

## Delco Indoor Champs

Jan 10, 05

Haverford College

### 55 Hurdles

1	O'Hara	Joanna Pardini	8.9
2	Strath Haven	Kerry Kelly	9
3	Springfield	Ashley Taylor	9.3
4	Upper Darby	Brittany Williams	9.5
5	Penncrest	Sarah Knipel	9.7
6	Sun Valley	Cory Nelson	9.8
7	Strath Haven	Emily Gray	9.9
8	A Park	Shaquita Dixon	10.0
9	Haverford	Kelly Reed	10.1
10	O'Hara	Mary Houtman	10.1
11	Springfield	Julene Paynter	10.3
12	Penncrest	Katie Treotola	10.4
13	Radnor	Jen Judge	10.4
14	MN	Nicki Schiotto	10.4
15	Carroll	LuAnna Pollock	10.5
16	Carroll	Riley Manion	10.6
17	Sun Valley	Anna Miron	10.7
18	Chichester	Jaunesha Woods	10.7
19	Radnor	Steph Meltzer	10.7
20	Prendie	Caitlin O'Neill	10.8
21	Chichester	Dana Friday	10.8
22	Garnet Valley	Jen Empfield	11.2
23	Upper Darby	Arche Sissoko	11.4

### 200 M Dash

1	Penn Wood	Simone Carter	25.8
2	A Park	Delilah Badgett	26.5
3	Interburo	Katie Quinn	26.7
4	Penn Wood	Ashley Bishop	27.4
5	O'Hara	Nialah Smith	27.8
6	O'Hara	Lyndsey Aaron	27.8
7	A Park	Breanne Wilson	28
8	Chester	Taria Graves	28
9	Carroll	Bridgid Gallagher	28.6
10	Ridley	Chrissy Savage	28.7
11	Sun Valley	Cheroilee Maness	28.9
12	Strath Haven	Sharon Denney	28.9
13	Springfield	Aileen Cress	29
14	Ridley	Meghan Brooks	29.1
15	Strath Haven	Morgan Dixon	29.1

### 55 M Dash

1	Penn Wood	Simone Carter	7.1
2	Prendie	Ashley Witherspoon	7.4
3	Penn Wood	Ashley Bishop	7.4
4	Interburo	Katie Quinn	7.4
5	A Park	Breanne Wilson	7.4
6	O'Hara	Niacah Smith	7.5
7	Chester	Lanesha Knox	7.6
8	Interburo	Rachel DiMattia	7.7
9	Chester	Taria Graves	7.7
10	Upper Darby	Brendlyn Quaik	7.7
11	Penncrest	Melissa Malick	7.8
12	Ridley	Chrissy Savage	7.8
13	A Park	Kasey Lee	7.8
14	O'Hara	Ashley James	7.8
15	Upper Darby	Lauren Green	7.8
16	Strath Haven	Desinee Smith	7.8
17	Carroll	Cait Kent	7.9
18	Springfield	Maggie McDermott	7.9
19	Carroll	Jill Carl	7.9
20	Sun Valley	Cheroilee Maness	7.9
21	Penncrest	Eileen Hunger	7.9
22	Strath Haven	Carla Cain-Walther	8.1
23	Garnet Valley	Michelle McMonigle	8.3
24	Haverford	Molly Coyne	8.3
25	MN	Melissa Henderson	8.4
26	Radnor	Jenny Gai	8.4
27	Sun Valley	Kristen Gizzio	8.4
28	Prendie	Kristen Flick	8.5
29	Haverford	Veronica Radice	8.6
30	Chichester	Jessica Power	8.6
31	Chichester	Cumfort Dixon	8.7
32	Garnet Valley	Sumithra Jeganathan	8.8
33	MN	Meghan Allen	9.6
34	Springfield	Suapna Padinjarekutt	10.1

