

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****Girls 100 Meter Dash**

Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1 Powell, Ayana	SR	Bangor	12.60	12.89Q	2
2 Brown, Arielle	SR	Catasauqua	12.70	12.96Q	1
3 Lombardo, Alyssa	JR	Saucon Valley	12.40	13.08Q	3
4 Taschler, Nicole	SR	Nwlehigh	13.20	13.30Q	1
5 Kester, Amy	SO	Notre Dame G.P.	13.00	13.32Q	2
6 Reglas, Christelle	SO	Bangor	13.20	13.55Q	3
7 Falcone, Amanda	SO	Bangor	13.10	13.42q	2
8 Perez, Michelle	SR	Southern Lehigh	13.20	13.45q	1
9 Pereira, Jessica	FR	Palmerton	13.30	13.51	1
10 Neville, Cassie	SR	Palisades	13.10	13.61	3
11 Moreira, Michelle	FR	Southern Lehigh	13.30	13.62	2
12 Krawchuk, Erika	FR	Northern Lehigh	13.20	13.65	2
13 Prager, Natalie	FR	Saucon Valley	13.90	13.78	2
14 Kester, Hailey	JR	Salisbury	13.10	13.81	3
14 Enos, Colleen	FR	Salisbury	13.50	13.81	1
16 Lively, Leigh Ann	JR	Notre Dame G.P.	12.80	13.87	1
17 Rinfret, Casey	JR	Palmerton	13.70	13.91	3
18 Williams, Sienna	JR	Wilson	13.60	13.95	3
19 Dainause, Anna	SO	Notre Dame G.P.	13.70	14.05	2
20 Gehman, Danielle	FR	Palisades	13.50	14.08	2
21 Cappuccino, Katie	FR	Nwlehigh	13.90	14.15	1
22 Rossi, Alexa	FR	Palisades	13.90	14.18	3
23 Sechrist, Rachel	FR	Salisbury	13.90	14.31	1
24 Iobst, Lauren	SR	Wilson	13.20	14.61	3

**Girls 100 Meter Dash**

Name	Year	School	Prelims	Finals	Points
<b>Finals</b>					
1 Lombardo, Alyssa	JR	Saucon Valley	13.08	12.03	10
2 Powell, Ayana	SR	Bangor	12.89	12.67	8
3 Brown, Arielle	SR	Catasauqua	12.96	12.70	6
4 Taschler, Nicole	SR	Nwlehigh	13.30	13.10	5
5 Falcone, Amanda	SO	Bangor	13.42	14.10	4
6 Perez, Michelle	SR	Southern Lehigh	13.45	14.20	3
7 Kester, Amy	SO	Notre Dame G.P.	13.32	14.30	2
8 Reglas, Christelle	SO	Bangor	13.55	14.40	1

**Girls 200 Meter Dash**

Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1 Lombardo, Alyssa	JR	Saucon Valley	25.80	26.47Q	3
2 Kester, Amy	SO	Notre Dame G.P.	26.70	26.82Q	1
3 Powell, Ayana	SR	Bangor	26.50	27.29Q	2
4 Reglas, Christelle	SO	Bangor	27.30	27.10Q	3
5 Pereira, Jessica	FR	Palmerton	26.90	27.46Q	1
6 Taschler, Nicole	SR	Nwlehigh	27.60	27.76Q	2
7 Fontanez, Venus	JR	Saucon Valley	28.00	27.72q	1

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8	Solt, Lauryn	FR	Palmerton	28.40	28.11q	3
9	Adams, Tasia	SR	Palisades	28.50	28.16	2
10	Gehman, Danielle	FR	Palisades	28.10	28.27	3
11	Falcone, Amanda	SO	Bangor	27.90	28.76	1
11	Pekurney, Lindsey	SO	Palmerton	28.00	28.76	2
13	Williams, Sienna	JR	Wilson	29.30	28.89	1
14	Lively, Leigh Ann	JR	Notre Dame G.P.	27.20	28.94	3
15	Iobst, Lauren	SR	Wilson	29.80	29.16	1
16	Cappuccino, Katie	FR	Nwlehigh	29.90	29.19	1
17	Dainause, Anna	SO	Notre Dame G.P.	29.70	29.33	2
18	Mosley, Paige	SR	Wilson	29.70	29.41	3
19	Krawchuk, Erika	FR	Northern Lehigh	29.70	29.44	3
20	Sechrist, Rachel	FR	Salisbury	30.10	29.77	3
21	DaSilva, Samantha	JR	Saucon Valley	29.20	29.80	1
22	Saboe, Chelsea	JR	Palisades	30.00	30.93	2
--	Stauffer, Autumn	SO	Northern Lehigh	29.40	DNF	2
--	Weedling, Kendal	SO	Southern Lehigh	27.10	DNF	2

**Girls 200 Meter Dash**

Name	Year	School	Prelims	Finals	Points
=====					
Finals					
1	Lombardo, Alyssa	JR	Saucon Valley	26.47	25.94 10
2	Powell, Ayana	SR	Bangor	27.29	27.05 8
3	Kester, Amy	SO	Notre Dame G.P.	26.82	27.21 6
4	Reglas, Christelle	SO	Bangor	27.10	27.45 5
5	Pereira, Jessica	FR	Palmerton	27.46	27.83 4
6	Fontanez, Venus	JR	Saucon Valley	27.72	28.31 3
7	Taschler, Nicole	SR	Nwlehigh	27.76	28.35 2
8	Solt, Lauryn	FR	Palmerton	28.11	28.51 1

**Girls 400 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
=====						
1	Lombardo, Alyssa	JR	Saucon Valley	56.20	56.88	2 10
2	Kester, Amy	SO	Notre Dame G.P.	1:00.10	59.92	2 8
3	Kish, Sarah	JR	Saucon Valley	1:02.80	1:01.85	2 6
4	Adams, Tasia	SR	Palisades	1:03.70	1:03.42	2 5
5	Pekurney, Lindsey	SO	Palmerton	1:05.20	1:04.39	2 4
6	Hamrick, Cassandra	SR	Palisades	1:05.60	1:04.86	2 3
7	Enos, Colleen	FR	Salisbury	1:06.40	1:05.18	1 2
8	Lambert, Lauren	SO	Bangor	1:06.10	1:05.28	1 1
9	Edwards, Erika	FR	Notre Dame G.P.	1:04.00	1:05.56	2
10	Mummey, Morgan	FR	Palmerton	1:05.60	1:05.75	1
11	Watts, Taylor	SO	Bangor	1:05.60	1:06.15	1
12	Vough, Sara	JR	Pen Argyl	1:07.60	1:06.38	1
13	Gallagher, Kelsey	SR	Northern Lehigh	1:07.80	1:07.61	1
14	Cappuccino, Katie	FR	Nwlehigh	1:07.50	1:08.81	1

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****Girls 800 Meter Run**

Name	Year	School	Seed	Finals	Points
1 Costant, Allison	SR	Notre Dame G.P.	2:25.50	2:24.11	10
2 Kelly, Kimberly	JR	Saucon Valley	2:22.40	2:24.74	8
3 Stack, Megan	JR	Saucon Valley	2:28.00	2:28.08	6
4 Kish, Sarah	JR	Saucon Valley	2:24.90	2:29.11	5
5 Kelly, Colleen	SO	Notre Dame G.P.	2:30.70	2:30.61	4
6 O'Malley, Jill	SR	Southern Lehigh	2:33.50	2:32.68	3
7 Hamrick, Cassandra	SR	Palisades	2:32.70	2:33.65	2
8 Primrsoe, Shea	FR	Wilson	2:32.10	2:34.48	1
9 Pazzaglia, Sara	SR	Saucon Valley	2:35.50	2:35.32	
10 Handwerk, Megan	SR	Nwlehigh	2:33.60	2:35.82	
11 Yext, Kalli	SO	Southern Lehigh	2:33.70	2:36.65	
12 Hallet, Samantha	FR	Bangor	2:35.90	2:37.09	
13 Neffue, Alexandra	JR	Bangor	2:35.00	2:37.49	
14 Gallagher, Kelsey	SR	Northern Lehigh	2:41.00	2:37.76	
15 Pensyl, Rebecca	FR	Bangor	2:42.90	2:39.56	
16 Megee, Amanda	FR	Notre Dame G.P.	2:36.40	2:40.22	
17 Rutt, Alexandra	JR	Salisbury	2:47.00	2:41.53	
18 Pazzaglia, Alessandra	FR	Saucon Valley	2:48.70	x2:41.69	
19 Wilchek, Ashley	SR	Bangor	2:46.30	2:41.79	
20 Farkas, Jill	JR	Palmerton	2:39.20	2:42.36	
21 Keler, Nicole	JR	Palisades	2:43.60	2:42.83	
22 Evans, Vanessa	SO	Palmerton	2:44.00	2:43.13	
23 Sauer, Tehya	SO	Palisades	2:48.50	2:48.90	

