

2010 Zephyr Relays - 4/10/2010
Whitehall
Meet Program

Event 1 Girls 4x100 Meter Shuttle Hurdle

Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
4	Northampton	A	1:17.00
5	Parkland	B	1:25.00
Section 2 of 3 Finals			
4	Parkland	A	1:15.00
5	Pocono Mount	A	1:15.00
Section 3 of 3 Finals			
3	Stroudsburg	A	1:15.00
4	Whitehall	A	1:14.00
5	Pocono Mount	A	1:15.00

Event 2 Boys 4x110 Meter Shuttle Hurdle

Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
4	Whitehall	A	1:17.00
5	Pleasant Val	A	1:19.00
Section 2 of 3 Finals			
3	Pocono Mount	A	1:15.80
4	Stroudsburg	B	1:14.00
5	Northampton	A	1:15.00
Section 3 of 3 Finals			
3	Pocono Mount	A	1:12.00
4	Stroudsburg	A	1:04.00
5	Parkland	A	1:10.00

Event 3 Girls 4x200 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
2	Parkland	B	NT
3	Northampton	B	2:17.00
4	Pocono Mount	B	2:05.00
5	Nazareth Are	A	2:08.00
6	Whitehall	B	2:24.00
Section 2 of 2 Finals			
1	Stroudsburg	B	2:00.00
2	Northampton	A	1:57.00
3	Pocono Mount	A	1:56.00
4	Stroudsburg	A	1:50.20
5	Whitehall	A	1:53.00
6	Pleasant Val	A	1:57.00
7	Pocono Mount	A	2:00.00
8	Parkland	A	2:04.00

Event 4 Boys 4x200 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Northampton	B	1:53.20
4	Stroudsburg	B	1:42.30
5	Parkland	A	1:49.64
6	Parkland	B	1:55.00
Section 2 of 2 Finals			
1	Northampton	A	1:39.10

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2	Whitehall	A	1:37.15
3	Pocono Mount	A	1:37.00
4	Nazareth Are	A	1:30.00
5	Pleasant Val	A	1:35.50
6	Nazareth Are	B	1:37.00
7	Stroudsburg	A	1:37.50
8	Pocono Mount	A	1:42.00

Event 5 Girls Distance Medley

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Northampton	A	12:30.00
2	Northampton	B	13:10.00
3	Nazareth Are	A	13:30.00
4	Whitehall	A	14:11.00
5	Stroudsburg	A	14:23.00
6	Palmerton Ar	A	14:25.00
7	Pleasant Val	A	14:25.00
8	Pocono Mount	A	14:30.00
9	Stroudsburg	B	14:40.00
10	Parkland	A	15:00.00
11	Pocono Mount	A	NT

Event 6 Boys Distance Medley

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

1	Whitehall	B	12:20.00
2	Pocono Mount	B	12:36.00
3	Northampton	B	12:40.00
4	Parkland	A	13:00.00
5	Parkland	B	14:00.00
6	Pocono Mount	A	NT

Section 2 of 2 Finals

1	Nazareth Are	A	11:25.00
2	Stroudsburg	A	11:44.00
3	Pocono Mount	A	11:45.00
4	Whitehall	A	11:45.00
5	Nazareth Are	B	11:55.00
6	Pleasant Val	A	11:55.00
7	Northampton	A	12:00.00
8	Stroudsburg	B	12:20.00

Event 7 Girls 4x100 Meter Relay

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

4	Parkland	B	1:02.00
5	Northampton	B	1:07.00

Section 2 of 2 Finals...(Event 7 Girls 4x100 Meter Relay)

1	Pleasant Val	A	54.80
2	Stroudsburg	A	54.50
3	Pocono Mount	A	52.50
4	Pocono Mount	A	50.50
5	Whitehall	A	50.80
6	Northampton	A	52.90
7	Palmerton Ar	A	54.70
8	Parkland	A	58.00

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Event 8 Boys 4x100 Meter Relay

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

3	Northampton	B	54.00
4	Pleasant Val	A	46.50
5	Northampton	A	48.20
6	Whitehall	B	55.90

Section 2 of 2 Finals

1	Pocono Mount	A	46.40
2	Stroudsburg	A	46.00
3	Pocono Mount	B	45.50
4	Pocono Mount	A	44.80
5	Whitehall	A	45.20
6	Nazareth Are	A	45.60
7	Parkland	A	46.00
8	Parkland	B	46.50

