

Palisades vs Notre Dame vs Saucon Valley - 5/1/2018

Palisades High School

Results

Girls 100 Meter Dash

| Name | School | Finals |
|------------------------|-----------|--------|
| Finals | | |
| 1 Diggs, Talitha | Saucon | 11.70 |
| 2 Bottelier, Lydia | Palisades | 12.10 |
| 3 Odle, Sydney | Palisades | 13.00 |
| 4 Johnson, Amaiya | NDGP | 13.50 |
| 5 Lopez, Lauren | NDGP | 13.80 |
| 6 Miller, Hanna | Saucon | 14.00 |
| 7 Burcaw, Rachel | NDGP | 14.10 |
| 8 Giamoni, Isabella | NDGP | 14.20 |
| 9 Georges, Lyancy | NDGP | 14.30 |
| 9 Moser, Ava | Palisades | 14.30 |
| 11 Borger, Corinne | Saucon | 14.50 |
| 12 Avia, Talia | Saucon | 14.60 |
| 13 Dainauski, Laura | NDGP | 14.70 |
| 14 Beller, Kylie | Saucon | 14.90 |
| 15 Goudsouzian, Seran | Saucon | 15.40 |
| 16 Cyphers, Kelsey | Saucon | 15.50 |
| 17 Hollingsworth, Lexi | Saucon | 15.60 |
| 18 Rose, Kelly | Saucon | 15.70 |
| --- Harris, Abygayle | Saucon | NT |
| --- Henry, Amber | Palisades | NT |
| --- Pandey, Nayana | Saucon | NT |
| --- Bowman, Emiliana | NDGP | NT |
| --- Dunn, Alyssa | NDGP | NT |

Girls 200 Meter Dash

| Name | School | Finals |
|-----------------------|-----------|--------|
| Finals | | |
| 1 Diggs, Talitha | Saucon | 23.90 |
| 2 Bottelier, Lydia | Palisades | 24.40 |
| 3 Odle, Sydney | Palisades | 27.20 |
| 4 Johnson, Amaiya | NDGP | 28.40 |
| 5 Giamoni, Isabella | NDGP | 29.20 |
| 6 Burcaw, Rachel | NDGP | 29.50 |
| 7 Jackson, Olivia | Saucon | 29.60 |
| 8 Dainauski, Laura | NDGP | 30.10 |
| 9 McNichol, Morgan | Palisades | 30.60 |
| 10 Fair, Callie | Palisades | 31.00 |
| 11 Beller, Kylie | Saucon | 31.10 |
| 12 Dunn, Alyssa | NDGP | 31.20 |
| 13 Freed, Megan | Saucon | 31.40 |
| 14 Henry, Amber | Palisades | 32.20 |
| 15 Dally, Peyton | NDGP | 34.20 |
| --- Lopez, Lauren | NDGP | NT |
| --- Harrington, Kyra | Saucon | NT |
| --- Fitzpatrick, Leah | Saucon | NT |
| --- Cyphers, Kelsey | Saucon | NT |
| --- Georges, Lyancy | NDGP | NT |
| --- DiSora, Alexis | NDGP | NT |
| --- Bowman, Emiliana | NDGP | NT |
| --- Avia, Talia | Saucon | NT |

Girls 400 Meter Dash

| Name | School | Finals |
|-----------------------|-----------|---------|
| Finals | | |
| 1 DiSora, Alexis | NDGP | 1:03.40 |
| 2 Fair, Callie | Palisades | 1:06.30 |
| 3 Bernstein, Emma | Saucon | 1:07.40 |
| 4 Guy, Aidan | Palisades | 1:07.70 |
| 5 Maslonka, Brianna | NDGP | 1:08.10 |
| 6 McNichol, Morgan | Palisades | 1:08.90 |
| 6 Kyra, Jorryn | Saucon | 1:08.90 |
| 8 Koonce, Erica | NDGP | 1:09.00 |
| 9 Steele, Zoryana | NDGP | 1:09.80 |
| 10 Sager, Kiera | Saucon | 1:10.80 |
| 11 Dyer, Victoria | NDGP | 1:15.00 |
| 12 Meier, Olivia | Saucon | 1:29.70 |
| --- El Banna, Serena | Saucon | NT |
| --- Dainauski, Laura | NDGP | NT |
| --- Donahue, Rebecca | NDGP | NT |
| --- Farina, Gianna | NDGP | NT |
| --- Maslonka, Caitlyn | NDGP | NT |
| --- Diggs, Talitha | Saucon | NT |
| --- Luancing, Maggie | NDGP | NT |

Girls 800 Meter Run

| Name | School | Finals |
|------------------------|-----------|---------|
| Finals | | |
| 1 Doman, Sophie | Palisades | 2:26.00 |
| 2 Riefenstahl, Brooke | Saucon | 2:27.90 |
| 3 Curtin, Dorothy | Palisades | 2:33.10 |
| 4 Luancing, Maggie | NDGP | 2:34.00 |
| 5 Farina, Gianna | NDGP | 2:36.00 |
| 6 Chaikowsky, Alexa | Saucon | 2:39.10 |
| 7 Priestaf, Kelsey | NDGP | 2:39.90 |
| 8 Schweitzer, Kaitlyn | NDGP | 2:42.30 |
| 9 Stiansen, Alayna | Palisades | 2:44.80 |
| 10 Williams, Colleen | Saucon | 2:45.50 |
| 11 Maslonka, Caitlyn | NDGP | 2:56.00 |
| 12 Oschmann, Anna | Palisades | 3:03.10 |
| 13 Foil, Alyssa | NDGP | 3:08.00 |
| --- Meier, Olivia | Saucon | NT |
| --- Diggs, Talitha | Saucon | NT |
| --- Bernstein, Emma | Saucon | NT |
| --- Appel, Madison | Saucon | NT |
| --- Kyra, Jorryn | Saucon | NT |
| --- Stiansen, Libby | Palisades | NT |
| --- Dyer, Victoria | NDGP | NT |
| --- Steele, Zoryana | NDGP | NT |
| --- Farese, Amy | Palisades | NT |
| --- Riefenstahl, Kiele | Saucon | NT |
| --- Apple, Madison | Saucon | NT |
| --- DiSora, Alexis | NDGP | NT |