**Girls 1600 Meter Run**

Name	Year	School	Seed	Finals	Points
1 Costant, Allison	SR	Notre Dame G.P.	5:14.00	5:16.29	10
2 Kelly, Kimberly	JR	Saucon Valley	5:29.20	5:25.69	8
3 Stack, Megan	JR	Saucon Valley	5:28.40	5:28.81	6
4 Gonoude, Taylor	JR	Salisbury	5:38.80	5:29.94	5
5 Kelly, Colleen	SO	Notre Dame G.P.	5:41.20	5:39.22	4
6 Colton, Lindsey	JR	Bangor	5:42.00	5:43.09	3
7 Handwerk, Megan	SR	Nwlehigh	5:38.10	5:49.33	2
8 Keller, Laura	JR	Palisades	5:39.50	5:51.96	1
9 Ferrani, Kristen	JR	Saucon Valley	5:51.60	5:53.03	
10 Pryor, Steph	SR	Northern Lehigh	5:55.00	5:58.04	
11 Fucci, Emily	JR	Wilson	5:54.90	5:59.60	
12 White, Brittany	SR	Bangor	5:47.80	6:00.67	
13 Stevko, Andrea	SO	Palmerton	5:57.60	6:01.74	
14 Sauer, Tehya	SO	Palisades	6:05.00	6:07.01	

**Girls 3200 Meter Run**

Name	Year	School	Seed	Finals	Points
1 Rivenback, Chelsea	JR	Southern Lehigh	11:33.60	11:59.52	10
2 Costant, Allison	SR	Notre Dame G.P.	11:57.60	12:16.00	8
3 Keller, Laura	JR	Palisades	12:31.60	12:20.68	6
4 Burns, Ramzy	SR	Nwlehigh	12:27.50	12:24.31	5
5 Boehm, Natalie	SO	Nwlehigh	12:49.00	12:26.05	4

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6	Stack, Megan	JR	Saucon Valley	12:24.00	12:26.38	3
7	Gonoude, Taylor	JR	Salisbury	12:36.50	12:27.02	2
8	Kemmerer, Emma	SO	Nwlehigh	12:42.90	12:27.05	1
9	Colton, Lindsey	JR	Bangor	12:41.90	12:40.55	
10	Pryor, Steph	SR	Northern Lehigh	12:49.30	12:59.98	
11	Rex, Megan	JR	Northern Lehigh	13:12.00	13:04.62	
12	Stevko, Andrea	SO	Palmerton	12:40.00	13:05.98	
13	Ferrani, Kristen	JR	Saucon Valley	13:00.00	13:16.00	
14	Fucci, Emily	JR	Wilson	13:05.00	13:20.30	

**Girls 100 Meter Hurdles**

Name	Year	School	Seed	Prelims	H#	
Preliminaries						
1	Meichtry, Erica	SR	Salisbury	15.90	15.97Q	3
2	Darling, Amanda	SR	Bangor	16.30	16.45Q	2
3	Brown, Heather	SR	Palisades	16.60	16.78Q	1
4	Harding, Meryah	SO	Palisades	16.70	16.90Q	1
5	Romano, Kristen	JR	Palmerton	16.80	17.26Q	2
6	Fiscella, Nicole	SO	Southern Lehigh	17.00	17.43Q	3
7	Sloand, Jillian	SR	Saucon Valley	17.30	17.47q	3
8	Dutt, Carla	FR	Wilson	17.90	17.72q	2
9	Krupa, Gina	SR	Northern Lehigh	17.60	17.92	1
10	Mautino, Nicole	SO	Saucon Valley	17.60	17.96	2
11	Bloss, Courtney	SR	Notre Dame G.P.	18.00	18.10	3
12	Fleischer, Olivia	SO	Bangor	18.20	18.45	1
13	MacDONALD, Colleen	SR	Notre Dame G.P.	18.10	18.46	2
14	Rossi, Alexa	FR	Palisades	17.90	18.48	1
15	Henley, Becky	SR	Notre Dame G.P.	18.10	18.53	3
16	Larson, Marissa	SO	Palmerton	18.60	18.63	3
17	Martin, Haley	SO	Bangor	18.30	18.72	1
18	Katz, Eliana	JR	Southern Lehigh	19.60	18.97	3
19	Grube, Jessica	JR	Wilson	19.00	19.02	1
20	Quinn, Breanna	SO	Palmerton	18.70	19.04	3
21	Albright, Jessica	SO	Nwlehigh	18.80	19.16	2
22	Hilliker, Kaylin	SO	Wilson	19.10	19.55	1
23	Trapp, Taylor	SR	Northern Lehigh	19.40	20.76	2

**Girls 100 Meter Hurdles**

Name	Year	School	Prelims	Finals	Points	
Finals						
1	Meichtry, Erica	SR	Salisbury	15.97	15.93	10
2	Brown, Heather	SR	Palisades	16.78	16.17	8
3	Darling, Amanda	SR	Bangor	16.45	16.40	6
4	Harding, Meryah	SO	Palisades	16.90	16.54	5
5	Romano, Kristen	JR	Palmerton	17.26	17.24	4
6	Dutt, Carla	FR	Wilson	17.72	17.41	3
7	Fiscella, Nicole	SO	Southern Lehigh	17.43	17.44	2
8	Sloand, Jillian	SR	Saucon Valley	17.47	17.50	1

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****Girls 300 Meter Hurdles**

Name	Year	School	Seed	Finals	H#	Points
1 Meichtry, Erica	SR	Salisbury	48.90	48.56	2	10
2 Green, Wynnie	SR	Palmerton	49.50	49.33	2	8
3 Romano, Kristen	JR	Palmerton	50.10	50.03	2	6
4 Brown, Heather	SR	Palisades	51.00	50.23	2	5
5 Dutt, Carla	FR	Wilson	49.90	50.26	2	4
6 Harding, Meryah	SO	Palisades	52.20	51.93	2	3
7 Krupa, Gina	SR	Northern Lehigh	52.20	52.25	1	2
8 Hill, Natalie	SR	Nwlehigh	51.30	52.32	2	1
9 Henley, Becky	SR	Notre Dame G.P.	52.20	52.39	1	
10 Crawley, Vianna	FR	Bangor	51.90	52.58	2	
11 Fiscella, Nicole	SO	Southern Lehigh	52.50	53.65	1	
12 Paskewicz, Emily	SR	Saucon Valley	54.30	53.92	1	
13 Mautino, Nicole	SO	Saucon Valley	52.60	54.99	1	
14 Sutter, Alison	SR	Pen Argyl	54.00	55.59	1	
15 Salvemini, Katherine	SR	Bangor	52.60	55.72	1	
-- Serson, Ali	SO	Wilson	53.10	DQ	1	

**Girls 4x100 Meter Relay**

School	Seed	Finals	H#	Points
1 Palmerton	52.00	51.63	2	10
1) Rinfret, Casey JR				
2) Green, Wynnie SR				
3) Pereira, Jessica FR				
4) Pekurney, Lindsey SO				
2 Bangor	51.90	52.22	2	8
1) Falcone, Amanda SO				
2) Reglas, Christelle SO				
3) Darling, Amanda SR				
4) Powell, Ayana SR				
3 Wilson	53.10	53.24	2	6
1) Iobst, Lauren SR				
2) Vanek, Allison SR				
3) Williams, Sienna JR				
4) Wilson, Kayla JR				
4 Southern Lehigh	52.60	53.37	2	5
1) Zimmerman, Katlyn SO				
2) Perez, Michelle SR				
3) Moreira, Michelle FR				
4) Tejada, Chelsea SR				
5 Northwestern Lehigh Girls	53.20	54.17	2	4
1) Gulick, Jennifer JR				
2) Everett, Alyssa SR				
3) Black, Tori JR				
4) Taschler, Nicole SR				
6 Saucon Valley	54.40	55.20	2	3
1) DaSilva, Samantha JR				
2) Omdahl, Allison JR				
3) Kopp, Tkeyah SR				
4) Fontanez, Venus JR				
7 Salisbury	55.30	55.64	2	2
1) Enos, Colleen FR				
2) Greenberg, Megan FR				
3) Sechrist, Rachel FR				
4) Rutt, Alexandra JR				
8 Northern Lehigh	55.80	55.83	1	1
1) Krawchuk, Erika FR				
2) Barnett, Rachel SO				
3) Peters, Amy JR				
4) Bastardi, Christina SO				
9 Notre Dame G.P.	56.30	57.00	1	
1) Brown, Amanda				
2) Dainause, Anna SO				
3) Klouda, Karla Ane SR				
4) Weaver, Samantha JR				
10 Palisades	53.80	57.77	2	
1) Gehman, Danielle FR				
2) Neville, Cassie SR				
3) Adams, Tasia SR				
4) Harding, Meryah SO				