### 400M

1	Carroll	Devon Dupont	61.9
2	Strath Haven	Nikki King	62.2
3	O'Hara	Tricia Hunt	62.5
4	Chester	Jennifer Ball	62.7

16	Prendie	Tiana Smith	29.1	5	Penn Wood	Keah Mason	62.7
17	Upper Darby	Jen Scanlon	29.2	6	Penn Wood	Nefertari Anyika	63.3
18	Chester	Quanisha Miller	29.4	7	Sun Valley	Jade Moore	63.6
19	Upper Darby	Brelenay Boardley	29.5	8	Carroll	Emily Pattett	63.7
20	Carroll	Jill Carl	29.6	9	Ridley	Sam Smarkola	64.3
21	Penncrest	Suline Gabale	30.2	10	Upper Darby	Christiana Teih	64.6
22	Penncrest	Leigh Ann Chominski	30.4	11	Springfield	Shannon Murphy	65
23	Interboro	Kirstyn Varas	30.5	12	Upper Darby	Brandi Slaughter	65
24	Radnor	Jen Judge	30.9	13	O'Hara	Katie Willard	65.2
25	MN	Chelsea Yingling	30.9	14	Prendie	Elena D'Andrea	65.5
26	Haverford	Molly Cayne	31	15	Ridley	Asley Robotson	66.6
27	Haverford	Lauren Piechule	31.1	16	Chester	Epiphany Collins	67.7
28	Sun Valley	Kristen Gizzio	31.3	17	Haverford	Colleen Ford	67.9
29	Springfield	Shannon Murphy	31.4	18	Strath Haven	Marie Siwichi	68.6
30	Garnet Valley	Rebecca O'Donnell	31.9	19	Springfield	Sam Tajirian	69.3
31	MN	Natalie Iannucci	31.9	20	Interboro	Holly Waldick	69.5
32	Garnet Valley	Christine Schlicter	32.8	21	Sun Valley	Laura Erickson	69.6
33	Radnor	Mary Nagle	33.9	22	Chichester	Michelle Elliott	71.3
34	Chichester	Amber Marcinowski	35.7	23	MN	Alex Yingling	72
35	Prendie	Shanen Quarrells	37.2	24	A Park	India Assinaro	72.1
36	Chichester	Ellie Walls	37.7	25	MN	Elaine Yeh	72.6

### **800 M**

1	Prendie	Kelli Fierras	2:20.7	26	Prendie	Jess Maitlond	73.1
2	Notre Dame	Stephanie Hayden	2:21.1	27	Penncrest	Emily Newby	76
3	Strath Haven	Molly Carroll	2:23.1	28	Radnor	Katie Campbell	76.4
4	O'Hara	Kelly Unger	2:27.0	29	Interboro	Rachel Matten	76.9
5	Radnor	June Farley	2:27.3	30	Chichester	Comfort Dixon	77.7
6	Garnet Valley	Kristen McGoldrick	2:29.2	31	Garnet Valley	Ali Berkeyheiser	89.1
7	Prendie	Christine Harrison	2:29.5				
8	Radnor	Amanda Bridges	2:29.6		<b>1600 M</b>		
9	Carroll	Kaitlin Storbeck	2:33.5	1	Strath Haven	Lisa Vienneau	05:14.0
10	Carroll	Cooie Rettew	2:33.6	2	Radnor	Liz Milewski	05:18.8
11	O'Hara	Bridge Boudwin	2:31.2	3	Garnet Valley	Julie Karaszkievicz	05:24.1
12	Chester	Alisha McKiethan	2:35.2	4	Ridley	Tara Mituick	05:44.2
13	Haverford	Karyn Piechule	2:41.3	5	O'Hara	Katie Kelly	05:48.7
14	Chichester	Dana Friday	2:42.3	6	Prendie	Amee DiLucido	05:53.2
15	Garnet Valley	Hayley Prosser	2:44.6	7	Radnor	Caroline Milewski	5:56
16	MN	Joy Lombard	2:47.3	8	Carroll	Libbi Rettew	05:57.3
17	MN	Katie D'Ambrosia	2:47.7	9	Penncrest	Kelly Maze	06:06.4
18	A Park	Trish White	2:48.7	10	Penncrest	Grace Thompson	06:06.9
19	Strath Haven	Amy Wharton	2:49.3	11	Haverford	Karle Yanocha	06:07.1
				12	Carroll	Lindsay Loughery	06:12.1
				13	MN	Hanah DiCocco	06:12.6

20 Interboro	Carly Van Wryk	2:51.5
21 Sun Valley	Erin Cline	2:56.0
22 Penncrest	Grace Thompson	2:58.0
23 Penn Wood	Chinwendu Onyeachu	2:59.3
24 A Park	Yolanda Badgett	3:00.7
25 Chichester	Jessica Power	3:02.7
26 Sun Valley	Kezsea Kozak	3:10.0
27 Springfield	Kim Becker	3:13.9
28 Springfield	Kelly Reid	3:15.0

