

2009 Girls DELCO Track and Field Champs - 4/30/2009 to 5/2/2009
Upper Darby High School
Results

Girls 100 Meter Dash

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24 Advance: Top 3 Each Heat plus Next 9 Best Times

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Rayiana Johnson	Chester	12.40	12.54Q	3
2 Lydia Ali	Radnor	12.34	12.66Q	2
3 Maura McKendrick	Notre Dame Acade	12.44	12.95Q	4
4 Ayanna Fields	Notre Dame Acade	12.34	13.00Q	1
5 Liz Rivers	Upper Darby	13.04	13.28Q	5
6 Renee Sydnor	Haverford	12.84	13.05Q	2
7 Kayla Graves	Penncrest	12.74	13.13Q	4
8 LaShay Hickenbottom	Upper Darby	13.04	13.26Q	3
9 Allison Van Zant	Penncrest	13.44	13.44Q	1
10 Abby Worrell	Ridley	13.09	13.72Q	5
11 Agena Jacobs	Ridley	13.04	13.20Q	2
12 Tavia Campbell	Penn Wood	12.84	13.56Q	3
13 Juliet Nwachukwiu	Interboro	13.04	13.57Q	1
14 Tiffany Shamberger	Upper Darby	13.04	13.62Q	4
15 Melissa McCarthy	Haverford	13.84	13.75Q	5
16 Lucia Kearney	Strath Haven	13.34	13.54q	2
17 Christina Hicks	Interboro	13.34	13.70q	4
18 Emma Carl	Archbishop Carro	13.52	13.73q	2
19 Adriana Toscani	Ridley	13.14	13.87q	3
20 Chelsea Fischer	Strath Haven	13.64	13.94q	4
21 Katya Richie	Chester	14.24	13.94q	3
22 Tori Murphy	Garnet Valley	13.44	14.06q	1
23 Cristine Kutys	Cardinal O'Hara	13.84	14.40q	5
24 Jess Valetti	Cardinal O'Hara	13.93	14.44q	4
25 Frani Carney	Radnor	14.14	14.51	1
26 Emily Loror	Marple Newtown	13.94	14.53	3
27 Nicole Butler	Chichester	13.94	14.64	2
28 Bridget Fitzpatrick	Garnet Valley	14.24	14.70	4
29 Michelle Maylie	Springfield (Del	14.24	14.88	2
30 Jessica Cotter	Chichester	14.30	15.01	5
31 Gabby Szlactha-McGinn	Marple Newtown	14.04	15.23	1
32 Steph Van Atter	Sun Valley	16.94	15.58	5

Girls 100 Meter Dash

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12 Advance: Top 3 Each Heat plus Next 3 Best Times

Name	Year School	Prelims	Semis	H#
Semi-Finals				
1 Maura McKendrick	Notre Dame Acade	12.95	12.34Q	3
2 Rayiana Johnson	Chester	12.54	12.39Q	1
3 Lydia Ali	Radnor	12.66	12.50Q	2
4 Ayanna Fields	Notre Dame Acade	13.00	12.36Q	3
5 Renee Sydnor	Haverford	13.05	12.92Q	1
6 LaShay Hickenbottom	Upper Darby	13.26	12.94Q	2
7 Kayla Graves	Penncrest	13.13	12.99Q	1
8 Agena Jacobs	Ridley	13.20	13.05Q	2

9	Allison Van Zant	Penncrest	13.44	13.28Q	3
10	Liz Rivers	Upper Darby	13.28	13.17q	2
11	Tiffany Shamberger	Upper Darby	13.62	13.19q	2
12	Tavia Campbell	Penn Wood	13.56	13.35q	1
13	Lucia Kearney	Strath Haven	13.54	13.45	3
14	Juliet Nwachukwu	Interboro	13.57	13.47	1
15	Christina Hicks	Interboro	13.70	13.52	2
16	Melissa McCarthy	Haverford	13.75	13.59	3
17	Emma Carl	Archbishop Carro	13.73	13.83	1

Girls 100 Meter Dash

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Name	Year School	Semis	Finals	H#	Points
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Finals					
1	Rayiana Johnson	Chester	12.39	12.06	2 10
2	Maura McKendrick	Notre Dame Acade	12.34	12.37	2 8
3	Lydia Ali	Radnor	12.50	12.42	2 6
4	Ayanna Fields	Notre Dame Acade	12.36	12.46	2 4
5	Renee Sydnor	Haverford	12.92	13.02	2 2
6	Liz Rivers	Upper Darby	13.17	13.14	1 1
7	LaShay Hickenbottom	Upper Darby	12.94	13.15	2
8	Agena Jacobs	Ridley	13.05	13.28	1
9	Tiffany Shamberger	Upper Darby	13.19	13.32	1
10	Allison Van Zant	Penncrest	13.28	13.37	1
11	Tavia Campbell	Penn Wood	13.35	13.38	1

Girls 200 Meter Dash

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12 Advance: Top 2 Each Heat plus Next 2 Best Times					
Name	Year School	Seed	Prelims	H#	
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Preliminaries					
1	Rayiana Johnson	Chester	25.28	25.04Q	2
2	Brittany Wallace	Penn Wood	25.24	25.24Q	1
3	Maura McKendrick	Notre Dame Acade	25.50	25.94Q	3
4	Lydia Ali	Radnor	25.74	26.14Q	4
5	Lauren Tusar	Penncrest	25.84	26.34Q	5
6	Felicia Custis	Penn Wood	26.44	26.34Q	4
7	Dawn Gallo	Cardinal O'Hara		26.74Q	5
8	Tiffany Shamberger	Upper Darby	26.45	26.94Q	2
8	Tavia Campbell	Penn Wood	26.44	26.94Q	3
8	Renee Sydnor	Haverford	27.14	26.94Q	2
11	Christa Horrocks	Penncrest	26.64	27.14Q	1
12	Agena Jacobs	Ridley	26.24	26.84q	5
13	Liz Rivers	Upper Darby	27.34	27.04	4
14	Jess Rice	Ridley	27.54	27.64	5
15	Megan DeFruscio	Archbishop Carro	27.66	27.84	4
16	Shelby Arata	Haverford	28.04	27.94	2
17	Emma Carl	Archbishop Carro	28.14	28.04	1
17	Jasmyne Dixon	Archbishop Prend	27.36	28.04	5
17	Tori Murphy	Garnet Valley	27.84	28.04	3
20	Morgan Abate	Notre Dame Acade	28.14	28.44	1
21	Kiss Sass	Radnor	29.14	29.24	4
21	Katya Richie	Chester	29.74	29.24	2
23	Brianna Fecondo	Garnet Valley	29.24	29.54	5
23	Emily Loror	Marple Newtown	30.24	29.54	1