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****Girls 4x400 Meter Relay**

School	Seed	Finals	H#	Points
1 Notre Dame G.P.	4:22.20	4:14.82	2	10
1) Costant, Allison SR	2) Kelly, Colleen SO			
3) Kester, Amy SO	4) Edwards, Erika FR			
2 Saucon Valley	4:39.20	4:18.18	1	8
1) Kish, Sarah JR	2) Kelly, Kimberly JR			
3) DaSilva, Samantha JR	4) Lombardo, Alyssa JR			
3 Palmerton	4:21.10	4:20.72	2	6
1) Pekurney, Lindsey SO	2) Green, Wynnie SR			
3) Mummey, Morgan FR	4) Gamez, Cathy SR			
4 Palisades	4:27.80	4:22.76	2	5
1) Adams, Tasia SR	2) Gehman, Danielle FR			
3) Harding, Meryah SO	4) Hamrick, Cassandra SR			
5 Wilson	4:32.50	4:23.63	2	4
1) Iobst, Lauren SR	2) Primrsoe, Shea FR			
3) Mosley, Paige SR	4) Vanek, Allison SR			
6 Southern Lehigh	4:27.00	4:26.66	2	3
1) Bissy, Bryn SR	2) Moreira, Michelle FR			
3) Tejada, Chelsea SR	4) Perez, Michelle SR			
7 Northwestern Lehigh Girls	4:29.50	4:31.97	2	2
1) Handwerk, Megan SR	2) Everett, Alyssa SR			
3) Hill, Natalie SR	4) Cappuccino, Katie FR			
8 Salisbury	4:32.90	4:33.67	2	1
1) Enos, Colleen FR	2) Greenberg, Megan FR			
3) Sechrist, Rachel FR	4) Rutt, Alexandra JR			
9 Bangor	4:34.80	4:36.40	2	
1) Lambert, Lauren SO	2) Watts, Taylor SO			
3) Frey, Tiffany FR	4) Hallet, Samantha FR			
10 Northern Lehigh	4:38.90	4:53.68	1	
1) Krupa, Gina SR	2) LeVan, Maggie SR			
3) Bastardi, Christina SO	4) Gallagher, Kelsey SR			

**Girls 4x800 Meter Relay**

School	Seed	Finals	Points
1 Saucon Valley	10:04.40	10:05.24	10
1) Kish, Sarah JR	2) Stack, Megan JR		
3) Pazzaglia, Alessandra FR	4) Kelly, Kimberly JR		
2 Southern Lehigh	10:28.70	10:16.02	8
1) O'Malley, Jill SR	2) Rivenback, Chelsea JR		
3) Scheetz, Katie	4) Weigard, Jenna FR		
3 Northwestern Lehigh Girls	10:11.40	10:22.79	6
1) Kemmerer, Emma SO	2) Handwerk, Megan SR		
3) Boehm, Natalie SO	4) Johnson, Elizabeth FR		
4 Bangor	10:36.90	10:29.33	5
1) White, Brittany SR	2) Neffue, Alexandra JR		
3) Lambert, Lauren SO	4) Pensyl, Rebecca FR		
5 Notre Dame G.P.	10:13.70	10:52.92	4
1) Edwards, Erika FR	2) Edwards, Kim JR		
3) Megee, Amanda FR	4) Constant, Rachel SO		
6 Palisades	10:39.50	10:57.32	3
1) Keler, Nicole JR	2) Brader, Jordan SO		

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3) Sauer, Tehya SO	4) Hamrick, Cassandra SR			
7 Palmerton		11:03.10	11:25.09	2
1) Gamez, Cathy SR	2) Hartsell, Greta SO			
3) Evans, Vanessa SO	4) Farkas, Jill JR			

**Girls High Jump**

Name	Year School	Seed	Finals	Points
1 Mackey, Sarah	SR Bangor	5-00.00	5-00.00	10
2 Smith, Shaye	FR Wilson	4-09.00	4-10.00	7
2 Kopp, Tkeyah	SR Saucon Valley	5-00.00	4-10.00	7
4 Williams, Ally	JR Notre Dame G.P.	4-10.00	4-10.00	5
5 Hill, Natalie	SR Nwlehigh	4-11.00	4-08.00	3.50
5 Solt, Lauryn	FR Palmerton	5-00.00	4-08.00	3.50
7 Nesfeder, Mary Paige	FR Notre Dame G.P.	4-09.00	4-08.00	1.50
7 Schantzenbach, Emma	SO Saucon Valley	4-08.00	4-08.00	1.50
9 Vough, Sara	JR Pen Argyl	5-00.00	4-08.00	
9 Cole, Medeleine	FR Southern Lehigh	4-11.00	4-08.00	
9 Stauffer, Autumn	SO Northern Lehigh	4-10.00	4-08.00	
9 Keller, Laura	JR Palisades	4-10.50	4-08.00	
13 Everett, Nycole	JR Nwlehigh	4-09.00	4-06.00	
-- Lively, Leigh Ann	JR Notre Dame G.P.	4-10.00	NH	
-- Oertner, Aimee	SO Northern Lehigh	4-08.00	NH	
-- Dutt, Carla	FR Wilson	4-08.00	NH	

**Girls Pole Vault**

Name	Year School	Seed	Finals	Points
1 Vanek, Allison	SR Wilson	12-06.00	12-03.00	10
2 Kester, Hailey	JR Salisbury	11-00.00	11-00.00	8
3 Neville, Cassie	SR Palisades	10-03.00	10-00.00	6
4 Pechanec, Monica	JR Notre Dame G.P.	10-00.00	10-00.00	5
5 Herzog, Sophia	JR Southern Lehigh	10-00.00	9-06.00	4
6 Doherty, Sam	FR Palmerton	8-06.00	8-06.00	3
7 Hilliker, Kaylin	SO Wilson	9-00.00	8-06.00	2
8 Kolb, Alicia	SR Pen Argyl	8-00.00	8-00.00	1
9 Sloand, Jillian	SR Saucon Valley	8-00.00	8-00.00	
10 James, Kayla	JR Catasauqua	8-06.00	7-06.00	
10 Kulp, Megan	SR Catasauqua	8-00.00	7-06.00	
12 Dooley, Danielle	SR Northern Lehigh	8-00.00	7-06.00	
13 Paskewicz, Emily	SR Saucon Valley	8-00.00	7-06.00	
13 Hoferica, Morgan	JR Palisades	8-00.00	7-06.00	
-- Salvemini, Michelle	SO Bangor	8-06.00	NH	
-- LeVan, Maggie	SR Northern Lehigh	8-00.00	NH	

**Girls Long Jump**

Name	Year School	Seed	Prelims
Preliminaries			
1 Kopp, Tkeyah	SR Saucon Valley	15-08.75	16-05.00q
2 Neville, Cassie	SR Palisades	15-11.25	16-04.00q

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3	Vough, Sara	JR Pen Argyl	15-10.00	15-10.50q
4	Black, Tori	JR Nwlehigh	15-06.00	15-09.00q
5	Reglas, Christelle	SO Bangor	15-04.50	15-07.75q
6	Rinfret, Casey	JR Palmerton	15-01.00	15-03.50q
7	Herzog, Sophia	JR Southern Lehigh	15-07.50	15-01.50q
8	Kester, Hailey	JR Salisbury	14-06.00	14-11.00q
9	Powell, Ayana	SR Bangor	15-00.00	14-10.00q
10	Codd, Darby	SO Palisades	14-02.00	14-06.50
10	Fontanez, Venus	JR Saucon Valley	15-06.50	14-06.50
12	Moffett, Jenna	SR Bangor	14-01.50	14-06.00
12	Wilson, Kayla	JR Wilson	15-09.50	14-06.00
14	Henderson, Sabre	JR Catasauqua	15-01.50	14-05.25
15	Gulick, Jennifer	JR Nwlehigh	15-07.50	14-01.25
16	Lively, Leigh Ann	JR Notre Dame G.P.	15-05.00	13-11.00

**Girls Long Jump**

Name	Year School	Prelims	Finals	Points	
Finals					
1	Kopp, Tkeyah	SR Saucon Valley	16-05.00	16-05.00	10
2	Neville, Cassie	SR Palisades	16-04.00	16-04.00	8
3	Vough, Sara	JR Pen Argyl	15-10.50	16-02.25	6
4	Black, Tori	JR Nwlehigh	15-09.00	15-09.50	5
5	Reglas, Christelle	SO Bangor	15-07.75	15-07.75	4
6	Rinfret, Casey	JR Palmerton	15-03.50	15-03.50	3
7	Herzog, Sophia	JR Southern Lehigh	15-01.50	15-02.00	1.50
7	Powell, Ayana	SR Bangor	14-10.00	15-02.00	1.50
9	Kester, Hailey	JR Salisbury	14-11.00	15-01.00	

