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# Girl's Indoor Track and Field 2009 - 2010 Meet Results

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## STATE INDOOR TRACK CHAMPIONSHIP

PENN STATE UNIVERSITY 3-6-2010

### GIRL'S

400 CASTALDI 58.19 7<sup>TH</sup> PLACE

800 CARCELLA 2:15.28 5<sup>TH</sup> PLACE

4 X 200 HOUP T 26.3  
HAMILTON 26.9  
SOLENERGER 26.9  
CASTALDI 25.7  
**1:46.08**

4 X 400 HAMILTON 60.3  
STEFFY 60.4  
CASTALDI 60.1  
CARCELLA 60.3  
**4:01.25 6<sup>TH</sup> PLACE**

**4 X 800**

BLACK 2:24.4

ROGOWSKI 2:26.4

MULLANE 2:29.1

CARCELLA 2:21.6

**9:41.87****6<sup>TH</sup> PLACE****10 MEDALS****TOTAL MEDALS FOR THE SEASON 149 - NEW MEDAL RECORD!!!!****GIRL'S MEET OF CHAMPIONS 2/26/10 LEHIGH****400 M**

CASTALDI

1:00.43

**9<sup>TH</sup> OF 18****800 M**

CARCELLA

2:20.48

**3<sup>RD</sup> PLACE OF 17****3000 M**

CALLAGHAN

11:36.61

**12<sup>TH</sup> OF 14****LONG JUMP**

HOUPP

15' 8 ¼'

**21<sup>ST</sup> OF 23****HIGH JUMP**

STEFFY

4' 10"

**10<sup>TH</sup> OF 28**

SITLER

4' 8"

**17<sup>TH</sup> OF 28****SHOT PUT**

ERWIN 28' 7 ¼" 17<sup>TH</sup> OF 19

**4 X 200** Individual splits coming soon!!

**1:52.41**

**4 X 400**

HAMILTON  
CASTALDI  
STEFFY  
CARCELLA

Individual splits coming soon!!

**4:08.07 5<sup>TH</sup> PLACE OF 19**

**4 X 800**

CASEY  
MULLANE  
BLACK  
ROGOWSKI

Individual splits coming soon!!

**9:54.52 5<sup>TH</sup> PLACE OF 15**

**9 MEDALS WON**

**TOTAL MEDALS TO DATE 139**

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**GIRLS INDOOR TRACK 2/19/2010 LEHIGH UNIVERSITY**

**4 X 800**

MULLANE 2:28.5  
BLACK 2:28.1  
CARCELLA 2:23.6  
LEONHARDT 2:29.1

**60 HH**

SONDERMAN 10.62  
WHITE 10.89

**60 DASH**

HAMILTON 7.8

**1600 M**

WEILER 5:41.46

9:49.49

**300**

BEHRNDT 46.02

**4<sup>th</sup> PLACE**

**400**

CASTALDI 61.31

**3<sup>rd</sup> PLACE**

**800**

HISEY 3:06.88

**4 X 400**

SOLENERGER 63.2

BLACK 64.2

CARCELLA 63.2

MULLANE 66.5

4:17.39

**6<sup>TH</sup> PLACE**

**4 X 200**

HOUPPT 27.1

HAMILTON 27.5

STEFFY 27.6

CASTALDI 26.5

1:49.07

**4<sup>th</sup> PLACE**

**LONG JUMP**

HOUPPT 15' 11"

**TRIPLE JUMP**

AGRAFOTIS 33' 5 1/4"

**HIGH JUMP**

SILTER 4' 8"

STEFFY 4' 10"

**MOC QUALIFIER**

**SHOT PUT**

ERWIN 31' 4 1/4"

**6<sup>th</sup> PLACE**

WALK 18' 2"

**15 MEDALS**

**TOTAL MEDAL COUNT**

**130**

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## GIRLS GLEN MILLS INVITATIONAL 2/13/2010 GLEN MILLS

### 4 X 800(NOVICE)

FOGERTY 2:46.9

KOSER 2:45.1

WILCOX 2:52.4

WOOLLEY 2:41.1

11:05.6

### 55 HH

SONDERMAN 9.5

**9.2 FINAL 5<sup>TH</sup> PLACE**

CLARKE 10.2

### 55 DASH

DAMBERG 8.0

SOLENERGER 8.5

### 1600 M

CASEY 5:31.8

RUGH 5:55.9

### 400

BLACK 1:05.0.

