



Mountain Valley Conference Championship at Governor Livingston High School

5/5/2008, 5/6/2008, 5/7/2008

400 Meter IH	Comments
Regman, Stephen	1:03.20

100 Meters	Comments
2 Suarez, Mike	10.90
4 Stubbs, Shariff	10.90
Cowherd, Michael	11.70

1600 Meters	Comments
1 Thornton, DJ	4:28.30
5 da Costa, Danny	4:36.80
6 Niziolek, Alex	4:39.60

400 Meters	Comments
2 Ellis, Garrett	48.80
4 Suarez, Mike	49.90
Peru, Jordan	53.10

800 Meters	Comments
1 Kilkenny, Ryan	2:02.90
6 da Costa, Danny	2:04.50
Gingrich, Evan	2:06.70

110 Meter HH	Comments
Regman, Stephen	18.10
Beaty, Mike	21.00

200 Meters	Comments
2 Ellis, Garrett	21.90
3 Stubbs, Shariff	22.10
4 Suarez, Mike	22.30

3200 Meters	Comments
1 Thornton, DJ	9:46.40
Niziolek, Alex	10:44.80
Kinney, Russell	11:25.20

4x400 Relay	Comments
2nd Place	
Suarez, Mike	400 49.90
Zukowski, Keith	400 51.90
Nwafor, Obinna	400 50.20

Peru, Jordan	400	52.40
		3:24.90

Long Jump	Comments
1 Nwafor, Obinna	22' 11.00"
Benson, DJ	18' 04.00"
Nash, Jamaad	17' 11.00"

Triple Jump	Comments
1 Nwafor, Obinna	45' 00.50"
5 Regman, Stephen	39' 03.50"
Nash, Jamaad	

High Jump	Comments
1 Nwafor, Obinna	5' 08.00"
2 Nash, Jamaad	5' 06.00"
6 Regman, Stephen	5' 02.00"

Shot Put	Comments
3 Eke, Charles	46' 00.25"
Doherty, Aaron	
Hyppolite, AJ	

Discus	Comments
Eke, Charles	
Doherty, Aaron	
DiPaolo, Mike	

Javelin	Comments
DiPaolo, Mike	
Brown, Chris	