**Girls Triple Jump**

Name	Year School	Seed	Prelims	
Preliminaries				
1	Powell, Ayana	SR Bangor	34-07.00	33-09.00q
2	Wilson, Kayla	JR Wilson	31-10.25	32-05.00q
3	Vough, Sara	JR Pen Argyl	31-06.00	31-11.00q
3	White, Brittany	SR Bangor	32-10.50	31-11.00q
5	Pereira, Jessica	FR Palmerton	31-04.00	31-10.50q
6	Salvemini, Katherine	SR Bangor	33-03.00	31-09.50q
7	Doherty, Sam	FR Palmerton	31-03.00	31-05.25q
8	Kopp, Tkeyah	SR Saucon Valley	32-10.00	31-02.00q
9	Black, Tori	JR Nwlehigh	31-01.75	31-01.00q
10	Fontanez, Venus	JR Saucon Valley	31-02.00	30-09.50
11	Solt, Lauryn	FR Palmerton	30-08.75	30-07.25
12	Hoferica, Morgan	JR Palisades	30-08.50	30-06.50
13	Henderson, Sabre	JR Catasauqua	31-08.75	30-05.50
14	Lehr, Kalyn	SO Palmerton	30-10.00	29-08.00
15	Dutt, Carla	FR Wilson	31-08.00	29-03.00
16	Rocke, Corrine	JR Palisades	30-05.00	29-00.00



**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****Girls Triple Jump**

Name	Year	School	Prelims	Finals	Points
<b>Finals</b>					
1 Powell, Ayana	SR	Bangor	33-09.00	33-09.00	10
2 Vough, Sara	JR	Pen Argyl	31-11.00	32-11.00	8
3 Wilson, Kayla	JR	Wilson	32-05.00	32-05.00	6
4 White, Brittany	SR	Bangor	31-11.00	32-03.00	5
5 Salvemini, Katherine	SR	Bangor	31-09.50	31-11.00	4
6 Pereira, Jessica	FR	Palmerton	31-10.50	31-10.50	3
7 Kopp, Tkeyah	SR	Saucon Valley	31-02.00	31-10.00	2
8 Black, Tori	JR	Nwlehigh	31-01.00	31-07.00	1
9 Doherty, Sam	FR	Palmerton	31-05.25	31-05.25	

**Girls Shot Put**

Name	Year	School	Seed	Prelims
<b>Preliminaries</b>				
1 Hay, Kelsey	SO	Palmerton	35-01.00	35-04.00q
2 Stocks, Kammeron	SR	Wilson	34-02.00	33-08.00q
3 Oertner, Aimee	SO	Northern Lehigh	31-05.00	32-05.50q
4 Murray, Sarah	JR	Nwlehigh	33-01.00	31-10.00q
5 Schiavone, Stani	JR	Bangor	30-11.00	29-07.00q
6 Baab, Sara	JR	Saucon Valley	30-01.50	29-04.00q
7 Amber, Catherine	SR	Saucon Valley	32-04.00	28-07.00q
8 Horinko, Allison	SR	Palmerton	30-06.50	28-04.00q
9 Dougherty, Bridgette	SO	Southern Lehigh	27-06.75	28-01.00q
10 Bundra, Shannon	FR	Catasauqua	27-05.00	27-09.00
11 Everett, Nycole	JR	Nwlehigh	28-09.00	27-05.00
12 Skibo, Holly	SO	Palisades	27-06.75	26-09.50
13 Roberson, Mya	SO	Bangor	27-02.50	25-10.25
14 Lopez, Tiffany	SR	Salisbury	28-10.00	24-06.00
15 Klouda, Karla Ane	SR	Notre Dame G.P.	27-10.00	24-03.50
-- Cox, Devin	JR	Palisades	29-08.00	ND

**Girls Shot Put**

Name	Year	School	Prelims	Finals	Points
<b>Finals</b>					
1 Hay, Kelsey	SO	Palmerton	35-04.00	35-04.00	10
2 Stocks, Kammeron	SR	Wilson	33-08.00	33-10.00	8
3 Oertner, Aimee	SO	Northern Lehigh	32-05.50	32-05.50	6
4 Murray, Sarah	JR	Nwlehigh	31-10.00	31-10.00	5
5 Schiavone, Stani	JR	Bangor	29-07.00	29-07.00	4
6 Amber, Catherine	SR	Saucon Valley	28-07.00	29-05.00	3
7 Baab, Sara	JR	Saucon Valley	29-04.00	29-04.00	2
8 Horinko, Allison	SR	Palmerton	28-04.00	28-04.00	1
9 Dougherty, Bridgette	SO	Southern Lehigh	28-01.00	28-01.00	

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****Girls Discus Throw**

Name	Year	School	Seed	Prelims
Preliminaries				
1 Amber, Catherine	SR	Saucon Valley	109-02	93-10q
2 Schiavone, Stani	JR	Bangor	94-10	90-10q
3 Oertner, Aimee	SO	Northern Lehigh	93-05	90-01q
4 Everett, Nycole	JR	Nwlehigh	97-03.50	90-00q
5 Stocks, Kammeron	SR	Wilson	91-07	89-10q
6 Baab, Sara	JR	Saucon Valley	92-00	88-01q
7 Schneider, Chelsea	SR	Northern Lehigh	88-05	86-02q
8 Horinko, Allison	SR	Palmerton	90-04	83-11q
9 Nesfeder, Mary Paige	FR	Notre Dame G.P.	79-02	83-04q
10 Quinn, Erin	SO	Southern Lehigh	94-02	79-10
11 Oertner, Lauren	JR	Northern Lehigh	84-09	72-03
12 Skibo, Holly	SO	Palisades	80-08	71-04
13 Jones, Molly	SR	Pen Argyl	81-00	68-07
14 Brokaw, Julia	SR	Palisades	85-07	65-00
15 Moyer, Taylor	JR	Pen Argyl	85-02	61-09
-- Cox, Devin	JR	Palisades	93-00	ND

**Girls Discus Throw**

Name	Year	School	Prelims	Finals	Points
Finals					
1 Amber, Catherine	SR	Saucon Valley	93-10	101-01	10
2 Schiavone, Stani	JR	Bangor	90-10	93-00	8
3 Oertner, Aimee	SO	Northern Lehigh	90-01	91-07	6
4 Everett, Nycole	JR	Nwlehigh	90-00	90-00	5
5 Stocks, Kammeron	SR	Wilson	89-10	89-10	4
6 Nesfeder, Mary Paige	FR	Notre Dame G.P.	83-04	88-05	3
7 Baab, Sara	JR	Saucon Valley	88-01	88-01	2
8 Schneider, Chelsea	SR	Northern Lehigh	86-02	86-02	1
9 Horinko, Allison	SR	Palmerton	83-11	83-11	

**Girls Javelin Throw**

Name	Year	School	Seed	Prelims
Preliminaries				
1 Hay, Kelsey	SO	Palmerton	124-00	127-03q
2 Amber, Catherine	SR	Saucon Valley	107-01	102-06q
3 Murray, Sarah	JR	Nwlehigh	89-10	101-08q
4 Josephson, Sonya	JR	Northern Lehigh	118-05	101-04q
5 Bastardi, Christina	SO	Northern Lehigh	99-08	99-02q
6 Wentz, Alyssa	SR	Palmerton	104-11	98-03q
7 Stocks, Kammeron	SR	Wilson	98-04	97-07q
8 Hahn, Stephanie	JR	Bangor	91-06	92-03q
9 Varner, Nicole	JR	Catasauqua	93-06	91-07q
10 Klouda, Karla Ane	SR	Notre Dame G.P.	89-00	85-08
11 Rivera, Lauren	JR	Nwlehigh	86-05	84-03
12 Pontier, AnnaMarie	FR	Palisades	87-05.50	84-01
13 Oertner, Lauren	JR	Northern Lehigh	84-07	82-02
14 Braham, Hailey	JR	Pen Argyl	87-11	80-01

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****....Girls Javelin Throw**

15 Lair, Shelby	JR Wilson	90-10	78-11
16 Tornabene, Gabriella	SR Notre Dame G.P.	91-03	74-10

**Girls Javelin Throw**

Name	Year School	Prelims	Finals	Points
<b>Finals</b>				
1 Hay, Kelsey	SO Palmerton	127-03	127-03	10
2 Amber, Catherine	SR Saucon Valley	102-06	111-03	8
3 Josephson, Sonya	JR Northern Lehigh	101-04	108-03	6
4 Murray, Sarah	JR Nwlehigh	101-08	101-08	5
5 Bastardi, Christina	SO Northern Lehigh	99-02	101-03	4
6 Wentz, Alyssa	SR Palmerton	98-03	98-03	3
7 Stocks, Kammeron	SR Wilson	97-07	97-10	2
8 Hahn, Stephanie	JR Bangor	92-03	92-03	1
9 Varner, Nicole	JR Catasauqua	91-07	91-07	

