10.97; 4. RASEAN THROWER (CP) 11.03; 5. Brandon Akins (SV) 11.25; 6. Joe Letto (MC) 11.32; 7. Aaron Jeffress (CT) 11.38; 8. Shyquawn Pullium (CP) 11.39

1,600 (SQT-4:24.22): 1. TOM BOLLINGER (GC) 4:35.89; 2. Jacob Spurk (SR) 4:42.00; 3. Jordan Wingard (C) 4:45.81; 4. Ryan Thompson (SR) 4:52.96; 5. Scott Peterson (MC) 5:05.55

400 (SQT-50.09): 1. BRETT MIACZYNSKI (CT) 51.32; 2. Alex Orzechowski (MC) 51.50; 3. Russell Tattersall (CP) 53.09; 4. Shannon Fisher (GJR) 53.25; 5. Joe Oduho (CP) 53.73; 6. Ryan McGeehan (GC) 53.84; 7. Stefan Galovic (MC) 54.01; 8. Colter Johnson (W) 54.31

400 relay (SQT-43.53): 1. STRONG VINCENT (LaDon Miller, Darrell Brooks, Brandon Akins, Deonte Flemings), 43.60; 2. Slippery Rock (John McAvoy, Sam Lotz, Ethan Geisler, Issac Osborne), 45.33; 3. East (Deairus Nolan, Alondre Hamilton, Martell Johnson, Gary Brown), 45.48; 4. Central Tech (Aaron Jeffress, Jordan Hart, Shawnquell Pennamon, Brett Miaczynski), 45.58; 5. George Junior (Earl Banks, Shannon Fisher, Monir Hall, Deon Hanton), 44.40-; 6. Oil City (Ben Koyack, Sam Heasley, Andrew Szafran, Corey Walters), 45.71; 7. Warren (Cody Bupp, Charlie Thomas, Allen Burnett, Mitch McTavish), 46.01; 8. Meadville (Michael Adams, Justin Wescott, Addison Goodrum, Shonte Seawood), 46.87; 9. MCDOWELL- (Joe Letto, Peter Overare, Alex Schmude, Michael Bizzarro), 42.42. (Note: George Junior and McDowell's times were in a second running of the event because of a disqualification)

300 hurdles (SQT-39.80): 1. ETHAN GEISLER (SR) 40.48; 2. Cody Bupp (W) 41.07; 3. Justin Wiley (CP) 41.92; 4. Toby Oduho (CP) 42.15; 5. Monir Hall (GJR) 42.76; 6. Cody Glotz (MC) 43.23; 7. Nick McAllister (MC) 43.33; 8. Haider Abozebiba (SV) 43.43

800 (SQT-1:57.32): 1. KEVIN DUNCAN (OC) 2:02.92; 2. Alex Rupert (MC) 2:04.18; 3. Aaron Anderson (GC) 2:04.36; 4. Josh Makepeace (ME) 2:04.95; 5. Andrew Tarbell (CT) 2:05.11; 6. Wilfred Lohitai (SV) 2:07.88; 7. Derrick Orloski (SR) 2:08.14; 8. Brian Eller (MC) 2:08.16

200 (SQT-22.50): 1. RASEAN THROWER (CP) 22.25; 2. DAJOUN HEIDELBERG (CP) 22.29; 3. DARRELL BROOKS (SV) 22.40; 4. Joe Letto (MC) 22.69; 5. Erik Green (CP) 23.17; 6. Earl Banks (GJR) 23.29; 7. Shonte Seawood (ME) 23.40; 8. Brandon Akins (SV) 23.43

3,200 (SQT-9:31.71): 1. JAKE KILDOO (GC) 9:50.23; 2. Logan Steiner (ME) 10:08.92; 3. Ryan Haylett (ME) 10:16.48; 4. Chris Delany (OC) 10:24.22; 5. Jacob Spurr (SR) 10:24.32; 6. Noah Orris (ME) 10:27.63; 7. Caleb Cordell (MC) 10:33.56; 8. Brayden Romeo (MC) 10:35.04

1,600 relay (SQT-3:24.03): 1. CATHEDRAL PREP (DAJOUN HEIDELBERG, RASEAN THROWER, TOBY ODUHO, ERIK GREEN), 3:26.92; 2. McDowell (Alex Orzechowski, Nick McAllister, Peter Overare, Brennan Fedorko), 3:27.21; 3. Warren (Mitch McTavish, Colter Johnson, Allen Burnett, Cody Bupp), 3:34.33; 4. Strong Vincent (Darrell Brooks, Brandon Akins, Wilfred Lohitai, LaDon Miller), 3:36.31; 5. Grove City (Ryan McGeehan, Ryan Sestak, Aaron Anderson, Tom Bollinger), 3:37.46; 6. Slippery Rock (Derrick Orloski, Seth Randolph, Sam Lotz, Ethan Geisler), 3:39.11; 7. Central Tech (Brett Miaczynski, Jordan Hart, Robbie Ames, Stephen Baker), 3:39.26; 8. Meadville (Javaun Harvey, Michael Boratyn, Andrew Barnes, Shonte Seawood), 3:56.60

