

Lehigh Valley Conference Track and Field - Male Top Performances - 5/6/2010

Place	Event	Time/Mark	FAT	School	First Name	Last Name	Opponent	Date
1	100 M. Run	10.7		Parkland	Andre	Williams	WAHS Invitational	4/30/10
2	100 M. Run	10.8		3 Tied at				
3	100 M. Run							
1	200 M. Run	21.9		Liberty	Stephen	Lewis	Easton	4/8/10
2	200 M. Run	22.2		Parkland	Andre	Williams	Liberty	4/15/10
2	200 M. Run	22.2		Parkland	Matt	Haas	WAHS Invitational	4/30/10
1	400 M. Run	50.3		Whitehall	Christian	Malone	Nazareth	4/6/10
2	400 M. Run	51.4		Nazareth	Andrew	Bridgeforth	WAHS Invitational	4/30/10
3	400 M. Run	51.5		Dieruff	Jared	Newton	Allen	5/3/10
1	800 M. Run	1:56.3		Whitehall	Steve	Leonhardt	WAHS Invitational	4/30/10
2	800 M. Run	1:56.6		Easton	Bernard	England	WAHS Invitational	4/30/10
3	800 M. Run	1:56.7		Parkland	Steven	Werley	WAHS Invitational	4/30/10
1	1600 M. Run	4:25.6		Whitehall	Steve	Leonhardt	WAHS Invitational	4/30/10
2	1600 M. Run	4:27.7		Whitehall	Matt	Kacyon	WAHS Invitational	4/30/10
3	1600 M. Run	4:28.7		Freedom	Josh	Ehret	WAHS Invitational	4/30/10
1	3200 M. Run	9:43.9		Parkland	David	Strauss	WAHS Invitational	4/30/10
2	3200 M. Run	9:52.4		Whitehall	Matt	Kacyon	WAHS Invitational	4/30/10
3	3200 M. Run	9:55.5		Freedom	Nathan	Palmer	WAHS Invitational	4/30/10
1	110 M. Hurdles	13.9		Liberty	Stephen	Lewis	WAHS Invitational	4/30/10
2	110 M. Hurdles	14.4		Parkland	Andre	Williams	WAHS Inv Heat	4/30/10
3	110 M. Hurdles	14.7		Parkland	Jason	Solensky	Liberty	4/15/10
1	300 M. Hurdles	39.5		Parkland	Jason	Solensky	Liberty	4/15/10
2	300 M. Hurdles	40.7		Liberty	Stephen	Lewis	Easton	4/8/10
3	300 M. Hurdles	41.6		Parkland	Conner	Tench	WAHS Invitational	4/30/10
1	400 M. Relay	42.6		Parkland	<i>Goldstone</i>	<i>Haas</i>	WAHS Invitational	4/30/10
					<i>Wetherhold</i>	<i>Williams</i>		
2	400 M. Relay	43.7		Allen	<i>Kyte</i>	<i>Williams</i>	Dieruff	5/3/10
					<i>Cruz</i>	<i>Warren</i>		
3	400 M. Relay	43.9		Whitehall	<i>Boateng</i>	<i>Fiore</i>	Parkland	5/3/10
					<i>Guya</i>	<i>Sommerville</i>		
1	1600 M. Relay	3:26.9		Easton	Caul	England	WAHS Invitational	4/30/10
					<i>Toribio</i>	<i>Panky</i>		
2	1600 M. Relay	3:30.0		Parkland	<i>Haas</i>	<i>Tacca</i>	WAHS Invitational	4/30/10
					<i>Solensky</i>	<i>Szewczak</i>		
3	1600 M. Relay	3:32.6		Allentown Central Catholic	<i>Houdek</i>	<i>Kelly</i>	WAHS Invitational	4/30/10
					<i>Sebesta</i>	<i>Kostelnik</i>		
1	3200 M. Relay	8:10.8		Bethlehem Catholic	<i>Hungartner</i>	<i>Merwine</i>	WAHS Invitational	4/30/10
					<i>Leeson</i>	<i>Roszyk</i>		
2	3200 M. Relay	8:11.8		Parkland	Yonak	Tacca	WAHS Invitational	4/30/10
					<i>Knauss</i>	<i>Guetzlaff</i>		
3	3200 M. Relay	8:15.4		Easton	Caul	Barlow	WAHS Invitational	4/30/10
					<i>Wolfe</i>	<i>England</i>		

Please Remember that in all times, any one-hundredths of seconds get rounded up, (example 10.51 becomes 10.6), unless they are FAT times.