**Boys 100 Meter Dash**

Name	Year School	Seed	Prelims	H#
<b>Preliminaries</b>				
1 German, Trevor	SR Nwlehigh	10.80	11.37Q	3
2 Eherts, Matt	SR Salisbury	11.30	11.42Q	2
3 Arcario, Alex	SR Southern Lehigh	11.20	11.59Q	1
3 Foulke, Alex	JR Salisbury	11.30	11.59Q	1
5 Higgins, William	SR Wilson	11.10	11.45Q	2
6 Brown, Alex	JR Catasauqua	11.30	11.60Q	3
7 Kirsch, Nick	JR Southern Lehigh	11.40	11.62q	2
8 DeSanctis, Nick	SR Bangor	11.50	11.64q	2
9 Donlan, Michael	SR Notre Dame G.P.	11.30	11.66	2
10 Miller, Tyler	SR Catasauqua	11.70	11.69	2
11 Ressler, Dan	SR Catasauqua	11.20	11.80	1
12 Jones, Ronald	SR Salisbury	11.50	11.84	3
13 Kirk, Bobby	SR Notre Dame G.P.	11.50	11.91	1
14 Vignone, Alex	FR Palmerton	11.60	11.92	2
15 Burris, Phil	SO Southern Lehigh	11.30	11.93	1
16 Gentile, Anothony	SO Pen Argyl	11.60	12.00	3
17 Ruggiero, Jonah	SO Bangor	11.80	12.02	2
18 Robinson, Trey	FR Wilson	11.80	12.10	1
19 Stanell, James	SR Palisades	11.50	12.24	3
20 Patterson, Blair	SR Palisades	11.80	12.26	1
21 Febbo, Paul	SR Notre Dame G.P.	11.60	12.30	3
22 Wolfe, Travis	SO Palmerton	11.80	12.37	3

**Boys 100 Meter Dash**

Name	Year School	Prelims	Finals	Points
<b>Finals</b>				
1 German, Trevor	SR Nwlehigh	11.37	11.20	10
2 Higgins, William	SR Wilson	11.45	11.37	8
3 Foulke, Alex	JR Salisbury	11.59	11.50	6

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****....Boys 100 Meter Dash**

4	Brown, Alex	JR	Catasauqua	11.60	11.54	5
5	Eherts, Matt	SR	Salisbury	11.42	11.57	4
6	Kirsch, Nick	JR	Southern Lehigh	11.62	11.74	3
7	DeSanctis, Nick	SR	Bangor	11.64	11.82	2

**Boys 200 Meter Dash**

Name	Year	School	Seed	Prelims	H#	
<b>Preliminaries</b>						
1	East, Tim	SR	Nwlehigh	22.50	22.85Q	3
2	Remaley, Cody	JR	Northern Lehigh	22.60	23.16Q	2
3	Donlan, Michael	SR	Notre Dame G.P.	23.10	23.21Q	1
4	Higgins, William	SR	Wilson	22.90	23.23Q	1
5	German, Trevor	SR	Nwlehigh	23.30	23.24Q	3
6	Abbate, Matt	SR	Southern Lehigh	23.40	23.82Q	2
7	Jones, Ronald	SR	Salisbury	23.70	23.70q	1
8	Eherts, Matt	SR	Salisbury	23.30	23.84q	3
9	Weiss, Christopher	SR	Saucon Valley	24.50	24.06	2
10	Dannenhower, Tom	JR	Palisades	23.80	24.10	3
10	Denith, Zac	SO	Bangor	24.00	24.10	2
12	Gentile, Anothony	SO	Pen Argyl	24.60	24.14	1
13	DeSanctis, Nick	SR	Bangor	23.60	24.25	1
14	Seas, Lucas	SR	Bangor	24.20	24.28	1
15	Biery, Dalton	SO	Southern Lehigh	24.30	24.29	2
16	Rodriguez, Nick	SO	Notre Dame G.P.	24.50	24.44	3
17	Robinson, Trey	FR	Wilson	24.50	24.51	3
18	Ruggiero, Jonah	SO	Bangor	24.70	24.76	2
19	Vignone, Alex	FR	Palmerton	24.00	24.94	3
20	Febbo, Paul	SR	Notre Dame G.P.	24.10	25.10	1

**Boys 200 Meter Dash**

Name	Year	School	Prelims	Finals	Points
<b>Finals</b>					
1	East, Tim	SR	Nwlehigh	22.85	22.56 10
2	German, Trevor	SR	Nwlehigh	23.24	22.83 8
3	Remaley, Cody	JR	Northern Lehigh	23.16	23.03 6
4	Higgins, William	SR	Wilson	23.23	23.33 5
5	Donlan, Michael	SR	Notre Dame G.P.	23.21	23.43 4
6	Eherts, Matt	SR	Salisbury	23.84	23.63 3
7	Abbate, Matt	SR	Southern Lehigh	23.82	23.86 2
8	Jones, Ronald	SR	Salisbury	23.70	24.50 1

**Boys 400 Meter Dash**

Name	Year	School	Seed	Finals	H#	Points
1	Higgins, William	SR	Wilson	51.60	51.61	2 10
2	Abbate, Matt	SR	Southern Lehigh	51.30	51.84	2 8
3	Donlan, Michael	SR	Notre Dame G.P.	52.30	52.01	2 6
4	Demmel, Cody	SR	Southern Lehigh	51.60	52.07	2 5
5	Kirk, Bobby	SR	Notre Dame G.P.	52.00	53.11	2 4

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****....Boys 400 Meter Dash**

6	Foulke, Alex	JR	Salisbury	52.30	53.28	2	3
7	Weiss, Christopher	SR	Saucon Valley	54.10	53.46	1	2
8	Wirfel, Joseph	JR	Northern Lehigh	53.40	54.03	1	1
9	Seas, Lucas	SR	Bangor	52.90	54.21	1	
10	Boyle, Colin	JR	Bangor	53.80	54.23	1	
11	DeSanctis, Nick	SR	Bangor	52.00	54.74	2	
12	Bardell, Richard	SO	Palisades	54.10	55.10	1	
13	Woerner, Greg	SO	Pen Argyl	55.40	55.50	1	
14	Furry, Derek	JR	Palmerton	54.20	56.10	1	
15	Bergey, Collin	FR	Southern Lehigh	55.00	56.26	1	

**Boys 800 Meter Run**

Name	Year	School	Seed	Finals	Points	
1	Demmel, Cody	SR	Southern Lehigh	1:57.00	2:01.88	10
2	Henry, Benjamin	SR	Saucon Valley	1:57.20	2:02.04	8
3	Fritz, Sean	JR	Wilson	1:59.00	2:02.44	6
4	Seemiller, Kevin	JR	Palmerton	2:04.70	2:04.91	5
5	Powell, Garrett	SO	Saucon Valley	2:04.90	2:05.45	4
6	Mease, Keenan	JR	Wilson	2:05.90	2:06.26	3
7	Weikel, Sage	SO	Palisades	2:06.30	2:07.21	2
8	Rolek, Kory	JR	Wilson	2:09.30	2:08.65	1
9	Decker, Dylan	SR	Notre Dame G.P.	2:09.00	2:09.28	
10	Patti, Nicholas	SO	Bangor	2:11.70	2:09.97	
11	Colletti, Justin	SO	Palisades	2:09.40	2:09.98	
12	Rarick, Aaron	SR	Northern Lehigh	2:11.40	2:10.78	
13	Loew, Seth	SO	Southern Lehigh	2:09.70	2:10.85	
14	Lascelle, Jonathan	JR	Saucon Valley	2:11.90	2:10.91	
15	Samuels, Geoff	JR	Bangor	2:14.40	2:11.31	
16	Muth, Paul	JR	Palisades	2:13.60	2:11.58	
17	Dockery, Cody	SO	Bangor	2:14.00	2:11.88	
18	Salmento, Joe	SR	Notre Dame G.P.	2:11.50	2:13.54	
19	Sanders, Jeff	SR	Bangor	2:14.30	2:14.05	
20	Middaugh, Darien	FR	Northern Lehigh	2:14.20	2:14.75	
21	Wagner, Joey	JR	Pen Argyl	2:11.70	2:15.78	
22	Brzezinski, Brandon	SR	Wilson	2:10.60	2:15.82	
23	Samuels, Greg	JR	Bangor	2:13.60	x2:16.41	