Event 9 Girls 4x800 Meter Relay

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Northampton	A	10:20.00
2	Pocono Mount	A	10:25.00
3	Pocono Mount	A	10:47.00
4	Pocono Mount	B	11:00.00
5	Northampton	B	11:00.00
6	Whitehall	A	11:03.10
7	Palmerton Ar	A	11:06.00
8	Stroudsburg	A	11:12.00
9	Stroudsburg	B	11:27.00
10	Pleasant Val	A	11:40.00
11	Whitehall	B	12:30.00

Event 10 Boys 4x800 Meter Relay

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Pocono Mount	A	8:35.00
2	Whitehall	A	8:56.00
3	Pleasant Val	A	9:03.00
4	Pocono Mount	A	9:13.00
5	Northampton	A	9:27.00
6	Stroudsburg	A	9:28.00
7	Whitehall	B	9:30.00
8	Stroudsburg	B	9:40.00
9	Northampton	B	9:45.00

Event 11 Girls 800 Sprint Medley

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

3	Parkland	B	2:30.00
4	Northampton	B	2:17.00
5	Parkland	A	2:18.00

Section 2 of 2 Finals

1	Nazareth Are	A	2:08.76
2	Pocono Mount	B	1:59.00
3	Northampton	A	1:56.90

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4	Pocono Mount	A	1:52.00
5	Pleasant Val	A	1:54.00
6	Whitehall	A	1:57.00
7	Pocono Mount	A	1:59.50
8	Pocono Mount	B	2:10.00

Event 12 Boys 800 Sprint Medley

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

1	Parkland	B	1:55.00
2	Northampton	B	1:53.00
3	Stroudsburg	B	1:51.00
4	Stroudsburg	A	1:49.00
5	Pocono Mount	B	1:50.00
6	Parkland	A	1:51.40
7	Nazareth Are	B	1:54.20

Section 2 of 2 Finals

1	Whitehall	B	1:45.00
2	Pocono Mount	B	1:41.00
3	Pleasant Val	A	1:40.00
4	Pocono Mount	A	1:38.00
5	Nazareth Are	A	1:39.00
6	Whitehall	A	1:40.43
7	Northampton	A	1:41.50
8	Pocono Mount	A	1:46.00

Event 13 Girls 4x400 Meter Relay

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

3	Parkland	B	5:00.00
4	Palmerton Ar	A	4:49.00
5	Whitehall	B	4:55.00
6	Northampton	B	5:15.00

Section 2 of 2 Finals

1	Parkland	A	4:40.00
2	Northampton	A	4:30.00
3	Whitehall	A	4:30.00
4	Pocono Mount	A	4:13.20
5	Pocono Mount	A	4:19.00
6	Stroudsburg	A	4:30.00
7	Nazareth Are	A	4:35.00
8	Stroudsburg	B	4:44.00

Event 14 Boys 4x400 Meter Relay

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

2	Stroudsburg	B	4:06.00
3	Parkland	B	3:55.00
4	Stroudsburg	A	3:45.20
5	Palmerton Ar	A	3:48.00
6	Pocono Mount	B	4:03.00
7	Northampton	B	4:36.00

Section 2 of 2 Finals

1	Pocono Mount	A	3:43.00
2	Northampton	A	3:40.20
3	Pocono Mount	A	3:35.00
4	Whitehall	A	3:33.57

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5	Pleasant Val	A	3:35.00
6	Whitehall	B	3:40.00
7	Pocono Mount	B	3:42.00
8	Parkland	A	3:45.00

Event 15 Girls Long Jump Relay

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	Malika Mathis	Stroudsburg	11-04.00
2	Rachel Krautsack	Northampton	11-08.00
3	Allison Lothion	Northampton	12-04.00
4	Haley McClain-Hill	Stroudsburg	12-05.00
5	Darriell McCain	Pocono Mount	13-00.00
6	Ellyssa DeGroot	Northampton	13-08.00
7	Niki Linder	Pocono Mount	14-01.00
8	Katelyn Farmer	Pocono Mount	14-01.00
9	Kianna Tucker	Stroudsburg	14-01.50
10	Dejuene Campbell	Pocono Mount	14-03.00
11	Ashley Gulla	Northampton	14-03.00
12	Faosat MuFtau-Lediju	Whitehall	14-06.00
13	Emily Berger	Whitehall	14-06.00
14	Ashley Rivera	Whitehall	14-07.00
15	Mykia Crenshaw	Pleasant Val	14-08.00
16	Losena Kears	Pleasant Val	14-10.00
17	Lindsey Stitzer	Nazareth Are	15-04.00
18	Amira Jones	Pleasant Val	15-09.75
19	Ramonia Brnitez	Pocono Mount	16-00.00
20	Johnnay Mims	Pocono Mount	16-00.00
21	Allison Keeley	Pleasant Val	16-06.00
22	Natasha McLaren	Stroudsburg	16-07.00
23	Michaela Labar	Nazareth Are	16-07.50
24	Brooke Hamscher	Whitehall	16-10.00

