

Boys Indoor Track and Field 2008 - 2009 Meet Results

Meet of Champions

Lehigh

2/14/09

60M Hurdles:

John Barnett: 9.72

**Triple Jump:
4th Place+**

Matt Terry: 43' 11 3/4"

**400M Race:
7th Place+**

Nick Ferry: 51.72

**4x200 Relay:
1:37.64**

Matt Terry: 23.7
Nick Ferry: 24.2
John Barnett: 24.8
Cam Lyons: 24.8

800M Race:

Nick Dastalfo: 2:08.54

**4x400 Relay:
3:34.84**

Nick Ferry: 52.3
John Barnett: 53.6
Colt Lyons: 54.1
Brad Tunno: 54.6

**Total Medals in this meet: 1
Total Medals for the 2008
Season: 61**

*** = Time qualifies for the
Meet of Champs**

+ = Time qualifies for States

Relay Carnival

Lehigh

2/7/09

60M Hurdles:

John Barnett: 8.98

**4x200 Relay:
1:36.27**

Nick Ferry: 24.2
Matt Terry: 23.4
John Barnett: 24.0
C. Lyons: 24.4

Long Jump:

Colt Lyons: 21' 11/2"

**Total Medals in this meet: 0
Total Medals for the 2008
Season: 60**

60M Dash:

Matt Terry: 7.49

**4x400 Relay:
3:37.03**

Nick Dastalfo: 54.9
Nick Ferry: 53.0
John Barnett: 54.9
Matt Terry: 55.9

400M Race:

Nick Ferry: 52.33

**High Jump:
NEW SCHOOL RECORD**

Cam Lyons: 6' 0"

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Meet of Champs**

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Invitational

4x800 Relay: **8:33.52 7th Place**

Nick Ferry: 2:07.6
Nick Dastalfo: 2:05.6
Hutton Chapman:
2:10.3
Kevin Dastalfo: 2:09.6

55M Hurdles: **5th Place** **NEW SCHOOL** **RECORD**

John Barnett:
Trial: 7.9
Final: 8.28

4x200 Relay: **1:40.85**

Brad Tunno: 24.9
Brandon Robles: 25.0
Alex Dunleavy: 25.0
Al Kargbo: 25.4

200M Race:

Al Kargbo: 25.4
Jake Hazzard: 26.2
Mike Kent: 26.2

4x400 Relay: **3:57.1**

Ryan White: 59.7
Steve O'Donnell: 58.4
Ryan Giantinno: 58.9
Brian Doherty: 59.9

High Jump: **7th Place**

Zarko Ellis: 5' 6"

Total Medals in this meet: 2
Total Medals for the 2008
Season: 60

Glen Mills

4x800 Relay: **9:26.38**

James Dwyer: 2:21.0
Steve O'Donnell: 2:26.5
Ryan Giantinno: 2:15.0
Ben Sokolowski: 2:23.8

Mile:

Lee Thompson: 5:15.52
Ryan White: 4:56.32
Ankit Jain: 5:02.78

4x200 Relay: **1:42.23**

Adish Ramkumar: 25.6
Charlie Lafurno: 24.9
Tyler Frey: 25.6
Dan Moore: 25.8

3200:

Kevin Helm: 11:47.1
Zach Neiner: 12:04.8
Richard Walters: 12:17.7

Shot Put:

Derek Madrigale: 35' +
Kevin Gannon: 35' +

Triple Jump: **4th Place**

Matt Terry: 43' 9 3/4"

*** = Time qualifies for the**
Meet of Champs

2/5/09

55M Dash Trial:

Brandon Robles: 7.1
Charlie Lafurno: 7.0
Mike Kent: 7.4

800M Race:

Matt Bowyer: 2:34.1

400M Race:

Anthony Castaldi: 59.5
James Dwyer: 59.1

4x400 Relay: **3:38.6**

Nick Dastalfo: 54.8
Nick Ferry: 53.6
John Barnett: 54.1
Brad Tunno: 56.2

Long Jump:

