

Thursday Night Track Series

July 2, 2009

Park Hill High School

Shot Put

Shot Put - Youth (13-14)

Boys	Distance	Girls	Distance
Taylor Pfannenstiel	24' - 8"	Fatima Anaza	17' - 7 1/2"
Alex Majors	20' - 4 1/2"		

Shot Put - Midget (11-12)

Boys	Distance	Girls	Distance
		Sarah Ramirez	17' - 5"
		Jordyn Ekberg	15' - 11"

TURBO JAVELIN

Turbo Javelin - Primary (8 & under)

Boys	Distance	Girls	Distance
Nicholas Bonadonna	41' - 8"	AnnLynn Early	14' - 2 1/2"
Tony Mike Bonadonna	40' - 5"	Kaya Keyes	11' - 3 1/2"
Jake Leftridge	40' - 4"		
Thomas Ringel	36' - 7"		
Jake Wilcox	36' - 1"		
Joseph Mandacina	35' - 1"		
Travis Darr	26' - 7 1/2"		

Turbo Javelin - Bantam (9-10)

Boys	Distance	Girls	Distance
Hunter Pfannenstiel	46' - 10 1/2"	Kaitlynn Kaminski	41' - 3 1/2"
AJ Shepherd	38' - 0"	Zoe Johnson	28' - 5"
		Camin Wilcox	25' - 5 1/2"

4 X 100M RELAY

4 x 100m Relay - Primary (8 & under)

Boys	Time	Mixed	Time
Team 1	01:13.4	Team 5	01:34.0
Jake Leftridge Tony Mike Bonadonna Nicholas Bonadonna Joseph Mandacina		Kaya Keyes AnnLynn Early Travis Darr Joshua Nunn	
Team 2	01:13.7	Team 6	01:13.5
Thomas Ringel Jake Wilcox Joseph Mandacina Nicholas Bonadonna		Zoe Johnson Sarah Ramirez Justin Dickerson Jordyn Ekberg	

4 x 100m Relay - Midget (11-12)

Boys	Time	Girls	Time
Team 4	01:02.1		
Stefan McCarthy Alex Majors Hunter Pfannenstiel Cole Pfannenstiel			

4 x 100m Relay - Youth (13-14)

Boys	Time	Girls	Time
Team 3	51.78		
Roy Bay Dondrea Hess Damon Brown Landen Rodgers			

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100M DASH

100m Dash - Bantam (9-10)

Boys	Time	Girls	Time
AJ Shepherd	16.02	Kaitlynn Kaminski	18.35
Suleiman Anaza	16.85	Zoe Johnson	19.65
		Camin Wilcox	22.03

100m Dash - Midget (11-12)

Boys	Time	Girls	Time
Stefan McCarthy	12.08	Karly Kernodle	13.83
Justin Dickerson	17.00	Sarah Ramirez	17.02
Cole Pfannenstiel	17.44	Jordyn Ekberg	18.13

100m Dash - Youth (13-14)

Boys	Time	Girls	Time
Damon Brown	11.62	Fatima Anaza	15.36
Roy Bay	12.23		
Dondrea Hess	13.64		
Taylor Pfannenstiel	13.90		
Alex Majors	15.44		

100m Dash - Masters (30+)

Men	Time	Women	Time
Chad Kernodle	13.33		
Jim Snook	14.19		

800M RUN

800m Run - Bantam (9-10)

Boys	Time	Girls	Time
Joshua Nunn	03:55.0		

800m Run - Midget (11-12)

Boys	Time	Girls	Time
Landon Rodgers	02:32.9		
Justin Dickerson	03:09.7		

800m Run - Youth (13-14)

Boys	Time	Girls	Time
Aaron Stephens	02:13.0	BreAmme Houghtaling	02:50.3
Kevin Castillo	02:44.6		

800m Run - Intermediate (15-16)

Men	Time	Women	Time
Greyson Rogers	02:18.9	Sam Verduzco	02:48.1
Nick Gore	02:35.6		

800m Run - Masters (30+)

Men	Time	Women	Time
Bruce Duffin	04:46.1		

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50M DASH

50m Dash - Primary (8 & under)

Boys	Time	Girls	Time
Tony Mike Bonadonna	8.17	AnnaLynn Early	10.32
Thomas Ringel	8.68	Kiah Keys	11.57
Jake Wilcox	8.92		
Rashaun Burney	8.99		
Jake LeftRidge	9.18		
Nicholas Bonadonna	9.41		
Joseph Mandacina	9.62		
Travis Darr	11.03		

50m Dash - Bantam (9-10)

Boys	Time	Girls	Time
AJ Shepherd	8.07	Camin Wilcox	8.84
Hunter Pfannenstiel	8.22	Kaitlynn Kaminski	9.30
Suleiman Anaza	8.86	Zoe Johnson	9.98

400M DASH

400m Run - Bantam (9-10)

Boys	Time	Girls	Time
Joshua Nunn	01:46.6		

400m Run - Midget (11-12)

Boys	Time	Girls	Time
Stefan McCarthy	01:01.8	Sarah Ramirez	01:43.9
Landon Rogers	01:06.7	Jordyn Ekberg	01:46.2
Justin Dickerson	01:25.7		

400m Run - Youth (13-14)

Boys	Time	Girls	Distance
Aaron Stephens	00:56.1	Fatima Anaza	01:16.2
Damon Brown	01:00.0		
Taylor Pfannenstiel	01:10.5		
Dondrea Hess	01:12.4		
Alex Majors	01:14.9		

400m Run - Intermediate (15-16)

Men	Time	Women	Time
Greyson Rogers	00:59.2		

400m Run - Masters (30+)

Men	Time	Women	Time
Ed Foley	00:59.3		
Rob Ramirez	01:11.0		
Bruce Duffin	01:13.2		

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1500M RUN

1500m Run - Midget (11-12)

Boys	Time	Girls	Time
Justin Dickerson	06:34.8		

1500m Run - Youth (13-14)

Boys	Time	Girls	Time
Kevin Castillo	06:08.0	BreAmme Houghtaling	06:26.1

1500m Run - Intermediate (15-16)

Men	Time	Women	Time
Nick Gore	05:48.0	Sam Verduzco	06:03.1

4 X 400M RELAY

4 x 400m Relay - Youth (13-14)

Boys	Time	Girls	Time
EJC TC	04:38.9		
Roy Bay Dondrea Hess Damon Brown Landen Rogert			
Heartland Youth TC	05:04.8		
Stefan McCarthy Taylor Pfannenstiel Alex Majors Hunter Pfannenstiel			