SCCS Track and Field
Vs.: Groton All-Star Duals
Conditions: A beautiful spring day for a Spring Break meet. Temps toward 70, light breeze from the north, mostly sunny.

- To convert Automatic Times to hand times, subtract .24 and round up to the next tenth. Thus Jordan's 57.14 = a 56.9 hand time.
- 7 teams here today, but no team scores kept. Groton, T-burg, Dryden, Moravia, Marathon, us, and Whitney Point.

| Shot Put |  |
| :--- | :--- |
| George Vreeland | $34-3.5^{*} \quad 3^{\text {rd }}$ |
| Damian Rejman | $30-3.25$ |
| lan Murray | $26-3.25^{*}$ |
| Bri Gentile | $22-9.25 \quad 6^{\text {th }}$ |

Long Jump

| Steven Sherman | $17-11.25$ |
| :--- | :--- |
| Dylan Haff | $10-7.75$ |
| Sarah Robin | $10-4$ |

High Jump
Jamison Murray NH
Triple Jump
Steven Sherman 34-0.75 $6^{\text {th }}$

100 m

| Aimee Kreydatus | 14.56 sb | Damian Rejman | $12.64 \mathrm{sb} \mathrm{4} \mathbf{4}^{\text {th }}$ |
| :--- | :--- | :--- | :--- |
| Anna Van Amburgh | 15.36 | Brian Collier | 14.92 |
| Amanda Hall | 15.59 |  |  |
| Scarlett Lonsky | $15.76^{\star}$ |  |  |

$1500 \mathrm{~m} / 1600 \mathrm{~m}$

| Bridget Hastings | 5:26.88* $3^{\text {rd }}$ PQ (\#9) (84,90/2:54,91/4:25,62) |
| :---: | :---: |
| Bri Gentile | 5:49.23* $\mathbf{6}^{\text {th }} \quad(86,96 / 3: 02,100 / 4: 42,67)$ |
| Betsy Gloss | 5:49.63 sb (86,95/3:01, 101/4:42,67) |
| Sam Kniffin | $5: 11.16^{*} 5^{\text {th }}(69,75 / 2: 24,85 / 3: 49,82)(2: 24 / 2: 47)$ |
| Ben Stiadle | $5: 11.75 * 6^{\text {th }} \quad(70,76 / 2: 26,84 / 3: 50,81)(2: 26 / 2: 45)$ |
| Matt Radcliff | $5: 54.46 \mathrm{sb}$ ( $78,92 / 2: 50, \mathrm{x}, 3: 04$ ) |

400 m

| Amber Black | 1:05.10 sb $\mathbf{2}^{\text {nd }}$ | PQ | Phillip Holden |
| :--- | :--- | :--- | :--- |
|  |  | Jordan Stephenson | $53.37^{*} \mathbf{1}^{\text {st }}$ |
|  | Alex Larsen | PQ (\#5) |  |
|  |  | 59.20 sb $\mathbf{5}^{\text {th }}$ |  |

## 800 m

| Chris Morris | $2: 12.27$ sb | $3^{\text {rd }}$ | $(62,70)$ |
| :--- | :--- | :--- | :--- |
| Conner Bennett | $2: 16.26$ sb $^{\text {th }}$ | $66,70)$ |  |

200m

| Emma Myers | $28.34 \mathrm{sb} \mathbf{2}^{\text {nd }} \mathrm{PQ}$ | Damian Rejman | 24.75 | $2^{\text {nd }}$ |
| :--- | :--- | :--- | :--- | :--- |
| Scarlett Lonsky | $33.42^{\star}$ | Phillip Holden | $25.44^{\star}$ | $4^{\text {th }}$ |
|  |  | lan Murray | $26.53^{\star}$ |  |
|  |  | Brian Collier | $29.80^{\star}$ |  |
|  |  | Dylan Haff | $32.96^{\star}$ |  |


| $4 \times 400$ |  |  |  |
| :---: | :---: | :---: | :---: |
| Scarlett Lonsky | 1:23.0 | Damian Rejman | 56.7 |
| Amber Black | 1:09.4 | Jordan Stephenson | 58.4 |
| Bridget Hastings | 1:13.9 | Alex Larsen | 59.0 sb |
| Bri Gentile | 1:15.3 | Phil Holden | 55.1 |
|  | 5:01.80 $3^{\text {rd }}$ |  | 3:49.43 sb $3^{\text {rd }} \mathrm{PQ}$ |
|  |  | Steven Sherman | 1:00.0* |
|  |  | Conner Bennett | 1:02.0 sb |
|  |  | Sam Kniffin | 59.8* |
|  |  | Chris Morris | 58.5 sb |
|  |  |  | 4:00.52 |

## Team Scores:

## - Not kept in this meet -

* = PR (personal record)

Sb = Season's Best performance
$P Q=$ Provisional Qualifying mark for the Section 4 Championship/State Qualifier meet
(\#) = Place on SCCS TF All-Time Top Ten List