Event 16 Boys Long Jump Relay

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	Akil Jackson	Nazareth Are	15-00.00
2	Ogonna Ofoma	Parkland	15-00.00
3	Mark Sabino	Parkland	15-00.00
4	Doug Lockard	Parkland	15-05.00
5	Mistah Williams	Pocono Mount	15-06.00
6	Matt Kleinhenz	Parkland	16-00.00
7	Jordan Russell	Pocono Mount	16-00.00
8	Joseph Fogle	Pocono Mount	16-00.00
9	Chad Gleason	Pocono Mount	16-08.00
10	Shaka Crosby	Pocono Mount	17-00.00
11	Dylan Grey	Nazareth Are	17-01.00
12	Joe Kaminski	Nazareth Are	17-06.00
13	Keegan Alston	Pleasant Val	17-08.00
14	Demarcquario Rogers	Stroudsburg	17-08.50
15	Tyler Bentzoni	Pleasant Val	18-01.00
16	Erik Ring	Northampton	18-02.00
17	Josh Perry	Pleasant Val	18-05.00
18	Kole Harris	Pocono Mount	18-06.00
19	Shea Durant	Whitehall	18-06.00
20	Mike Marakovits	Northampton	18-10.00
21	Dwayne Vines	Pocono Mount	19-00.00
22	Terrell Halsey	Pocono Mount	19-00.00

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23	Derek Furry	Palmerton Ar	19-00.00
24	Keyautay Alder	Stroudsburg	19-01.00
25	Joseph Charlonis	Stroudsburg	19-03.00
26	Alex Vignone	Palmerton Ar	19-03.50
27	Dan Benkoski	Stroudsburg	19-04.00
28	Zachery Winter	Whitehall	19-05.00
29	Evan Olphin	Whitehall	19-06.00
30	Hiram Woodruff	Pleasant Val	19-11.00
31	Dante Basta	Northampton	20-00.00
32	Nicholas Wilson	Northampton	20-03.00
33	Chris Astacio	Whitehall	21-05.00
34	Adam Bridgeforth	Nazareth Are	21-09.50

Event 17 Girls Triple Jump Relay

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	Brianna Jones	Northampton	25-02.00
2	Lindsey Bulcavage	Whitehall	26-08.00
3	Lydia Mayernik	Whitehall	26-10.00
4	Courtney Millett	Northampton	28-02.00
5	Ariana Lahr	Nazareth Are	28-11.00
6	Alyssa Kresge	Nazareth Are	29-02.00
7	Sahara Skagen	Pocono Mount	29-07.00
8	Ashley Rivera	Whitehall	29-10.00
9	Stephanie Davis	Pocono Mount	30-00.00
10	Faosat MuFtau-Lediju	Whitehall	30-03.00
11	Ellyssa DeGroot	Northampton	30-04.00
12	Haley McClain-Hill	Stroudsburg	30-04.25
13	Ashley Gulla	Northampton	30-06.00
14	Kelsey Herbst	Nazareth Are	30-09.00
15	Michaela Labar	Nazareth Are	31-00.00
16	Katelyn Farmer	Pocono Mount	31-00.00
17	Niki Linder	Pocono Mount	31-01.00
18	Brittany Dunay	Pleasant Val	31-10.00
19	Losena Kears	Pleasant Val	32-03.00
20	Erin Madison	Pocono Mount	32-06.00
21	Allison Keeley	Pleasant Val	33-04.00
22	Kristina Leyro	Pocono Mount	33-04.00
23	Natasha McLaren	Stroudsburg	35-02.25
24	Amira Jones	Pleasant Val	35-07.00