**Boys 1600 Meter Run**

Name	Year	School	Seed	Finals	Points	
1	Megee, Bryan	SR	Notre Dame G.P.	4:33.30	4:29.82	10
2	Fleming, Zach	SR	Northern Lehigh	4:35.90	4:32.99	8
3	Berger, Justin	SR	Wilson	4:30.70	4:35.79	6
4	Bollinger, Jaryth	SR	Catasauqua	4:47.40	4:36.53	5
5	Peterson, Dennis	SR	Salisbury	4:49.50	4:40.76	4
6	Weikel, Sage	SO	Palisades	4:53.80	4:46.74	3
7	Stelmack, Tyler	FR	Nwlehigh	4:47.90	4:47.87	2
8	Rolek, Kory	JR	Wilson	4:52.70	4:48.07	1
9	Seemiller, Kevin	JR	Palmerton	4:47.60	4:48.20	
10	Thatcher, Trey	FR	Wilson	4:58.50	4:48.77	
11	Mease, Keenan	JR	Wilson	4:38.60	4:50.17	

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****....Boys 1600 Meter Run**

12 McAtee, Rory	JR Wilson	4:54.80	x4:53.18
13 Caiazzo, Julian	SR Notre Dame G.P.	4:55.10	4:55.55
14 Bartleson, Zack	SO Pen Argyl	4:53.60	4:57.91
15 Vaughn, Daniel	SR Palisades	5:00.00	5:06.26
16 Stauffer, Andrew	JR Saucon Valley	5:01.10	5:07.59

**Boys 3200 Meter Run**

Name	Year School	Seed	Finals	Points
1 Megee, Bryan	SR Notre Dame G.P.	10:08.70	9:53.40	10
2 Fleming, Zach	SR Northern Lehigh	9:54.60	10:04.68	8
3 Berger, Justin	SR Wilson	10:07.30	10:16.15	6
4 White, Wade	FR Bangor	10:39.30	10:18.22	5
5 Thatcher, Trey	FR Wilson	10:26.90	10:27.00	4
6 Peterson, Dennis	SR Salisbury	10:49.00	10:30.25	3
7 McAtee, Rory	JR Wilson	10:54.00	10:30.87	2
8 DeSario, Timothy	JR Bangor	10:44.40	10:36.56	1
9 Stelmack, Tyler	FR Nwlehigh	10:53.90	10:40.57	
10 Busher, Eric	SO Notre Dame G.P.	10:56.30	10:50.09	
11 Brzezinski, Matt	SR Wilson	10:59.90	10:52.52	
12 Vaughn, Daniel	SR Palisades	11:01.80	10:54.88	
13 Stauffer, Andrew	JR Saucon Valley	10:39.10	10:58.38	
14 Caiazzo, Julian	SR Notre Dame G.P.	10:55.30	10:59.57	
15 Malay, Tyler	JR Nwlehigh	11:02.20	11:10.46	
16 Danish, Austin	JR Northern Lehigh	11:10.00	11:13.66	

**Boys 110 Meter Hurdles**

Name	Year School	Seed	Prelims	H#
<b>Preliminaries</b>				
1 Scott, Kuwan	JR Wilson	14.10	14.25Q	3
2 Rivera, Alex	SR Bangor	15.40	15.66Q	2
3 East, Tim	SR Nwlehigh	15.60	16.09Q	1
4 Douglas, James	SR Palisades	16.10	16.09Q	2
5 Merring, William	SR Notre Dame G.P.	15.90	16.22Q	1
6 Anderson, Kevin	JR Southern Lehigh	16.10	16.39Q	3
7 Getz, David	SO Northern Lehigh	17.10	16.89q	3
8 Lascelle, Kyle	JR Saucon Valley	16.60	17.12q	2
9 Anewalt, Troy	SR Palmerton	17.00	17.16	2
10 Fenimore, Devin	SR Palisades	16.80	17.19	1
11 Flores, Oliver	SR Saucon Valley	16.40	17.39	3
11 Shiffer, Michael	JR Nwlehigh	16.90	17.39	1
13 Comisky, Danial	JR Wilson	17.30	17.42	2
14 Clymer, Bobby	JR Nwlehigh	17.10	17.72	3
15 Covert, Todd	SR Catasauqua	17.60	17.82	2
16 Wing, Noah	FR Bangor	18.40	17.86	2
17 Muscavage, Caleb	FR Palmerton	17.60	18.09	1
18 Boyle, Colin	JR Bangor	17.60	18.12	1
19 Donohue, Sean	SR Notre Dame G.P.	18.10	18.22	1
20 Wolfe, Travis	SO Palmerton	17.60	18.62	3
21 Clark, Lee	SR Catasauqua	18.60	18.99	3
22 O'Sullivan, Michael	JR Notre Dame G.P.	18.00	19.36	2

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****....Boys 110 Meter Hurdles**

23 Hofmann, Michael	JR Northern Lehigh	18.40	22.69	1
-- Rivardo, Ken	JR Notre Dame G.P.	17.70	DQ	3

**Boys 110 Meter Hurdles**

Name	Year School	Prelims	Finals	Points
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**Finals**

1 Rivera, Alex	SR Bangor	15.66	15.42	10
2 East, Tim	SR Nwlehigh	16.09	15.79	8
3 Anderson, Kevin	JR Southern Lehigh	16.39	15.89	6
4 Merring, William	SR Notre Dame G.P.	16.22	16.02	5
5 Douglas, James	SR Palisades	16.09	16.06	4
6 Lascelle, Kyle	JR Saucon Valley	17.12	16.59	3
7 Getz, David	SO Northern Lehigh	16.89	17.86	2
-- Scott, Kuwan	JR Wilson	14.25	DQ	

**Boys 300 Meter Hurdles**

Name	Year School	Seed	Finals	H#	Points
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1 Scott, Kuwan	JR Wilson	38.50	38.67	2	10
2 East, Tim	SR Nwlehigh	39.50	39.10	2	8
3 Falcone, Daniel	JR Bangor	40.30	40.46	2	6
4 Rivera, Alex	SR Bangor	41.80	41.84	2	5
5 Anderson, Kevin	JR Southern Lehigh	42.50	41.97	2	4
6 Douglas, James	SR Palisades	44.70	42.42	1	3
7 Lascelle, Kyle	JR Saucon Valley	42.70	43.17	2	2
8 Anewalt, Troy	SR Palmerton	43.90	43.75	1	1
9 Rivardo, Ken	JR Notre Dame G.P.	43.60	44.44	2	
10 Merring, William	SR Notre Dame G.P.	43.90	45.03	2	
11 Clymer, Bobby	JR Nwlehigh	44.50	45.76	1	
12 Muscavage, Caleb	FR Palmerton	45.30	45.99	1	
13 Molseed, Max	JR Salisbury	45.90	46.42	1	
14 Stetler, Greg	JR Wilson	45.00	46.46	1	
15 Wing, Noah	FR Bangor	44.80	46.65	1	
16 Burker, Patrick	SO Catasauqua	46.10	47.02	1	

**Boys 4x100 Meter Relay**

School	Seed	Finals	H#	Points
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1 Catasauqua	45.20	44.55	2	10
1) Burton, Sa'Quon SO				
2) Brown, Alex JR				
3) Ressler, Dan SR				
4) Contreras, Andrew SO				
2 Salisbury	45.00	44.85	2	8
1) David, Anthony SR				
2) Eherts, Matt SR				
3) Jones, Ronald SR				
4) Nothstein, Justin SR				
3 Southern Lehigh	43.90	45.09	2	6
1) Klotz, Tom SR				
2) Burris, Phil SO				
3) Barilla, Jake SR				
4) Arcario, Alex SR				
4 Palisades	46.70	46.32	1	5
1) Patterson, Blair SR				
2) Douglas, James SR				
3) Fargnoli, Mike SO				
4) Stanell, James SR				

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****....Boys 4x100 Meter Relay**

5 Northern Lehigh	44.90	46.58	2	4
1) Hahn, Bobby SR				
3) Romig, Eric SR				
2) Remaley, Cody JR				
4) Wirfel, Joseph JR				
6 Palmerton	45.10	46.92	2	3
1) Furry, Derek JR				
3) Vignone, Alex FR				
2) Miata, Dallas SO				
4) Anewalt, Troy SR				
7 Wilson	46.50	48.66	2	2
1) Sesay, Abdul JR				
3) Stafford, Amir SO				
2) Pinkerton, Thomas SO				
4) Robinson, Trey FR				
8 Notre Dame G.P.	47.50	49.16	1	1
1) Febbo, Paul SR				
3) Hinton, Michael SR				
2) Rodriguez, Nick SO				
4) Rackish, Mark SO				
-- Saucon Valley	47.70	DNF	1	
1) Mamay, Christopher FR				
3) Taylor, Justin SR				
2) Felix, Spencer SO				
4) Weiss, Christopher SR				