Steve O'Donnell: 16' 7"
John Barnett: 16' 7"

+ = Time qualifies for States

Meet #7

55M Hurdles:

Joe Jennings: 11.04

400M Race: 3rd Place

Nick Ferry: 52.92

3000:

Ankit Jain: 10:04.29

4x400 Relay: 3:57.91

Ben Sokolowski: 57.7

Tyler Frey: 58.5

Jake Kramer: 62.2

Alex Dunleavy: 58.9

Triple Jump: 2nd Place

Matt Terry:

43' 11 1/2"

Total Medals in this meet: 3
Total Medals for the 2008
Season: 58

Glen Mills

55M Dash:

Dillan Martin: 7.34

800M Race: 3rd Place

Nick Dastalfo: 2:04.04

4x800 Relay: 9:07.50

Kevin Dastalfo: 2:08.2

Steve O'Donnell: 2:22.6

James Dwyer: 2:22.1

Ryan Giantinno: 2:14.2

Shot Put:

Derek Madrigale:

35' 7"

*** = Time qualifies for the**
Meet of Champs

1/31/09

200M Race:

John Barnett: 24.73

Mile:

Hutton Chapman: 4:54.54

4x200 Relay: 1:41.85 6th Place

Brad Tunno: 24.8

Adish Ramkumar: 25.5

Brandon Robles: 25.2

Charlie Lafurno: 25.2

High Jump:

Zarko Ellis:

5' 6"

+ = Time qualifies for States

Meet #6

Lehigh

1/17/09

Novice 4x200 Relay:

**1:40.93 1st Place
NEW SCHOOL
RECORD**

Adish Ramkumar: 24.6
Charlie Lafurno: 24.7
Tyler Frey: 25.4
Dan Moore: 26.0

400M Race: 3rd Place*

Nick Ferry: 52.79

DMR: 11:38.37 12th Place

Hutton Chapman: 3:29.0
Ben Sokolowski: 56.1
Kevin Dastalfo: 2:10.4
Ankit Jain: 5:02.8

**Total Medals in this meet: 7
Total Medals for the 2008
Season: 54**

60M Hurdles: 2nd Place*

John Barnett:
Trial: 9.00
Final: 9.04

800M Race:

Nick Dastalfo: 2:04.07*

4x200 Relay: 1:41.94 5th Place

Brad Tunno: 24.6
Brandon Robles: 25.3
Zarko Ellis: 26.5
Alex Dunleavy: 25.2

*** = Time qualifies for the
Meet of Champs**

60M Dash: 3rd Place

Matt Terry:
Trial: 7.52
Final: 7.50

Mile:

Ryan White: 5:04.60

4x400 Relay: 4:01.19

James Dwyer: 58.4
Ryan Giantinno: 58.0
Jake Kramer: 61.6
Matt Bowyer: 62.7

+ = Time qualifies for States

Meet #5

Novice DMR: **12:52.80**

Steve Adams: 4:00.1
Adish Ramkumar: 62.3
Mitch Warren: 2:22.5
Kevin Helm: 5:28.2

400M Race:

Tyler Frey: 58.57

4x200 Relay: **1:37.62 3rd Place***

Nick Ferry: 24.4
John Barnett: 23.9
Nick Dastalfo: 24.3
Brad Tunno: 24.8

Long Jump: **8th Place**

Matt Terry: 19' 4 1/2"

Total Medals in this meet: 4
Total Medals for the 2008
Season: 29

Haverford

60M Hurdles:

Matt Flaig: 11.32

800M Race:

Ryan Giantinno: 2:17.44

4x400 Relay: **3:46.83 7th Place**

Kevin Dastalfo: 58.3
Steve O'Donnell: 56.4
Anthony Castaldi: 56.0
Ben Sokolowski: 55.9

High Jump:

Zarko Ellis: NH

*** = Time qualifies for the**
Meet of Champs

1/10/09

200M Race:

Charlie Lafurno: 25.77

Mile:

Dan Bloodgood: 5:30.65

Shot Put:

Ryan Hart: 32' 4"

+ = Time qualifies for States

Meet #4

Novice 4x400 Relay:

4:15.23

Dan Moore: 66.8
Adish Ramkumar: 61.9
Brian Doherty: 61.5
Matt Bowyer: 65.5

800M Race:

Ryan Giantinno: 2:16.29

DMR:
13:02.44

Kevin Helm: 4:03.5
Dave Kerr: 60.1
Steve Adams: 2:35.8
Lee Thompson: 5:22.9

Shot Put:

Derek Madrigale: 34' 4"

Total Medals in this meet: 8
Total Medals for the 2008
Season: 25

Lehigh

200M Race:

Jake Hazzard: 27.48

Mile:

Ryan White: 5:08.50

4x200 Relay:
1:47.71

Matt Terry: 24.2
John Barnett: 25.3
Brad Tunno: 25.1
Alex Dunleavy: **FELL**
33.5

1/3/09

400M Race:

Anthony Castaldi: 57.77

4x800 Relay:
8:32.34 1st Place*

Nick Dastalfo: 2:06.5
Nick Ferry: 2:05.3
Kevin Dastalfo: 2:12.3
Steve Cline: 2:08.1

SMR:
4:04.14 4th Place

Ben Sokolowski: 57.8
Dylan Martin: 25.0
Al Kargbo: 25.6
Steve O'Donnell: 2:15.2

* = Time qualifies for the
Meet of Champs

+ = Time qualifies for States

Invitational

60M Hurdles:

John Barnett: 9.28

400M Race: 8th Place

Nick Ferry: 52.87

4x200 Relay: 1:36.74 DQ

Matt Terry: 23.8

Nick Ferry: 23.8

John Barnett: 24.2

Brad Tunno: 24.7

Bob Burdette

60M Dash:

Brad Tunno: 7.86

800M Race: 7th Place

Nick Dastalfo: 2:05.89

12/27/08

200M Race:

Brad Tunno: 24.99

Triple Jump: 6th Place

Matt Terry: 42' 9 1/2"

Meet #3

Lehigh

12/20/08

Novice 4x200 Relay:

**1:44.4 2nd Place
NEW SCHOOL
RECORD**

Steve O'Donnell: 25.9
Dylan Martin: 25.4
Mike Kent: 26.1
Jake Hazzard: 27.4

60M Hurdles:

Matt Flaig: 11.50

60M Dash:

Stewart Joran: 9.18

200M Race:

Chang: 32.68

400M Race:

Dan Moore: 59.53

800M Race: 12th Place

Kevin Dastalfo: 2:10.96

Mile: 3rd Place

Steve Cline: 4:40.73

3000:

Ryan White: 10:32.90

4x800 Relay: 9:17.09 9th Place

James Dwyer: 2:19.0
Ben Sokolowski: 2:22.3
Anthony Castaldi: 2:15.8
Ryan Giantinno: 2:18.9

DMR: 12:48.0

Zach Saska: 3:52.1
Brian Doherty: 62.3
Dave Kerr: 2:37.9
Dan Bloodgood: 5:25.5

4x200 Relay: 1:42.6 DQ

Brandon Robles: 25.2
Alex Dunleavy: 25.3
Adish Ramkumar: 26.9
Al Kargbo: 25.5

4x400 Relay: 3:37.25 3rd Place*

John Barnett: 55.0
Nick Ferry: 52.4
Nick Dastalfo: 53.4
Brad Tunno: 55.7

Shot Put:

Kevin Gannon: 35' 11"

Triple Jump: 3rd Place* NEW SCHOOL RECORD

Matt Terry: 43' 1 1/4"

Total Medals in this meet: 6
**Total Medals for the 2008
Season:** 17

* = Time qualifies for the
Meet of Champs

+ = Time qualifies for States

Meet #2

Novice 4x800 Relay:

9:54.01

Matt Bowyer: 2:33.6
Ryan Giantino: 2:24.1
Bryan Doherty: 2:27.2
Richard Walters: 2:29.2

800M Race:

James Dwyer: 2:17.92

DMR:

13:03.09

Kevin Helm: 4:00.2
Dan Crompton: 60.4
John Kramer: 2:22.6
Steve Adams: 5:40.6

Shot Put:

Derek Madrigale: 35' 4"

Total Medals in this meet: 6
Total Medals for the 2008 Season: 11

Haverford

55M Dash:

Dillan Martin: 7.1

Mile:

Dan Bloodgood: 5:35.68

4x200 Relay:

1:39.95

John Barnett: 24.6
Brad Tunno: 24.9
Alexander Dunleavy: 25.2
Adish Ramukara: 25.1

Long Jump:

5th Place

Matt Terry: 19' 9 1/4"

*** = Time qualifies for the
Meet of Champs**

12/13/2008

400M Race:

Dave Kerr: 63.9

4x800 Relay:

8:31.63

3rd Place

Nick Ferry: 2:06.9
Steve Cline: 2:07.2
Dastalfo: 2:11.4
Dastalfo: 2:05.9

4x400 Relay:

3:50.3

Ben Sokolowski: 57.7
Anthony Castaldi: 58.1
Alusine Kargbo: 57.7
Stephen O'donnell: 56.6

High Jump:

5th Place

Zarko Ellis: 5' 8"

+ = Time qualifies for States

Meet #1 Al Kargbo

Novice 4x400 Relay: 4:22.77

Bryan Doherty: 63.3
Ryan Gianttino: 64.3
Kevin Helm: 65.8
Zach Neiner: 69.1

400M Race: 4th Place*

Nick Ferry: 53.25

4x800 Relay: 9:11.92

Kevin Dastalfo: 2:11.8
Ryan White: 2:19.9
Ben Sokolowski: 2:17.6
Anthony Castaldi: 2:19.5

High Jump: 4th Place

Zarko Ellis: 5' 8"

Shot Put:

Gannon: 38' 6 1/4"

Total Medals in this meet: 5
Total Medals for the 2008 Season:
5

Lehigh

60M Hurdles: 2nd Place*

John Barnett:
Trial: 9.33
Final: 9.2

800M Race: 3rd Place

Nick Dastalfo: 2:06.75

4x200 Relay: 1:48.30

Jacob Hazzard: 27.5
Micheal Kent: 27.4
Dan Moore: 27.1
Adish Ramkumar: 25.8

Long Jump:

Stephen O'Donnell: 17' 4
1/2"

*** = Time qualifies for the
Meet of Champs**

12/6/2008

60M Dash:

Brandon Robles: 7.44

Mile: 6th Place

Steve Cline: 4:51.20

4x400 Relay: 3:55.02

Brad Tunno: 57.9
Tyler Frey: 58.6
John Kramer: 59.9
Alusine Kargbo: 57.9

Triple Jump: 4th Place*

Matt Terry: 43' 0"
New School Record

**+ = Time qualifies for
States**

Boys Indoor Track and Field

2007 - 2008 Meet Results

Nike Indoor Nationals

Saturday 3/15 at the Prince George's Sports
Complex, Landover MD
East Results:

1600 SMR: 3:45.40, 20th

Splits:

John Rupert (200) :

James Ferguson (200) :

Chris Glaug (400) :

Kyle Brown (800) :

PTFCA State Championship

Saturday 3/1 at Penn
State
East Results:

60 Hurdles

Austin Woodford: 8.50 / Nick Ferry: 51.23,
8.55, 13th

400 Run

19th

NSR

4x800 Relay:

8:13.05, 14th

Splits:

Nick Ferry:

2:04.1

Kyle Brown:

2:02.3

Nick Dastalfo:

2:03.4

Chris Glaug:

2:02.7

4x400 Relay:

3:31.11, 23rd

Splits:

John Rupert:

52.0

James Ferguson:

53.2

Kyle Brown:

52.6

Chris Glaug:

52.8

State Meet Results

TFCAGP Last Chance Meet			
Saturday 2/23 at Lehigh			
East Results:			
60 Hurdles	200 Run	400 Run	800 Run
Austin Woodford: 8.58, 4th	John Rupert: 24.17	Nick Ferry: 52.14, 2nd, NEW SCHOOL RECORD, STATE QUALIFIER	Chris Glaug: 2:05.2
		Kyle Brown: 53.91	
4x400 Relay: 3:39.0	High Jump	Long Jump	Girls 4x200 Relay: 1:48.97, STATE QUALIFIER
Splits:	James Ferguson: NH	Austin Woodford: 20' 2"	<u>Splits</u>
Nick Ferry: 54.3			Carly Long: 27.8
Kyle Brown: 54.9			Alyssa Long: 27.1
John Rupert: 55.8			Rachel Hunte: 26.8
James Ferguson: 53.9			Ashley Hamilton: 26.9



TFCAGP Meet of Champions			
Saturday 2/16 at Lehigh			
East Results:			
60 Hurdles	High Jump	4x200 Relay: 1:36.25	4x400 Relay: 3:30.90, 6th
Austin Woodford: 8.61 / 8.78, 6th	James Ferguson: NH	<u>Splits:</u>	<u>Splits:</u>
		Nick Ferry: 23.7	Nick Ferry: 52.0
		John Rupert: 24.6	Chris Glaug: 52.7
		Chris Glaug: 23.6	John Rupert: 53.2
		James Ferguson: 24.2	Kyle Brown: 52.8
4x800 Relay: 8:42.21	DMR: 11:37.21		
<u>Splits</u>	<u>Splits:</u>		
Steve Cline: 2:07.4	Hutton Chapman: 3:27.5		
Nick Dastalfo: 2:08.5	Kyle Brown: 55.5		
Hutton Chapman: 2:14.4	Nick Dastalfo: 2:11.4		
Kenny Peou: 2:11.9	Nick Ferry: 5:02.3		



TFCAGP #9			
Saturday 2/2 at Lehigh			
East Results:			
60 Hurdles	60 Dash	200 Dash	400 Run
Austin Woodford: 8.4, 3rd	Al Kargbo: 7.7	Dan Crompton: 26.7	Ryan Edwards: 59.4
Mile Run	3000 Run	High Jump	
Matt Bowyer: 5:49.9	Mike Estephan: 10:31.4	James Ferguson: NH	
4x800 Relay: 8:47.6, 4th	4x200 Relay: 1:41.6	4x400 Relay: 3:33.4	Novice 4x400 Relay: 4:11.7
<u>Splits:</u>	<u>Splits:</u>	<u>Splits:</u>	<u>Splits:</u>
Steve Cline: 2:07.9	John Barnett: 25.4	Nick Ferry: 52.6	Zach Saska: 63.1
Nick Dastalfo: 2:09.6	Alex Dunleavy: 24.8	Chris Glaug: 52.8	Thomas Shutt: 60.9
Hutton Chapman: 2:13.7	Kenny Peou: 25.5	John Rupert: 54.1	Sean Campbell: 61.5
Matt Ferry: 2:16.5	Brad Tunno: 25.6	Kyle Brown: 53.6	Richard Walters: 66.0



TFCAGP #8			
Saturday 1/26 at Glen Mills			
East Results:			
60 Hurdles	60 Dash	High Jump	Long Jump
John Barnett: 9.4	Brandon Robles: 7.9	James Ferguson: NH	Austin Woodford: 19' 2.5", 4th
Novice 4x200 Relay: 1:52.5	SMR: 3:50.8, 5th	DMR: 12:41.3	
<u>Splits:</u>	<u>Splits:</u>	<u>Splits:</u>	
Zach Saska: 28.3	Nick Ferry: 54.4	Stu Rial: 4:03.5	
Jake Kramer: 28.8	John Rupert: 23.8	Brad Tunno: 58.3	
Sean Campbell: 28.4	Kenny Peou: 25.2	Al Kargbo: 2:27.0	
Thomas Shutt: 26.8	Kyle Brown: 2:07.2	Mike Estephan: 5:12.5	