Event 18 Boys Triple Jump Relay

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	Brandon Appel	Whitehall	28-10.00
2	Dominick Manalo	Whitehall	28-10.00
3	Ogonna Ofoma	Parkland	31-02.00
4	Nzubenna Ofoma	Parkland	31-05.00
5	Mistah Williams	Pocono Mount	31-05.00
6	Akil Jackson	Nazareth Are	32-00.00
7	Ron Preudhomme	Parkland	34-02.00
8	Joseph Stock	Parkland	34-02.00
9	Dylan Grey	Nazareth Are	35-09.00
10	Griffin Schwab	Nazareth Are	35-09.00
11	Vishal Shah	Whitehall	36-00.00
12	Erik Ring	Northampton	36-00.00
13	Nakia Knight	Stroudsburg	36-03.50
14	Dennis McEachern	Stroudsburg	38-01.00

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15	Mike Marakovits	Northampton	38-06.00
16	Maxamillion Sander	Pleasant Val	38-06.00
17	Tyler Bentzoni	Pleasant Val	39-00.00
18	Terrell Halsey	Pocono Mount	39-00.00
19	Jalen Blot	Pleasant Val	39-04.00
20	Demarcquario Rogers	Stroudsburg	39-06.00
21	Dante Basta	Northampton	39-06.00
22	Chad Gleason	Pocono Mount	39-08.00
23	Josh Perry	Pleasant Val	39-10.00
24	Zachery Winter	Whitehall	39-10.00
25	Nigel Van Gronigan	Pocono Mount	40-00.00
26	Dan Benkoski	Stroudsburg	41-10.00
27	Nicholas Wilson	Northampton	41-11.00
28	Shaka Crosby	Pocono Mount	42-03.25
29	Adam Bridgeforth	Nazareth Are	43-00.00
30	Dwayne Vines	Pocono Mount	43-00.00

Event 19 Girls High Jump Relay

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	Melissa Crosby	Stroudsburg	4-00.00
2	Sahara Skagen	Pocono Mount	4-02.00
3	Rachel Krautsack	Northampton	4-02.00
4	Malika Mathis	Stroudsburg	4-02.00
5	Ashley Gulla	Northampton	4-04.00
6	Ellyssa DeGroot	Northampton	4-04.00
7	Courtney Millett	Northampton	4-04.00
8	Elizabeth Beller	Whitehall	4-04.00
9	Darriell McCain	Pocono Mount	4-06.00
10	Haley McClain-Hill	Stroudsburg	4-06.00
11	Jane Lukas	Nazareth Are	4-06.00
12	Wendy Miller	Whitehall	4-06.00
13	Jessica Pereira	Palmerton Ar	4-07.75
14	Normani Marbury	Pleasant Val	4-08.00
15	Losena Kearse	Pleasant Val	4-08.00
16	Lauren Solt	Palmerton Ar	4-09.75
17	Lindsey Stitzer	Nazareth Are	5-00.00
18	Natasha McLaren	Stroudsburg	5-06.00

Event 20 Boys High Jump Relay

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	Nzubenna Ofoma	Parkland	4-10.00
2	Joseph Stock	Parkland	5-00.00
3	Erik Ring	Northampton	5-00.00
4	Tyrell Wright	Pocono Mount	5-00.00
5	Enoch Acheampong	Pocono Mount	5-00.00
6	Matt Kleinhenz	Parkland	5-00.00
7	Ward Damere	Pocono Mount	5-02.00
8	tarik williams	Pleasant Val	5-04.00
9	Darius Gonzalez	Stroudsburg	5-04.00
10	Will Waren	Pocono Mount	5-04.00
11	Dennis McEachern	Stroudsburg	5-04.00
12	Aaron Baker	Pocono Mount	5-06.00
13	Demarcquario Rogers	Stroudsburg	5-06.00
14	Shalir Williams	Pocono Mount	5-06.00
15	Pedro Garcia	Whitehall	5-06.00
16	Logan Kreglow	Whitehall	5-06.00

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17	Tyler Bentzoni	Pleasant Val	5-08.00
18	Griffin Schwab	Nazareth Are	5-08.00
19	Bobby Beldo	Whitehall	5-08.00
20	Anthony Smith	Northampton	5-10.00
21	Dan Benkoski	Stroudsburg	5-10.00
22	Chris Astacio	Whitehall	6-04.00
23	Jonathan Hendershot	Nazareth Are	6-08.00