25	Shannon Duffy	Springfield (Del	28.94	29.84	2
25	Morgan Murphy	Springfield (Del	29.54	29.84	4
25	Jess Valetti	Cardinal O'Hara	28.24	29.84	3
28	Karly Manchin	Strath Haven	30.24	30.04	1
29	Lisa Civardelli	Marple Newtown	30.74	30.24	3
30	Joia Townsend	Interboro	30.64	32.14	2
31	Angela Leonard	Chichester	32.34	33.94	4
--	LaShay Hickenbottom	Upper Darby	27.34	DQ	3

Girls 200 Meter Dash

Name	School	Prelims	Finals	H#	Points
=====					
Finals					
1	Rayiana Johnson	Chester	25.04	24.62	2 10
2	Maura McKendrick	Notre Dame Acade	25.94	24.96	2 8
3	Brittany Wallace	Penn Wood	25.24	25.93	2 6
4	Lydia Ali	Radnor	26.14	26.25	2 4 26.244
5	Dawn Gallo	Cardinal O'Hara	26.74	26.25	1 2 26.248
6	Tavia Campbell	Penn Wood	26.94	26.71	1 1
7	Tiffany Shamberger	Upper Darby	26.94	27.02	1
8	Agena Jacobs	Ridley	26.84	27.09	1
9	Renee Sydnor	Haverford	26.94	27.29	1
10	Felicia Custis	Penn Wood	26.34	27.29	2
11	Christa Horrocks	Penncrest	27.14	28.10	1

Girls 400 Meter Dash

12 Advance: Top 2 Each Heat plus Next 2 Best Times					
Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1	Arielle Fonrose	Archbishop Prend	56.65	57.46Q	2
2	Brittany Wallace	Penn Wood	56.47	57.79Q	1
3	Felicia Custis	Penn Wood	59.64	59.03Q	4
4	Megan Matusky	Haverford	59.98	1:00.15Q	5
5	Ann Kelly	Notre Dame Acade	58.64	1:00.20Q	3
6	Christa Horrocks	Penncrest	1:00.04	1:01.10Q	5
7	Christina Smtih	Springfield (Del	1:00.54	1:02.08Q	4
8	Brittany Diehl	Haverford	1:01.14	1:02.11Q	3
9	Sharmaine Burke	Upper Darby	1:01.84	1:02.37Q	2
10	Janasia Womack	Chester	1:04.54	1:02.39Q	1
11	Alex Stephanou	Marple Newtown	1:02.14	1:02.84q	1
12	Diane Garrison	Cardinal O'Hara	1:03.24	1:03.06q	4
13	Trish Donnely	Notre Dame Acade		1:03.27	2
14	Audrey Jackson	Upper Darby	1:02.54	1:03.34	4
15	Emily Creighton	Cardinal O'Hara		1:03.35	3
16	Roslyn Alston	Penn Wood	1:02.34	1:03.97	3
17	Kelsey Hansen	Strath Haven	1:03.84	1:04.14	2
18	Elise Rehoric	Penncrest	1:03.54	1:04.29	3
19	Auma Muttu	Archbishop Carro	1:03.21	1:04.55	5
20	Jenna Haiken	Marple Newtown	1:02.24	1:04.61	1
21	Kim Dynow	Archbishop Prend	1:05.33	1:05.03	1
22	Jen Lyons	Radnor	1:02.74	1:07.16	5
23	Krista Egolf	Archbishop Carro	1:07.24	1:08.68	2
24	Cassandra Stewart	Ridley	1:08.14	1:09.38	4
25	Kayelam Malenfant	Radnor	1:07.74	1:10.19	3

26	Anna Harris	Strath Haven	1:08.54	1:11.59	5
27	Sabrina Orr	Sun Valley	1:16.34	1:14.46	2
28	Laqueena Ferguson	Chester	1:10.24	1:14.67	5
29	Brittany Hambleton	Chichester	1:20.04	1:20.09	1

Girls 400 Meter Dash

Name	Year School	Prelims	Finals	H#	Points
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Finals

1	Brittany Wallace	Penn Wood	57.79	56.27	2	10
2	Arielle Fonrose	Archbishop Prend	57.46	56.72	2	8
3	Ann Kelly	Notre Dame Acade	1:00.20	58.42	2	6
4	Megan Matusky	Haverford	1:00.15	58.94	2	4
5	Felicia Custis	Penn Wood	59.03	59.00	2	2
6	Brittany Diehl	Haverford	1:02.11	1:00.49	1	1
7	Christa Horrocks	Penncrest	1:01.10	1:00.77	2	
8	Diane Garrison	Cardinal O'Hara	1:03.06	1:01.45	1	
9	Sharmaine Burke	Upper Darby	1:02.37	1:01.87	1	
10	Janasia Womack	Chester	1:02.39	1:02.32	1	
11	Christina Smtih	Springfield (Del	1:02.08	1:02.51	1	
12	Alex Stephanou	Marple Newtown	1:02.84	1:02.72	1	