High jump (SQT-6-5): 1. PATRICK COCHRAN (MC) 6-5; 2. MICHAEL BIZZARRO (MC) 6-5; 3. Mike Lemon (GJR) 6-1; 4. John Dahlstrand (MC) 5-11; 5. Shannon Sanders (CP) 5-11; 5. Noel Oduho (CP) 5-11; 5. Sean Meadows (CP) 5-11; 8. Deon Hanton (GJR) 5-9

Pole vault (SQT-14-3): 1. DAVID CALDWELL (SR) 13-3; 2. Kevin Kerr (MC) 12-9; 3. Cody Karchar (GC) 12-9; 4. Mark Kulinski (OC) 11-9; 5. Stuart Enterline (MC) 11-9; 6. Nick Steele (SR) 10-9; 7. James Achille (MC) 10-3; 8. Devin Gilmore (GC) 9-9

Long jump (SQT-21-10): SHANNON SANDERS (CP) 22-6; 2. MARIO SANDERS (CP) 21-10; 3. Alex Schmude (MC) 21-8; 4. Michael Bizzarro (MC) 21-6<sup>3</sup>/<sub>4</sub>; 5. Joe Letto (MC) 20-4; 6. Deon Hanton (GJR) 20-4; 7. Mike Lemon (GJR) 19-10<sup>3</sup>/<sub>4</sub>; 8. Leonard Howard (GC) 19-9<sup>3</sup>/<sub>4</sub>

Triple jump (SQT-44-6): 1. PATRICK COCHRAN (MC) 47-1; 2. JOHN DAHLSTRAND (MC) 44-11<sup>1</sup>/<sub>4</sub>; 3. SAM LOTZ (SR) 44-8<sup>3</sup>/<sub>4</sub>; 4. Dakota Walker (MC) 43-11<sup>1</sup>/<sub>4</sub>; 5. Shannon Sanders (CP) 43-10<sup>1</sup>/<sub>4</sub>; 6. Mike Lemon (GJR) 42-11<sup>1</sup>/<sub>4</sub>; 7. Noel Oduho (CP) 42-5<sup>1</sup>/<sub>2</sub>; 8. Mario Sanders (CP) 42-1<sup>1</sup>/<sub>4</sub>

Shot put (SQT-53-0): 1. JOE KELLY (MC) 46-9<sup>1</sup>/<sub>2</sub>; 2. Andrew McNulty (MC) 46-9; 3. Rob Mahoney (CP) 45-5; 4. Sam Hill (GJR) 45-11<sup>1</sup>/<sub>2</sub>; 5. Ethan Wadowsky (SR) 44-1; 6. Michael Moon (OC) 41-9<sup>1</sup>/<sub>2</sub>; 7. Kyle McIntyre (W) 41-3<sup>1</sup>/<sub>2</sub>; 8. Marcus Howard (GJR) 41-11<sup>1</sup>/<sub>2</sub>

Discus (SQT-153-0): 1. JOE KELLY (MC) 131-9; 2. Darell Felton (GJR) 131-5; 3. Michael Moon (OC) 129-3; 4. Nate Fowler (SR) 127-11; 5. Rob Mahoney (CP) 124-8; 6. Doug Upton (SR) 119-6; 7. Jordan Gruber (GC) 119-4; 8. Josey Westerdahl (CP) 114-6

Javelin (SQT-178-0): 1. JOHN TRUCILLA (CP) 183-3<sup>1</sup>/<sub>2</sub>; 2. BEN KOYAK (OC) 178-6; 3. Derrick Orloski (SR) 159-9<sup>1</sup>/<sub>2</sub>; 4. Michael Moon (OC) 158-2<sup>1</sup>/<sub>2</sub>; 5. Matt Stapleford (W) 158-0; 6. Jordan Gruber (GC) 150-0; 7. Joe Kochemba (GC) 137-6<sup>1</sup>/<sub>2</sub>; 8. Steve Rosser (GJR) 130-7