Event 21 Girls Pole Vault Relay

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	Rachel Lucosky	Stroudsburg	6-00.00
2	Casey Fick	Northampton	6-06.00
3	Brittany Betham	Pocono Mount	6-06.00
4	Amanda VanFleet	Pocono Mount	6-06.00
5	Jackie Miller	Northampton	6-06.00
6	Vanessa Vanderbrink	Pocono Mount	6-06.00
7	Alison Coe	Whitehall	6-06.00
8	Kaitlyn Doddy	Nazareth Are	7-00.00
9	Kendra Sutter	Stroudsburg	7-00.00
10	Maria Andrews	Stroudsburg	7-00.00
11	Dina DiGiovine-Florence	Pocono Mount	7-06.00
12	Krista Mindler	Nazareth Are	7-06.00
13	Rachel Robison	Pocono Mount	8-00.00
14	Chandler Klein	Stroudsburg	8-00.00
15	Christina Bates	Pocono Mount	8-06.00
16	Adrianna Bozik	Northampton	9-00.00
17	Maria Yezzo	Northampton	9-06.00
18	Brooke Hamscher	Whitehall	12-05.75

Event 22 Boys Pole Vault Relay

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	James Yerger	Nazareth Are	8-00.00
2	Austin Saeger	Northampton	8-06.00
3	Chris Monge	Whitehall	8-08.00
4	Nicholas Stoessel	Pocono Mount	9-06.00
5	Zach Grim	Parkland	10-00.00
6	Evan Krum	Parkland	10-00.00
7	Alexander Bilianis	Stroudsburg	10-00.00
8	Rafe Lucci	Northampton	10-00.00
9	Tyler Hernandez	Pocono Mount	10-06.00
10	Nick Morosco	Pocono Mount	10-06.00
11	Tyler Holland	Palmerton Ar	10-11.75
12	Sean Nichols	Pocono Mount	11-00.00
13	Ryan DeSantis	Parkland	11-00.00
14	Eric Gabriel	Parkland	11-00.00
15	Anthony Zrillo	Stroudsburg	11-06.00
16	Josh Kerbaugh	Northampton	11-06.00
17	Adam Director	Whitehall	12-00.00
18	John Piserchio	Stroudsburg	12-00.00
19	Kenji Okamoto	Stroudsburg	12-06.00
20	Brandon Williams	Nazareth Are	13-00.00
21	Lanny Buck	Palmerton Ar	13-05.75
22	Eric Hunter	Northampton	13-06.00
23	Andrew Beers	Whitehall	14-03.25

Event 23 Girls Discus Throw Relay

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Pos	Name	School	Seed Mark
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Flight 1 of 3 Finals

1	Marcia Rivera	Pocono Mount	57-00
2	Kaitlyn Yocum	Pocono Mount	57-00
3	Elizabeth Sanderson	Stroudsburg	59-08
4	Katie Frace	Nazareth Are	63-07
5	Megan Lokay	Northampton	64-05
6	Michele Dainese	Parkland	67-05
7	Joel Duren	Pocono Mount	68-00
8	Kelsey Hay	Palmerton Ar	68-01.50
9	Paloma Ortiz	Pleasant Val	68-02
10	Kelsey Yocum	Pleasant Val	68-07

Flight 2 of 3 Finals

1	Elizabeth Boyd	Nazareth Are	71-09
2	Madeline McShane	Parkland	72-00
3	Crystal Miranda	Pleasant Val	72-09
4	Molly Droelle	Pleasant Val	73-05
5	Loreal Dixon	Pocono Mount	74-00
6	Jennifer Schmidt	Northampton	75-09
7	Victoria Bobyak	Whitehall	75-09.75
8	Johnell Lambert	Northampton	76-01
9	Chelsea Hall	Northampton	76-11
10	Christina Hingston	Nazareth Are	78-04

Flight 3 of 3 Finals...(Event 23 Girls Discus Throw Relay)

1	Carly Emes	Stroudsburg	78-09
2	Kaitlyn Globosits	Whitehall	83-02.25
3	Allison Horinko	Palmerton Ar	83-06.25
4	Abby Geisel	Parkland	83-10
5	Erika Morgan	Nazareth Are	83-10
6	Hannah Bukoski	Parkland	84-00
7	Kayleigh Stewart	Stroudsburg	87-03
8	Salina Virosak	Pocono Mount	90-00
9	Sam Fuss	Pocono Mount	90-00
10	Elizabeth Leh	Stroudsburg	94-06