Girls 800 Meter Run

12 Advance: Top 3 Each Heat plus Next 3 Best Times

Name	Year School	Seed	Prelims
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Preliminaries

1	Ayanna Fields	Notre Dame Acade	2:18.14	2:20.34Q
2	Sophia Meehan	Haverford	2:22.94	2:25.74Q
3	Laura Sherry	Garnet Valley	2:32.24	2:29.04Q
4	Robyn Oakley	Cardinal O'Hara		2:20.94Q
5	Val Wilson	Strath Haven	2:23.84	2:26.94Q
6	Meghan Hotz	Cardinal O'Hara	2:26.04	2:29.44Q
7	Marina Rufo	Radnor	2:26.04	2:24.04Q
8	Megan Smith	Haverford	2:29.74	2:27.54Q
9	Erin Seglem	Strath Haven	2:20.94	2:29.94Q
10	Danielle McCloskey	Archbishop Carro	2:29.04	2:24.44q
11	Bridget Hanna	Notre Dame Acade	2:30.84	2:28.04q
12	Katie Suplee	Penncrest	2:32.24	2:31.64q
13	Carolyn Schwartz	Garnet Valley	2:33.24	2:32.04
14	Maggie O'Neill	Radnor	2:36.84	2:32.14
15	Nicole Brestowski	Ridley	2:33.14	2:32.74
16	Bridget Craskey	Archbishop Carro	2:32.74	2:33.14
17	Hope Kildea	Strath Haven	2:29.50	2:34.14
18	Kelsey Kilgore	Archbishop Prend	2:33.64	2:34.24
19	Jeni Piraino	Penncrest	2:39.94	2:34.94
20	Amy Wyschynskyj	Marple Newtown	2:36.04	2:35.74
21	Steph Miller	Springfield (Del	2:33.64	2:37.04
22	Julie Marro	Springfield (Del	2:41.84	2:42.24
23	Erica Trofa	Chichester	2:39.74	2:44.14
24	Amanda Bowden	Sun Valley	2:52.54	2:53.84
25	Ana Guenther	Sun Valley	3:09.24	3:01.04
26	Laqueena Ferguson	Chester	3:00.24	3:04.74
27	Brittany Hambleton	Chichester	3:18.34	3:27.64

Girls 800 Meter Run

Name	Year	School	Prelims	Finals	Points	
Points						
Finals						
1		Ayanna Fields	Notre Dame Acade	2:20.34	2:12.56	10
2		Robyn Oakley	Cardinal O'Hara	2:20.94	2:17.55	8
3		Sophia Meehan	Haverford	2:25.74	2:18.82	6
4		Val Wilson	Strath Haven	2:26.94	2:19.08	4
5		Erin Seglem	Strath Haven	2:29.94	2:22.69	2
6		Meghan Hotz	Cardinal O'Hara	2:29.44	2:22.92	1
7		Marina Rufo	Radnor	2:24.04	2:24.17	
8		Laura Sherry	Garnet Valley	2:29.04	2:25.59	
9		Danielle McCloskey	Archbishop Carro	2:24.44	2:27.28	
10		Katie Suplee	Penncrest	2:31.64	2:28.84	
11		Bridget Hanna	Notre Dame Acade	2:28.04	2:29.00	

Girls 1600 Meter Run

12 Advance: Top 3 Each Heat plus Next 3 Best Times						
Name	Year	School	Seed	Prelims	Points	
Preliminaries						
1		Maria Seykora	Notre Dame Acade	5:17.24	5:25.25Q	
2		Frances McNally	Springfield (Del)	5:23.34	5:36.45Q	
3		Sarah Rutter	Ridley	5:28.04	5:37.95Q	
4		Leah Goeke	Garnet Valley	5:20.80	5:29.78Q	
5		Katy Loughran	Strath Haven	5:09.24	5:38.27Q	
6		Stephanie Powers	Notre Dame Acade	5:32.34	5:39.21Q	
7		Anne Dyroff	Radnor	5:30.84	5:38.46Q	
8		Kelsey Harm	Cardinal O'Hara	5:46.36	5:42.71Q	
9		Kendra Sultzer	Strath Haven	5:48.24	5:49.77Q	
10		Angel Bucci	Upper Darby	5:44.34	5:50.21q	
11		Alyssa McGinnis	Sun Valley	6:00.84	5:50.84q	
12		Kirsten McGroary	Cardinal O'Hara	5:55.04	5:52.92q	
13		Erica Trofa	Chichester	6:01.64	5:54.99	
14		Lauren Kelleher	Penncrest	6:07.84	5:56.14	
15		Tara Iannucci	Upper Darby	6:00.24	5:59.53	
16		Amanda Macedo	Haverford	6:12.94	6:04.42	
17		Avery Rufo	Radnor	6:02.84	6:06.05	
18		Lauren Huston	Marple Newtown	5:57.24	6:08.58	
19		Jess Garrity	Sun Valley	6:09.84	6:13.97	
20		Bridget Golato	Archbishop Prend	6:21.54	6:14.96	
21		Kelsey McGade	Marple Newtown	6:24.24	6:25.75	
22		Caitlin Nelson	Haverford	6:24.04	6:32.24	
23		Melissa Dugan	Ridley	6:16.94	6:37.62	
24		Angela Leonard	Chichester	7:10.04	7:06.22	

Girls 1600 Meter Run

Name	Year	School	Prelims	Finals	Points	
Points						
Finals						
1		Maria Seykora	Notre Dame Acade	5:25.25	5:07.18	10
2		Katy Loughran	Strath Haven	5:38.27	5:09.61	8