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Place	Event	Time/Mark	FAT	School	First Name	Last Name	Opponent	Date
1	Long Jump	22' 8.5"		Parkland	Rico	Goldstone	DD @ Freedom	4/28/10
2	Long Jump	22' 6.5"		Liberty	Stephen	Lewis	WAHS Invitational	4/30/10
3	Long Jump	22' 3.75"		Whitehall	Chris	Astacio	DD @ Allen	4/19/10
1	Triple Jump	43' 8.5"		Parkland	Kris	Joint	WAHS Invitational	4/30/10
2	Triple Jump	43' 3.25"		Whitehall	Chris	Astacio	Northampton	4/1/10
3	Triple Jump	43' 0"		Nazareth	Adam	Bridgeforth	Parkland	4/1/10
1	High Jump	6' 10"		Liberty	Stephen	Lewis	Easton	4/8/10
2	High Jump	6' 9"		Nazareth	Jon	Hendershot	Dieruff	4/12/10
3	High Jump	6' 6"		Liberty & Whitehall tied				
1	Shot Put	46' 10"		Whitehall	Andrew	Sandt	WAHS Invitational	4/30/10
2	Shot Put	45' 5"		Whitehall	Alex	Jacob	Northampton	4/1/10
3	Shot Put	45' 3"		Parkland	Andre	Williams	Whitehall	5/3/10
1	Discus	143' 0"		Allentown Central Catholic	Brad	Shaffer	Emmaus	5/4/10
2	Discus	135' 9"		Emmaus	Andy	Cook	WAHS Invitational	4/30/10
3	Discus	132' 9"		Whitehall	Braden	Zeiner	Northampton	4/1/10
1	Javelin	164' 11"		Dieruff	Steffon	Kellman	Nazareth	4/12/10
2	Javelin	159' 6"		Whitehall	Brandon	Zeiner	WAHS Invitational	4/30/10
3	Javelin	158' 10"		2 Tied at				
1	Pole Vault	14' 6"		Whitehall	Andrew	Beers	Nazareth	4/6/10
2	Pole Vault	14' 0"		Northampton	Eric	Hunter	Freedom	4/12/10
3	Pole Vault	13' 0"		2 Tied at				

Lehigh Valley Conference Track and Field - Female Top Performances - 5/6/2010

Place	Event	Time/Mark	FAT	School	First Name	Last Name	Opponent	Date
1	100 M. Run	12.0		Easton	Elizabeth	Walker	@ Easton	4/19/10
2	100 M. Run	12.1		Whitehall	Danielle	Smith	Nazareth	4/6/10
3	100 M. Run	12.4		Dieruff	Iris	Burch	Emmaus	4/8/10
1	200 M. Run	25.3		Whitehall	Danielle	Smith	Bechai	4/12/10
2	200 M. Run	26.0		Liberty	R	McChristian	Parkland	4/15/10
3	200 M. Run			Three tied @ 26.2				
1	400 M. Run	58.8		Liberty	Lauren	Gonzalez	WAHS Invitational	4/30/10
2	400 M. Run	59.4		Whitehall	Danielle	Smith	@ Liberty	4/19/10
3	400 M. Run	1:00.0		Liberty	Raven	McChristian	@ Liberty	4/19/10
1	800 M. Run	2:18.2		Nazareth	Hannah	Fuller	WAHS Invitational	4/30/10
2	800 M. Run	2:23.0		Liberty	Amy	Darlington	@ Liberty	4/19/10
3	800 M. Run	2:23.9		Allentown Central Catholic	Gabby	Cocco	WAHS Invitational	4/30/10
1	1600 M. Run	5:09.3		Nazareth	Hannah	Fuller	WAHS Invitational	4/30/10
2	1600 M. Run	5:10.0		Liberty	Amy	Darlington	Parkland	4/15/10
3	1600 M. Run	5:12.0		Liberty	Jessica	Cygan	Parkland	4/15/10
1	3200 M. Run	11:09.6		Emmaus	Amanda	Faust	WAHS Invitational	4/30/10
2	3200 M. Run	11:18.6		Emmaus	Christina	Faust	WAHS Invitational	4/30/10
3	3200 M. Run	11:41.1		Liberty	Jagota	Vrinda	WAHS Invitational	4/30/10
1	100 M. Hurdles	15.0		Allen	Dominique	Best	ACC	4/8/10
2	100 M. Hurdles	15.4		Easton	Elizabeth	Walker	Liberty	4/8/10
3	100 M. Hurdles	15.5		Liberty	Alexandra	Carter	ACC	4/12/10
1	300 M. Hurdles	46.7		Allen	Dominique	Best	WAHS Invitational	4/30/10
2	300 M. Hurdles	47.9		Easton	Elizabeth	Walker	Liberty	4/8/10
3	300 M. Hurdles	48.4		Liberty	Erika	Shumock	@ Liberty	4/19/10
1	400 M. Relay	49.5		Whitehall	Gregory Hamscher	Smith Patterson	Allen	4/15/10
2	400 M. Relay	50.4		Allen	Warren Newman	Best Robinson	WAHS Invitational	4/30/10
3	400 M. Relay	50.7		Easton	Fulton Gayle	Patterson Willeford	WAHS Invitational	4/30/10
1	1600 M. Relay	4:03.5		Easton	Grahm Brown	Farrar Walker	WAHS Invitational	4/30/10
2	1600 M. Relay	4:12.6		Bethlehem Catholic	Balogh Aaroe	Cardillo Maroney	Whitehall	4/6/10
3	1600 M. Relay	4:15.0		Liberty	Noack McChristian	Gonzalez Shumock	Bechai	4/6/10
1	3200 M. Relay	9:35.2		Liberty	Cygan Tomlin	Gonzalez Darlington	WAHS Invitational	4/30/10
2	3200 M. Relay	9:48.8		Emmaus	A Faust C Faust	B Faust Steinert	WAHS Invitational	4/30/10
3	3200 M. Relay	10:16.9		Bethlehem Catholic	Aaroe McKinney	Hozza Schadt	WAHS Invitational	4/30/10

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