HESSER 1:06.4

### 800

CARCELLA 2:22.92

**1<sup>ND</sup> PLACE**

### 3000

WEILER 11:21.2

**2<sup>ND</sup> PLACE**

### 200

BEHRNDT 28.6

CUZZILINA 30.7

### 4 X 400

SOLENERGER 64.2

ROGOWSKI 64.7

CASTALDI 64.4

STEFFY 66.4

4:19.6

**2<sup>TH</sup> PLACE**

### 4 X 200

STEFFY 27.6

DAMBERG 29.7

HAMILTON 27.9

CASTALDI 26.9

1:52.2

**3<sup>RD</sup> PLACE**

### 4 X 800

MULLANE 2:33.6

LEONHARDT 2:34.0

CARCELLA 2:31.9

CASEY 2:35.2

10:14.3

### 3<sup>rd</sup> PLACE

#### **LONG JUMP**

CASTALDI 14' +  
HAMILTON 14' +

#### **TRIPLE JUMP**

CARCELLA 31' 2 ¼" **3<sup>rd</sup> PLACE**

#### **HIGH JUMP**

SILTER 4' 8"  
STEFFY 4' 8" **5<sup>th</sup> PLACE**

**22 MEDALS**

**TOTAL MEDAL COUNT 115**

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## **GIRLS INDOOR TRACK 1/29/2010 LEHIGH UNIVERSITY**

#### **4 X 800**

MULLANE 2:27.9  
ROGOWSKI 2:28.1  
CASEY 2:28.8  
LEONHARDT 2:29.7

9:54.56 **6<sup>TH</sup> PLACE**

#### **60 HH**

SONDERMAN 10.52  
7<sup>TH</sup> PLACE  
CLARKE 11.28

#### **60 DASH**

CASEY 9.6

#### **300**

STEFFY 46.33

#### **600**

MULLANE 1:47.26

**5<sup>TH</sup> PLACE**

#### **800**

CARCELLA 2:22.92

**2<sup>ND</sup> PLACE**

**MOC QUAL**

**STATE QUALIFER**

#### **3000**

CALLAGHAN 10:59.38

**10<sup>TH</sup> PLACE**

**NEW SCHOOL RECORD**

#### **4 X 400**

ROGOWSKI 64.8  
CARCELLA 62.8

#### **4 X 200**

CUZZOLINI 31.1  
CANFIELD 30.5

BEHRNDT	64.8	CLARKE	29.5
LEONHARDT	<u>65.4</u>	SWANEPEOL	<u>29.6</u>
	4:17.66		2:01.42
	7 <sup>TH</sup> PLACE		

**LONG JUMP**

**TRIPLE JUMP**

**HIGH JUMP**

SWANEPEOL	14' 1 3/4"	BALLARON	32' 7 1/4"	BALLARON	NH
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**6 MEDALS**

**TOTAL MEDAL COUNT 93**

**GIRLS INDOOR TRACK 1/15/2010 LEHIGH UNIVERSITY 6:30 meet!!**

**DMR**

**60 HH**

**60 DASH**

**200**

MULLANE	SONDERMAN 10.57	HAMILTON 7.8	CASTALDI 27.75
BLACK 62.8			
CARCELLA 4:06	WHITE 10.87		
LILLIS			
13:31.26			

**600**

**1000**

**MILE**

LEONHARDT 1:47.87	CASEY 3:16.78	LAROSA 6:18.23
3 <sup>RD</sup> PLACE	2 <sup>ND</sup> PLACE	

**4 X 400**

**4 X 200**

**SPLITS COMING SOON----->**

4:09.93

2<sup>ND</sup> PLACE 1:57.34

MOC QUALIFIER

STATE QUALIFIER

**LONG JUMP**

HOUPY 16'1 3/4"