3	Leah Goeke	Garnet Valley	5:29.78	5:12.92	6
4	Frances McNally	Springfield (Del	5:36.45	5:22.92	4
5	Kelsey Harm	Cardinal O'Hara	5:42.71	5:23.38	2
6	Sarah Rutter	Ridley	5:37.95	5:27.49	1
7	Stephanie Powers	Notre Dame Acade	5:39.21	5:30.01	
8	Anne Dyroff	Radnor	5:38.46	5:33.11	
9	Kendra Sultzer	Strath Haven	5:49.77	5:52.50	
10	Kirsten McGroary	Cardinal O'Hara	5:52.92	5:55.36	
11	Angel Bucci	Upper Darby	5:50.21	6:12.56	

Girls 3200 Meter Run

Name	School	Seed	Finals	Points
1	Nicole Lord	Penncrest	11:15.04	10:59.59 10
2	Maria Seykora	Notre Dame Acade	11:28.59	11:12.24 8
3	Alyssa Bellia	Archbishop Carro	11:51.44	11:21.10 6
4	Katie Rodden	Archbishop Carro	11:38.64	11:24.07 4
5	Countenay Devlin	Agnes Irwin	11:36.34	11:25.48 2
6	Sarah Rutkowski	Strath Haven	11:44.14	11:32.52 1
7	Caroline Powers	Notre Dame Acade	11:51.24	11:35.66
8	Meghan Dietzler	Upper Darby	12:13.94	11:36.53
9	Julianne Garvey	Notre Dame Acade	12:01.24	11:51.30
10	Becky Painter	Strath Haven	12:11.24	11:57.13
11	Fiona Egan	Cardinal O'Hara	12:02.63	11:59.35
12	Amanda Bascelli	Ridley	12:10.56	12:05.51
13	Meghan Gsell	Radnor	11:57.34	12:06.63
14	Nicole DelGrosso	Cardinal O'Hara	11:51.90	12:08.73
15	Angel Bucci	Upper Darby	13:07.24	12:34.40
16	Brittany Boyer	Cardinal O'Hara	12:23.50	12:44.80
17	Dana Reuther	Ridley	13:32.24	12:51.81
18	Erica Trofa	Chichester	13:45.54	13:06.01
19	Patty Boland	Archbishop Prend	14:20.56	13:11.45
20	Caroline Morgan	Haverford	15:01.24	13:13.43
21	Lauren Huston	Marple Newtown	13:15.24	13:13.48
22	Maddie O'Donnell	Penncrest	13:17.24	13:52.67
23	Danielle Geida	Marple Newtown	14:03.24	14:10.03

Girls 100 Meter Hurdles

Name	Year School	Seed	Prelims	H#
21 Advance: Top 3 Each Heat plus Next 6 Best Times				
Preliminaries				
1	Rachel Clarke	Strath Haven	15.94	16.14Q 2
2	Kim Richardson	Springfield (Del	16.04	16.24Q 3
3	Princess Ndanu	Upper Darby	15.67	16.44Q 1
4	Jess Rice	Ridley	16.48	16.54Q 5
5	Rachel Van Metre	Strath Haven	16.34	16.94Q 4
6	Georgia Mason	Upper Darby	16.74	16.74Q 1
7	Jenny Zhuo	Garnet Valley	16.54	17.04Q 3
8	Ann Kelly	Notre Dame Acade	16.50	17.24Q 5
9	Katie Nappi	Notre Dame Acade	16.74	17.34Q 2
10	Angela Geiss	Archbishop Prend	17.44	17.64Q 4
11	Jordan Adelberger	Sun Valley	16.74	16.94Q 1
12	Mary Mulholland	Notre Dame Acade	17.44	17.34Q 5
12	Isetta Kennah	Archbishop Prend	17.44	17.34Q 5

14	Brianna Williams	Upper Darby	16.84	17.44Q	2
14	Dana Venditti	Springfield (Del	16.94	17.44Q	3
16	Samantha Cowan	Penncrest	17.24	18.44Q	4
17	Emily Milushi	Strath Haven	17.64	17.24q	1
18	Bridget Lemke	Archbishop Prend	17.74	17.74q	3
18	Morgan Long	Chichester	17.94	17.74q	1
20	Amie Maruire	Garnet Valley	17.54	17.94q	2
21	Maya Larson	Haverford	17.94	18.24q	2
22	Franny Short	Haverford	18.04	18.74	3
23	Erica Williams	Chichester	19.24	19.14	5
24	Morgan Ricker	Ridley	19.04	19.24	5
25	Kayla Ortiz	Interboro	18.94	19.34	4
26	Britta Stuhltrager	Archbishop Carro	20.14	19.74	3
27	Angie Shadwich	Interboro	19.44	20.24	4
28	Shyra Teagle	Academy Park	21.14	21.04	2
29	Tiannah Lovett	Chester	22.24	22.04	1
30	Rachel Fredericks	Sun Valley	23.84	23.34	1

Girls 100 Meter Hurdles

12 Advance: Top 3 Each Heat plus Next 3 Best Times

Name	Year	School	Prelims	Semis	H#
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Semi-Finals

1	Rachel Clarke	Strath Haven	16.14	15.69Q	1
2	Princess Ndanu	Upper Darby	16.44	15.82Q	3
3	Kim Richardson	Springfield (Del	16.24	16.39Q	2
4	Georgia Mason	Upper Darby	16.74	16.36Q	1
5	Rachel Van Metre	Strath Haven	16.94	16.46Q	2
6	Jess Rice	Ridley	16.54	16.78Q	3
7	Ann Kelly	Notre Dame Acade	17.24	16.75Q	2
8	Katie Nappi	Notre Dame Acade	17.34	16.99Q	3
9	Jenny Zhuo	Garnet Valley	17.04	17.06Q	1
10	Dana Venditti	Springfield (Del	17.44	17.06q	3
11	Isetta Kennah	Archbishop Prend	17.34	17.07q	1
12	Bridget Lemke	Archbishop Prend	17.74	17.13q	1
13	Mary Mulholland	Notre Dame Acade	17.34	17.18	1
14	Jordan Adelberger	Sun Valley	16.94	17.23	2
15	Morgan Long	Chichester	17.74	17.23	1
16	Angela Geiss	Archbishop Prend	17.64	17.35	3
17	Samantha Cowan	Penncrest	18.44	17.55	3
18	Brianna Williams	Upper Darby	17.44	17.70	2
19	Emily Milushi	Strath Haven	17.24	17.93	2