**Boys 4x400 Meter Relay**

School	Seed	Finals	H#	Points
1 Wilson	3:27.50	3:29.46	2	10
1) Mease, Keenan JR				
3) Scott, Kuwan JR				
2) Higgins, William SR				
4) Fritz, Sean JR				
2 Notre Dame G.P.	3:37.40	3:31.16	2	8
1) Kirk, Bobby SR				
3) Merring, William SR				
2) Donlan, Michael SR				
4) Caliguire, Scott SR				
3 Southern Lehigh	3:31.50	3:31.56	2	6
1) Mattiola, Vincent SR				
3) Demmel, Cody SR				
2) Anderson, Kevin JR				
4) Abbate, Matt SR				
4 Bangor	3:36.60	3:33.46	2	5
1) Seas, Lucas SR				
3) Boyle, Colin JR				
2) DeSanctis, Nick SR				
4) Patti, Nicholas SO				
5 Saucon Valley	3:46.00	3:41.13	2	4
1) Felix, Spencer SO				
3) Powell, Garrett SO				
2) Weiss, Christopher SR				
4) Henry, Benjamin SR				
6 Palisades	3:52.40	3:44.96	1	3
1) Dannenhower, Tom JR				
3) Blaydon, Collin SO				
2) Hermann, Brandon SO				
4) Bardell, Richard SO				
7 Northern Lehigh	3:44.50	3:47.77	2	2
1) Getz, David SO				
3) Rarick, Aaron SR				
2) Middaugh, Darien FR				
4) Wirfel, Joseph JR				
8 Salisbury	3:44.50	3:47.84	2	1
1) Kovach, Jake SR				
3) Foulke, Alex JR				
2) Eherts, Matt SR				
4) Nothstein, Justin SR				
9 Pen Argyl	3:46.90	3:48.06	1	
1) Bartleson, Zack SO				
3) Wagner, Joey JR				
2) Woerner, Greg SO				
4) Gentile, Anothony SO				
10 Palmerton	3:48.80	3:52.40	1	
1) Furry, Derek JR				
3) Miata, Dallas SO				
2) Seemiller, Kevin JR				
4) Muscavage, Caleb FR				
11 Northwestern Lehigh Boys	3:35.10	4:26.21	2	
1) Lerner, Garrett SR				
3) Oswald, Michael SR				
2) Collopy, Greg SR				
4) Cappuccino, Curtis JR				



**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****Boys 4x800 Meter Relay**

School	Seed	Finals	Points
1 Saucon Valley	8:25.00	8:20.34	10
1) Lascelle, Jonathan JR	2) Powell, Garrett SO		
3) Stauffer, Andrew JR	4) Henry, Benjamin SR		
2 Wilson	8:27.90	8:21.64	8
1) Berger, Justin SR	2) Mease, Keenan JR		
3) Brzezinski, Brandon SR	4) Fritz, Sean JR		
3 Northern Lehigh	8:41.80	8:32.35	6
1) Rarick, Aaron SR	2) Fronheiser, Ryan SR		
3) Fleming, Zach SR	4) Middaugh, Darien FR		
4 Notre Dame G.P.	8:39.10	8:40.23	5
1) Busher, Eric SO	2) Decker, Dylan SR		
3) Caliguire, Scott SR	4) Salmento, Joe SR		
5 Palisades	8:54.50	8:47.77	4
1) Muth, Paul JR	2) Colletti, Justin SO		
3) Blaydon, Collin SO	4) Weikel, Sage SO		
6 Bangor	8:53.10	8:53.07	3
1) Patti, Nicholas SO	2) Sanders, Jeff SR		
3) Samuels, Geoff JR	4) Samuels, Greg JR		
7 Southern Lehigh	9:06.50	8:55.31	2
1) O'Malley, Ryan SO	2) Loew, Seth SO		
3) Cross, Steven SO	4) Marant, Dan FR		
8 Northwestern Lehigh Boys	8:56.90	9:05.85	1
1) Stelmack, Tyler FR	2) Cappuccino, Curtis JR		
3) Morris, Alex SR	4) Malay, Tyler JR		

**Boys High Jump**

Name	Year School	Seed	Finals	Points
1 Hall, Joseph	SR Nwlehigh	6-07.00	6-07.00	10
2 Case, Josh	SR Catasauqua	6-00.00	6-00.00	8
3 Caliguire, Scott	SR Notre Dame G.P.	6-00.00	5-10.00	6
4 Blaydon, Collin	SO Palisades	5-10.00	5-10.00	5
5 Clymer, Bobby	JR Nwlehigh	5-08.00	5-08.00	4
6 Poli, Alexander	SR Saucon Valley	5-08.00	5-08.00	2.50
6 Johnson, Caleb	FR Northern Lehigh	6-01.00	5-08.00	2.50
8 Slinski, Josh	SR Bangor	5-08.00	5-08.00	1
9 Peters, Devon	JR Wilson	5-08.00	5-08.00	
10 Ochse, Nathaniel	SR Salisbury	5-06.50	5-06.00	
10 Wing, Josh	SO Bangor	5-10.00	5-06.00	
12 Lerner, Garrett	SR Nwlehigh	5-06.00	5-04.00	
-- Martin, Isaac	SO Saucon Valley	5-06.00	NH	
-- Poli, Samuel	SO Saucon Valley	5-06.00	NH	
-- Shelly, Tocheran	SR Pen Argyl	5-06.00	NH	
-- German, Trevor	SR Nwlehigh	6-02.00	NH	

**Boys Pole Vault**

Name	Year School	Seed	Finals	Points
1 Phillippi, Adam	SR Saucon Valley	15-00.00	14-00.00	10
2 Covert, Todd	SR Catasauqua	12-06.00	12-06.00	8

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****....Boys Pole Vault**

3	Nicholas, Drew	JR	Bangor	12-06.00	12-00.00	6
4	Mitchell, Colton	SO	Palisades	12-00.00	12-00.00	5
5	Helm, Matt	SR	Southern Lehigh	12-00.00	11-00.00	4
6	Lascelle, Kyle	JR	Saucon Valley	10-06.00	11-00.00	2.50
6	Holland, Tyler	SR	Palmerton	11-00.00	11-00.00	2.50
8	Peterson, Dennis	SR	Salisbury	11-00.00	10-06.00	1
9	Carver, Timothy	SR	Saucon Valley	11-00.00	10-06.00	
10	Mannor, Rodney	JR	Southern Lehigh	10-09.00	10-00.00	
11	Ruziecki, Jake	SR	Bangor	10-06.00	10-00.00	
--	Beaver, Spencer	FR	Saucon Valley	10-00.00	NH	
--	Kutzler, Kyler	FR	Pen Argyl	9-06.00	NH	
--	Miller, Tyler	SR	Catasauqua	12-00.00	NH	
--	Elphick, James		Pen Argyl	9-06.00	NH	
--	Witmer, Austin	JR	Pen Argyl	11-06.00	NH	

**Boys Long Jump**

Name	Year	School	Seed	Prelims	
Preliminaries					
1	Scott, Kuwan	JR	Wilson	22-08.00	21-11.50q
2	Poli, Alexander	SR	Saucon Valley	20-10.50	20-11.00q
3	Mannor, Rodney	JR	Southern Lehigh	19-09.50	20-05.25q
4	Wagner, Joey	JR	Pen Argyl	19-06.25	20-04.25q
5	Peters, Devon	JR	Wilson	19-08.00	19-11.25q
6	Lerner, Garrett	SR	Nwlehigh	19-11.50	19-11.00q
7	Folkes, Paul	SR	Southern Lehigh	19-11.00	19-05.00q
8	Oswald, Michael	SR	Nwlehigh	19-07.00	19-03.00q
9	Contreras, Andrew	SO	Catasauqua	19-09.75	19-00.50q
10	Wing, Josh	SO	Bangor	19-08.00	19-00.25
11	Vignone, Alex	FR	Palmerton	19-09.00	18-05.50
12	Falcone, Daniel	JR	Bangor	19-02.00	18-01.00
13	Caughey, Luke	FR	Palisades	18-07.00	18-00.00
14	Furry, Derek	JR	Palmerton	18-11.75	17-08.00
15	Middaugh, Darien	FR	Northern Lehigh	18-06.50	16-09.50
--	Barilla, Jake	SR	Southern Lehigh	20-02.50	ND

**Boys Long Jump**

Name	Year	School	Prelims	Finals	Points	
Finals						
1	Scott, Kuwan	JR	Wilson	21-11.50	21-11.50	10
2	Poli, Alexander	SR	Saucon Valley	20-11.00	20-11.00	8
3	Peters, Devon	JR	Wilson	19-11.25	20-10.00	6
4	Mannor, Rodney	JR	Southern Lehigh	20-05.25	20-05.25	5
5	Wagner, Joey	JR	Pen Argyl	20-04.25	20-04.25	4
6	Lerner, Garrett	SR	Nwlehigh	19-11.00	19-11.00	3
7	Folkes, Paul	SR	Southern Lehigh	19-05.00	19-10.50	2
8	Contreras, Andrew	SO	Catasauqua	19-00.50	19-07.25	1
9	Oswald, Michael	SR	Nwlehigh	19-03.00	19-03.00	

