

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

Girls 100 Meter Dash**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Meet Record: @ 12.10 1984 Debbie Linton, Catasauqua
 Name Year School Prelims H#

Preliminaries

1 Delong, Becky	Northern Lehigh	12.88Q	1
2 Lynch, Marta	Palisades Pirates	12.96Q	2
3 Gerhard, Amanda	Catasauqua	12.98Q	3
4 Ord, Casey	PalmertonBombers	12.90Q	1
5 Angulo, Allison	Bangor Slaters	13.15Q	3
6 Powell, Ayana	Bangor Slaters	13.22Q	2
7 Bromfield, Liz	Panthers	13.22q	3
8 Freidl, Caitlin	WIL	13.45q	1
9 Livley, Leigh Ann	Notre Dame GP	13.56	2
10 Taschler, Nicole	Northwestern Lehigh	13.63	2
11 meichtry, erica	salisbury falcons	13.76	1
11 Nemeth, Liz	Southern Lehigh	13.76	3
13 albright, jessica	salisbury falcons	13.88	3
14 Millman, Kelsey	Southern Lehigh	13.96	2
15 Mish, Alexa	Northwestern Lehigh	14.19	2
16 Wilson, Kayla	WIL	14.24	2
17 Fontanez, Venus	Panthers	14.26	1
18 Foster, Briana	PalmertonBombers	14.27	1
19 Carita, Carlin	WIL	14.34	3
20 Bankowski, Amanda	Northwestern Lehigh	14.39	3
21 Buhay, Deanna	Panthers	14.40	2
22 letlow, jade	salisbury falcons	14.52	1
23 Brown, Amanda	Notre Dame GP	15.02	3

Girls 100 Meter Dash

Meet Record: @ 12.10 1984 Debbie Linton, Catasauqua
 Name Year School Finals Points

Finals

1 Ord, Casey	PalmertonBombers	12.71	10
2 Lynch, Marta	Palisades Pirates	12.78	8
3 Gerhard, Amanda	Catasauqua	12.85	6
4 Delong, Becky	Northern Lehigh	12.86	5
5 Angulo, Allison	Bangor Slaters	13.14	4
6 Powell, Ayana	Bangor Slaters	13.18	3
7 Bromfield, Liz	Panthers	13.20	2
8 Freidl, Caitlin	WIL	13.35	1

Girls 200 Meter Dash**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Meet Record: @ 25.70 Jen Gerstenmeier, Casey Ord, Pali
 Name Year School Prelims H#

Preliminaries

1 Ord, Casey	PalmertonBombers	26.22Q	3
2 Lynch, Marta	Palisades Pirates	26.64Q	1
2 Angulo, Allison	Bangor Slaters	26.64Q	2
4 Lombardo, Alyssa	Panthers	26.52Q	3
5 Berry, Laura	Bangor Slaters	27.07Q	2
6 Powell, Ayana	Bangor Slaters	27.26Q	1
7 Bromfield, Liz	Panthers	27.25q	3

2008 Colonial League Championship Meet - 5/8/2008**Memorial Park, Bangor Pennsylvania****Bangor Memorial Park, Bangor Pennsylvania****Results**

8 Brown, Arielle	Catasauqua	27.34q	1
9 Taschler, Nicole	Northwestern Lehigh	27.64	3
10 Freidl, Caitlin	WIL	27.78	2
11 Millman, Kelsey	Southern Lehigh	28.06	2
12 Heffelfinger, Jess	PalmertonBombers	28.15	1
13 Vough, Sarah	P.A.Girls	28.33	2
14 Nemeth, Liz	Southern Lehigh	28.49	3
15 Williams, Sienna	WIL	28.50	3
16 albright, jessica	salisbury falcons	28.57	2
17 Livley, Leigh Ann	Notre Dame GP	28.61	1
18 Torgersen, Carly	P.A.Girls	28.82	1
19 Adams, Tasia	Palisades Pirates	28.97	1
20 Dooley, Kim	Northern Lehigh	29.18	2
21 Salvemini, Katherine	Bangor Slaters	29.21	3
22 Wolfe, Letyvia	Catasauqua	29.34	3
23 Dougherty, Samantha	Palisades Pirates	29.73	2
24 Iobst, Lauren	WIL	29.91	1

Girls 200 Meter Dash

=====
 Meet Record: @ 25.70 Jen Gerstenmeier, Casey Ord, Palisade

=====
 Name Year School Finals Points
 =====

Finals

1 Ord, Casey	PalmertonBombers	26.30	10
2 Berry, Laura	Bangor Slaters	26.94	8
3 Angulo, Allison	Bangor Slaters	27.06	6
4 Bromfield, Liz	Panthers	27.29	5
5 Lombardo, Alyssa	Panthers	27.47	4
6 Powell, Ayana	Bangor Slaters	27.48	3
7 Brown, Arielle	Catasauqua	28.27	2

Girls 400 Meter Dash

=====
 Meet Record: @ 58.00 1980 Sherry Hershey, Saucon Valley

=====
 Name Year School Finals H# Points
 =====

1 Lombardo, Alyssa	Panthers	58.79	2	10
2 Muschlitz, Julissa	WIL	1:00.53	2	8
3 Heffelfinger, Jess	PalmertonBombers	1:02.60	2	6
4 Nemeth, Liz	Southern Lehigh	1:02.66	2	5
5 Millman, Kelsey	Southern Lehigh	1:02.73	2	4
6 Berry, Laura	Bangor Slaters	1:02.87	2	3
7 Vough, Sarah	P.A.Girls	1:03.26	2	2
8 Buhay, Deanna	Panthers	1:04.23	2	1
9 Torgersen, Carly	P.A.Girls	1:04.31	1	
10 Christianson, Mary	Bangor Slaters	1:04.38	1	
11 Dooley, Kim	Northern Lehigh	1:05.11	1	
12 Iobst, Lauren	WIL	1:05.43	1	
13 Adams, Tasia	Palisades Pirates	1:05.78	1	
14 McBrien, Julia	Palisades Pirates	1:07.32	1	
15 Gornick, Danielle	Bangor Slaters	1:07.85	1	
16 brown, alyssa	salisbury falcons	1:09.42	1	

Girls 800 Meter Run

=====
 Meet Record: @ 2:20.00 1980 Sheri Hershey, Saucon Valley

=====
 Name Year School Finals Points
 =====

1 Constant, Allison	Notre Dame GP	2:23.42	10
2 Muschlitz, Julissa	WIL	2:24.58	8

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

3 Lombardo, Alyssa	Panthers	2:27.12	6
4 Bearish, Steph	Southern Lehigh	2:29.15	5
5 Gordon, Amie	Southern Lehigh	2:32.78	4
6 Stensen, Kiera	Palisades Pirates	2:35.69	3
7 Francisco, Abbey	Bangor Slaters	2:36.95	2
8 Stack, Megan	Panthers	2:38.16	1
9 Gallagher, Kelsey	Northern Lehigh	2:39.43	
10 Senters, Kelly	Southern Lehigh	2:40.42	
11 Wagner, Jessica	Northern Lehigh	2:40.69	
12 Hamrick, Cassandra	Palisades Pirates	2:41.43	
13 Neffue, Alexandra	Bangor Slaters	2:42.76	
14 Pazzaglia, Sara	Panthers	2:44.90	