Girls 100 Meter Hurdles

Name	Year	School	Semis	Finals	H#	Points
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Finals

1	Princess Ndanu	Upper Darby	15.82	15.56	2	10
2	Rachel Clarke	Strath Haven	15.69	15.99	2	8
3	Kim Richardson	Springfield (Del	16.39	16.03	2	6
4	Georgia Mason	Upper Darby	16.36	16.47	2	4
5	Jess Rice	Ridley	16.78	16.67	2	2
6	Katie Nappi	Notre Dame Acade	16.99	16.99	1	1
7	Jenny Zhuo	Garnet Valley	17.06	17.10	1	
8	Isetta Kennah	Archbishop Prend	17.07	17.21	1	

9	Dana Venditti	Springfield (Del	17.06	17.50	1
10	Rachel Van Metre	Strath Haven	16.46	17.52	2
11	Bridget Lemke	Archbishop Prend	17.13	17.55	1

Girls 300 Meter Hurdles

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12 Advance: Top 2 Each Heat plus Next 4 Best Times

Name	Year School	Seed	Prelims	H#
=====				
Preliminaries				
1	Felicia Custis	Penn Wood	45.44	45.58Q 1
2	Ann Kelly	Notre Dame Acade	46.12	46.49Q 2
3	Robyn Oakley	Cardinal O'Hara	46.14	46.74Q 3
4	Samantha Finsterbuch	Penncrest	46.84	47.43Q 4
5	Emily Wenger	Garnet Valley	47.74	46.96Q 3
6	Princess Ndanu	Upper Darby	48.64	47.48Q 1
7	Rachel Clarke	Strath Haven	48.04	49.00Q 2
8	Bridget Lemke	Archbishop Prend	49.94	49.48Q 4
9	Amanda McCullough	Cardinal O'Hara	48.54	47.82q 1
10	Taneira Bowman	Chester	47.74	50.04q 4
11	Georgia Mason	Upper Darby	49.34	50.05q 2
12	Katie Nappi	Notre Dame Acade	50.74	50.15q 2
13	Alana Daniel	Haverford	50.54	50.28 3
14	Maya Larson	Haverford	51.64	51.02 1
15	Michelle Zoch	Strath Haven	50.14	51.03 4
16	Morgan Long	Chichester	49.74	51.13 3
17	Brianna Rogers	Interboro	52.64	52.47 2
18	Jaclyn Miller	Penncrest	52.74	53.33 3
19	Shannon Duffy	Springfield (Del	52.34	53.55 1
20	Sara Smith	Archbishop Prend	53.54	53.96 4
21	Cassandra Stewart	Ridley	53.44	54.23 4
22	Melinda Johnson	Chichester	59.14	54.97 3
23	Morgan Ricker	Ridley	54.44	56.13 3
24	Jessica Albert	Marple Newtown	57.24	57.20 1
25	Britta Stuhltrager	Archbishop Carro	1:00.04	59.08 4
26	Daria Green	Penn Wood	1:00.24	1:00.60 3
27	Tiannah Lovett	Chester	58.94	1:02.19 2
28	Steph Todd	Sun Valley	1:04.24	1:02.96 2

Girls 300 Meter Hurdles

Name	Year School	Prelims	Finals	H#	Points
=====					
Finals					
1	Ann Kelly	Notre Dame Acade	46.49	44.87	2 10
2	Felicia Custis	Penn Wood	45.58	45.03	2 8
3	Robyn Oakley	Cardinal O'Hara	46.74	45.21	2 6
4	Emily Wenger	Garnet Valley	46.96	45.77	2 4
5	Princess Ndanu	Upper Darby	47.48	46.75	2 2
6	Samantha Finsterbuch	Penncrest	47.43	47.07	2 1
7	Amanda McCullough	Cardinal O'Hara	47.82	47.48	1
8	Rachel Clarke	Strath Haven	49.00	48.51	1
9	Katie Nappi	Notre Dame Acade	50.15	48.72	1
10	Taneira Bowman	Chester	50.04	48.87	1
11	Georgia Mason	Upper Darby	50.05	49.24	1
12	Bridget Lemke	Archbishop Prend	49.48	49.34	1

Girls 4x100 Meter Relay

12 Advance: Top 3 Each Heat plus Next 3 Best Times

School	Seed	Prelims	H#
Preliminaries			
1 Notre Dame Academy 'A'	49.64	49.62Q	1
2 Penncrest 'A'	49.74	50.44Q	2
3 Upper Darby 'A'	50.14	50.54Q	3
4 Ridley 'A'	50.74	51.09Q	1
5 Cardinal O'Hara 'A'	50.17	51.34Q	3
5 Chester 'A'	51.01	51.34Q	2
7 Haverford 'A'	51.84	52.04Q	3
8 Strath Haven 'A'	52.15	52.19Q	1
9 Springfield (Delco) 'A'	52.14	52.44Q	2
10 Interboro 'A'	51.74	52.34q	3
11 Garnet Valley 'A'	53.74	54.13q	1
12 Archbishop Prendergast 'A'	50.66	54.54q	2
13 Archbishop Carroll 'A'	55.40	54.64	2
14 Marple Newtown 'A'	55.24	56.34	3
15 Chichester 'A'	54.44	56.54	2
16 Penn Wood 'A'	55.24	58.44	3
17 Radnor 'A'	55.44	58.45	1