Palisades vs Notre Dame vs Saucon Valley - 5/1/2018

Palisades High School

Results

Girls 1600 Meter Run

| Name | School | Finals |
|-------------------------|-----------|---------|
| Finals | | |
| 1 Riefenstahl, Kiele | Saucon | 5:26.50 |
| 2 Doman, Sophie | Palisades | 5:31.50 |
| 3 Medei, Grace | NDGP | 5:42.70 |
| 4 Farese, Amy | Palisades | 5:57.10 |
| 5 Chaikowsky, Alexa | Saucon | 6:08.40 |
| 6 Williams, Colleen | Saucon | 6:08.60 |
| 7 Diehl, Hailey | Palisades | 6:44.10 |
| 8 Nestor, Erika | NDGP | 7:07.90 |
| 9 Apple, Madison | Saucon | 7:12.20 |
| 10 Steinmetz, Jessica | Palisades | 7:24.50 |
| --- Schweitzer, Kaitlyn | NDGP | NT |
| --- Foil, Alyssa | NDGP | NT |
| --- Kyra, Jorryn | Saucon | NT |
| --- Ulsh, Nathalia | NDGP | NT |
| --- Stiansen, Libby | Palisades | NT |
| --- Nichols, Krista | NDGP | NT |
| --- Steele, Zoryana | NDGP | NT |
| --- Mills, Anna | NDGP | NT |

Girls 3200 Meter Run

| Name | School | Finals |
|-------------------------|-----------|----------|
| Finals | | |
| 1 Riefenstahl, Kiele | Saucon | 12:23.40 |
| 2 Farese, Amy | Palisades | 13:10.70 |
| 3 Doman, Sophie | Palisades | 13:31.40 |
| 4 Chaikowsky, Alexa | Saucon | 13:35.50 |
| 5 Mills, Anna | NDGP | 15:10.90 |
| 6 Diehl, Hailey | Palisades | 16:17.80 |
| --- Foil, Alyssa | NDGP | NT |
| --- Apple, Madison | Saucon | NT |
| --- Nestor, Erika | NDGP | NT |
| --- Kyra, Jorryn | Saucon | NT |
| --- Williams, Colleen | Saucon | NT |
| --- Medei, Grace | NDGP | NT |
| --- Nichols, Krista | NDGP | NT |
| --- Schweitzer, Kaitlyn | NDGP | NT |
| --- Ulsh, Nathalia | NDGP | NT |

Girls 100 Meter Hurdles

| Name | School | Finals |
|----------------------|-----------|--------|
| Finals | | |
| 1 Mitchell, Elora | Palisades | 16.10 |
| 2 Porter, Skye | Palisades | 16.60 |
| 3 Rohn, Emma | Saucon | 17.70 |
| 4 Gallagher, Rachel | Saucon | 18.10 |
| 5 Lynch, Kelly | NDGP | 18.30 |
| 6 Medei, Isabella | Saucon | 19.50 |
| 7 Santos, Maya | NDGP | 19.80 |
| 8 Jackson, Olivia | Saucon | 20.40 |
| --- Avia, Talia | Saucon | NT |
| --- Pritch, Alexis | NDGP | NT |
| --- Stawicki, Teresa | NDGP | NT |

--- Gregg, Sydney NDGP NT

Girls 300 Meter Hurdles

| Name | School | Finals |
|----------------------|-----------|---------|
| Finals | | |
| 1 Porter, Skye | Palisades | 51.70 |
| 2 Lynch, Kelly | NDGP | 51.90 |
| 3 El Banna, Serena | Saucon | 53.70 |
| 4 Moser, Ava | Palisades | 53.80 |
| 5 Gallagher, Rachel | Saucon | 54.60 |
| 6 Santos, Maya | NDGP | 56.50 |
| 6 Rohn, Emma | Saucon | 56.50 |
| 8 Medei, Isabella | Saucon | 57.50 |
| 9 Yeager, Mikayla | Saucon | 1:04.50 |
| --- Gregg, Sydney | NDGP | NT |
| --- Stawicki, Teresa | NDGP | NT |
| --- Pritch, Alexis | NDGP | NT |

Girls 4x100 Meter Relay

| Team | Relay | Finals |
|-------------------------|--------------------|--------|
| Finals | | |
| 1 Palisades | A | 51.10 |
| 1) Odle, Sydney | 2) Curtin, Dorothy | |
| 3) Williams, Trinity | 4) Mitchell, Elora | |
| 2 Notre Dame Green Pond | A | 54.60 |
| 1) Bowman, Emiliana | 2) Johnson, Amaiya | |
| 3) Lopez, Lauren | 4) Burcaw, Rachel | |
| 3 Saucon Valley | A | 54.90 |
| 1) Jackson, Olivia | 2) Avia, Talia | |
| 3) Rohn, Emma | 4) Spohn, Jordan | |