Girls 1600 Meter Run

Meet Record: @ 5:00.40 1987 Sue Kozelnicky, Southern Lehigh

Name	Year School	Finals	Points
1 Constant, Allison	Notre Dame GP	5:22.49	10
2 Bearish, Steph	Southern Lehigh	5:23.09	8
3 Messick, Catie	PalmertonBombers	5:39.54	6
4 Stack, Megan	Panthers	5:41.19	5
5 Wagner, Jessica	Northern Lehigh	5:46.99	4
6 Polizzano, Kimberly	Panthers	5:48.32	3
7 Mekile, Allatah	Notre Dame GP	5:53.45	2
8 Hamrick, Cassandra	Palisades Pirates	5:54.66	1
9 Keller, Laura	Palisades Pirates	5:56.83	
10 lehman, melinda	salisbury falcons	6:00.63	
11 Pronchik, Emily	Panthers	6:02.03	
12 White, Brittany	Bangor Slaters	6:03.49	
13 Tompkins, Rachel	Northern Lehigh	6:06.44	
14 Pazzaglia, Sara	Panthers	6:10.38	
15 Labar, Allegra	Bangor Slaters	6:16.12	

Girls 3200 Meter Run

Meet Record: @ 11:22.80 1985 Sue Kozelnicky, Southern Lehigh

Name	Year School	Finals	Points
1 Bearish, Steph	Southern Lehigh	11:36.12	10
2 Pryor, Stephanie	Northern Lehigh	11:56.06	8
3 Muschlitz, Julissa	WIL	12:12.45	6
4 Stack, Megan	Panthers	12:25.60	5
5 Keller, Laura	Palisades Pirates	12:30.03	4
6 Constant, Allison	Notre Dame GP	12:36.07	3
7 Polizzano, Kimberly	Panthers	12:41.38	2
8 Rivenbark, Chelsea	Southern Lehigh	12:43.72	1
9 Colton, Lindsey	Bangor Slaters	12:45.72	
10 Messick, Catie	PalmertonBombers	12:51.26	
11 Malloy, Maria	Southern Lehigh	12:58.50	
12 Lower, Lisa	PalmertonBombers	13:03.97	
13 Burns, Ramzy	Northwestern Lehigh	13:10.55	
14 Jensen, Rebecca	Bangor Slaters	13:22.86	
15 Cote, Sara	Panthers	13:33.19	

Girls 100 Meter Hurdles**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Meet Record: @ 14.40 1984 Debbie Linton, Catasauqua

Name	Year School	Prelims	H#
------	-------------	---------	----

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

Preliminaries

1 Brown, Heather	Palisades Pirates	16.61Q	1
2 Vanek, Caitlin	WIL	17.01Q	2
2 Senters, Kelly	Southern Lehigh	17.01Q	3
4 meichtry, erica	salisbury falcons	17.27Q	1
5 Salvemini, Gabbi	Bangor Slaters	17.41Q	2
6 Romano, Kristen	PalmertonBombers	18.24Q	3
7 Billig, Julie	Northwestern Lehigh	17.77q	2
8 letlow, jade	salisbury falcons	18.14q	2
9 Darling, Amanda	Bangor Slaters	18.27	1
10 Deviro, Amy	Notre Dame GP	18.67	3
11 Sloand, Jill	Panthers	19.04	3
12 Kulp, Megan	Catasauqua	19.06	1
13 Schlofer, Steph	Catasauqua	19.08	3
14 Utt, Jen	Northwestern Lehigh	19.12	1
15 Bloss, Courtney	Notre Dame GP	19.14	1
16 McCoy, Mel	Northern Lehigh	19.45	2
17 Krupa, Gina	Northern Lehigh	19.52	3
18 Grube, Jessica	WIL	19.62	3
19 Koller, Jocelyn	PalmertonBombers	19.95	3
20 Bearish, Caitlin	Southern Lehigh	20.34	2
21 Chando, Alex	Southern Lehigh	20.38	2
22 Paskewicz, Emily	Panthers	20.44	2
23 Heil, Lauren	Northwestern Lehigh	20.49	1
24 Smith, Katie	WIL	20.67	1

Girls 100 Meter Hurdles

=====
 Meet Record: @ 14.40 1984 Debbie Linton, Catasauqua

Name	Year School	Finals	Points
------	-------------	--------	--------

=====

Finals

1 Vanek, Caitlin	WIL	16.31	10
2 Brown, Heather	Palisades Pirates	16.57	8
3 Senters, Kelly	Southern Lehigh	16.57	6
4 Salvemini, Gabbi	Bangor Slaters	16.61	5
5 meichtry, erica	salisbury falcons	17.41	4
6 letlow, jade	salisbury falcons	17.75	3
7 Billig, Julie	Northwestern Lehigh	17.91	2
8 Romano, Kristen	PalmertonBombers	17.98	1

Girls 300 Meter Hurdles

=====
 Meet Record: @ 45.00 1984 Debbie Linton, Catasauqua

Name	Year School	Finals	H#	Points
------	-------------	--------	----	--------

=====

1 Salvemini, Gabbi	Bangor Slaters	47.44	2	10
2 Senters, Kelly	Southern Lehigh	49.00	2	8
3 Green, Wynnie	PalmertonBombers	49.37	2	6
4 meichtry, erica	salisbury falcons	49.57	2	5
5 Vanek, Allison	WIL	50.11	2	4
6 Schlofer, Steph	Catasauqua	50.51	2	3
7 Hill, Natalie	Northwestern Lehigh	52.07	2	2
8 Deviro, Amy	Notre Dame GP	52.52	1	1
9 Darling, Amanda	Bangor Slaters	52.65	1	
10 Bearish, Caitlin	Southern Lehigh	53.05	1	
11 Bloss, Courtney	Notre Dame GP	53.65	1	
12 Brown, Heather	Palisades Pirates	54.06	1	
13 Sutter, Alison	P.A.Girls	54.52	1	
14 White, Brittany	Bangor Slaters	55.32	1	

2008 Colonial League Championship Meet - 5/8/2008**Memorial Park, Bangor Pennsylvania****Bangor Memorial Park, Bangor Pennsylvania****Results**

15 DaSilva, Samantha Panthers 55.72 1
 16 Romano, Kristen PalmertonBombers 56.05 2

Girls 4x100 Meter Relay

Meet Record: @ 50.60 2002	Palisades, Palisades
School	Finals H# Points
1 Catasauqua	51.99 2 10
2 Bangor Slaters	52.76 2 8
1) Angulo, Allison	2) Berry, Laura
3) Poliskiewicz, Victoria	4) Powell, Ayana
3 Northern Lehigh	53.41 2 6
1) Arnold, Ashleigh	2) Davies, Shannon
3) Dooley, Kim	4) Delong, Becky
4 Northwestern Lehigh	54.23 1 5
1) Gulick, Jenny	2) Everett, Alyssa
3) Mish, Alexa	4) Taschler, Nicole
5 Palmerton High School	54.86 2 4
1) Foster, Briana	2) Romano, Kristen
3) Koller, Jocelyn	4) Billig, Amanda
6 Saucon Valley Panthers	55.16 2 3
1) Fontanez, Venus	2) Buhay, Deanna
3) DaSilva, Samantha	4) Wentz, Samantha
7 Palisades Pirates	55.36 2 2
1) Kirk, Kimberly	2) Kramer, Mackenzie
3) Hoferica, Morgan	4) Dougherty, Samantha
8 Southern Lehigh	55.50 1 1
1) Coulson, Sammy Jo	2) Valasek, Dana
3) Boorse, Alex	4) Trump, Kaitlyn
9 salisbury falcons	55.68 2
1) albright, jessica	2) letlow, jade
3) meichtry, erica	4) springer, kayla
10 Notre Dame GP	57.87 1
1) Brown, Amanda	2) Caffrey, Julie
3) Edwards, Kim	4) Tornabene, Gabriella
-- Wilson Area High School	DQ 2
1) Vanek, Allison	2) Vanek, Caitlin
3) Carita, Carlin	4) Freidl, Caitlin