TFCAGP #7			
Saturday 1/19 at Haverford			
East Results:			
60 Dash	200 Dash	400 Dash	800 Run
Bryan Stengel: 7.6	John Rupert: 24.1, 4th	Matt Bowyer: 67.8	Nick Dastalfo: 2:07.4
Novice 4x400 Relay: 4:08.3, 6th	4x800 Relay: 8:19.7, 1st	DMR: 11:33.8, 6th	4x200 Relay: 1:43.6
<u>Splits:</u>	<u>Splits:</u>	<u>Splits:</u>	<u>Splits:</u>
Zach Saska: 59.6	Nick Ferry: 2:04.1	Hutton Chapman: 3:25.8	Alex Dunleavy: 25.3
Sean Campbell: 61.5	Kyle Brown: 2:03.8	John Barnett: 56.0	Brad Tunno: 25.1
Thomas Shutt: 61.2	Steve Cline: 2:07.7	Kenny Peou: 2:12.1	Al Kargbo: 25.4
Richard Walters: 65.9	Chris Glaug: 2:04.4	Matt Ferry: 4:59.9	Brandon Robles: 27.8
High Jump			
James Ferguson: 5' 10", 3rd			



TFCAGP #6			
Saturday 1/12 at Haverford			
East Results:			
60 Hurdles	60 Dash	200 Dash	400 Dash
Austin Woodford: 8.7, 4th	Bryan Stengel: 7.6	Brandon Robles: 26.2	Chris Glaug: 54.9
Long Jump	4x800 Relay: 9:23.9	DMR: 11:21.8, 3rd	4x200 Relay: 1:36.2, 2nd
John Barnett: 18' 5 1/4"	<u>Splits:</u>	<u>Splits:</u>	<u>Splits:</u>
	Matt Ferry: 2:15.8	Steve Cline: 3:26.4	Nick Ferry: 24.1
	Mike Estephan: 2:21.4	Nick Dastalfo: 56.2	John Rupert: 23.8
	Stu Rial: 2:18.7	Kenny Peou: 2:12.5	Kyle Brown: 24.5
	Anthony Castaldi: 2:28.4	Hutton Chapman: 4:46.5	James Ferguson: 23.8
4x400: 3:53.1			
<u>Splits:</u>			
Alex Dunleavy: 57.8			
Brad Tunno: 57.6			
Al Kargbo: 59.1			
Dan Crompton: 59.5			



Chester County Invitational			
Monday, 1/7 at Ursinus			
East Results:			
60 Hurdles	60 Dash	200 Dash	400 Dash
Austin Woodford: 8.92/8.53, 1st, NEW SCHOOL RECORD, STATE QUALIFIER	Alex Dunleavy: 7.76 Brandon Robles: 7.89	Brad Tunno: 25.21 Dan Crompton: 25.91	Kyle Brown: 53.51, 3rd Mike Estephan: 62.44
John Barnett: 9.72/9.30			
800 Run	Mile Run	3000 Run	Long Jump
Zach Saska: 2:26.69	Ian McCreddie: 5:48.86	Pat Ciquera: 10:10.73	John Barnett: 18' 0.5", 5th
Ryan Edwards: 2:36.88	Matt Bowyer: 6:19.31		Thomas Shutt: 15' 0.25"
High Jump	Triple Jump	Shot Put	SMR: 3:44.85, 1st
Ferguson: NH	Austin Woodford: 40' 1.75", 2nd	Kevin Gannon: 32' 2"	<u>Splits:</u>
		Bryan Stengel: 29' 4.75"	Nick Ferry: 52.3
			John Rupert: 23.5
			James Ferguson: 24.3
			Chris Glaug: 2:04.3
DMR: 12:01.45	4x800 Relay: 8:41.42, 3rd	4x200 Relay: 1:43.43	4x400 Relay: 3:31.95, 1st, NEW SCHOOL RECORD, STATE QUALIFIER
<u>Splits:</u>	<u>Splits:</u>	<u>Splits:</u>	<u>Splits:</u>
Ankit Jain: 3:36.1	Nick Dastalfo: 2:08.0	Alex Dunleavy: 25.0	Nick Ferry: 53.0
Anthony Castaldi: 59.2	Steve Cline: 2:07.8	Brad Tunno: 25.7	Chris Glaug: 52.5
Stu Rial: 2:18.8	Hutton Chapman: 2:12.5	Al Kargbo: 26.1	Kyle Brown: 52.6
Matt Ferry: 5:06.8	Kenny Peou: 2:12.9	Brandon Robles: 26.1	John Rupert: 53.6
Athlete of the Meet: Austin Woodford			