Girls 4x400 Meter Relay

| Team | Relay | Finals |
|-------------------------|---------------------|---------|
| Finals | | |
| 1 Palisades | A | 4:21.30 |
| 1) Fair, Callie | 2) Odle, Sydney | |
| 3) Guy, Aidan | 4) Curtin, Dorothy | |
| 2 Saucon Valley | A | 4:24.30 |
| 1) Riefenstahl, Brooke | 2) El Banna, Serena | |
| 3) Bernstein, Emma | 4) Diggs, Talitha | |
| 3 Notre Dame Green Pond | A | 4:33.40 |
| 1) DiSora, Alexis | 2) Lynch, Kelly | |
| 3) Maslonka, Brianna | 4) Steele, Zoryana | |

Girls 4x800 Meter Relay

| Team | Relay | Finals |
|-------------------------|------------------------|----------|
| Finals | | |
| 1 Saucon Valley | A | 10:26.80 |
| 1) Riefenstahl, Brooke | 2) Chaikowsky, Alexa | |
| 3) Diggs, Talitha | 4) Riefenstahl, Kiele | |
| 2 Notre Dame Green Pond | A | 11:03.10 |
| 1) Luancing, Maggie | 2) Farina, Gianna | |
| 3) Priestaf, Kelsey | 4) Schweitzer, Kaitlyn | |
| 3 Palisades | A | 11:17.30 |
| 1) Curtin, Dorothy | 2) Guy, Aidan | |
| 3) Stiansen, Alayna | 4) McNichol, Morgan | |

Palisades vs Notre Dame vs Saucon Valley - 5/1/2018

Palisades High School

Results

Girls High Jump

| Name | School | Finals |
|----------------------|-----------|----------|
| Finals | | |
| 1 Benner, Megan | Palisades | 4-08.00 |
| 1 Rose, Joslynn | Saucon | 4-08.00 |
| 2 Porter, Mia | Saucon | J4-08.00 |
| 3 Cavallaro, Kaitlyn | Palisades | J4-06.00 |
| 4 Williams, Trinity | Palisades | J4-04.00 |
| 5 Maslonka, Brianna | NDGP | J4-00.00 |
| 5 Schaffer, Madelyn | Saucon | J4-00.00 |
| 6 Bowers, Johanna | Palisades | 4-00.00 |
| 6 Lopez, Lauren | NDGP | 4-00.00 |
| 6 Bottelier, Lydia | Palisades | 4-00.00 |
| --- Mills, Anna | NDGP | NH |
| --- Szklarski, Julia | Palisades | NH |
| --- Gregg, Sydney | NDGP | NH |

Girls Pole Vault

| Name | School | Finals |
|---------------------|-----------|---------|
| Finals | | |
| 1 Rose, Joslynn | Saucon | 9-09.00 |
| 2 Holmgaard, Nadia | NDGP | 8-06.00 |
| 3 Badman, Stacey | Palisades | 8-00.00 |
| 4 Schaffer, Madelyn | Saucon | 7-06.00 |
| 5 Freed, Megan | Saucon | 6-06.00 |
| --- Pandey, Nayana | Saucon | NH |
| --- Zaharakis, Zoe | Saucon | NH |
| --- Salva, Anne | Palisades | NH |
| --- Ackerman, Emily | Saucon | NH |

Girls Long Jump

| Name | School | Finals |
|----------------------|-----------|----------|
| Finals | | |
| 1 Bottelier, Lydia | Palisades | 16-06.00 |
| 2 Carlin, Breene | NDGP | 16-00.00 |
| 3 Mitchell, Elora | Palisades | 15-04.00 |
| 4 Szklarski, Julia | Palisades | 14-11.00 |
| 5 Ganiszewski, Zoe | Palisades | 14-08.00 |
| 6 Lopez, Lauren | NDGP | 14-07.75 |
| 7 Williams, Trinity | Palisades | 14-05.75 |
| 8 Rose, Joslynn | Saucon | 14-01.25 |
| 9 DeBard, Jady | Saucon | 13-09.75 |
| 10 Giamoni, Isabella | NDGP | 13-05.00 |
| 11 Borger, Corinne | Saucon | 13-04.50 |
| 12 El Banna, Serena | Saucon | 13-01.50 |
| 13 Georges, Lyancy | NDGP | 12-06.50 |
| 14 Gregg, Sydney | NDGP | 10-09.50 |
| --- Diggs, Talitha | Saucon | ND |
| --- Cyphers, Kelsey | Saucon | ND |
| --- Salva, Anne | Palisades | ND |
| --- Trickel, Sara | Palisades | ND |
| --- Steere, Sydney | Palisades | ND |
| --- Fischer, Dana | Saucon | FOUL |