Girls 4x400 Meter Relay

Meet Record: @ 4:08.00 1986	Palisades, Palisades
School	Finals H# Points
1 Southern Lehigh	4:12.74 2 10
1) Coulson, Sammy Jo	2) Millman, Kelsey
3) Senters, Kelly	4) Nemeth, Liz
2 Wilson Area High School	4:19.04 2 8
1) Freidl, Caitlin	2) Vanek, Caitlin
3) Muschlitz, Julissa	4) Iobst, Lauren
3 Bangor Slaters	4:19.91 2 6
1) Berry, Laura	2) Christianson, Mary
3) Gornick, Danielle	4) Lago, Allison
4 Saucon Valley Panthers	4:20.74 2 5
1) Buhay, Deanna	2) Lombardo, Alyssa
3) Poniktera, Shannon	4) Stack, Megan
5 Palmerton High School	4:27.43 1 4
1) Ringler, Maria	2) Romano, Kristen
3) Green, Wynnne	4) Heffelfinger, Jess

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

6 Pen Argyl Girls Track Team	4:27.47	2	3
1) Torgersen, Carly	2) Vough, Sarah		
3) Melhem, Chalice	4) Yeisley, Stephanie		
7 Northern Lehigh	4:29.36	1	2
1) Wehr, Katrina	2) Gallagher, Kelsey		
3) Davies, Shannon	4) Dooley, Kim		
8 Palisades Pirates	4:30.70	1	1
1) Dougherty, Samantha	2) Holby, Katy		
3) McBrien, Julia	4) Adams, Tasia		
9 Notre Dame GP	4:32.75	2	
1) Deviro, Amy	2) Bloss, Courtney		
3) Brown, Amanda	4) Trovato, Caitlin		
10 Northwestern Lehigh	4:35.42	2	
1) Everett, Alyssa	2) Hicks, Robbie		
3) Mish, Alexa	4) Taschler, Nicole		

Girls 4x800 Meter Relay

=====
 Meet Record: @ 9:41.10 1986 Southern Lehigh, Southern Lehigh
 School Finals Points
 =====

1 Northern Lehigh	10:09.40	10
1) Wagner, Jessica	2) Tompkins, Rachel	
3) Gallagher, Kelsey	4) Pryor, Stephanie	
2 Saucon Valley Panthers	10:11.50	8
1) Lombardo, Alyssa	2) Stack, Megan	
3) Polizzano, Kimberly	4) Pazzaglia, Sara	
3 Southern Lehigh	10:14.13	6
1) Malloy, Maria	2) Rivenbark, Chelsea	
3) Gordon, Amie	4) Bearish, Steph	
4 Bangor Slaters	10:18.44	5
1) Francisco, Abbey	2) Neffue, Alexandra	
3) Labar, Allegra	4) Lago, Allison	
5 Palisades Pirates	10:40.90	4
1) Grant, Allison	2) Holby, Katy	
3) Keler, Nicole	4) Kluskiewicz, Paula	
6 Northwestern Lehigh	10:52.35	3
1) Everett, Alyssa	2) Burns, Ramzy	
3) Miller, Kayla	4) Wehr, Kina	
7 Notre Dame GP	11:37.29	2
1) Koegler, Katherine	2) Caffrey, Julie	
3) Hughes, Samantha	4) Gosciniak, Gabrielle	
8 Wilson Area High School	12:21.65	1
1) Miller, Kirsten	2) Fucci, Emily	
3) Drzewicki, Melissa	4) Kreitz, Ashley	

Girls High Jump

=====
 Meet Record: @ 5-09.75 1988 Leslie Lippincott, Palisades
 Name Year School Finals Points
 =====

1 Siegfried, Cara	WIL	5-04.00	10
2 Hicks, Robbie	Northwestern Lehigh	5-01.00	8
3 Mackey, Sarah	Bangor Slaters	5-00.00	6
4 Sauerzopf, Kelly	Panthers	4-10.00	4.50
4 Heffelfinger, Jess	PalmertonBombers	4-10.00	4.50
6 Keller, Laura	Palisades Pirates	4-08.00	3
7 Wentz, Samantha	Panthers	4-08.00	1.50
7 Williams, Ally	Notre Dame GP	4-08.00	1.50
9 Quinn, Kayleigh	WIL	4-08.00	

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

9 Livley, Leigh Ann	Notre Dame GP	4-08.00
11 Vough, Sarah	P.A.Girls	4-08.00
12 Davies, Shannon	Northern Lehigh	4-06.00
12 George, Erin	Northern Lehigh	4-06.00
14 Hoferica, Morgan	Palisades Pirates	4-06.00
-- Morris, Caitlyn	Bangor Slaters	NH
-- bartholomew, nikki	salisbury falcons	NH

Girls Pole Vault

Meet Record: @ 11-06 2007 Steph Webber, Catasaquua

Name	Year School	Finals	Points
1 Vanek, Allison	WIL	11-00.00	10
2 Poliskiewicz, Victoria	Bangor Slaters	9-06.00	8
3 Humes, Brandi	Northwestern Lehigh	9-00.00	6
4 Adams, Whitney	Northwestern Lehigh	9-00.00	5
5 Foster, Briana	PalmertonBombers	8-06.00	4
6 Khalil, Aziza	Northwestern Lehigh	8-06.00	3
7 Dooley, Danielle	Northern Lehigh	8-00.00	2
8 Stauffer, Sasha	Catasaquua	8-00.00	1
9 Kolb, Alicia	P.A.Girls	7-06.00	
9 Sloand, Jill	Panthers	7-06.00	
9 springer, kayla	salisbury falcons	7-06.00	
9 Kulp, Megan	Catasaquua	7-06.00	
-- Williams, Sienna	WIL	NH	
-- Hartman, Kassie	Northern Lehigh	NH	
-- James, Kayla	Catasaquua	NH	
-- Ott, Abby	Bangor Slaters	NH	

Girls Long Jump**Top 9 Advance by Time**

Meet Record: @ 17-05 Tara GemmelMegan WelshJanna R

Name	Year School	Prelims
------	-------------	---------

Preliminaries

1 Ord, Casey	PalmertonBombers	16-09.50q
2 Delong, Becky	Northern Lehigh	16-08.25q
3 Vanek, Caitlin	WIL	16-07.25q
4 Angulo, Allison	Bangor Slaters	16-04.00q
5 Salvemini, Gabbi	Bangor Slaters	15-10.00q
6 Mulitsch, Mariah	Bangor Slaters	15-04.00q
7 Bromfield, Liz	Panthers	15-03.25q
8 O'Malley, Jill	Southern Lehigh	14-09.00q
9 Livley, Leigh Ann	Notre Dame GP	14-08.00q
10 Gulick, Jenny	Northwestern Lehigh	14-06.00
10 Foster, Briana	PalmertonBombers	14-06.00
12 Neville, Cassie	Palisades Pirates	14-05.50
13 Wentz, Samantha	Panthers	14-05.00
14 Henderson, Sabre	Catasaquua	14-00.00
15 springer, kayla	salisbury falcons	13-08.50

Girls Long Jump

Meet Record: @ 17-05 Tara GemmelMegan WelshJanna Radenbus

Name	Year School	Finals	Points
------	-------------	--------	--------

Finals

1 Ord, Casey	PalmertonBombers	16-11.75	10
2 Vanek, Caitlin	WIL	16-10.50	8

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

3 Delong, Becky	Northern Lehigh	16-08.25	6
4 Angulo, Allison	Bangor Slaters	16-05.00	5
5 Salvemini, Gabbi	Bangor Slaters	16-02.50	4
6 Bromfield, Liz	Panthers	15-06.50	3
7 Mulitsch, Mariah	Bangor Slaters	15-04.00	2
8 O'Malley, Jill	Southern Lehigh	14-09.00	1
9 Livley, Leigh Ann	Notre Dame GP	14-08.00	