**TRIPLE JUMP**

BALLARON 31' 8"

**HIGH JUMP**

SITLER 4' 10" 6<sup>TH</sup> PLACE

WHITE 4' 4"

**SHOT PUT**

ERWIN 30' 7 1/2" 3<sup>RD</sup> PLACE

8 MEDALS

TOTAL MEDAL COUNT

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**CHESTER COUNTY INVITATIONAL 1/11/2010**

**55H** SONDERMAN 9.64 3<sup>RD</sup> PLACE TUNNO 8.3  
WHITE 10.08 FLAIG 8.5

**55M** DAMBERG 7.8 RAMKUMAR 6.6  
CANFIELD 8.3 MUYA 6.7

**SMR** ROGOWSKI 1:04.4 O'DONNELL :54.7  
HAMILTON :27.2 MARTIN :24.3  
SOLENERGER :28.5 KENT :25.4  
BLACK 2:28.3 CLINE 2:06.5

4:28.61 **1<sup>ST</sup> PLACE**

3:51.12 **3<sup>RD</sup> PLACE**

**200**

HOUPT 27.76 **4<sup>TH</sup> PLACE**

GRACI 25.4

STEFFY 28.18

ANDRIS 24.9

**400**

CASTALDI 60.34 **3<sup>RD</sup> PLACE**

**SQ** KENT 56.8

BEHERNT 1:05.2

BARBER 56.8

**800**

CARCELLA 2:23.18 **2<sup>ND</sup> PLACE**

**SQ** DASTALFO N. 2:08.37 **4<sup>TH</sup> PLACE**

MULLANE 2:26.29 **3<sup>RD</sup> PLACE**

GIANTINNO 2:19.02

**MILE**

LILLIS 5:47.53

DASTALFO K. 4:45.65

RUGH 5:56.51

WHITE 4:40.35 **5<sup>TH</sup> PLACE**

**3000M**

CALLAGHAN 11:11.22 **5<sup>TH</sup> PLACE**

HELM 11:10.8

**DMR**

CASEY 4:04.3

BARBER 3:50.9

HESSER 1:04.8

QUIGLEY 1:02.7

LEONHARDT 2:34.3

ZANHISER 2:27.9

KOSER 5:54.3

NEINER 5:16.9

13:38.31 **2<sup>ND</sup> PLACE**

12:38.75

**4 X 8**

WOOLLEY 2:46.5

DWYER 2:11.5

WILCOX 2:48.5

DOHERTY 2:16.1

FOGERTY 2:42.1

LEONHARDT 2:10.5

MOHLER	<u>2:49.8</u>	CROMPTON	<u>2:16.4</u>
	11:08.23 <b>4<sup>TH</sup> PLACE</b>		8:55.34 <b>2<sup>ND</sup> PLACE</b>

<b>4 X 2</b>	HOUPT	27.2	MARTIN	24.2
	HAMILTON	27.4	TUNNO	23.9
	STEFFY	27.5	RAMKUMAR	24.5
	CASTALDI	<u>26.6</u>	ANDRIS	<u>24.5</u>
		1:48.86 <b>1<sup>ST</sup> PLACE</b>		1:37.34 <b>3<sup>RD</sup> PLACE</b>

<b>4 X 4</b>	CARCELLA	1:02.9	CLINE	55.6
	MULLANE	1:05.1	DASTALFO N.	54.0
	BLACK	1:04.5	DASTALFO K.	57.9
	ROGOWKSI	<u>1:04.0</u>	WHITE	<u>54.4</u>
		4:16.93 <b>5<sup>TH</sup> PLACE</b>		3:42.28 <b>4<sup>TH</sup> PLACE</b>

### FIELD EVENTS

<b>LJ</b>	SWANPOL	13' 5 ¼"	FAVIER	16' 8 ½"
	SONDERMAN	14' 9" <b>5<sup>TH</sup> PLACE</b>		