Girls Triple Jump

| Name | School | Finals |
|-------------------------|-----------|----------|
| Finals | | |
| 1 Williams, Trinity | Palisades | 34-03.50 |
| 2 Carlin, Breene | NDGP | 33-03.50 |
| 3 Mitchell, Elora | Palisades | 32-04.00 |
| 4 Rose, Joslynn | Saucon | 31-02.50 |
| 5 Cavallaro, Kaitlyn | Palisades | 30-09.00 |
| 6 Badman, Stacey | Palisades | 29-04.00 |
| 7 Stiansen, Alayna | Palisades | 28-04.50 |
| 8 Georges, Lyancy | NDGP | 27-11.50 |
| 9 Ciesielka, Hanna | Saucon | 26-03.00 |
| 10 DeBard, Jady | Saucon | 25-08.00 |
| 11 Maslonka, Brianna | NDGP | 22-03.00 |
| --- El Banna, Serena | Saucon | ND |
| --- Fischer, Dana | Saucon | ND |
| --- Ganiszewski, Zoe | Palisades | ND |
| --- Szklarski, Julia | Palisades | ND |
| --- Connolly, Mackenzie | Palisades | ND |

Girls Shot Put

| Name | School | Finals |
|-------------------------|-----------|----------|
| Finals | | |
| 1 Hagan, Natalie | Saucon | 31-02.50 |
| 2 Carr, Autumn | Palisades | 30-03.00 |
| 3 Kukowski, Peri | Palisades | 29-11.50 |
| 4 Butera, Camryn | Saucon | 28-08.00 |
| 5 Nastasi, Alyssa | Palisades | 27-05.00 |
| 6 Mercurio, Katelyn | NDGP | 26-08.50 |
| 7 Bordeaux, Alison | Palisades | 26-04.00 |
| 8 Johnson, Mary | Saucon | 25-07.50 |
| 9 Nastasi, Madison | Palisades | 24-06.50 |
| 10 Gillespie, Maggie | NDGP | 22-07.00 |
| 11 Fleissner, Sarah | NDGP | 20-09.50 |
| 12 Williams, Olivia | Saucon | 18-11.00 |
| 13 Raniszewski, Theresa | NDGP | 17-05.50 |
| 14 Sklodowski, Brielle | Saucon | 17-02.00 |
| 15 Dally, Peyton | NDGP | 16-04.00 |
| --- Kramer, Katelyn | Saucon | ND |
| --- Murphy, D'Lanie | NDGP | ND |
| --- Petrik, Michelle | NDGP | ND |

Girls Discus Throw

| Name | School | Finals |
|---------------------|-----------|----------|
| Finals | | |
| 1 Hilferty, Delaney | Palisades | 99-03.50 |
| 2 Kukowski, Paige | Palisades | 93-06.50 |
| 3 Kukowski, Peri | Palisades | 91-00 |
| 4 Hagan, Natalie | Saucon | 88-09 |
| 5 Dergham, Marilyn | NDGP | 88-01.50 |
| 6 Mercurio, Katelyn | NDGP | 86-01.50 |
| 7 Gillespie, Maggie | NDGP | 70-07.50 |
| 8 Fleissner, Sarah | NDGP | 69-09 |
| 9 Johnson, Mary | Saucon | 66-07 |
| 10 Murphy, D'Lanie | NDGP | 66-06 |

Palisades vs Notre Dame vs Saucon Valley - 5/1/2018

Palisades High School

Results

Finals ... (Girls Discus Throw)

| Name | School | Finals |
|--------------------------|-----------|----------|
| 11 Gardiner, Olivia | Saucon | 66-04.50 |
| 12 Butera, Camryn | Saucon | 56-03 |
| 13 Frey, Olivia | Saucon | 42-01.50 |
| --- Santos, Maya | NDGP | ND |
| --- Petrik, Michelle | NDGP | ND |
| --- Raniszewski, Theresa | NDGP | ND |
| --- O'Brien, Grace | Palisades | ND |
| --- Spies, Leah | Palisades | FOUL |
| --- Nastasi, Alyssa | Palisades | FOUL |

Girls Javelin Throw

| Name | School | Finals |
|------------------------|-----------|----------|
| 1 Cavallaro, Kaitlyn | Palisades | 125-11 |
| 2 Petrik, Michelle | NDGP | 104-10 |
| 3 Hagan, Natalie | Saucon | 101-08 |
| 4 Spies, Leah | Palisades | 92-06.50 |
| 5 Carr, Autumn | Palisades | 83-09 |
| 6 Fleissner, Sarah | NDGP | 78-09 |
| 7 Hilferty, Delaney | Palisades | 74-06.50 |
| 8 Raniszewski, Theresa | NDGP | 73-00 |
| 9 Williams, Olivia | Saucon | 69-02 |
| 10 Lagomarsino, Gianna | NDGP | 66-07.50 |
| 11 Nastasi, Alyssa | Palisades | 64-10 |
| 12 Murphy, D'Lanie | NDGP | 61-02 |
| 13 Zaharakis, Zoe | Saucon | 55-01.50 |
| 14 Dettmar, Rebecca | Saucon | 47-03.50 |
| 15 Cassellia, Claire | Saucon | 41-03.50 |
| --- Dergham, Marilyn | NDGP | ND |
| --- Gillespie, Maggie | NDGP | ND |
| --- O'Brien, Grace | Palisades | ND |
| --- Johnson, Mary | Saucon | ND |
| --- Santos, Maya | NDGP | ND |