Event 24 Boys Discus Throw Relay

Pos	Name	School	Seed Mark
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Flight 1 of 3 Finals

1	Justin Kulhammer	Northampton	ND
2	Joseph Walsh	Nazareth Are	68-08
3	CJ Penzone	Parkland	82-03
4	Charles Fang	Whitehall	84-00
5	Mistah Williams	Pocono Mount	85-00
6	Jeff Boyer	Parkland	88-02
7	Alex Jacob	Whitehall	88-09
8	Tyler Kula	Parkland	92-04
9	Erik Watson	Nazareth Are	92-04.50
10	Brandon Andrews	Pleasant Val	93-06

Flight 2 of 3 Finals

1	Chris Janotka	Northampton	95-01
2	Jarrett Fenon	Northampton	95-06
3	Chris Hanuschak	Parkland	98-00
4	Derek Walck	Palmerton Ar	100-00.25
5	Tyler Bauer	Northampton	102-03
6	Dekimbe Smith	Pleasant Val	102-06
7	Mark Andrews	Palmerton Ar	103-00
8	harrison Walters	Pleasant Val	103-01
9	Mike Russo	Pocono Mount	104-00

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10	Brian Martinez	Pocono Mount	104-00
Flight 3 of 3 Finals			
1	Parker Munson	Pocono Mount	105-00
2	Alexis Duarte	Stroudsburg	113-07
3	PJ Castanzi Castanzi	Pocono Mount	114-00
4	Thomas Heath	Pleasant Val	115-06
5	Nicholas Graff	Stroudsburg	116-05
6	John Passmore	Stroudsburg	122-07
7	Tito Merritt	Pocono Mount	126-01
8	David Passmore	Stroudsburg	141-02

Event 25 Girls Javelin Throw Relay

Pos	Name	School	Seed Mark
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Flight 1 of 3 Finals

1	Selina Omalley	Pocono Mount	55-00
2	Kadija Castle	Pocono Mount	60-00
3	Kadija Bates	Pocono Mount	60-00
4	Jaelyn Sicz	Pocono Mount	60-00
5	Lauren Derhammer	Northampton	60-04
6	Heather Stank	Nazareth Are	69-11
7	Emily Larsen	Pocono Mount	70-00
8	Joel Duren	Pocono Mount	70-00
9	Heather Voigt	Pleasant Val	70-06
10	Hillary Dankel	Whitehall	71-05

Flight 2 of 3 Finals

1	Jennifer Schmidt	Northampton	72-08
2	Elizabeth Leh	Stroudsburg	72-10
3	Emily Clark	Pocono Mount	75-00
4	Loreal Dixon	Pocono Mount	75-00
5	Caitlin House	Parkland	75-06
6	Veronica Sharo	Nazareth Are	77-10
7	Kelly Klapatch	Pleasant Val	79-05
8	Laura Stinger	Stroudsburg	80-07
9	Kayla Mosser	Parkland	82-06
10	Johnell Lambert	Northampton	82-11

Flight 3 of 3 Finals

1	Melissa Lawson	Parkland	84-00
2	Madison Bodine	Nazareth Are	84-08
3	Chelsea Williams	Whitehall	84-09
4	Jen Eppley	Stroudsburg	84-10
5	Alyssa Tomcho	Parkland	94-11
6	Alyssa Wentz	Palmerton Ar	96-01.50
7	Chelsea Hall	Northampton	96-04
8	Kayleigh Stewart	Stroudsburg	98-06
9	Erika Morgan	Nazareth Are	108-04
10	Kelsey Hay	Palmerton Ar	117-10

Event 26 Boys Javelin Throw Relay

Pos	Name	School	Seed Mark
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Flight 1 of 3 Finals

1	Tim Voepel	Pocono Mount	90-00
2	Zachery Horton	Whitehall	110-03
3	Andrew Sandt	Whitehall	111-00
4	Jared Geosits	Northampton	114-05
5	Tyler Michlik	Pleasant Val	114-06
6	Eric Ross	Nazareth Are	116-10
7	Ryan Kunkle	Parkland	118-02
8	Josh Miller	Pocono Mount	119-00

2010 Zephyr Relays - 4/10/2010
Whitehall
Meet Program

Flight 2 of 3 Finals...(Event 26 Boys Javelin Throw Relay)