<b>TJ</b>	BALLARON	30' 1 ¾"	FAVIER	35' 5 ¼"
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<b>HJ</b>	SITLER	4' 10" <b>4<sup>TH</sup> PLACE</b>	MUYA	5' 0"
	WHITE	4' 8"		

<b>SP</b>	IRWIN	29' 10" <b>4<sup>TH</sup> PLACE</b>	GANNON	39' 11"
			MORRIS	39' 1"



CARCELLA	63.2		
BLACK	<u>66.4</u>		
	4:16.18	<b>5<sup>TH</sup> PLACE</b>	
		5 OF 60	

**8 MEDALS WON**

**TOTAL MEDAL COUNT 49**

**GIRLS INDOOR TRACK      1/2/2010      LEHIGH UNIVERSITY**

**DMR**

KOSER 2:43.8  
 MOULDER :72.7  
 BLOODGOOD 4:27.6  
 WOOLEY 6:06.8  
 14:30.8  
**24/42**

**60 HH**

CLARK 11.45  
 35/50  
 CANFIELD 11.61  
**41/50**

**60 DASH**

RAMOS 9.0  
**50/56**

**300**

ROGOWSKI 48.55  
**8/17**

**600**

STOCKHAUSEN A. 2:00.88

**1000**

HISEY 4:08.97  
**12/17**

**MILE**

CALLAGHAN 5:51.60  
**14/42**

**4 X 400**

FOGERTY 1:08.0  
 CAP 1:11.5  
 STOCK C. 1:16.2

**4 X 200**

BEHRNDT :29.4  
 CUZZOLINI :31.0  
 CANFIELD :31.0

ZLOGAR	<u>1:17.7</u>	OWENS	<u>:30.8</u>
	4:54.44		2:02.43
	<b>38/51</b>		<b>28/46</b>

**HIGH JUMP**

SITLER 4' 8      **8/48**

**NO MEDALS**

**TOTAL MEDAL COUNT      41**

**BOB BURDETTE      INVITATIONAL      LEGHIGH UNIVERSITY**  
**12/28/09**

**GIRLS**

<b><u>4 X 800</u></b>	MULLANE	ROGOWSKI	CARCELLA	BLACK	<b>9:53.30</b>
	2:28.4	2:29.2	2:27.2	2:27.8	<b>1<sup>ST</sup> PLACE MEDAL</b>
					<b>1<sup>ST</sup> OF 13</b>
					<b>STATE QUALIFIER</b>
					<b>NEW MEET RECORD</b>
					<b>PA #1 IN 4 X 800</b>

<b><u>4 X 400</u></b>	HOUPT	STEFFY	CASTALDI	CARCELLA	<b>4:17.07</b>
	65.7	64.7	62.0	64.3	<b>2<sup>ND</sup> PLACE MEDAL</b>
					<b>2<sup>ND</sup> OF 15</b>

**GIRLS INDOOR TRACK      12/23/09      URSINUS**

<b><u>4 X 800</u></b>	<b><u>60 HH</u></b>	<b><u>50 DASH</u></b>	<b><u>300</u></b>
LEONHARDT 2:29.9	SONDERMAN 9.73	HAMILTON 6.6	SOLENERGER 44.46

14/51

17/48 **3<sup>RD</sup> PLACE**

KOSER 2:36.4

CALLAGHAN 2:35.8

LEIN 2:42.7

10:24.77

12/48

**600**

MULLANE 1:44.74

**1<sup>ST</sup> PLACE MEDAL**

1/13

**800**

WILCOX 2:46.79

27/41

**3000**

BLOODGOOD 11:59.39

21/35

**4 X 400**

HESSER 65.2

CARCELLA 63.5

ROGOWSKI 64.5

BLACK 64.4

4:17.63

**3<sup>RD</sup> PLACE MEDAL**

3/53 MOC QUALIFIER

**4 X 200**

CASTALDI 27.4

HAMILTON 27.4

STEFFY 27.4

SOLENERGER 27.4

1:49.82

**4<sup>TH</sup> PLACE MEDAL**

4/53 MOC QUALIFIER AND STATE QUALIFIER

**SHOT PUT**

ERWIN 32' 3 3/4"