## Girls

3,200 relay (SQT-9:35.48): 1. MCDOWELL (Emily Dahlstrand, Ashley Rinderle, Katie Sabolcik, Sammy Valloud), 9:41.55; 2. Meadville (Cynthia Garlick, Mariah Jensen, Haley Hughes, Elesia Wilson), 10:30.25; 3. Strong Vincent (Anna Dunsworth, Vanessa Niemeyer, Catie Bertges, Nikki Niemeyer), 10:32.04; 4. Grove City (Sara Chuzie, Jonna Schaper, Nicole Wizorek, Erika Cyphert), 10:35.68; 5. Warren (Katie Spade, Holly Schott, Imari Nystrom, Kelsey Nuhfer), 10:44.22; 6. Titusville (Teresa Correa, Stephanie Cauvel, Spencer McIntyre, Kaitlyn Beauchat), 10:54.13; 7. Greenville (Allison Pfaff, Hannah Horne, Alexis Barry, Emily Paxson), 11:15.83; 8. Central Tech (Amber SanFelice, Thanh Huynh, Selma Sinanovic, Brandee Raynor), 11:30.60

100 hurdles (SQT-15.65): 1. AMBER WILSON (W) 16.03; 2. Eliza Lowe (GC) 16.06; 3. Haley McCray (T) 16.61; 4. Klynn Hughes (ME) 16.96; 5. Angela Kuhar (MC) 17.05; 6. Alysa Freeborough (W) 17.67; 7. Alyssa Jones (OC) 18.01

100 (SQT-12.67): 1. SHANNEL RITCHIE (SV) 12.39; 2. LAURA NIENTIMP (MC) 12.48; 3. Amarchi Nwokedi (OC) 12.85; 4. Erica Taylor (CT) 13.04; 5. Darin Barnhart (T) 13.18; 6. Avery Kunderick (MC) 13.18; 7. Rachel Berry (F) 13.27; 8. Ivy Rudolph (MC) 13.43

1,600 (SQT-5:13.37): 1. ELESIA WILSON (ME) 5:22.64; 2. Emily Dahlstrand (MC) 5:26.72; 3. Stephanie Turak (MC) 5:30.38; 4. Sara Chuzie (GC) 5:34.69; 5. Julie Osmanski (MC) 5:40.63; 6. Rachel Munsee (C) 5:46.35; 7. Jonna Schaper (GC) 5:50.90; 8. Kaitlynn Kline (ME) 5:51.26

400 (SQT-58.72): 1. HANA CASALNOVA (GC) 58.37; 2. Megan Montalvo (GV) 1:00.68; 3. Katie Spade (W) 1:02.09; 4. Laura Lee (T) 1:02.72; 5. Moniek VanRheenen (MC) 1:02.98; 6. Tiffany Witt (F) 1:03.00; 7. Nikki Niemeyer (SV) 1:03.51; 8. Breanna Padasak (MC) 1:03.84

400 relay (SQT-49.96): 1. MCDOWELL (AVERY KUNDRICK, IVY RUDOLPH, LAURA NIENTIMP, LEAH PRESNAR), 51.15; 2. Strong Vincent (Devonna Smith, Shannel Ritchie, Jaimie Wienczkowski, Deanna Smith), 51.20; 3. Greenville (Megan Stapchuck, Olivia Paxson, Megan Webber, Nicole Landfried), 53.44; 4. Corry (Shelby Daniels, Autumn Sterling, Jaushlynn Anderson, Mallory Whiteley), 53.99; 5. Warren (Billie Jean Vandermark, Katie White, Elizabeth Harrington, Anna Williams), 54.02; 6. Central Tech (Ustasha Moore, Ashley Craig, Dashja Jeffress, Erica Taylor), 54.07; 7. Franklin (Rachel Berry, Carissa Dolan, Brittany Dunkle, Tiffany Witt), 54.65; 8. Titusville (Haley McCray, Kaitlyn Beauchat, Trisha Drake, Samantha Owens), 54.95

300 hurdles (SQT-46.60): 1. ELIZA LOWE (GC) 48.74; 2. Paige Kassab (ME) 49.14; 3. Ashley Craig (CT) 50.74; 4. Alexis Weissinger (MC) 51.07; 5. Billie Jean Vandermark (W) 51.14; 6. Daqueisha Epps (ME) 51.46; 7. Kaitlyn Ritchey (F) 51.66; 8. Caitlyn Pope (OC) 51.90

800 (SQT-2:18.47): 1. HANA CASALNOVA (GC) 2:19.83; 2. Katie Spade (W) 2:21.87; 3. Ashley Rinderle (MC) 2:24.59; 4. Catie Bertges (SV) 2:26.80; 5. Katie Sabolcik (MC) 2:29.97; 6. Nicole Wizorek (GC) 2:30.88; 7. Cynthia Garlick (ME) 2:33.37; 8. Taylor Stack (OC) 2:33.99

200 (SQT-25.91): 1. SHANNEL RITCHIE (SV) 26.42; 2. Laura Nientimp (MC) 26.68; 3. Erica Taylor (CT) 26.91; 4. Jaimie Wienczkowski (SV) 26.96; 5. Darin Barnhart (T) 27.45; 6. Laura Lee (T) 27.52; 7. Ivy Rudolph (MC) 27.67; 8. Avery Kunderick (MC) 28.05