Girls Triple Jump**Top 9 Advance by Time**

=====
 Meet Record: @ 37-07.75 1978 Lori James, Catasauqua
 Name Year School Prelims
 =====

Preliminaries

1 Vanek, Caitlin	WIL	35-07.25q	
2 Ord, Casey	PalmertonBombers	35-03.50q	
3 Bromfield, Liz	Panthers	33-08.00q	
4 Salvemini, Gabbi	Bangor Slaters	33-06.75q	
5 Delong, Becky	Northern Lehigh	33-03.50q	
6 Mulitsch, Mariah	Bangor Slaters	33-03.25q	
7 Wilson, Kayla	WIL	32-11.50q	
8 White, Brittany	Bangor Slaters	31-06.00q	
9 George, Erin	Northern Lehigh	31-03.00q	
10 springer, kayla	salisbury falcons	31-01.00	
11 Salvemini, Katherine	Bangor Slaters	31-00.00	
12 Quinn, Kayleigh	WIL	30-05.00	
12 Wentz, Samantha	Panthers	30-05.00	
14 O'Malley, Jill	Southern Lehigh	29-03.50	
15 Williams, Ally	Notre Dame GP	28-04.00	
16 Melhem, Chalice	P.A.Girls	27-07.25	

Girls Triple Jump

=====
 Meet Record: @ 37-07.75 1978 Lori James, Catasauqua
 Name Year School Finals Points
 =====

Finals

1 Ord, Casey	PalmertonBombers	36-04.00	10
2 Vanek, Caitlin	WIL	35-10.75	8
3 Salvemini, Gabbi	Bangor Slaters	34-08.00	6
4 Bromfield, Liz	Panthers	33-11.75	5
5 Delong, Becky	Northern Lehigh	33-03.50	4
6 Mulitsch, Mariah	Bangor Slaters	33-03.25	3
7 Wilson, Kayla	WIL	32-11.50	2
8 White, Brittany	Bangor Slaters	31-06.00	1
9 George, Erin	Northern Lehigh	31-04.00	

Girls Shot Put**Top 9 Advance by Time**

=====
 Meet Record: @ 42-07 1984 Penny Roth, Nazareth
 Name Year School Prelims
 =====

Preliminaries

1 Murray, Sarah	Northwestern Lehigh	31-03.75q	
2 Duffy, Jilian	Bangor Slaters	31-00.75q	
3 Amber, Catherine	Panthers	30-03.25q	
4 Sauerzopf, Kelly	Panthers	29-11.00q	
5 Lago, Allison	Bangor Slaters	29-04.00q	
6 VanHorn, Amber	Northern Lehigh	28-02.50q	

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

7 Williams, Heather	Bangor Slaters	28-02.00q
8 Carr, Amanda	Palisades Pirates	28-01.00q
9 Szukics, Jade	PalmertonBombers	27-07.25q
10 Steckel, Gwen	Northern Lehigh	27-07.00
10 Alston, Shakeera	WIL	27-07.00
12 Stocks, Kammeron	WIL	27-06.50
13 hensinger, shannan	salisbury falcons	26-11.25
14 Hunsicker, Nicole	Southern Lehigh	26-10.75
15 Beers, Alyssa	PalmertonBombers	25-09.00
16 lopez, tiffany	salisbury falcons	24-10.50
17 Ward, Marissa	Bangor Slaters	22-11.00

Girls Shot Put

=====
 Meet Record: @ 42-07 1984 Penny Roth, Nazareth

Name	Year School	Finals	Points
------	-------------	--------	--------

=====

Finals

1 Murray, Sarah	Northwestern Lehigh	31-07.25	10
2 Duffy, Jilian	Bangor Slaters	31-00.75	8
3 Amber, Catherine	Panthers	30-03.25	6
4 Sauerzopf, Kelly	Panthers	30-00.00	5
5 Lago, Allison	Bangor Slaters	29-04.00	4
6 VanHorn, Amber	Northern Lehigh	28-06.00	3
7 Williams, Heather	Bangor Slaters	28-02.00	2
8 Carr, Amanda	Palisades Pirates	28-01.00	1
9 Szukics, Jade	PalmertonBombers	27-07.25	

Girls Discus Throw**Top 9 Advance by Time**

Name	Year School	Prelims
------	-------------	---------

=====

Preliminaries

1 Steckel, Gwen	Northern Lehigh	100-09q
2 Amber, Catherine	Panthers	93-10q
3 Schiavone, Stani	Bangor Slaters	87-00.50q
4 Siegfried, Cara	WIL	84-01.50q
5 Perkowski, Kayla	Northern Lehigh	81-08.50q
6 Duffy, Jilian	Bangor Slaters	79-06q
7 Everett, Nycole	Northwestern Lehigh	78-11.50q
8 Lago, Allison	Bangor Slaters	78-01q
9 Renninger, Allison	PalmertonBombers	76-00q
10 Rutkowski, Amber	Catasauqua	75-00
11 Williams, Heather	Bangor Slaters	74-06.50
12 Stocks, Kammeron	WIL	74-00.50
13 Decrescenzo, Kat	Bangor Slaters	73-05.50
14 Murray, Catherine	Panthers	68-05.50
15 Browne, Victoria	Catasauqua	66-00.50
16 Carr, Amanda	Palisades Pirates	62-00

Girls Discus Throw

Name	Year School	Finals	Points
------	-------------	--------	--------

=====

Finals

1 Amber, Catherine	Panthers	101-04.50	10
2 Steckel, Gwen	Northern Lehigh	100-09	8
3 Schiavone, Stani	Bangor Slaters	94-10.50	6
4 Siegfried, Cara	WIL	86-08	5
5 Duffy, Jilian	Bangor Slaters	84-07	4

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

6 Perkowski, Kayla	Northern Lehigh	81-08.50	3
7 Everett, Nycole	Northwestern Lehigh	78-11.50	2
8 Lago, Allison	Bangor Slaters	78-01	1
9 Renninger, Allison	PalmertonBombers	76-00	

Girls Javelin Throw**Top 9 Advance by Time**

Name	Year School	Prelims
Preliminaries		
1 Hahn, Ashley	Bangor Slaters	115-04q
2 Bowman, Katie	WIL	106-09q
3 Cunningham, Kelly	Panthers	105-09q
4 Wentz, Alyssa	PalmertonBombers	98-02q
5 Seibel, Elizabeth	Panthers	96-05q
6 Reiss, Morgan	Bangor Slaters	96-00q
7 Amber, Catherine	Panthers	90-11q
8 Hunsicker, Nicole	Southern Lehigh	90-08q
9 Stocks, Kammeron	WIL	89-08q
10 Murray, Sarah	Northwestern Lehigh	87-08
11 Williams, Heather	Bangor Slaters	84-00
12 Miller, Devon	Northwestern Lehigh	78-11
13 Doheny, Crystal	Panthers	71-00
14 Duffy, Jilian	Bangor Slaters	70-05

Girls Javelin Throw

Name	Year School	Finals	Points
Finals			
1 Hahn, Ashley	Bangor Slaters	115-04	10
2 Bowman, Katie	WIL	106-09	8
3 Cunningham, Kelly	Panthers	105-09	6
4 Wentz, Alyssa	PalmertonBombers	101-01	5
5 Seibel, Elizabeth	Panthers	99-05	4
6 Reiss, Morgan	Bangor Slaters	96-01	3
7 Stocks, Kammeron	WIL	93-03	2
8 Amber, Catherine	Panthers	91-10	1
9 Hunsicker, Nicole	Southern Lehigh	90-08	