1	Brett Rentzheimer	Parkland	119-07
2	Robert McMaster	Stroudsburg	123-10
3	Ricky Finelli	Pleasant Val	124-09
4	Chris Janotka	Northampton	127-07
5	Tyler Bauer	Northampton	129-02
6	Trevor Kirchner	Palmerton Ar	132-08.75
7	Yianni Korovesis	Stroudsburg	137-03
8	Alex Leh	Stroudsburg	137-05
9	Josh Grohotolski	Palmerton Ar	139-00.50

Flight 3 of 3 Finals

1	Doug Kenely	Pleasant Val	139-04
2	Tyler Sickler	Pocono Mount	140-00
3	Dakota Kelly	Parkland	140-07
4	Sam Pany	Parkland	145-03
5	John Passmore	Stroudsburg	145-10
6	Justin Kulhammer	Northampton	149-05
7	Joe Kaminski	Nazareth Are	155-00
8	Brian Martinez	Pocono Mount	157-08

Event 27 Girls Shot Put Relay

Pos	Name	School	Seed Mark
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Flight 1 of 3 Finals

1	Brooke Troutman	Parkland	22-00.00
2	Sarah Buzzard	Stroudsburg	22-06.75
3	Sifa Blackmon	Stroudsburg	22-07.00
4	Johnell Lambert	Northampton	23-02.00
5	Jaimie Leasure	Nazareth Are	23-07.00
6	Jaaklyn Sucz	Pocono Mount	24-00.00
7	Alexandra Carl	Whitehall	24-01.00
8	Alyssa Rivera	Stroudsburg	24-02.00
9	Elizabeth Boyd	Nazareth Are	24-05.00
10	Amy Gregory	Nazareth Are	24-05.00

Flight 2 of 3 Finals

1	Megan Lokay	Northampton	25-05.00
2	Jennifer Schmidt	Northampton	25-10.00
3	Kaitlyn Globosits	Whitehall	25-11.00
4	Sandra Mosicki	Pocono Mount	26-00.00
5	Jen McKee	Pleasant Val	26-01.00
6	Salina Virosak	Pocono Mount	27-00.00
7	Molly Hamill	Parkland	27-03.00
8	Anakken Busack	Parkland	28-02.00
9	Allison Horinko	Palmerton Ar	28-06.25

Flight 3 of 3 Finals

1	Joel Duren	Pocono Mount	29-00.00
2	Loreal Dixon	Pocono Mount	29-00.00
3	Melissa Werkheiser	Nazareth Are	29-03.00
4	Larissa Lopez	Pleasant Val	29-05.00
5	Sam Fuss	Pocono Mount	30-00.00
6	Julissa Rivera	Stroudsburg	30-05.00
7	Chelsea Hall	Northampton	31-07.00
8	Kelsey Hay	Palmerton Ar	33-01.25
9	Monica Hagenauer	Parkland	35-00.00

Event 28 Boys Shot Put Relay

Pos	Name	School	Seed Mark
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Flight 1 of 3 Finals

1	Mike Demboski	Parkland	24-06.00
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2010 Zephyr Relays - 4/10/2010**Whitehall
Meet Program**

2	Joseph Walsh	Nazareth Are	32-04.00
3	Jared Geosits	Northampton	35-00.00
4	Dakota Everett	Pleasant Val	35-06.00
5	Chris Janotka	Northampton	35-07.00
6	Tim Voepel	Pocono Mount	36-00.00
7	Mark Andrews	Palmerton Ar	37-00.25
8	Derek Walck	Palmerton Ar	37-00.25
Flight 2 of 3 Finals			
1	Kashian Scrivens	Pleasant Val	37-05.00
2	Tyler Kula	Parkland	37-08.00
3	Erik Watson	Nazareth Are	38-01.50
4	Jordan Young	Parkland	38-06.00
5	Keegan Bray	Pleasant Val	38-06.00
6	Parker Munson	Pocono Mount	40-00.00
7	Dekimbe Smith	Pleasant Val	40-01.00
8	Nicholas Graff	Stroudsburg	40-06.00
Flight 3 of 3 Finals			
1	Tyler Bauer	Northampton	40-06.00
2	Aaron Jennings	Parkland	40-11.00
3	Dan McNair	Stroudsburg	42-06.50
4	Sebastion Joseph	Stroudsburg	44-00.00
5	Justin Kulhammer	Northampton	44-01.00
6	John Passmore	Stroudsburg	44-05.00
7	Andrew Sandt	Whitehall	44-06.00
8	Alex Jacob	Whitehall	45-05.00