Boys 100 Meter Dash

| Name | School | Finals |
|----------------------|-----------|--------|
| 1 Colletti, Jared | Palisades | 11.10 |
| 2 Zaladonis, Joey | NDGP | 11.20 |
| 3 Ewunken, Julius | NDGP | 11.40 |
| 4 Smith, Christopher | Saucon | 11.70 |
| 4 Yocum, Gus | Palisades | 11.70 |
| 6 Kyra, Justin | Saucon | 11.80 |
| 7 Gallard, Kelvin | Saucon | 11.90 |
| 8 Alessi, Dante | NDGP | 12.00 |
| 9 Caldwell, Nicholas | Palisades | 12.20 |
| 9 Stromski, Benjamin | Saucon | 12.20 |
| 11 Jordan, William | NDGP | 12.30 |
| 12 Huyett, Matt | NDGP | 12.40 |
| 12 Bislig, Jude | NDGP | 12.40 |
| 14 Sowers, William | Palisades | 12.50 |
| 15 Gallagher, Thomas | Saucon | 12.60 |
| --- Stubits, Jake | NDGP | NT |
| --- Wolfe, Alstan | Saucon | NT |

| | | |
|-----------------------|-----------|----|
| --- Engelhardt, Elias | Saucon | NT |
| --- Worthington, Eli | Palisades | NT |
| --- Kim, Tony | NDGP | NT |
| --- Santos, Sebastian | NDGP | NT |
| --- Miller, Ethan | Palisades | NT |

Boys 200 Meter Dash

| Name | School | Finals |
|-----------------------|-----------|--------|
| 1 Wolfe, Alstan | Saucon | 22.10 |
| 2 Colletti, Jared | Palisades | 22.40 |
| 3 Hohl, Charlie | NDGP | 22.70 |
| 4 Zaladonis, Joey | NDGP | 22.80 |
| 5 Miller, Ethan | Palisades | 23.10 |
| 6 Ewunken, Julius | NDGP | 23.20 |
| 7 Yocum, Gus | Palisades | 23.40 |
| 8 Smeland, Mason | Palisades | 23.60 |
| 9 Kyra, Justin | Saucon | 24.20 |
| 10 Gallard, Kelvin | Saucon | 24.30 |
| 10 Yearwood, Marcus | Palisades | 24.30 |
| 12 Smith, Christopher | Saucon | 24.40 |
| 13 Gallagher, Thomas | Saucon | 24.90 |
| 14 Stromski, Benjamin | Saucon | 25.30 |
| 15 Santos, Mike | NDGP | 25.90 |
| 16 Jordan, William | NDGP | 26.30 |
| 17 Cataldo, Tyler | Palisades | 27.00 |
| 18 Dockers, Tyler | Saucon | 27.60 |
| 19 Kim, Tony | NDGP | 28.30 |
| --- Santos, Sebastian | NDGP | NT |
| --- Stubits, Jake | NDGP | NT |
| --- Alessi, Dante | NDGP | NT |
| --- Weber, Cooper | Saucon | NT |
| --- Lebo, Ryan | Saucon | NT |
| --- Huyett, Matt | NDGP | NT |
| --- Csencsits, Dane | Saucon | NT |
| --- Hohl, John | NDGP | NT |

Boys 400 Meter Dash

| Name | School | Finals |
|----------------------|-----------|---------|
| 1 Hohl, Charlie | NDGP | 51.30 |
| 2 Zahm, Hunter | NDGP | 52.10 |
| 3 Yearwood, Marcus | Palisades | 52.30 |
| 4 Smiley, Ethan | Saucon | 52.60 |
| 5 Ward, Samuel | Saucon | 55.00 |
| 6 Pason, Carter | Palisades | 55.10 |
| 7 Domzalski, Ryan | NDGP | 55.30 |
| 8 Meilinger, Aeron | NDGP | 55.40 |
| 9 Hohl, John | NDGP | 55.80 |
| 10 Kennedy, Ethan | Saucon | 56.10 |
| 11 Salva, Thomas | Palisades | 1:01.00 |
| 12 Cataldo, Tyler | Palisades | 1:01.20 |
| 13 Santos, Sebastian | NDGP | 1:02.20 |
| 14 Vesdel, Ryan | Palisades | 1:10.50 |
| 15 Worthington, Eli | Palisades | 1:16.90 |
| --- Ewunken, Julius | NDGP | NT |

Palisades vs Notre Dame vs Saucon Valley - 5/1/2018

Palisades High School

Results

Finals ... (Boys 400 Meter Dash)

| Name | School | Finals |
|-----------------------|--------|--------|
| --- Wolfe, Alstan | Saucon | NT |
| --- Lebo, Ryan | Saucon | NT |
| --- Chen, William | Saucon | NT |
| --- Gallagher, Thomas | Saucon | NT |

Boys 800 Meter Run

| Name | School | Finals |
|-------------------------|-----------|---------|
| Finals | | |
| 1 Koons, John | NDGP | 2:08.00 |
| 2 Hammerstone, Sheamus | NDGP | 2:11.30 |
| 3 Smith, Luke | Saucon | 2:13.20 |
| 4 Carter, Dylan | NDGP | 2:13.80 |
| 5 Leister, Jacob | Palisades | 2:14.30 |
| 6 Fong, Chase | Saucon | 2:15.50 |
| 7 Mawson, Joshua | Saucon | 2:18.90 |
| 8 Mekki, Adam | Palisades | 2:19.20 |
| 9 Boyd, Robert | Saucon | 2:19.50 |
| 10 Chen, William | Saucon | 2:19.70 |
| 11 McDowell, Liam | Palisades | 2:23.40 |
| 12 Oschmann, Ronald | Palisades | 2:34.00 |
| 13 Kim, Shawn | Saucon | 2:34.60 |
| 14 Hendricks, Nathaniel | Palisades | 2:40.70 |
| 15 Duffy, Eric | NDGP | 2:41.70 |
| 16 Hicks, Ethan | Saucon | 3:03.70 |
| --- Bernstein, Ethan | Saucon | NT |
| --- Zahm, Hunter | NDGP | NT |
| --- Pason, Carter | Palisades | NT |
| --- Ward, Samuel | Saucon | NT |
| --- Hohl, John | NDGP | NT |
| --- Chikotas, Andrew | Saucon | NT |
| --- Hohl, Charlie | NDGP | NT |
| --- Meilinger, Aeron | NDGP | NT |

