

GIRLS WINTER TRACK HONOR ROLL

55 meter dash

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Jenn Seniszyn	7.44*	Senior	06-07	Catholic Conference Championships
Jen Seniszyn	7.607*	Sophomore	04-05	Seton Hall Invitational
Ashley Broderick	7.97*	Senior	06-07	Seton Hall Invitational
Miriam Majeski	8.07*	Freshman	06-07	Mountain Valley Conference Champs

55 meter hurdles

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Alisa Harris	9.16*	Senior	06-07	Group 1 State Championship
Genesis Fulmer	9.90*	Junior	06-07	Group 1 State Championship
Katie Ryan	10.63*	Senior	06-07	Catholic Conference Championship
Ivohna Howard	10.79*	Junior	06-07	Catholic Conference Championship

200 meter dash

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Jenn Seniszyn	26.8	Sophomore	04-05	Spike Shoe Invitational
Francis Nesi	29.46*	Freshman	05-06	Group 2 State Championship
Ashley Broderick	29.57*	Junior	05-06	Group 2 State Championship

300 meter dash

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Alisa Harris	44.26*	Senior	06-07	Catholic Conference Championships
Jenn Seniszyn	44.68*	Senior	06-07	Catholic Conference Championships
Francis Nesi	46.0	Freshman	05-06	Catholic Conf. Frosh/Soph Champs
Ashley Broderick	46.40*	Senior	06-07	Catholic Conference Championships
Ivohna Howard	47.00*	Junior	06-07	Catholic Conference Championships
Tess Lowe	47.4	Freshman	05-06	Catholic Conf. Frosh/Soph Champs
Ashley Broderick	47.7	Junior	05-06	Catholic Conference Championships

400 meter dash

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Alisa Harris	1:01.46*	Senior	06-07	Group 1 State Championship
Jenn Seniszyn	1:04.69*	Sophomore	04-05	Mountain Valley Conference Champs
Alisa Harris	1:05.50*	Junior	05-06	Group 2 State Championship
Tess Lowe	1:05.67*	Sophomore	06-07	Mountain Valley Conference Champs
Katie Vargo	1:06.05*	Sophomore	05-06	Group 2 State Championship

600 meter dash

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Tess Lowe	1:47.60	Freshman	05-06	Catholic Conf. Frosh/Soph Champs
Katie Colombo	1:49.2	Sophomore	06-07	Catholic Conf. Frosh/Soph Champs
Jillian Roth	1:50.10	Freshman	04-05	Catholic Conf. Frosh/Soph Champs
Tess Lowe	1:50.16	Sophomore	06-07	Catholic Conference Championships

800 meter run

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
-------------	-------------	--------------	-------------	-------------

Samantha Peters	2:31.23*	Junior	06-07	Mountain Valley Conference Champs
Rebecca Babicz	2:33.56*	Sophomore	99-00	Group 2 State Championship
Lissette Brandao	2:33.80*	Senior	99-00	Group 2 State Championship
Rebecca Babicz	2:34.29*	Sophomore	99-00	Group 2 State Championship
Jillian Roth	2:34.91*	Junior	06-07	Mountain Valley Conference Champs

1000 meter run

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Jillian Roth	3:19.42*	Junior	06-07	Catholic Conference Championship
Amanda Dalton	3:26.1	Sophomore	06-07	Catholic Conf. Frosh/Soph Champs
Allison Whitefleet	3:33.3	Sophomore	05-06	Catholic Conference Championship
Gina Egidio	3:33.9	Sophomore	06-07	Catholic Conf. Frosh/Soph Champs
Allison Whitefleet	3:34.6	Sophomore	05-06	Catholic Conf. Frosh/Soph Champs

1600 meter run

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Katie Marshall	5:30.85*	Senior	00-01	Group 2 State Championship
Jillian Roth	5:33.33*	Sophomore	05-06	Group 2 State Championship
Jillian Roth	5:46.2(DC)	Freshman	04-05	Union County Championship
Samantha Peters	5:44.10*	Junior	06-07	Group 1 State Championship

3200 meter run

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Katie Marshall	12:16.95	Senior	00-01	Group 2 State Championships
Bree Kelly	13:15.46*	Senior	05-06	Mountain Valley Conference Champs
Gina Egidio	13:22.65*	Freshman	05-06	Mountain Valley Conference Champs
Samantha Peters	13:27.10*	Junior	06-07	Mountain Valley Conference Champs

4x200 meter relay

<u>Name</u>	<u>Time</u>	<u>Year</u>	<u>Meet</u>
Majeski, Vargo, Harris, Seniszyn	1:51.4	06-07	Catholic Conference Relays
Harris, Broderick, Vargo, Seniszyn	1:55.25	05-06	Tony Passarelli Relays
Broderick, Harris, King, Seniszyn	1:55.9	04-05	Catholic Conference Relays

4x400 meter relay

<u>Name</u>	<u>Time</u>	<u>Year</u>	<u>Meet</u>
Seniszyn, Fulmer, Peters, Harris	4:13.74	06-07	Group 1 State Championship
Seniszyn, Roth, Vargo, Harris	4:26.2	05-06	Tony Passarelli Relays
Seniszyn, Gigl, Roth, Harris	4:33.35*	04-05	Mountain Valley Conference Champs

4x800 meter relay

<u>Name</u>	<u>Time</u>	<u>Year</u>	<u>Meet</u>
Roth, Egidio, Lowe, Whitefleet	10:58.8*	05-06	Group 2 State Relays
Egidio, Dalton, Hedley, Whitefleet	11:12.87*	06-07	Group 1 State Relays
Arrojado, Gigl, Whitefleet, Roth	11:18.5	04-05	Catholic Conference Relays

Sprint Medley Relay

<u>Name</u>	<u>Time</u>	<u>Year</u>	<u>Meet</u>
Harris, Majeski, Seniszyn, Peters	4:29.20*	06-07	Marine Corps Holiday Classic
Vargo, Broderick, Harris, Roth	4:39.22*	05-06	Catholic Conference Relays
Harris, Seniszyn, Broderick, Roth	4:41.1	04-05	Catholic Conference Relays

Distance Medley Relay

<u>Name</u>	<u>Time</u>	<u>Year</u>	<u>Meet</u>
Roth, Lowe, Colombo, Peters	13:39.10*	06-07	Group 1 State Relays
Lowe, Gigl, Whitefleet, Roth	13:54.76*	05-06	Catholic Conference Relays

Long Jump

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Ashley Broderick	14' 10"	Sophomore	04-05	Catholic Conference Relays
Ashley Broderick	14' 8"	Junior	05-06	Seton Hall Invitational

High Jump

<u>Name</u>	<u>Height</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Kaity Eppinger	5' 4"	Senior	<u>06-07</u>	Mountain Valley Conference Champs
Tiara Brown	5' 0"	Junior	<u>06-07</u>	Group 1 State Championship
Danielle Hoff	4' 6"	Sophomore	06-07	Mountain Valley Conference Champs

Shot Put

<u>Name</u>	<u>Distance</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
-------------	-----------------	--------------	-------------	-------------