Girls 4x100 Meter Relay

School	Prelims	Finals	H#	Points
Finals				
1 Notre Dame Academy 'A'	49.62	48.64	2	10
2 Penncrest 'A'	50.44	49.91	2	8
3 Upper Darby 'A'	50.54	50.08	2	6
4 Cardinal O'Hara 'A'	51.34	50.12	2	4
5 Chester 'A'	51.34	50.15	2	2
6 Ridley 'A'	51.09	51.18	2	1
7 Interboro 'A'	52.34	51.44	1	
8 Haverford 'A'	52.04	51.67	1	
9 Springfield (Delco) 'A'	52.44	51.72	1	
10 Strath Haven 'A'	52.19	52.10	1	
11 Archbishop Prendergast 'A'	54.54	53.16	1	
12 Garnet Valley 'A'	54.13	53.51	1	

Girls 4x400 Meter Relay

12 Advance: Top 2 Each Heat plus Next 6 Best Times

School	Seed	Prelims	H#
Preliminaries			
1 Penn Wood 'A'	3:52.43	4:02.34Q	1
2 Notre Dame Academy 'A'	4:02.46	4:06.84Q	3
3 Cardinal O'Hara 'A'	4:01.77	4:12.54Q	2
4 Archbishop Prendergast 'A'	4:02.60	4:07.24Q	3
5 Haverford 'A'	4:05.29	4:07.34Q	1
6 Springfield (Delco) 'A'	4:19.04	4:18.54Q	2
7 Ridley 'A'	4:06.04	4:09.34q	1
8 Upper Darby 'A'	4:08.24	4:15.24q	3
9 Garnet Valley 'A'	4:24.84	4:17.84q	3

10	Strath Haven 'A'	4:04.24	4:18.64q	2
11	Archbishop Carroll 'A'	4:16.03	4:18.74q	2
12	Penncrest 'A'	4:10.06	4:19.04q	3
13	Interboro 'A'	4:18.24	4:21.44	1
14	Chester 'A'	4:06.13	4:30.04	2
15	Radnor 'A'	4:18.24	4:30.44	1
16	Chichester 'A'	4:33.84	4:39.24	2
17	Sun Valley 'A'	4:39.24	4:54.54	1

Girls 4x400 Meter Relay

School	Prelims	Finals	H#	Points
=====				
Finals				
1	Penn Wood 'A'	4:02.34	3:56.71	2 10
2	Cardinal O'Hara 'A'	4:12.54	3:58.84	2 8
3	Archbishop Prendergast 'A'	4:07.24	4:02.08	2 6
4	Notre Dame Academy 'A'	4:06.84	4:03.41	2 4
5	Upper Darby 'A'	4:15.24	4:07.02	1 2
6	Strath Haven 'A'	4:18.64	4:07.41	1 1
7	Haverford 'A'	4:07.34	4:08.64	2
8	Ridley 'A'	4:09.34	4:08.66	1
9	Penncrest 'A'	4:19.04	4:09.28	1
10	Archbishop Carroll 'A'	4:18.74	4:11.35	1
11	Springfield (Delco) 'A'	4:18.54	4:13.49	2
12	Garnet Valley 'A'	4:17.84	4:17.05	1

Girls 4x800 Meter Relay

School	Seed	Finals	Points
=====			
1	Strath Haven 'A'	9:36.58	9:32.23 10
2	Cardinal O'Hara 'A'	9:38.84	9:32.76 8
3	Haverford 'A'	9:53.44	9:43.17 6
4	Archbishop Carroll 'A'	9:54.03	9:45.42 4
5	Ridley 'A'	10:02.80	9:46.43 2
6	Notre Dame Academy 'A'	9:39.97	10:03.84 1
7	Springfield (Delco) 'A'	10:46.64	10:07.21
8	Garnet Valley 'A'	10:19.54	10:08.32
9	Archbishop Prendergast 'A'	10:53.93	10:18.58
10	Penncrest 'A'	10:25.64	10:25.39
11	Marple Newtown 'A'	10:41.24	10:45.47
12	Upper Darby 'A'	10:04.82	11:02.04
13	Chichester 'A'	11:02.34	11:13.92
--	Penn Wood 'A'		DNF

Girls High Jump

Name	School	Seed	Finals	Points
=====				
1	Brigid Harron	Cardinal O'Hara	5-03.00	5-03.00 10
2	Katrina Dougherty	Cardinal O'Hara	5-03.00	5-00.00 8
3	Amelia Washington	Springfield (Del)	5-01.00	4-10.00 6
4	Sarah Hay	Haverford	4-10.00	4-10.00 4
5	Chelsea Johnson	Strath Haven	5-00.00	4-10.00 2
6	Brianna Williams	Upper Darby	4-10.00	4-08.00 0.50

6	Rachel Van Metre	Strath Haven	4-10.00	4-08.00	0.50
8	Danielle Hay	Haverford	4-08.00	4-08.00	
8	Erica Anderson	Archbishop Prend	4-10.00	4-08.00	
10	Lauren Merk	Penncrest	4-10.00	4-06.00	
10	Jenna Smith	Cardinal O'Hara	4-08.00	4-06.00	
12	Kayla Thomas	Springfield (Del	4-08.00	4-06.00	
13	Jess Basciano	Sun Valley	4-08.00	4-06.00	
14	Alex Stephanou	Marple Newtown	4-08.00	4-04.00	
14	Hannah Gillis	Notre Dame Acade	4-06.00	4-04.00	
--	Mary Mulholland	Notre Dame Acade	4-06.00	NH	
--	Kristina Link	Radnor	4-04.00	NH	
--	Laqueena Ferguson	Chester	4-06.00	NH	
--	Kim Richardson	Springfield (Del	4-08.00	NH	
--	Julie Beck	Penncrest	4-08.00	NH	
--	Alexia Haquialis	Radnor	4-02.00	NH	
--	Jessica Cotter	Chichester	4-02.00	NH	