Boys 100 Meter Dash**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year School	Prelims	H#
Preliminaries			
1 Goldstone, Rico	Notre Dame GP	11.37Q	2
2 gardus, john	salisbury falcons	11.77Q	3
3 DeSanctis, Nick	Bangor Slaters	11.78Q	1
4 Kern, Josh	Northern Lehigh	11.66Q	2
5 Hantz, Dave	Southern Lehigh	11.83Q	1
6 Higgins, William	WIL	11.90Q	3
7 Strohl, Stephon	PalmertonBombers	11.85q	2
8 Hinton, Daulton	P.A. Boys	11.87q	2
9 Ressler, Dan	Catasauqua	11.89	2
10 Donlan, Michael	Notre Dame GP	11.93	1
11 eherts, matt	salisbury falcons	11.96	2
12 Paulinho, Mitchell	PalmertonBombers	12.12	3
13 Drayton, Tyrell	Panthers	12.24	3

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

13 Falcone, Daniel	Bangor Slaters	12.24	2
15 Krawchuk, Jason	Northern Lehigh	12.26	1
16 LaValva, Scott	Bangor Slaters	12.27	2
17 Patterson, Blair	Palisades Pirates	12.30	1
18 King, Ryan	Nwlb	12.34	3
19 East, Timothy	Nwlb	12.38	1
20 Lesko, Brandon	Catasauqua	12.45	3
21 Cromwell, Al-Terrick	Panthers	12.46	3

Boys 100 Meter Dash

Meet Record: @ 10.80 J Funk,S Lapekas,B Walter,A Santos,

Name	Year School	Finals	Points
------	-------------	--------	--------

Finals

1 Goldstone, Rico	Notre Dame GP	11.28	10
2 Kern, Josh	Northern Lehigh	11.55	8
3 gardus, john	salisbury falcons	11.55	6
4 Higgins, William	WIL	11.61	5
5 Strohl, Stephon	PalmertonBombers	11.81	4
6 Hinton, Daulton	P.A. Boys	11.82	3
7 DeSanctis, Nick	Bangor Slaters	11.88	2
8 Hantz, Dave	Southern Lehigh	11.95	1

Boys 200 Meter Dash**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Meet Record: @ 22.10 1985 John Funk, Palisades

Name	Year School	Prelims	H#
------	-------------	---------	----

Preliminaries

1 Cseh, Austin	PalmertonBombers	22.48Q	3
2 Goldstone, Rico	Notre Dame GP	22.68Q	2
3 Kern, Josh	Northern Lehigh	23.37Q	1
4 Higgins, William	WIL	23.59Q	1
4 DeSanctis, Nick	Bangor Slaters	23.59Q	3
6 Strohl, Stephon	PalmertonBombers	23.60Q	2
7 gardus, john	salisbury falcons	23.67q	3
8 Paulinho, Mitchell	PalmertonBombers	23.78q	3
9 Donlan, Michael	Notre Dame GP	23.88	1
10 eherts, matt	salisbury falcons	23.91	3
11 Hantz, Dave	Southern Lehigh	23.96	2
12 Gruver, John	Palisades Pirates	24.01	3
13 Weiss, Chris	Panthers	24.20	3
14 jacoby, patrick	salisbury falcons	24.24	2
15 Fuhrman, Steve	Catasauqua	24.35	1
16 Altenbach, Kyle	Panthers	24.44	3
17 Formanek, Jon	Southern Lehigh	24.60	2
18 Drayton, Tyrell	Panthers	24.78	1
19 Laputka, John	Panthers	24.89	2
20 Kuester, Eric	Panthers	24.91	1
21 Reyes, Jason	Southern Lehigh	25.01	1
22 Cromwell, Al-Terrick	Panthers	25.24	2

Boys 200 Meter Dash

Meet Record: @ 22.10 1985 John Funk, Palisades

Name	Year School	Finals	Points
------	-------------	--------	--------

Finals

1 Cseh, Austin	PalmertonBombers	22.66	10
----------------	------------------	-------	----

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

2 Goldstone, Rico	Notre Dame GP	22.99	8
3 Higgins, William	WIL	23.40	6
4 Kern, Josh	Northern Lehigh	23.46	5
5 gardus, john	salisbury falcons	24.06	4
6 Paulinho, Mitchell	PalmertonBombers	24.22	3
7 Strohl, Stephon	PalmertonBombers	24.46	2
8 DeSanctis, Nick	Bangor Slaters	24.52	1

Boys 400 Meter Dash

Meet Record: @ 49.00 2002 Tony Hegedus, Southern Lehigh

Name	Year School	Finals	H#	Points
------	-------------	--------	----	--------

1 Cseh, Austin	PalmertonBombers	48.55@	2	10
2 Davidson, Anthony	WIL	48.72@	2	8
3 Pitts, Thad	PalmertonBombers	52.07	2	6
4 Coulson, Zach	Southern Lehigh	52.12	2	5
5 jacoby, patrick	salisbury falcons	53.25	2	4
6 Stelmack, Kyle	Nwlb	53.61	2	3
7 Kirk, Robert	Notre Dame GP	54.01	2	2
8 Formanek, Jon	Southern Lehigh	54.15	1	1
9 Walsh, Michael	Notre Dame GP	54.45	1	
10 Fuhrman, Steve	Catasauqua	54.57	1	
11 Shelly, Tacheron	P.A. Boys	55.25	1	
12 Seas, Lucas	Bangor Slaters	55.26	1	
13 Boyle, Colin	Bangor Slaters	55.99	1	
14 Gidlewski, Frank	Palisades Pirates	56.27	1	
15 Pratt, Nolan	Palisades Pirates	57.27	1	

Boys 800 Meter Run

Meet Record: @ 1:56.90 2004 Justin Babich, Southern Lehigh

Name	Year School	Finals	Points
------	-------------	--------	--------

1 James, Antonio	WIL	2:02.75	10
2 Davidson, Anthony	WIL	2:03.06	8
3 Piccerillo, Seth	PalmertonBombers	2:03.22	6
4 Caliguire, Scott	Notre Dame GP	2:03.82	5
5 Brown, Patrick	Palisades Pirates	2:05.73	4
6 Bartolacci, Guido	Southern Lehigh	2:06.65	3
7 Mattiola, Vinny	Southern Lehigh	2:07.12	2
8 Fritz, Sean	Notre Dame GP	2:08.16	1
9 Schoffstall, Nathan	Nwlb	2:08.85	
10 Miller, Pete	Panthers	2:09.40	
11 Brunk, Jon	Southern Lehigh	2:10.06	
12 Coulson, Zach	Southern Lehigh	2:10.73	
13 Lanhan, Charles	Bangor Slaters	2:11.46	
14 Demmel, Cody	Southern Lehigh	x2:11.87	
15 Ettl, Lucas	Catasauqua	2:12.33	

Boys 1600 Meter Run

Meet Record: @ 4:22.50 1983 Carl Kemmerer, Palisades

Name	Year School	Finals	Points
------	-------------	--------	--------

1 Rivenbark, Zach	Southern Lehigh	4:36.78	10
2 Piazza, Nicholas	Notre Dame GP	4:37.62	8
3 Piccerillo, Seth	PalmertonBombers	4:37.92	6
4 Caliguire, Scott	Notre Dame GP	4:42.49	5
5 Nick, Frank	Palisades Pirates	4:42.76	4
6 Berger, Justin	WIL	4:43.16	3

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

7 Bollinger, Jaryth	Catasauqua	4:46.39	2
8 Demmel, Cody	Southern Lehigh	4:47.43	1
9 Lanhan, Charles	Bangor Slaters	4:48.29	
10 Brown, Patrick	Palisades Pirates	4:49.89	
11 Mease, Keenan	WIL	4:50.89	
12 Bina, Alex	Bangor Slaters	4:53.51	
13 McAtee, Rory	WIL	4:54.51	
14 Gingrich, Andrew	WIL	4:57.98	
15 Rarick, Aaron	Northern Lehigh	5:18.36	
-- Henry, Ben	Panthers	DQ	