Boys 1600 Meter Run

| Name | School | Finals |
|------------------------|-----------|---------|
| Finals | | |
| 1 Chaikowsky, Matthew | Saucon | 4:50.60 |
| 2 Hammerstone, Sheamus | NDGP | 4:55.30 |
| 3 McNichol, Dylan | Palisades | 4:57.20 |
| 4 Smith, Cole | Palisades | 5:20.90 |
| 5 Koven, Teddy | Palisades | 5:32.20 |
| 6 Szydlow, Benjamin | Saucon | 5:35.70 |
| 7 Pentecost, Ben | Palisades | 5:47.20 |
| 8 Duffy, Connor | NDGP | 5:51.90 |
| 9 Sovil, Matthew | Palisades | 5:54.20 |
| 10 Chikotas, Andrew | Saucon | 6:09.10 |
| --- Fong, Chase | Saucon | NT |
| --- Boyd, Robert | Saucon | NT |
| --- Pacchioli, Anthony | NDGP | NT |
| --- Smith, Joel | Saucon | NT |
| --- Bernstein, Ethan | Saucon | NT |
| --- Speicher, Grayson | Palisades | NT |
| --- Carter, Dylan | NDGP | NT |
| --- Gubernot, Joe | NDGP | NT |

--- Koons, John NDGP NT

Boys 3200 Meter Run

| Name | School | Finals |
|----------------------------|-----------|----------|
| Finals | | |
| 1 Bernstein, Ethan | Saucon | 10:31.50 |
| 2 Chaikowsky, Matthew | Saucon | 10:31.90 |
| 3 McNichol, Dylan | Palisades | 11:00.20 |
| 4 Smith, Joel | Saucon | 11:31.70 |
| 5 Pacchioli, Anthony | NDGP | 11:38.20 |
| 6 Gubernot, Joe | NDGP | 11:51.90 |
| 7 Speicher, Grayson | Palisades | 11:56.30 |
| 8 Szydlow, Benjamin | Saucon | 11:59.40 |
| 9 Koven, Teddy | Palisades | 12:58.40 |
| 10 Smith, Cole | Palisades | 12:59.60 |
| 11 Stern, Thomas | Saucon | 13:11.80 |
| 12 Derr-Haverlach, Gregory | Palisades | 14:57.50 |
| --- Koons, John | NDGP | NT |
| --- Duffy, Connor | NDGP | NT |
| --- Hammerstone, Sheamus | NDGP | NT |
| --- Smith, Luke | Saucon | NT |
| --- Gallagher, Thomas | Saucon | NT |
| --- Sovil, Matthew | Palisades | NT |
| --- Fong, Chase | Saucon | NT |
| --- Pentecost, Ben | Palisades | NT |
| --- Boyd, Robert | Saucon | NT |
| --- Chen, William | Saucon | NT |

Boys 110 Meter Hurdles

| Name | School | Finals |
|----------------------|-----------|--------|
| Finals | | |
| 1 Stubits, Jake | NDGP | 17.90 |
| 2 Doman, Ben | Palisades | 18.10 |
| 3 Cyphers, Sean | Saucon | 18.20 |
| 4 Holub, Ryan | Saucon | 18.50 |
| 5 Fleissner, Preston | NDGP | 19.30 |
| 6 Orr, Nathan | Saucon | 19.90 |
| 7 Kentopp, Colton | Palisades | 20.70 |
| 8 Lloyd, Liam | Saucon | 22.30 |
| --- Huyett, Matt | NDGP | NT |
| --- Santos, Mike | NDGP | NT |
| --- Kalinchock, Kyle | Saucon | NT |
| --- Meneses, Kevin | Palisades | NT |
| --- Zaladonis, Joey | NDGP | NT |
| --- Durigon, Sam | NDGP | NT |

Boys 300 Meter Hurdles

| Name | School | Finals |
|----------------------|-----------|--------|
| Finals | | |
| 1 Mekki, Adam | Palisades | 45.10 |
| 2 Holub, Ryan | Saucon | 46.10 |
| 3 Doman, Ben | Palisades | 46.70 |
| 4 Borger, Vincent | Saucon | 46.80 |
| 5 Kentopp, Colton | Palisades | 47.00 |
| 6 Stubits, Jake | NDGP | 47.90 |
| 7 Fleissner, Preston | NDGP | 48.80 |

Palisades vs Notre Dame vs Saucon Valley - 5/1/2018

Palisades High School

Results

Finals ... (Boys 300 Meter Hurdles)

| Name | School | Finals |
|--------------------------|-----------|--------|
| 8 Kalinchock, Kyle | Saucon | 49.40 |
| 9 Cyphers, Sean | Saucon | 55.40 |
| --- Huyett, Matt | NDGP | NT |
| --- Schriffert, Nicholas | Saucon | NT |
| --- Durigon, Sam | NDGP | NT |
| --- Zaladonis, Joey | NDGP | NT |
| --- Fong, Chase | Saucon | NT |
| --- Meneses, Kevin | Palisades | NT |
| --- Santos, Mike | NDGP | NT |