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****Boys Triple Jump**

Name	Year	School	Seed	Prelims
<b>Preliminaries</b>				
1 Peters, Devon	JR	Wilson	41-06.75	41-11.25q
2 Poli, Alexander	SR	Saucon Valley	42-02.00	41-03.25q
3 Wagner, Joey	JR	Pen Argyl	39-07.75	40-11.50q
4 Ochse, Nathaniel	SR	Salisbury	40-06.50	40-04.00q
5 Reichenbach, Daniel	FR	Salisbury	39-04.50	40-01.00q
6 Folkes, Paul	SR	Southern Lehigh	40-06.50	39-08.00q
7 Wing, Josh	SO	Bangor	37-04.00	39-06.50q
8 Emmons, Garrett	SO	Palisades	40-07.00	39-04.75q
9 Caughey, Luke	FR	Palisades	39-03.00	38-07.75q
10 Seremula, Mike	SO	Northern Lehigh	38-04.75	38-04.50
11 Owens, Joe	SR	Notre Dame G.P.	39-03.25	37-11.00
12 Contreras, Andrew	SO	Catasauqua	38-09.25	37-06.25
13 Poli, Samuel	SO	Saucon Valley	36-06.00	37-02.50
14 Jesiolowski, Kyle	FR	Palisades	36-09.25	36-11.00
15 Oswald, Michael	SR	Nwlehigh	38-11.00	36-04.00
-- James, Andre		Wilson	38-02.25	ND

**Boys Triple Jump**

Name	Year	School	Prelims	Finals	Points
<b>Finals</b>					
1 Peters, Devon	JR	Wilson	41-11.25	41-11.25	10
2 Poli, Alexander	SR	Saucon Valley	41-03.25	41-05.25	8
3 Wagner, Joey	JR	Pen Argyl	40-11.50	41-00.50	6
4 Ochse, Nathaniel	SR	Salisbury	40-04.00	40-04.00	5
5 Reichenbach, Daniel	FR	Salisbury	40-01.00	40-01.00	4
6 Folkes, Paul	SR	Southern Lehigh	39-08.00	39-08.00	3
7 Wing, Josh	SO	Bangor	39-06.50	39-06.25	2
8 Emmons, Garrett	SO	Palisades	39-04.75	39-04.75	1
9 Caughey, Luke	FR	Palisades	38-07.75	38-07.75	

**Boys Shot Put**

Name	Year	School	Seed	Prelims
<b>Preliminaries</b>				
1 Pearson, Greg	SR	Bangor	49-05.50	50-06.50q
2 Hall, Joseph	SR	Nwlehigh	47-02.00	47-10.50q
3 Breidinger, Jeff	SR	Wilson	47-04.00	46-11.75q
4 Bubenko, Stephen	SR	Salisbury	44-04.00	45-02.50q
5 Davidson, Leo	SR	Wilson	49-00.00	43-04.50q
6 Onjack, Michael	SO	Bangor	41-04.00	41-06.50q
7 Roach, Lee	SR	Palisades	40-04.50	41-04.25q
8 Taylor, Justin	SR	Saucon Valley	41-09.00	40-10.00q
9 Thieme, Joe		Catasauqua	42-08.25	39-11.00q
10 Gallagher, Jeff	SR	Catasauqua	41-04.00	39-10.25
11 Thieme, William	SR	Catasauqua	40-08.25	39-00.50
12 Pearson, Bryan	FR	Bangor	40-08.25	38-09.50
13 Giangioffe, Joe	SR	Notre Dame G.P.	40-04.00	38-02.25
14 Spink, Matt	SR	Pen Argyl	39-09.00	37-02.25

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****....Boys Shot Put**

15 Falko, Nate	JR Catasauqua	41-05.00	36-06.00
16 Walck, Derek	JR Palmerton	41-11.00	35-09.50

**Boys Shot Put**

Name	Year School	Prelims	Finals	Points
Finals				
1 Pearson, Greg	SR Bangor	50-06.50	50-06.50	10
2 Hall, Joseph	SR Nwlehigh	47-10.50	47-10.50	8
3 Breidinger, Jeff	SR Wilson	46-11.75	47-00.50	6
4 Davidson, Leo	SR Wilson	43-04.50	46-08.00	5
5 Bubenko, Stephen	SR Salisbury	45-02.50	45-07.25	4
6 Onjack, Michael	SO Bangor	41-06.50	41-06.50	3
7 Taylor, Justin	SR Saucon Valley	40-10.00	41-05.50	2
8 Roach, Lee	SR Palisades	41-04.25	41-04.25	1
9 Thieme, Joe	Catasauqua	39-11.00	40-05.50	

**Boys Discus Throw**

Name	Year School	Seed	Prelims
Preliminaries			
1 Hall, Joseph	SR Nwlehigh	144-10	145-07q
2 Pearson, Bryan	FR Bangor	145-01	141-11q
3 Pearson, Greg	SR Bangor	151-02	141-02q
4 Breidinger, Jeff	SR Wilson	152-10	138-05q
5 Castellano, Alex	SO Nwlehigh	136-08	135-00q
6 Davidson, Leo	SR Wilson	149-10	126-02q
7 DeLade, Justin	SR Saucon Valley	132-08	125-00q
8 Gallagher, Jeff	SR Catasauqua	129-09	118-06q
9 Thieme, Joe	Catasauqua	114-03	117-09q
10 Kurecian, Peter	SR Saucon Valley	122-11	116-05
11 Romeo, Andrew	SO Bangor	126-05	113-10
12 Serfass, Levi	JR Palmerton	120-08	111-01
13 Spink, Matt	SR Pen Argyl	116-08	110-09
14 Walck, Derek	JR Palmerton	119-05	107-04
15 Falko, Nate	JR Catasauqua	117-00	98-07
-- DeVries, DJ	SR Pen Argyl	123-01	FOUL

**Boys Discus Throw**

Name	Year School	Prelims	Finals	Points
Finals				
1 Pearson, Greg	SR Bangor	141-02	145-08	10
2 Hall, Joseph	SR Nwlehigh	145-07	145-07	8
3 Pearson, Bryan	FR Bangor	141-11	141-11	6
4 Breidinger, Jeff	SR Wilson	138-05	138-05	5
5 Gallagher, Jeff	SR Catasauqua	118-06	135-09	4
6 Castellano, Alex	SO Nwlehigh	135-00	135-00	3
7 Davidson, Leo	SR Wilson	126-02	126-02	2
8 DeLade, Justin	SR Saucon Valley	125-00	125-00	1
9 Thieme, Joe	Catasauqua	117-09	117-09	

**2010 Colonial League Championship Meet - 5/13/2010****Thursday May 13, 2010****Bangor Memorial Park, Bangor Pennsylvania****Results****Boys Javelin Throw**

Name	Year	School	Seed	Prelims
<b>Preliminaries</b>				
1 Hall, Joseph	SR	Nwlehigh	181-10	180-08q
2 Falko, Nate	JR	Catasauqua	170-09	165-11q
3 Grohotolski, Josh	SR	Palmerton	158-01	162-11q
4 Beam, Geoff	SO	Pen Argyl	164-09	158-02q
5 Bubenko, Stephen	SR	Salisbury	168-09	157-02q
6 Shiffer, Michael	JR	Nwlehigh	173-02	155-05q
7 DeBONIS, Michael	SR	Notre Dame G.P.	148-09	152-02q
8 Rice, Jeremy	SR	Salisbury	151-01	148-00q
9 Kurecian, Peter	SR	Saucon Valley	153-02	147-07q
10 Hardy, Adam	SR	Palisades	145-09	146-03
11 Wirfel, Joseph	JR	Northern Lehigh	155-05	143-04
12 Slinski, Josh	SR	Bangor	143-08	142-08
13 Horn, Russ	JR	Bangor	151-07	141-01
14 Moyer, Jason	JR	Southern Lehigh	145-05	135-00
15 Garner, Luke	SO	Catasauqua	144-05	133-07
16 Taylor, Justin	SR	Saucon Valley	146-08	133-06

**Boys Javelin Throw**

Name	Year	School	Prelims	Finals	Points
<b>Finals</b>					
1 Hall, Joseph	SR	Nwlehigh	180-08	180-08	10
2 Falko, Nate	JR	Catasauqua	165-11	165-11	8
3 Grohotolski, Josh	SR	Palmerton	162-11	162-11	6
4 Beam, Geoff	SO	Pen Argyl	158-02	158-02	5
5 Bubenko, Stephen	SR	Salisbury	157-02	157-02	4
6 Kurecian, Peter	SR	Saucon Valley	147-07	155-11	3
7 Shiffer, Michael	JR	Nwlehigh	155-05	155-05	2
8 DeBONIS, Michael	SR	Notre Dame G.P.	152-02	152-02	1
9 Rice, Jeremy	SR	Salisbury	148-00	148-00	