TFCAGP #5			
Saturday 1/5 at Lehigh			
East Results:			
60 Dash	400 Run	800 Run	
Brandon Robles: 7.5	Richard Walters: 68.5	Kyle Brown: 2:07.1	
SMR: 3:57.8	4x800 Relay: 8:20.6 3rd	DMR: 12:18.8	4x200 Relay: 1:49.0
<u>Splits:</u>	<u>Splits:</u>	<u>Splits:</u>	<u>Splits:</u>
James Ferguson: 24.6	Nick Dastalfo: 2:06.7	Matt Ferry: 3:34.6	Dan Crompton: 26.4
Kenny Peou: 25.2	Nick Ferry: 2:03.9	Hutton Chapman: 59.8	Zach Saska: 27.5
John Rupert: 54.1	Chris Glaug: 2:02.9	Ankit Jain: 2:17.8	Sean Campbell: 27.9
Pat Ciquera: 2:13.9	Steve Cline: 2:06.9	Mike Estephan: 2:21.7	Tom Shutt: 27.4
4x400 Relay: 3:59.1	Long Jump	Triple Jump	Shot Put
<u>Splits:</u>	John Barnett: 17' 1"	Austin Woodford: 38' 11 3/4", 6th	Bryan Stengel: 31' 11"
Brad Tunno: 59.6			
Al Kargbo: 61.0			
Alex Dunleavy: 57.3			
Anthony Castaldi: 61.4			

TFCAGP #4			
Saturday 12/22 at Ursinus			
East Results:			
60 Hurdles	60 Dash	200 Dash	400 Run 3rd Place
John Barnett: 9.3	Brandon Robles: 7.7	Dan Crompton: 26.5	Nick Ferry: 52/5
800 Run 4th Place	Mile Run	3000 Run	4x800 Relay: 9:18
Chris Glaug: 2:05.0	Ankit Jain: 5:03.0	Stu Rial: 10:33	<u>Splits:</u>
			Mike Estephan: 2:19.3
			Tim Leonhardt: 2:22.1
			Anthony Castaldi: 2:21.6
			Sean Campbell: 2:29.4
DMR: 12:05.0	4x200 Relay: 1:44.1	4x400 Relay: 3:40.6 4th Place	
<u>Splits:</u>	<u>Splits:</u>	<u>Splits:</u>	
Matt Ferry: 3:47.4	Nick Dastalfo: 25.6	James Ferguson: 56.5	
Steve Cline: 57.4	Alex Dunleavy: 25.6	Kyle Brown: 53.9	
Ian McCreadie: 2:32.2	Brad Tunno: 27.0	Kenny Peou: 56.2	
Hutton Chapman: 4:52.2	Al Kargbo: 26.0	John Rupert: 54.0	