Boys 4x100 Meter Relay

| Team | Relay | Finals |
|---------------------------|---------------------|--------|
| Finals | | |
| 1 Palisades | A | 44.40 |
| 1) Miller, Ethan | 2) Smeland, Mason | |
| 3) Yocum, Gus | 4) Colletti, Jared | |
| 2 Saucon Valley | A | 46.30 |
| 1) Csencsits, Dane | 2) Gallard, Kelvin | |
| 3) Cyphers, Sean | 4) Kalinchock, Kyle | |
| --- Notre Dame Green Pond | A | NT |
| 1) Ewunken, Julius | 2) Alessi, Dante | |
| 3) Stubits, Jake | 4) Huyett, Matt | |

Boys 4x400 Meter Relay

| Team | Relay | Finals |
|-------------------------|---------------------|---------|
| Finals | | |
| 1 Palisades | A | 3:34.70 |
| 1) Yearwood, Marcus | 2) Miller, Ethan | |
| 3) Yocum, Gus | 4) Colletti, Jared | |
| 2 Notre Dame Green Pond | A | 3:39.70 |
| 1) Hohl, Charlie | 2) Zahm, Hunter | |
| 3) Santos, Mike | 4) Meilinger, Aeron | |
| 3 Saucon Valley | A | 3:52.20 |
| 1) Ward, Samuel | 2) Smiley, Ethan | |
| 3) Cyphers, Sean | 4) Bernstein, Ethan | |
| 4 Palisades | B | 4:07.40 |
| 1) Sowers, William | 2) Cataldo, Tyler | |
| 3) Salva, Thomas | 4) Kentopp, Colton | |

Boys 4x800 Meter Relay

| Team | Relay | Finals |
|-------------------------|----------------------|----------|
| Finals | | |
| 1 Notre Dame Green Pond | A | 9:10.80 |
| 1) Hohl, Charlie | 2) Zahm, Hunter | |
| 3) Meilinger, Aeron | 4) Carter, Dylan | |
| 2 Palisades | A | 9:14.10 |
| 1) Pason, Carter | 2) Mekki, Adam | |
| 3) McDowell, Liam | 4) McNichol, Dylan | |
| 3 Saucon Valley | A | 10:18.80 |
| 1) Ward, Samuel | 2) Smiley, Ethan | |
| 3) Fong, Chase | 4) Gallagher, Thomas | |

Boys High Jump

| Name | School | Finals |
|--------------------------|-----------|----------|
| Finals | | |
| 1 Myers, Kyshaun | NDGP | 5-10.00 |
| 2 Volak, Josh | Palisades | 5-08.00 |
| 3 Mekki, Adam | Palisades | 5-06.00 |
| 4 Benner, Jake | Palisades | 5-02.00 |
| 5 Tubiello, Ben | Palisades | J5-02.00 |
| 6 Cyphers, Sean | Saucon | 5-00.00 |
| 6 Borger, Vincent | Saucon | 5-00.00 |
| 6 Pinczok, Zachary | Saucon | 5-00.00 |
| 6 Orr, Nathan | Saucon | 5-00.00 |
| 6 Holub, Ryan | Saucon | 5-00.00 |
| 6 Doman, Ben | Palisades | 5-00.00 |
| --- Domzalski, Ryan | NDGP | NH |
| --- Schriffert, Nicholas | Saucon | NH |
| --- Hohl, Charlie | NDGP | NH |
| --- Gubernot, Joe | NDGP | NH |
| --- Hohl, John | NDGP | NH |
| --- Fleissner, Preston | NDGP | NH |
| --- Duffy, Connor | NDGP | NH |

Boys Pole Vault

| Name | School | Finals |
|-----------------------------|-----------|-----------|
| Finals | | |
| 1 Orr, Nathan | Saucon | 12-00.00 |
| 2 Volak, Josh | Palisades | 11-06.00 |
| 3 Schriffert, Nicholas | Saucon | 10-00.00 |
| 4 Woehr, John | Palisades | J10-00.00 |
| --- Derr-Haverlach, Gregory | Palisades | NH |
| --- Cataldo, Tyler | Palisades | NH |
| --- Laudenslager, Jacob | Saucon | NH |

Boys Long Jump

| Name | School | Finals |
|------------------------|-----------|----------|
| Finals | | |
| 1 Wolfe, Alstan | Saucon | 20-00.00 |
| 2 Volak, Josh | Palisades | 19-07.00 |
| 3 Ewunken, Julius | NDGP | 19-06.00 |
| 4 Zaladonis, Joey | NDGP | 19-00.00 |
| 5 Yearwood, Marcus | Palisades | 17-10.00 |
| 6 Cyphers, Sean | Saucon | 17-04.50 |
| 7 Weber, Cooper | Saucon | 17-01.00 |
| 8 Domzalski, Ryan | NDGP | 17-00.00 |
| 9 Benner, Jake | Palisades | 16-11.50 |
| 10 Tubiello, Ben | Palisades | 16-09.00 |
| 11 Doman, Ben | Palisades | 16-06.50 |
| 12 Kim, Chanho | Saucon | 15-04.00 |
| 13 Bench, Nolan | Palisades | 13-03.50 |
| --- Weber, Jase | Saucon | ND |
| --- Fleissner, Preston | NDGP | ND |
| --- Myers, Kyshaun | NDGP | ND |
| --- Bucich, Matthew | Palisades | ND |