Girls Pole Vault

Name	School	Seed	Finals	Points	
1	Sylvia Zohrabian	Radnor	9-00.00	9-06.00	10
2	Lara Kaisierian	Radnor	8-06.00	8-06.00	8
3	Mei Bruist	Haverford	8-06.00	8-06.00	6
4	Kayla Thomas	Springfield (Del	9-06.00	8-00.00	4
5	Jenny Zhuo	Garnet Valley	7-06.00	8-00.00	2
6	Heather Craft	Penncrest	8-00.00	8-00.00	1
7	Stefanie Kaveal	Penncrest	7-06.00	7-06.00	
7	Sarah Pelkofsky	Springfield (Del	7-06.00	7-06.00	
7	Kattie Bruce	Penncrest	7-06.00	7-06.00	
10	Jess Galligher	Cardinal O'Hara	7-00.00	7-06.00	
11	Lydia Ball	Haverford	8-06.00	7-06.00	
12	Hallen Guo	Strath Haven	8-00.00	7-06.00	
13	Michala Whitelaw	Strath Haven	8-00.00	7-00.00	
14	Dena Feinberg	Marple Newtown	8-00.00	7-00.00	
14	Abbey Wharton	Garnet Valley	7-06.00	7-00.00	
--	Katrina Dougherty	Cardinal O'Hara		NH	
--	Bridget McMenamin	Springfield (Del	7-06.00	NH	
--	Olivia Menta	Marple Newtown	6-06.00	NH	

Girls Long Jump

Name	School	Seed	Finals	Points	
1	Lauren Tusar	Penncrest	17-08.75	17-05.25	10
2	Alysha Womack	Cardinal O'Hara	17-07.00	17-04.25	8
3	Kayla Graves	Penncrest	17-07.75	16-10.75	6
4	Moriah Smith	Academy Park	17-03.00	16-09.00	4
5	Adriana Toscani	Ridley	16-06.00	16-03.50	2
6	Rayiana Johnson	Chester	17-04.00	16-03.00	1
7	Kayla Thomas	Springfield (Del	16-04.00	15-10.00	
8	Rachel Van Metre	Strath Haven	16-06.50	15-09.00	
9	Jess Rice	Ridley	16-06.00	15-05.25	
10	Juliet Nwachukwiu	Interboro	15-07.00	15-03.00	
11	Tavia Campbell	Penn Wood	16-00.00	15-02.00	
12	Brittany Diehl	Haverford	14-11.00	15-01.25	
13	Hannah Gillis	Notre Dame Acade	15-01.50	14-11.50	

13	Jackie Ronanyre	Archbishop Prend	14-07.00	14-11.50
15	Dana Venditti	Springfield (Del	14-09.25	14-09.75
16	Franny Short	Haverford	14-07.00	14-08.00
17	Maddie Eustache	Upper Darby	16-04.00	14-06.75
17	Tirzah Johnson	Upper Darby	15-04.00	14-06.75
19	Megan DeFruscio	Archbishop Carro	15-07.75	14-00.75
20	Brianna Rogers	Interboro	14-09.00	14-00.25
21	Trish Donnely	Notre Dame Acade	11-02.00	13-09.50
22	Morgan Long	Chichester	13-10.00	13-07.50
23	Jessica Cotter	Chichester	12-11.25	13-07.25
24	Amy Wyschynskyj	Marple Newtown	15-01.00	12-11.50
25	Alexia Haquialis	Radnor	13-00.00	12-07.00
26	Alex Hudson	Garnet Valley	12-10.00	12-01.00

Girls Triple Jump

Name	School	Seed	Finals	Points	
1	Lauren Tusar	Penncrest	37-11.00	36-10.75	10
2	Kayla Graves	Penncrest	35-10.00	35-00.00	8
3	Kathryn Ellis	Strath Haven	33-10.00	34-04.25	6
4	Taneira Bowman	Chester	34-09.00	33-04.75	4
5	Rachel Van Metre	Strath Haven	34-04.00	33-03.25	2
6	Franny Short	Haverford	34-02.00	33-00.50	1
7	Kayla Thomas	Springfield (Del	34-08.75	32-07.25	
8	Maddie Eustache	Upper Darby	33-11.00	31-09.00	
9	Dana Venditti	Springfield (Del	32-09.00	31-08.00	
10	Tirzah Johnson	Upper Darby	32-07.00	31-06.50	
11	Victoria Batter	Ridley	32-00.00	31-02.00	
12	Brittany Diehl	Haverford	31-01.00	30-10.00	
13	Jenna Smith	Cardinal O'Hara	31-03.75	30-04.00	
14	Taniesha Stewart	Chester	31-02.00	30-03.50	
14	Julia Saunders	Ridley	32-00.00	30-03.50	
16	Katrina Dougherty	Cardinal O'Hara	31-10.00	30-02.50	
17	Megan DeFruscio	Archbishop Carro	32-03.00	29-10.00	
18	Kristina Link	Radnor	29-00.00	28-03.50	
19	Jess Basciano	Sun Valley	27-04.00	27-04.75	
20	Casandra Chase	Penn Wood	28-00.00	27-01.00	
21	Jackie Carroll	Radnor	30-00.50	25-11.50	
--	Erin Furey	Sun Valley	25-00.50	FOUL	

Girls Shot Put

Name	School	Seed	Finals	Points	
1	Chloe Smith	Archbishop Prend	37-09.75	38-02.50	10
2	Anna McCloskey	Cardinal O'Hara	36-08.00	36-07.75	8
3	Sarah Kelly	Springfield (Del	32-00.00	33-00.00	6
4	Dara Jones	Haverford	33-01.25	32-07.75	4
5	Jalisa Sowell	Upper Darby	36-05.00	32-06.00	2
6	Ashley Merton	Penncrest	33-04.00	32-03.00	1
7	Raven Watson	Archbishop Prend	32-11.00	31-11.00	
8	Gabby Thomas	Strath Haven	30-00.00	30-02.50	
9	Alexa Hargreaves	Strath Haven	31-02.00	30-01.00	
10	Shanice Mannings	Ridley	30-09.00	29-08.00	
11	Kate Bruno	Haverford	30-06.00	29-06.50	
12	Cebrea Griffin	Strath Haven	31-06.00	29-02.50	