TFCAGP #3			
Saturday 12/15 at Ursinus			
East Results:			
Novice 4x200: 1:45.2	60 Hurdles	200 Run	400 Run
<u>Splits:</u>	Blake Anderson: 9.6	Anthony Castaldi: 27.4	Al Kargbo: 59.3
Brandon Robles: 27.4			
Brad Tunno: 25.5			
Alex Dunleavy: 25.8			
Dan Crompton: 26.6			
4x800: 8:34.6	DMR: 11:21.9	4x200: 1:38.2	
<u>Splits:</u>	<u>Splits:</u>	<u>Splits:</u>	
Nick Dastalfo: 2:07.3	Chris Glaug: 3:23	James Ferguson: 24.2	
Steve Cline: 2:05.8	Nick Ferry: 54.0	John Rupert: 24.0	
Kenny Peou: 2:09.7	Kyle Brown: 2:09.6	John Barnett: 24.9	
Hutton Chapman: 2:10.4	Pat Ciquera: 4:54.0	Austin Woodford: 24.7	
800 Run	1 Mile Run		
Matt Ferry: 2:16.8	Ankit Jain: 5:00.3		



TFCAGP #2			
Saturday 12/8 at Lehigh			
East Results:			
Novice 4x800: 9:44.8	60 Hurdles	60 Dash	400 Run
<u>Splits:</u>	John Barnett: 9.1	Blake Anderson: 8.0	Nick Ferry: 53.7, 6th
Zach Saska: 2:23.8			
Tim Leonhardt: 2:20.6			
Jake Kramer: 2:33.8			
Sean Campbell: 2:26.7			
800 Run	3000 Run	4x800 Relay: 8:29.2, 2nd	DMR: 12:00.3
Ian McCreadie: 2:19.5	Ankit Jain: 9:52.0	<u>Splits:</u>	<u>Splits:</u>
		Kyle Brown: 2:07.2	Matt Ferry: 3:43.3
		Chris Glaug: 2:05.8	Mike Estephan: 62.3
		Steve Cline: 2:07.8	Hutton Chapman: 2:12.9
		Nick Dastalfo: 2:08.1	Stu Rial: 5:01.7
200 Dash	4x200 Relay: 1:44.4	Long Jump	Shot Put
John Rupert: 24.4	<u>Splits:</u>	Austin Woodford: 20' 3.25", 5th	Kevin Gannon: 29' 7.75"
	Brandon Robles: 26.0		
	Kenny Peou: 26.2		
	Brad Tunno: 26.3		
	Alex Dunleavy: 25.7		



TFCAGP #1			
Saturday, 12/1 at Lehigh			
East Results:			
4x400 Novice Relay: 4:04.8	60 Hurdles	60 Dash	400 Run
<u>Splits:</u>	John Barnett: 9.0	Austin Woodford: 7.5	Ryan Edwards: 67.5
Tim Leonhardt: 60.1			
Jake Kramer: 63.2			
Corey Oas: 61.2			
Zach Saska: 60.2			
800 Run	3000 Run	4x800 Relay: 9:34.9	DMR: 11:51.3
Matt Bowyer: 2:40.8	Pat Ciquera: 9:57.9	<u>Splits:</u>	<u>Splits:</u>
		Matt Ferry: 2:17.4	Hutton Chapman: 3:37.0
		Mike Estephan: 2:21.7	Kenny Peou: 57.7
		Ian McCreddie: 2:24.2	Steve Cline: 2:12.6
		Sean Campbell: 2:31.5	Ankit Jain: 5:06.0
4x200 Relay: 1:45.7	4x400 Relay: 3:35.4, 2nd	High Jump	
<u>Splits:</u>	<u>Splits:</u>	James Ferguson: 5' 8", 4th	
Bradley Tunno: 26.4	Nick Ferry: 53.2		
Alex Dunleavy: 26.7	Chris Glaug: 53.6		
Dan Crompton: 26.5	Nick Dastalfo: 55.5		
Al Kargbo: 26.1	Kyle Brown: 53.4		