



NJCTC Frosh Soph Championship at Christian Brothers Academy (Boys)

5/15/2011

Good Day All Around

Soph 400 Meter IH		Comments
Ghizzone, Zach	59.70	PR (-02.80)
Palmer, Barrington	1:03.50	PR (-02.40)

Frosh 1600 Meters		Comments
2 Ghizzone, Andrew	4:38.30	PR (-06.00)
Seebode, Jp	4:59.80	PR (-13.70)

Soph 1600 Meters		Comments
5 Barbosa, Christian	4:51.70	PR (-08.20)
Ledet, Alex	5:04.50	PR (-13.00)

Frosh 100 Meters		Comments
Pollock, Ryan	12.20	PR (-00.50)
Herron, Mike	12.60	PR (-00.10)
Nugent, Tim	14.10	

Soph 100 Meters		Comments
4 Kelly, Justin	11.60	
Morency, Ozirus	12.70	
Sikora, Andrew	15.40	

Soph 110 Meter HH (Trial)		Comments
1 Ghizzone, Zach	16.30	PR (-01.03)
4 Palmer, Barrington	17.50	PR (-00.86)

Frosh 400 Meters		Comments
3 Animashaun, Obafemi	52.10	
Busch, Brandon	1:00.10	PR (-00.50)

Soph 400 Meters		Comments
Morency, Ozirus	59.30	PR (-00.30)

Frosh 800 Meters		Comments
3 Evely, Kenny	2:07.50	
4 Wright, Arthur	2:12.00	PR (-00.30)
Nugent, Tim	2:45.90	

Soph 800 Meters		Comments
6 O' Reilly, Brendan	2:11.10	PR (-05.50)

Ledet, Alex 2:19.80

Frosh 200 Meters		Comments
Pollock, Ryan	25.50	PR (-00.40)
Herron, Mike	27.30	PR (-00.30)

Soph 200 Meters		Comments
5 Kelly, Justin	24.40	
Morency, Ozirus	26.60	
Sikora, Andrew	32.80	

3200 Meters		Comments
3 Siegal, Derek	10:30.80	5:14,PR (-20.10)

Soph 3200 Meters		Comments
Roberts, Matt	11:09.80	5:24,PR (-00.10)

Soph 4x400 Relay		4th Place		Comments
Kelly, Justin	400	54.70		
O' Reilly, Brendan	400	54.90		PR (-01.20)
Palmer, Barrington	400	56.50		PR (-08.80)
Ghizzone, Zach	400	53.00		
		3:39.50		

Frosh 4x400 Relay		3rd Place		Comments
Ghizzone, Andrew	400	55.20		
Wright, Arthur	400	57.40		
Seebode, Jp	400	1:00.10		PR (-00.70)
Evely, Kenny	400	52.80		
		3:45.50		

Frosh Discus		Comments
1 Davidson, Justin	127' 08.00"	PR (+09.00")
Esomonu, Chibueke	62' 02.00"	
Benoit, Roberto	57' 04.00"	

Frosh Shot Put		Comments
6 Davidson, Justin	41' 06.75"	PR (+2' 10.25")
Esomonu, Chibueke	34' 07.00"	PR (+06.00")
Benoit, Roberto	30' 02.50"	PR (+5' 05.50")

Frosh Javelin		Comments
3 Ghizzone, Andrew	122' 09.00"	PR (+10' 04.00")



Triple Jump

Comments

1 Ghizzone, Andrew 37' 08.00"

High Jump

Comments

1 Wang, Thomas 5' 11.00" *PR (+01.00")*

Performers of the Meet: Zach Ghizzone & Barrington Palmer