Palisades vs Notre Dame vs Saucon Valley - 5/1/2018

Palisades High School

Results

Boys Triple Jump

| Name | School | Finals |
|------------------------|-----------|----------|
| Finals | | |
| 1 Myers, Kyshaun | NDGP | 41-06.00 |
| 2 Volak, Josh | Palisades | 38-08.50 |
| 3 Domzalski, Ryan | NDGP | 38-04.00 |
| 4 Tubiello, Ben | Palisades | 35-11.00 |
| 5 Orr, Nathan | Saucon | 35-09.00 |
| 6 Benner, Jake | Palisades | 35-07.00 |
| 7 Borger, Vincent | Saucon | 35-01.00 |
| 8 Weber, Cooper | Saucon | 33-09.00 |
| 9 Kim, Chanho | Saucon | 32-10.50 |
| 10 Bucich, Matthew | Palisades | 30-07.00 |
| 11 Bench, Nolan | Palisades | 26-01.00 |
| --- Fleissner, Preston | NDGP | ND |
| --- Brown, Ely | Saucon | ND |

Boys Shot Put

| Name | School | Finals |
|----------------------------|-----------|----------|
| Finals | | |
| 1 Patterson-Zuber, Patrick | Saucon | 45-07.00 |
| 2 Kitchell, Tom | NDGP | 43-06.00 |
| 3 Donnelly, Jack | Palisades | 41-02.50 |
| 4 Milkovitz, Allan | NDGP | 36-02.00 |
| 5 Pinczok, Zachary | Saucon | 35-10.00 |
| 6 Ference, Tyler | NDGP | 35-03.00 |
| 7 Swartz, Eshan | NDGP | 34-09.50 |
| 8 Geerhing, Zack | Palisades | 33-10.50 |
| 9 Farrell, Braeden | NDGP | 32-07.00 |
| 10 Worthington, Joe | Palisades | 30-06.00 |
| 11 Freeh, Jacob | Palisades | 30-01.50 |
| 12 Valentin, Isaia | Palisades | 28-01.50 |
| 13 Reily, Paul | Saucon | 27-06.50 |
| 14 Rowe, Brady | Saucon | 24-11.50 |
| --- Weaver, Timothy | Saucon | ND |
| --- Petrik, Mark | NDGP | ND |
| --- Lucas, Andrew | NDGP | ND |
| --- Durigon, Sam | NDGP | ND |
| --- Nickles, Andrew | Palisades | ND |
| --- Rivera, Lex | NDGP | ND |

Boys Discus Throw

| Name | School | Finals |
|----------------------------|-----------|-----------|
| Finals | | |
| 1 Kitchell, Tom | NDGP | 150-11 |
| 2 Patterson-Zuber, Patrick | Saucon | 129-01.50 |
| 3 Milkovitz, Allan | NDGP | 120-06 |
| 4 Donnelly, Jack | Palisades | 119-05.50 |
| 5 Ference, Tyler | NDGP | 110-00 |
| 6 Pinczok, Zachary | Saucon | 108-07 |
| 7 Farrell, Braeden | NDGP | 107-10 |
| 8 Geerhing, Zack | Palisades | 102-11 |
| 9 Rivera, Lex | NDGP | 86-10 |
| 10 Reily, Paul | Saucon | 86-05.50 |
| 11 Oschmann, Ronald | Palisades | 75-10.50 |

| | | |
|---------------------|-----------|-------|
| 12 Valentin, Isaia | Palisades | 69-09 |
| 13 Freeh, Jacob | Palisades | 61-10 |
| 14 Rowe, Brady | Saucon | 60-08 |
| --- Weaver, Timothy | Saucon | ND |
| --- Durigon, Sam | NDGP | ND |
| --- Swartz, Eshan | NDGP | ND |
| --- Lucas, Andrew | NDGP | ND |
| --- Petrik, Mark | NDGP | ND |
| --- Foster, Ash | Palisades | ND |

Boys Javelin Throw

| Name | School | Finals |
|----------------------|-----------|-----------|
| Finals | | |
| 1 Ference, Tyler | NDGP | 135-02 |
| 2 Milkovitz, Allan | NDGP | 121-03.50 |
| 3 Geerhing, Zack | Palisades | 118-11 |
| 4 Pinczok, Zachary | Saucon | 102-02 |
| 5 Lerch, Ben | Palisades | 100-01.50 |
| 6 Swartz, Eshan | NDGP | 96-08.50 |
| 7 Donnelly, Jack | Palisades | 95-04.50 |
| 8 Foster, Ash | Palisades | 92-07.50 |
| 9 Woehr, John | Palisades | 91-00.50 |
| 10 Petrik, Mark | NDGP | 86-06 |
| 11 Rowe, Brady | Saucon | 67-02.50 |
| --- Reily, Paul | Saucon | ND |
| --- Weaver, Timothy | Saucon | ND |
| --- Lucas, Andrew | NDGP | ND |
| --- Farrell, Braeden | NDGP | ND |
| --- Durigon, Sam | NDGP | ND |
| --- Kitchell, Tom | NDGP | ND |
| --- Nickles, Andrew | Palisades | ND |
| --- Rivera, Lex | NDGP | ND |
| --- Hohl, Charlie | NDGP | ND |