**4X200 M Relay**

1 Penn Wood "A"	01:48.3
2 O'Hara "A"	01:51.1
3 A Park "A"	01:53.8
4 Upper Darby	01:54.7
5 Interboro	01:55.8
6 Strath Haven	01:55.9
7 Prendie "A"	01:57.2
8 O'Hara "B"	01:58.8
9 Strath Haven	01:58.9
10 Chichester	02:00.1
11 Penncrest "A"	02:00.2
12 Ridley	02:00.4
13 Carroll "A"	02:00.9
14 Sun Valley	2:01
15 Haverford "A"	02:04.7
16 Chichester	02:04.8
17 Penncrest "B"	02:05.4
18 Penn Wood "B"	02:05.6
19 Springfield	2:06
20 Strath Haven	02:06.3
21 MN	02:06.4
22 Prendie "B"	02:06.5
23 Strath Haven	02:06.7
24 Strath Haven	02:06.8
25 O'Hara "C"	02:06.8
26 Garnet Valley	02:09.7
27 Sun Valley	02:10.5
28 Springfield "B"	02:11.6
29 Haverford "B"	02:13.2
30 Upper Darby	02:13.5
31 Upper Darby "B"	02:13.7

14 A Park	Melissa Florde	06:27.7
15 Springfield	Andrea Ridgely	06:38.6
16 Haverford	Anna Nydilk	07:00.0
17 Sun Valley	Michelle Romo	07:22.7
18 Sun Valley	Lauren Lydon	07:24.5

**3000 M**

1 Haverford	Julia Somers	10:41.5
2 Prendie	Colleen Boland	10:57.1
3 Strath Haven	Kristen Hildea	11:02.1
4 O'Hara	Beth Kelly	11:15.9
5 O'Hara	Caroline Grant	11:17.2
6 Sun Valley	Kelly Cline	11:20.7
7 Strath Haven	Shay Dickson	11:22.7
8 Penncrest	Kelly Maze	12:18
9 Haverford	Katie Dutch	12:21.4
10 Ridley	Rachel Dowrick	12:31.3
11 Carroll	Reese Eichman	12:51.8
12 Carroll	Sarah Bean	12:52.1
13 A Park	Charmaine Smith	13:36.9
14 MN	Katie Finnerty	13:46.8

**4X400 M Relay**

1 Strath Haven	04:13.2
2 Chester	04:13.3
3 Upper Darby	04:16.0
4 Carroll "A"	04:18.6
5 O'Hara "A"	04:25.9
6 Radnor	04:27.2
7 Prendie "A"	04:29.4
8 Springfield	4:30
9 O'Hara "B"	04:43.2
10 Penn Wood "B"	04:47.7
11 Strath Haven	04:47.9
12 Ridley "A"	04:53.0
13 Strath Haven	04:53.1
14 Upper Darby "B"	04:57.3
15 Strath Haven	04:59.6
16 Radnor	5.01.3
17 Carroll "B"	05:08.1
18 A Park	05:10.9
19 MN	05:15.3

32 Prendie "C"	02:15.9	20 Sun Vally	05:16.3
33 Carroll "B"	02:16.2	21 Penn Wood "C"	05:20.5
34 Ridley	02:17.7	22 Carroll "C"	05:25.9
35 Radnor	02:17.9	23 Ridley "B"	05:28.2
36 A Park "B"	02:18.2	24 Springfield	5:38
37 Penn Wood "C"	02:19.1		
38 Springfield "C"	02:21.9		
39 O'Hara "E"	02:26.7		
40 O'Hara "D"	02:26.8		

**DMR**

1 Garnet Valley	13:15.0	1 Prendie "A"	10:13.1
2 Carrol "A"	13:32.7	2 O'Hara "A"	10:18.5
3 O'Hara "A"	13:22.5	3 Garney Valley	10:22.2
4 Upper Darby	13:29.6	4 Ridley	10:23.4
5 Strath Haven	13:45	5 Strath Haven	10:34.7
6 Prendie	13:42.6	6 Prendie "B"	10:45.7
7 Sun Valley	13:59.8	7 Haverford	10:47.3
8 Ridley	14:10.8	8 Carool "A"	10:55.5
9 O'Hara "B"	14:30.0	9 O'Hara "B"	11:000
10 Springfield	14:35	10 Radnor	11:32.7
11 MN	14:46.9	11 O'Hara "C"	11:38
12 Radnor	14:48	12 Upper Darby	11:39.3
13 Carroll "B"	15:00	13 Penncrest	11:43.0
14 O'Hara "C"	15:16	14 Springfield	11:52.3
15 Penncrest	15:21.1	15 A Park	11:53.2
16 Haverford	16:36.6	16 MN	11:53.8
		17 Prendie "C"	11:55.2
		18 Sun Valley	11:55.4
		19 Carroll "B"	11:56.0
		20 Strath Haven	12:04.0
		21 Strath Haven	12:22.1
		22 Strath Haven	12:49.4