13	Mary Kelly	Notre Dame Acade	30-01.50	28-10.00
14	Tyona Kinlaw	Academy Park	29-06.50	28-00.25
15	Shaniece Bodden	Upper Darby	29-08.50	27-09.25
16	Kate Valerio	Ridley	29-11.00	27-09.00
16	Mercedes Vaughn	Academy Park	29-08.75	27-09.00
18	Karmen Henson	Cardinal O'Hara	27-11.00	25-08.75
19	Caroline McGowan	Sun Valley	25-00.50	25-08.25
20	Liz Graziano	Marple Newtown	29-05.00	25-03.75
21	Glori Seufert	Penncrest	26-07.50	25-00.25
22	Lara Kaisierian	Radnor	28-05.00	25-00.00
23	Ashleen McDonough	Notre Dame Acade	24-10.50	22-11.25
24	Sarah Berger	Chichester	21-10.00	21-08.00
25	Cherokee Gelim	Penn Wood	20-00.00	21-07.25
26	Jen Panameno	Marple Newtown	23-06.00	21-05.75
27	Jazmine Yancy	Chichester	22-00.00	21-04.75
28	Sam Sipiorak	Sun Valley	23-08.00	20-07.50
29	Brittany Pope	Penn Wood		18-06.00

Girls Discus Throw

Name	School	Seed	Finals	Points	
1	Anna McCloskey	Cardinal O'Hara	113-05.50	114-07	10
2	Sarah Kelly	Springfield (Del	114-00	113-10	8
3	Jalisa Sowell	Upper Darby	104-00	107-00	6
4	Ashley Miller	Strath Haven	105-02	105-05	4
5	Mercedes Vaughn	Academy Park	105-10	101-00	2
6	Chloe Smith	Archbishop Prend	99-07	100-00	1
7	Cebrea Griffin	Strath Haven	93-07	99-04	
8	Kara McDonald	Archbishop Prend	98-03.50	96-11	
9	Amanda Hughes	Archbishop Prend	94-02	90-05	
10	Mary Kelly	Notre Dame Acade	81-11	89-07	
11	Rebecca Hulick	Cardinal O'Hara	81-11	87-08	
12	Kristen Dornenburg	Haverford	91-10	86-11	
12	Miatta Goba	Upper Darby	92-04	86-11	
14	Kate Bruno	Haverford	86-03	85-06	
14	DeeDee Monte	Springfield (Del	89-03	85-06	
16	Tyona Kinlaw	Academy Park	77-10	79-01	
17	Lauren Merk	Penncrest	86-07	76-09	
18	Jen Panameno	Marple Newtown	65-00	71-04	
19	Lara Kaisierian	Radnor	71-03	70-05	
20	Jazmine Yancy	Chichester	74-07	61-08	
21	Ashleen McDonough	Notre Dame Acade	62-01	47-06	
22	Cherokee Gelim	Penn Wood		34-03	

Girls Javelin Throw

Name	School	Seed	Finals	Points	
1	Kara McDonald	Archbishop Prend	111-07	123-11	10
2	Ashley Merton	Penncrest	112-03	119-06	8
3	Lauren Merk	Penncrest	112-01	112-01	6
4	Aimee Tompkins	Interboro	104-09	105-11	4
5	Logan Clements	Strath Haven	107-03	105-07	2
6	Lindsay Walker	Strath Haven	104-01	103-04	1
7	Abbey Wharton	Garnet Valley	91-03	96-03	

8	Mary Kelly	Notre Dame Acade	97-08	94-03
9	Julia Mann	Haverford	86-02	92-10
10	Amanda Hughes	Archbishop Prend	100-06	92-06
11	Taylor Copus	Penncrest	92-09	89-00
12	Christy Kobasa	Springfield (Del	94-04	88-01
13	Karmen Henson	Cardinal O'Hara	96-04	85-06
14	Anna Moyer	Interboro	90-01	85-00
15	Lauren Petersen	Garnet Valley	91-04	84-01
16	Kate Bruno	Haverford	82-00	83-09
17	Sarah Berger	Chichester	87-08	83-03
18	Meg Fisher	Sun Valley	80-05	80-00
19	Talita Kinlaw	Academy Park	81-11	79-07
20	Jackie Daly	Ridley	75-03	77-02
20	Victoria Batter	Ridley	91-11	77-02
22	Maria Tsingas	Marple Newtown	69-06	70-04
23	Kaysee Brown	Upper Darby	68-01	68-09
24	Caitlin Ridgely	Springfield (Del	78-04	67-07
25	Ashleen McDonough	Notre Dame Acade	62-01	58-00
26	Cassandra Lehman	Marple Newtown	57-03	57-01
27	Ebony Chambers	Upper Darby	65-11	54-07
28	Katrina Dougherty	Cardinal O'Hara		52-05
29	Chelsea Berkovitz	Garnet Valley	64-02	46-11
30	Brittany Pope	Penn Wood		43-04
31	Jazmine Yancy	Chichester	49-00	39-06
32	Cherokee Gelim	Penn Wood		29-00

Women - Team Rankings - 18 Events Scored

1) Cardinal O'Hara	83	2) Notre Dame Academy	80
3) Penncrest	69	4) Strath Haven	51.50
5) Penn Wood	37	6) Archbishop Prendergast	35
7) Haverford	34	7) Springfield (Delco)	34
9) Upper Darby	33.50	10) Radnor	28
11) Chester	27	12) Archbishop Carroll	14
13) Garnet Valley	12	14) Ridley	8
15) Academy Park	6	16) Interboro	2
16) Agnes Irwin	2		