3,200 (SQT-11:13.60): 1. ELESIA WILSON (ME) 11:48.35; 2. Spencer McIntyre (T) 11:57.04; 3. Stephanie Turak (MC) 12:12.50; 4. Julie Osmanski (MC) 12:17.09; 5. Sara Chuzie (GC) 12:29.37; 6. Haley Hughes (ME) 12:34.35; 7. Catie Bertges (SV) 12:43.36; 8. Anna Dunsworth (SV) 12:45.00

1,600 relay (SQT-4:02.50): 1. GROVE CITY (Eliza Lowe, Megan Degraaf, Nicole Wizorek, Hana Casalnova), 4:09.53; 2. McDowell (Leah Presnar, Ashley Rinderle, Moniek VanRheenen, Sammy Valloud), 4:13.01; 3. Strong Vincent (Shataya White, Jaimie Wienczkowski, Morgyn Patterson, Nikki Niemeyer), 4:14.68; 4. Titusville (Emily Nottingham, Stephanie Cauvel, Laura Lee, Darin Barnhart),

4:23.83; 5. Warren (Elizabeth Harrington, Holly Schott, Katie Spade, Anna Williams), 4:23.85; 6. Greenville (Megan Montalvo, Megan Stapchuck, Hannah Horne, Jessica Stearns), 4:26.86; 7. Franklin (Kaitlyn Ritchey, Carissa Dolan, Tiffany Witt, Jen Hoobler), 4:28.64; 8. Meadville (Amber Wilson, Elesia Wilson, Haley Hughes, Daqueisha Epps), 4:39.88

High jump (SQT-5-3): 1. PAIGE KASSAB (ME) 5-1; 2. Kelsie Reese (MC) 4-11; 2. Morgyn Patterson (SV) 4-11; 2. Rachel Berry (F) 4-11; 5. Linda Roldan (GV) 4-9; 5. Darin Barnhart (T) 4-9; 5. Kylie Fagan (GC) 4-9; 5. Alexis Weissinger (MC) 4-9

Pole vault (SQT-11-0): 1. KIM MULVIN (MC) 10-0; 2. Franki DiSalvo (MC) 9-6; 3. Laurel Montgomery (GC) 9-0; 4. Samantha Owens (T) 8-6; 5. Chloe Rausch (MC) 8-0; 6. Ashley Walker (T) 7-6

Long jump (SQT-17-3): 1. LEAH PRESNAR (MC) 17-11/2; 2. Emma Nelson (MC) 16-11/2; 2. Laura Nientimp (MC) 16-11/2; 4. Kylie Fagan (GC) 16-1; 5. Meghyn Patterson (SV) 15-8<sup>3</sup>/<sub>4</sub>; 6. Paige Kassab (ME) 15-5<sup>3</sup>/<sub>4</sub>; 7. Katy Witkowski (CT) 15-0; 8. Becky Simon (GC) 14-10

Triple jump (SQT-36-6): 1. LEAH PRESNAR (MC) 36-2; 2. Meghyn Patterson (SV) 35-11/2; 3. Paige Kassab (ME) 35-31/2; 4. Morgyn Patterson (SV) 35-2; 5. Angela Kuhar (MC) 35-11/2; 6. Danielle Sample (MC) 34-11; 7. Linda Roldan (GV) 33-4<sup>1</sup>/<sub>4</sub>; 8. Shannon Bishop (GC) 32-91/2

Shot put (SQT-38-6): 1. NICOLE MAYR (MC) 37-5; 2. Katie White (W) 32-7; 3. Tierra Corklin (T) 32-61/2; 4. Courtney Emery (ME) 32-5; 5. Morgan Marshall (GV) 32-4; 6. Grace Bennett (GC) 31-41/2; 7. Sara Ernst (MC) 30-5; 8. Jasmine Thrower (E) 30-21/2

Discus (SQT-118-0): 1. NICOLE MAYR (MC) 110-7; 2. Lindsey Oberacker (MC) 102-7; 3. Elizabeth Kahler (ME) 102-7; 4. Morgan Marshall (GV) 96-2; 5. Alysha Giddings (GV) 95-8; 6. Elley Trubic (W) 94-6; 7. Breanne Dickie (OC) 91-1; 8. Grace Bennett (GC) 89-0

Javelin (SQT-121-0): 1. LINDSEY OBERACKER (MC) 124-10; 2. Katie White (W) 114-3; 3. Breanne Dickie (OC) 114-2; 4. Taylor Loomis (MC) 112-8; 5. Bethany Burns (MC) 108-6; 6. Casey Thomas (W) 104-5; 7. Elizabeth Kahler (ME) 102-7; 8. Morgan Osborne (T) 96-2