Boys 3200 Meter Run

Meet Record: @ 9:34.10 1999 Jeff Dobias, Palmerton

Name	Year School	Finals	Points
1 Strauss, Zach	Bangor Slaters	10:14.61	10
2 Rivenbark, Zach	Southern Lehigh	10:18.51	8
3 Berger, Justin	WIL	10:24.85	6
4 Nick, Frank	Palisades Pirates	10:29.85	5
5 Bollinger, Jaryth	Catasauqua	10:32.49	4
6 Bina, Alex	Bangor Slaters	10:33.25	3
7 Klindedinst, Bill	Southern Lehigh	10:43.97	2
8 McAtee, Rory	WIL	10:49.35	1
9 Gordon, Dan	Southern Lehigh	10:51.71	
10 Piazza, Nicholas	Notre Dame GP	10:56.15	
11 Bender, Kyle	Northern Lehigh	10:58.72	
12 Brown, Patrick	Palisades Pirates	10:59.02	
13 Gingrich, Andrew	WIL	10:59.62	
14 Biggs, Andrew	P.A. Boys	11:13.34	
15 Pederson, Christian	Nwlb	11:19.34	

Boys 110 Meter Hurdles**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Meet Record: @ 14.50 1992 Rudy Santana, Saucon Valley

Name	Year School	Prelims	H#
Preliminaries			
1 Scott, Kowan	WIL	15.37Q	3
2 strohler, chris	salisbury falcons	15.94Q	2
3 Rivera, Alex	Bangor Slaters	16.34Q	1
4 Page, Jason	Southern Lehigh	16.62Q	1
5 Schlegel, Richard	WIL	16.77Q	2
6 Principato, David	Notre Dame GP	17.33Q	3
7 Fleischer, Nick	Bangor Slaters	16.88q	1
8 Finn, Donovan	Palisades Pirates	17.27q	1
9 Chernasky, Matt	Panthers	17.59	3
10 Russell, Brenton	Notre Dame GP	17.92	2
11 Kiefer, William	Nwlb	18.16	1
12 Merring, William	Notre Dame GP	18.34	2
13 Kidd, Charles	Panthers	18.35	3
14 Pickrell, Richard	WIL	18.60	3
15 Dydynsky, Andrew	PalmertonBombers	18.86	2
16 Groller, Cody	Northern Lehigh	18.97	3
17 Fenimore, Devin	Palisades Pirates	19.06	3
18 Covert, Todd	Catasauqua	19.20	1
19 Sortino, Samuel	WIL	19.31	2
20 Ebeling, Samuel	Notre Dame GP	19.45	1
21 Masetti, Alexander	Nwlb	19.86	2

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

22 Douglas, James	Palisades Pirates	20.14	2
23 Grammes, Joseph	Northern Lehigh	20.21	3
24 Steigerwalt, Matthew	Nwlb	20.36	1

Boys 110 Meter Hurdles

=====
 Meet Record: @ 14.50 1992 Rudy Santana, Saucon Valley
 Name Year School Finals Points
 =====

Finals

1 Scott, Kowan	WIL	15.19	10
2 strohler, chris	salisbury falcons	15.56	8
3 Rivera, Alex	Bangor Slaters	16.13	6
4 Page, Jason	Southern Lehigh	16.40	5
5 Principato, David	Notre Dame GP	16.41	4
6 Schlegel, Richard	WIL	16.56	3
7 Finn, Donovan	Palisades Pirates	16.60	2
8 Fleischer, Nick	Bangor Slaters	17.13	1

Boys 300 Meter Hurdles

=====
 Meet Record: @ 38.90 2004 Bob Sujack, Northern Lehigh
 Name Year School Finals H# Points
 =====

1 strohler, chris	salisbury falcons	40.99	2	10
2 Scott, Kowan	WIL	41.19	2	8
3 Page, Jason	Southern Lehigh	41.82	2	6
4 Falcone, Daniel	Bangor Slaters	42.29	2	5
5 Principato, David	Notre Dame GP	43.83	1	4
6 Rivera, Alex	Bangor Slaters	44.33	1	3
7 East, Timothy	Nwlb	44.39	2	2
8 Groller, Cody	Northern Lehigh	44.69	2	1
9 Finn, Donovan	Palisades Pirates	44.87	1	
10 Schlegel, Richard	WIL	45.02	2	
11 Kidd, Charles	Panthers	45.09	1	
12 Merring, William	Notre Dame GP	45.16	2	
13 Steigerwalt, Matthew	Nwlb	45.87	1	
14 Sortino, Samuel	WIL	45.99	1	
15 Russell, Brenton	Notre Dame GP	49.50	1	

Boys 4x100 Meter Relay

=====
 Meet Record: @ 43.60 1999 Bangor, Bangor
 School Finals H# Points
 =====

1 Wilson Area High School	44.58	2	10
1) Higgins, William	2) James, Antonio		
3) Little, Ryan	4) Cooper, Brian		
2 Catasaqua	45.61	2	8
3 Palmerton High School	45.98	2	6
1) Strohl, Stephon	2) Paulinho, Mitchell		
3) Hunsicker, James	4) Sallada, Cody		
4 Southern Lehigh	46.21	2	5
1) Kocse, Ryan	2) Barilla, Jacob		
3) Klotz, Tom	4) Hantz, Dave		
5 Palisades Pirates	46.28	2	4
1) Patterson, Blair	2) Gruver, John		
3) Fenimore, Devin	4) Jensen, Kyle		
6 salisbury falcons	46.45	2	3
1) gardus, john	2) eherts, matt		
3) jacoby, patrick	4) bubenko, stephen		

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

7 Saucon Valley Panthers	46.55	2	2
1) Kuester, Eric	2) Laputka, John		
3) Altenbach, Kyle	4) Drayton, Tyrell		
8 Northern Lehigh	46.56	2	1
1) Hahn, Bobby	2) Krawchuk, Jason		
3) Heller, Zach	4) Kern, Josh		
9 Bangor Slaters	46.60	1	
1) Falcone, Daniel	2) LaValva, Scott		
3) DeSanctis, Nick	4) Ruggiero, Josh		
10 Notre Dame GP	46.61	1	
1) Walsh, Michael	2) Donlan, Michael		
3) Russell, Ryan	4) Kirk, Robert		
11 Pen Argyl Boys Teack Team	48.11	1	
1) Hinton, Daulton	2) Pagan, Brendon		
3) Slack, Brad	4) Wagner, Joey		
12 Northwestern Lehigh Boys	48.27	1	
1) King, Ryan	2) Stelmack, Kyle		
3) East, Timothy	4) Kester, David		

Boys 4x400 Meter Relay

=====
 Meet Record: @ 3:26.20 2004 Southern Lehigh, Southern Lehigh
 School Finals H# Points
 =====