**3<sup>RD</sup> PLACE**

3/35

MOC QUALIFIER

**HIGH JUMP**

SITLER 4' 10"

11/30

**LONG JUMP**

SAWANEPOL 13' ¼"

26/34

**TRIPLE JUMP**

BALLARON 30' 11"

12/27

**GIRL'S INDOOR TRACK  
UNIVERSITY****12/18/09****LEHIGH**

NOTE: MOC = MEET OF CHAMPS QUALIFING PLACE

**60 H**SONDERMAN 10.2  
(69.5)

17 of 66

WHITE 10.2

18 of 66

**60 M**

HAMILTON 7.8

19 of 64

**300 M**

CASTALDI 43.81

1<sup>ST</sup> PLACE MEDAL!!

1 OF 21

**\*NOTE: SCHOOL RECORD IS****42.9 HAND HELD CONVERTS****TO 43.14\*****600 M**

LEONHARDT 1:49.96

11 of 25

**1000 M**

CALLAGHAN 3:19.48

5 PLACE MEDAL!

5 OF 17

**MILE**

CASEY 5:48.07

16 OF 64

**LONG JUMP**

HOUPY 16' 6"

4<sup>TH</sup> PLACE MEDAL!

MOC

4 OF 43

**TRIPLE JUMP**

BALLARON 32' ½"

7<sup>TH</sup> PLACE

7 OF 25

**HIGH JUMP**

SITLER 4' 10

4<sup>TH</sup> PLACE MEDAL!

MOC

4 OF 46

STEFFY N/H

WALK 17' 9 3/4"

68 OF 68

**SHOT PUT**

ERWIN 28' 9"

16 OF 68

**4 X 800**

ROGOWSKI - 2:30.9 - (75)

MULLANE - 2:31.4 - (76)

BLACK - 2:31.4 - (75)

CARCELLA - 2:30.8 - (76)

10:04.28

3<sup>RD</sup> PLACE – MOC

NOTE: DONE FROM SLOW HEAT 3 OF 50

– 2<sup>ND</sup> PLACE IN HEAT WAS 11:041<sup>ST</sup> AND 2<sup>ND</sup> IN FAST HEAT 9:57 AND 10:01**4 X 400**

CASTALDI - 62.3

HAMILTON - 63.9

BLACK - 65.9

ROGOWSKI - 65.8

4:18.96

5<sup>TH</sup> PLACE MEDAL – MOC

5 OF 63

**4 X 200**

HOUPY - 27.4

STEFFY - 28.5

SOLEBERGER - 28.3

CARCELLA - 28.8

1:53.24

6<sup>TH</sup> PLACE MEDAL - MOC

6 OF 66

**GIRL'S INDOOR 2009/10 12/11/09 HAVERFORD**

DMR 800 MULLANE 2:25.7

400 BLACK 1:05.8

1200 CALLAGHAN 4:09.6

1600 CASEY 5:36.5

13:17.24 **6<sup>TH</sup> PLACE OF 53** **MEET OF CHAMPS QUALIFIED**

**60 HURDLES**

SONDERMAN TRIAL 9.8 FINAL 9.74 10<sup>TH</sup> OF 46

**4 X 800**

ROGOWSKI 2:29.6

LEONHARDT 2:29.6 PR

KOSER 2:40.5

BLOODGOOD 2:45.4

**10.30.60** 9<sup>TH</sup> OF 53

**60 METER**

CANFIELD TRIAL 8.33 35<sup>TH</sup> OF 54

**4 X 400**

CASTALDI 1:02.0

HAMILTON 1:03.6

HOUPY 1:07.3

STEFFY 1:04.8

4:19.09 **5<sup>TH</sup> PLACE OF 60** **MEET OF CHAMPS QUALIFIER**

**4 X 200**

BEHRNDT 33.4

DANBERG 28.4

CLARK 30.6

CUZZOLINA 32.5

2:04.92 40<sup>TH</sup> OF 69

**MEDAL COUNT**

**8**