**High Jump**

1 Springfield	Ashley Taylor	5-0
2 Prendie	Caolleen Carmen	4-10
3 O'Hara	Michele Frayne	4-10
4 Haverford	Dana Grace	4-10
5 Upper Darby	Bintau Dibba	4-10
6 Penncrest	Chelsea Miles	4-8
7 Strath Haven	Hana Johnson	4-8
8 Strath Haven	Kerry Kelly	4-8
9 Upper Darby	Brandi Slaughter	4-8
10 Springfield	Maggie McDermott	4-8
11 O'Hara	Joanna Pardini	4-8
12 Penncrest	Sarah Knipel	4-6
13 Carroll	Brigid Corr	4-6

**Long Jump**

1 Carrol	Devon Duponc	16' 5 _"
2 Penncrest	Chelsea Miles	16' 3 _"
3 Chester	Jawanda Jackson	16 1 _"
4 Upper Darby	Ebony Middleton	15' 6"
5 Strath Haven	Rachel Skalina	14' 10"
6 Haverford	Dana Groce	14' 5 _"
7 Ridley	Amanda Jones	14' 5 _"
8 Upper Darby	Lauren Green	14' 3 _"
9 Prendie	Elena Dandrea	14' 3"
10 Strath Haven	Sarah Serratore	14' 2 _"
11 O'Hara	Tricia Hunt	14' 2"

14 Ridley	Amanda Jones	4-4	12 Springfield	Colleen Rutecki	13' 11 _ "
15 Sun Valley	Cory Nelson	4-2	13 Academy Park	Casey Lee	13' 6 _ "
16 Carroll	Jill Carl	4-2	14 Radnor	Katie Wu	13' 4 "
17 Prendie	Caitlin O'Neill	4-2	15 Springfield	Julene Paynter	13' 3 "
18 Ridley	Rachel Dowrick	nh	16 Prendie	Maggie Shanahan	13' 1 _ "

### **Shot Put**

1 Penncrest	Karen Shump	40'8"
2 Strath Haven	Shay Brown	34'1 "
3 Intorboro	Katie Johnson	33'4"
4 Carroll	Marlie Margaret	32'10 "
5 O'Hara	Ashley Murphy	31' "
6 Prendie	Janine Sissions	31'5 "
7 O'Hara	Sarah Manley	30' _ "
8 Prendie	Emily Carr	30' _ "
9 Carroll	Lauren Nicholson	29' 9"
10 Springfield	Jessie Furia	29'7"
11 Upper Darby	Chanel King	29' 5 "
12 Sun Valley	Tiffanie Mack	27' 5"
13 Pennwood	Sorha Kamara	26' _ "
14 Chester	Chimeye Henry	25' "
15	Mei Kay Wong	25' 3 "
16 Upper Darby	Natasia Pascoe	24' 6"
17 MN	Lindsay Evans	24' 5"
18 MN	Jenna Troiana	23' 3"
19 Chichester	Ellie Walls	22' "
20 Sun Valley	Phylcia Long	22' 7"
21 Haverford	Jillian Gannon	22' 3"
22	Kate Sayer	20' "
23 Springfield	Shannon Kane	20'6 "
24 Garnet Valley	Keycee Watkins	19' 9"
25 Haverford	Cibi Kandammalil	20' 2"
26 Chichester	Amber Marcinowski	19' 9 "
27 Garnet Valley	Kaycee Watkins	19' 9"
28 Interboro	Kristen Sim	18' 3"
29 Pennwood	Hawa DArra	17'10 "

19 Carrol	Lindsey Egolf	12' 5"
20 O'Hara	Lindsey Aaron	11' 11"
21 Sun Valley	Phylicai Oong	9' _ "
22 Interborough	Lynda Stachowicz	F

### **Triple Jump**

1 O'Hara	Michelle Frayne	34'9 _ "
2 O'Hara	Joanna Pardini	34' 3"
3 Penncrest	Chelsey Miles	33' 9 _ "
4 Chester	Jowanda Jackson	33' 8"
5 Chester	Jennifer Ball	32' 9"
6 Springfield	Ashley Taylor	32' 6 _ "
7 Upper Darby	Ebony Middleton	32' 2 _ "
8 Strath Haven	Rachel Skalina	30' 6"
9 Haverford	Meridith R.	30 1 _ "
10 Strath Haven	Sarah Serratore	29' 5 _ "
11 Interborough	Heather Vares	29' 2 _ "
12 Carroll	Bridget Corr	28 9 _ "
13 Prendie	Colleen Carmen	28' _ "
14 Sun Valley	Anna Miron	27' 9 _ "
15 Springfield	Kathleen Dougherty	27' 9 _ "
16 Penncrest	Steph Green	27' _ "
17 Corroll	Rilen Manlon	24' 11"