1 Wilson Area High School	3:31.26	2	10
2 Palmerton High School	3:33.23	2	8
1) Pitts, Thad	2) Hunsicker, James		
3) Piccerillo, Seth	4) Cseh, Austin		
3 Northwestern Lehigh Boys	3:36.53	2	6
1) Shiffer, Jordan	2) Nemeth, Joseph		
3) East, Timothy	4) Stelmack, Kyle		
4 salisbury falcons	3:39.48	2	5
1) jacoby, patrick	2) gardus, john		
3) weir, alex	4) strohler, chris		
5 Southern Lehigh	3:41.99	2	4
1) Bartolacci, Guido	2) Demmel, Cody		
3) Page, Jason	4) Coulson, Zach		
6 Saucon Valley Panthers	3:43.09	1	3
1) Kuester, Eric	2) Drayton, Tyrell		
3) Figueroa, Matt	4) Henry, Ben		
7 Palisades Pirates	3:45.06	1	2
1) Gidlewski, Frank	2) Finn, Donovan		
3) Dannenhower, Tom	4) Brown, Patrick		
8 Notre Dame GP	3:46.41	2	1
1) Caliguire, Scott	2) Kirk, Robert		
3) Decker, Dylan	4) Walsh, Michael		
9 Bangor Slaters	3:50.41	2	
1) Boyle, Colin	2) Rasely, Branden		
3) Martocci, John	4) Seas, Lucas		
10 Pen Argyl Boys Teack Team	3:56.51	1	
1) Shelly, Tacheron	2) Slack, Brad		
3) Wagner, Joey	4) Walsh, Gerald		

Boys 4x800 Meter Relay

=====
 Meet Record: @ 8:02.30 1983 Southern Lehigh, Southern Lehigh
 School Finals Points
 =====

1 Southern Lehigh	8:13.31	10
1) Bartolacci, Guido	2) Demmel, Cody	

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

3) Rivenbark, Zach	4) Coulson, Zach		
2 Wilson Area High School		8:32.38	8
1) Berger, Justin	2) James, Antonio		
3) Davidson, Anthony	4) Rolek, Kory		
3 Northwestern Lehigh Boys		8:41.98	6
1) Shiffer, Jordan	2) Cappuccino, Curtis		
3) Schoffstall, Nathan	4) Stelmack, Kyle		
4 Saucon Valley Panthers		8:47.53	5
1) Durbin, Josh	2) Miller, Pete		
3) Henry, Ben	4) VanBuren, Donald		
5 Palisades Pirates		9:09.15	4
1) Gidlewski, Frank	2) Lebo, Dominic		
3) Vaughn, Daniel	4) Pratt, Nolan		
6 Pen Argyl Boys Teack Team		9:20.30	3
1) Shelly, Tacheron	2) Slack, Brad		
3) Wagner, Joey	4) Walsh, Gerald		
7 Northern Lehigh		9:24.09	2
1) Moser, Zach	2) Demko, Mitchell		
3) Showak, Scott	4) Bender, Kyle		
8 Bangor Slaters		9:43.79	1
1) DeSario, Timothy	2) Sanders, Jeff		
3) Pierce, Timothy	4) Kaisen, Tom		
-- Notre Dame GP		DQ	
1) Decker, Dylan	2) Fritz, Sean		
3) Walsh, Michael	4) Panella, Brian		

Boys High Jump

Meet Record: @ 6-09 2000 Mike Newhart, Southern Lehigh

Name	Year School	Finals	Points
1 Heberling, Jon	Northern Lehigh	6-04.00	10
2 Hall, Joseph	Nwlb	6-02.00	8
3 Eckhart, Adam	WIL	6-02.00	6
4 Hicks, Cassieam	Catasauqua	6-00.00	5
5 Case, Joshua	Catasauqua	5-10.00	4
6 Zecchino, John	WIL	5-10.00	2.50
6 Stern, Will	Southern Lehigh	5-10.00	2.50
8 Nick, Frank	Palisades Pirates	5-10.00	1
9 Demko, Mitchell	Northern Lehigh	5-08.00	
10 Smith, Austin	PalmertonBombers	5-08.00	
10 Charles, Hadyn	Northern Lehigh	5-08.00	
12 Sallada, Cody	PalmertonBombers	5-06.00	
12 Lawless, Austin	Nwlb	5-06.00	
12 Slinski, Josh	Bangor Slaters	5-06.00	
12 Tanhauser, Matthew	Notre Dame GP	5-06.00	
12 Piazza, Nicholas	Notre Dame GP	5-06.00	

Boys Pole Vault

Meet Record: @ 14-04 2007 Kyle Miller, Catasauqua

Name	Year School	Finals	Points
1 Miller, Kyle	Catasauqua	15-00.00@	10
2 Phillippi, Adam	Panthers	14-00.00	8
3 Billig, Noah	Nwlb	14-00.00	6
4 Wimer, Zachary	WIL	13-00.00	5
5 Horn, Kyle	Nwlb	12-00.00	4
6 Buck, Lanny	PalmertonBombers	12-00.00	3
7 Preitz, Brad	Palisades Pirates	11-06.00	2

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

8 O'Neill, ron	salisbury falcons	11-00.00	1
9 Krawchuk, Jason	Northern Lehigh	11-00.00	
9 Covert, Todd	Catasauqua	11-00.00	
11 Little, Ryan	WIL	11-00.00	
12 Holland, Tyler	PalmertonBombers	11-00.00	
13 Szmodis, Nicholas	WIL	10-06.00	
-- Mizack, Joshua	Notre Dame GP	NH	
-- Grube, Noah	Nwlb	NH	

Boys Long Jump**Top 9 Advance by Time**

Meet Record: @ 22-07.75 1986 Dan Reichenbach, Salisbury

Name	Year School	Prelims
------	-------------	---------

Preliminaries

1 Heberling, Jon	Northern Lehigh	20-10.25q
2 Goldstone, Rico	Notre Dame GP	20-08.25q
3 Stern, Will	Southern Lehigh	20-02.00q
4 Zecchino, John	WIL	20-00.25q
5 Eckhart, Adam	WIL	19-11.75q
6 hamane, tony	salisbury falcons	19-10.50q
7 Cappella, Sam	Bangor Slaters	19-04.75q
8 Stocker, Ryan	Bangor Slaters	19-01.00q
9 Grube, Noah	Nwlb	18-11.00q
10 Tanhauser, Matthew	Notre Dame GP	18-04.75
11 Sallada, Cody	PalmertonBombers	18-04.50
12 Gruver, John	Palisades Pirates	18-01.25
13 Butcher, James	PalmertonBombers	17-09.00
14 Ramspacher, Matt	Southern Lehigh	17-00.50
-- Ackerman, Bretton	Notre Dame GP	ND

Boys Long Jump

Meet Record: @ 22-07.75 1986 Dan Reichenbach, Salisbury

Name	Year School	Finals	Points
------	-------------	--------	--------

Finals

1 Heberling, Jon	Northern Lehigh	21-06.75	10
2 Goldstone, Rico	Notre Dame GP	20-08.25	8
3 Eckhart, Adam	WIL	20-06.50	6
4 hamane, tony	salisbury falcons	J20-06.50	5
5 Cappella, Sam	Bangor Slaters	20-05.50	4
6 Stern, Will	Southern Lehigh	20-02.00	3
7 Zecchino, John	WIL	20-00.25	2
8 Stocker, Ryan	Bangor Slaters	19-06.75	1
9 Grube, Noah	Nwlb	18-11.00	

Boys Triple Jump**Top 9 Advance by Time**

Meet Record: @ 45-04 1983 Jacob Kim, Nazareth

Name	Year School	Prelims
------	-------------	---------

Preliminaries

1 Eckhart, Adam	WIL	@ 45-08.75q
2 Zecchino, John	WIL	43-03.00q
3 Reitz, Grant	Panthers	41-10.00q
4 Heberling, Jon	Northern Lehigh	41-07.50q
5 Kressler, Robert	Panthers	40-07.50q
6 Bouch, Donnie	Bangor Slaters	40-03.25q

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

7 Tanhauser, Matthew	Notre Dame GP	40-02.50q
8 Flesher, Ricky	Panthers	39-02.00q
9 Butcher, James	PalmertonBombers	39-01.00q
10 Paulinho, Mitchell	PalmertonBombers	38-06.50
11 Stocker, Ryan	Bangor Slaters	38-04.50
12 Grube, Noah	Nwlb	37-03.75
13 Ramspacher, Matt	Southern Lehigh	36-02.00
14 Cromwell, Al-Terrick	Panthers	36-01.25

Boys Triple Jump

Meet Record: @ 45-04 1983 Jacob Kim, Nazareth

Name	Year School	Finals	Points
------	-------------	--------	--------

Finals

1 Eckhart, Adam	WIL	46-00.25@	10
2 Zecchino, John	WIL	43-04.00	8
3 Reitz, Grant	Panthers	41-10.00	6
4 Heberling, Jon	Northern Lehigh	41-07.50	5
5 Bouch, Donnie	Bangor Slaters	41-00.25	4
6 Kressler, Robert	Panthers	40-07.50	3
7 Tanhauser, Matthew	Notre Dame GP	40-02.50	2
8 Flesher, Ricky	Panthers	39-02.00	1
9 Butcher, James	PalmertonBombers	39-01.00	

Boys Shot Put**Top 9 Advance by Time**

Meet Record: @ 54-03.25 1996 Jarrett Weiss, Northwester

Name	Year School	Prelims
------	-------------	---------

Preliminaries

1 Broach, Grant	Palisades Pirates	49-10.50q
2 Steckel, Kevin	Northern Lehigh	49-08.75q
3 Isamoyer, Charles	Nwlb	46-06.25q
4 Ittley, Pat	Bangor Slaters	43-04.25q
5 Wetherhold, Steve	Catasauqua	42-08.50q
6 bubenko, stephen	salisbury falcons	40-07.50q
7 Cuifo, Dom	Bangor Slaters	40-04.25q
8 Breidinger, Jeffrey	WIL	39-09.25q
9 Malarchik, Devin	Catasauqua	39-08.50q
10 Rutan, Richard	WIL	39-08.25
11 Okken, Tim	Panthers	39-07.00
12 Oliver, Austin	Nwlb	39-02.00
13 Davidson, Leo	WIL	39-01.75
14 Fritz, Matthew	WIL	38-07.75
15 Hann, Wes	Bangor Slaters	37-08.50
16 Kressler, Robert	Panthers	37-02.50
17 Sullivan, Anthony	Notre Dame GP	36-03.00

Boys Shot Put

Meet Record: @ 54-03.25 1996 Jarrett Weiss, Northwestern Lehigh

Name	Year School	Finals	Points
------	-------------	--------	--------

Finals

1 Broach, Grant	Palisades Pirates	52-06.50	10
2 Steckel, Kevin	Northern Lehigh	49-08.75	8
3 Isamoyer, Charles	Nwlb	46-04.25	6
4 Wetherhold, Steve	Catasauqua	43-11.50	5
5 Ittley, Pat	Bangor Slaters	43-04.25	4

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

6 Breidinger, Jeffrey	WIL	42-00.00	3
7 bubenko, stephen	salisbury falcons	41-04.00	2
8 Cuifo, Dom	Bangor Slaters	40-04.25	1
9 Malarchik, Devin	Catasauqua	39-08.50	

Boys Discus Throw
Top 9 Advance by Time

=====
 Meet Record: @ 166-08 2001 Travis Hand, Palmerton
 Name Year School Prelims
 =====

Preliminaries

1 Broach, Grant	Palisades Pirates	141-07q	
2 Kressler, Robert	Panthers	127-02q	
3 Booth, Kevin	PalmertonBombers	122-10q	
4 Weil, Brandon	Northern Lehigh	118-10q	
5 Cuifo, Dom	Bangor Slaters	118-04q	
6 Pearson, Greg	Bangor Slaters	112-09.50q	
7 Lundberg, Daniel	Nwlb	110-01q	
8 Wetherhold, Steve	Catasauqua	109-09q	
9 Steckel, Kevin	Northern Lehigh	109-08q	
10 Luczkowiak, Tom	P.A. Boys	108-07.50	
11 Breidinger, Jeffrey	WIL	106-01	
12 Fritz, Matthew	WIL	105-07	
13 Noraas, Ryan	Bangor Slaters	105-05	
14 Bell, Nate	Southern Lehigh	101-09	
15 Falco, Dan	Southern Lehigh	101-00	

Boys Discus Throw

=====
 Meet Record: @ 166-08 2001 Travis Hand, Palmerton
 Name Year School Finals Points
 =====

Finals

1 Broach, Grant	Palisades Pirates	148-09.50	10
2 Kressler, Robert	Panthers	127-02	8
3 Steckel, Kevin	Northern Lehigh	123-00	6
4 Booth, Kevin	PalmertonBombers	122-10	5
5 Weil, Brandon	Northern Lehigh	118-10	4
6 Cuifo, Dom	Bangor Slaters	118-04	3
7 Lundberg, Daniel	Nwlb	113-07	2
8 Pearson, Greg	Bangor Slaters	112-09.50	1
9 Wetherhold, Steve	Catasauqua	109-09	

Boys Javelin Throw

Top 9 Advance by Time

=====
 Name Year School Prelims
 =====

Preliminaries

1 Malarchik, Devin	Catasauqua	177-05q	
2 Hall, Joseph	Nwlb	164-00q	
3 Moffett, Corbin	Bangor Slaters	158-03q	
4 Stocker, Matt	Bangor Slaters	154-00q	
5 Noraas, Ryan	Bangor Slaters	150-11q	
6 Jensen, Kyle	Palisades Pirates	147-02q	
7 Kurecian, Peter	Panthers	142-09q	
8 Arnold, Richard	Northern Lehigh	142-01q	
9 Taylor, Justin	Panthers	138-01q	
10 bubenko, stephen	salisbury falcons	136-07	
11 Debonis, Michael	Notre Dame GP	134-08	

2008 Colonial League Championship Meet - 5/8/2008
Memorial Park, Bangor Pennsylvania
Bangor Memorial Park, Bangor Pennsylvania
Results

12 Bowman, William	WIL	133-04
13 Lynn, Adam	Nwlb	128-07
14 Slinski, Josh	Bangor Slaters	127-04
15 Laputka, John	Panthers	125-06

Boys Javelin Throw

Name	Year School	Finals	Points
Finals			
1 Malarchik, Devin	Catasauqua	177-05	10
2 Hall, Joseph	Nwlb	173-10	8
3 Stocker, Matt	Bangor Slaters	164-10	6
4 Moffett, Corbin	Bangor Slaters	160-00	5
5 Noraas, Ryan	Bangor Slaters	150-11	4
6 Jensen, Kyle	Palisades Pirates	149-01	3
7 Kurecian, Peter	Panthers	142-09	2
8 Arnold, Richard	Northern Lehigh	142-01	1
9 Taylor, Justin	Panthers	138-01	

Women - Team Rankings - 18 Events Scored

1) Bangor Slaters	136	2) Saucon Valley Panthers	106
3) Wilson Area High School	99	4) Palmerton High School	80.50
5) Southern Lehigh	69	6) Northern Lehigh	61
7) Northwestern Lehigh	46	8) Palisades Pirates	35
9) NOTRE DAME GP	29.50	10) Catasauqua	22
11) salisbury falcons	12	12) Pen Argyl Girls Track Tea	5

Men - Team Rankings - 18 Events Scored

1) Wilson Area High School	138.50	2) Palmerton High School	69
3) Southern Lehigh	68.50	4) Bangor Slaters	65
5) Northern Lehigh	61	6) NOTRE DAME GP	58
7) Northwestern Lehigh Boys	51	7) Palisades Pirates	51
9) Catasauqua	48	9) salisbury falcons	48
11) Saucon Valley Panthers	38	12) Pen Argyl Boys Teack Team	6