

Meet: Lancaster Mennonite

Date: April 11, 2023

Weather Conditions: 70's

Location: Donegal High School

4 x 100 Meters

1) Chad Rambal	
Davion Wagstaff	
Brody Bonham	
Ayo Akiniriwoye	46.0

4 x 400 Meters

1) Nakita Galkin	55.1
Noah Hinkel	54.6
Andrew Myers	55.3
Ayo Akiniriwoye	63.0
	3:48.2

4 x 800 Meters

1) Micah Brydon	2:13.2
Braden Bistline	2:10.9
Dylan Lenhart	2:11.5
Brandon Marcelo	2:10.9
	8:46.7

Shot Put

1) Caleb Kendig	45-10
2) Keaghan Cote	45-8.5
Keven Almanza	32-8
McCauley Cranmer	29-10
Ken Engel	27-3
Dane Zhookoff-Lutz	23-11

Javelin

1) Caleb Kendig	129-9
2) Keaghan Cote	125-6
3) McCauley Cranmer	116-3
Zach Karpel	103-10
Sergio Garcia	77-8

Discus

2) Keaghan Cote	100-9
3) Caleb Kendig	95-7
Ken Engel	85-6
Keven Almanza	79-10
McCauley Cranmer	77-7
Dane Zhookoff-Lutz	60-6

100 Meters

1) Brody Bonham	11.4
2) Chad Rambal	11.6
3) Davion Wagstaff	11.7
AJ Papp	12.2
Cole Hess	12.5
Uri Alkinburg	12.9

200 Meters

1) Brody Bonham	23.9
2) Andrew Myers	24.1
Ayo Akiniriwoye	25.0
AJ Papp	25.1
Cole Hess	25.3
Davion Wagstaff	26.0
Uri Alkinburg	26.0
Haden Bires	26.2

400 Meters

1) Nikita Galkin	58.0
2) Tim Stehman	63.4
3) Tyler Stickley	67.5

110 Meter Hurdles

1) Jack Brady	18.6
2) Hayden Bires	19.3

800 Meters

1) Braden Bistline	2:18.3
2) John Hinkle	2:19.5
Thomas Dohl	2:30.0
Dominic Santiago-Vega	2:32.0
Bobby Johns	2:49.0

1600 Meters

1) Cadel Barber	5:05.0
2) Micah Brydon	5:06.1
3) Dylan Lenhart	5:10.3
Dominic Santiago-Vega	5:32.2
Zach Karpel	5:33.5
Thomas Dohl	5:34.9

300 Meter Hurdles

1) Jack Brady	45.0
3) Josh Leidich	46.4
2) Hayden Bires	50.6

Pole Vault

1) Noah Hinkel	11-0
2) Mark Overlander	11-0
3) Trevor Engel	8-6

3200 Meters

1) Brandon Marcelo	11:36.7
2) Cadel Barber	12:37.6
3) Ryley Carroll	12:44.4

High Jump

1) Evan Donough	4'10"
Sergio Garcia	NH

Long Jump

1) Chad Rambal	19-0.5
2) Andrew Myers	17-6.5
3) Cole Hess	17-11
Evan Donough	16-7.0
Nikita Galkin	16-7
Tim Stehman	16-11
Davion Wagstaff	15-10

Triple Jump

1) Evan Donough	36-3
2) Hayden Bires	35-6.5
3) Tim Stehman	35-1
Sergio Garcia	33-8
Trevor Engel	30-1
Tyler Stickley	29-7

4 x 400 Meters

Micah Brydon	59.3
Dylan Lenhart	60.7
Brandon Marcelo	62.7
Uri Alkinburgh	61.4
	4:04.1

4 x 400 Meters

Zach Karpel	67
Caleb Kendig	67
Keaghan Cote	72
Ken Engel	75

Athlete of the Meet

4:41

Evan Donough-won both triple and high jumps!

4 x 400 Meters

Cadel Barber	74.2
Dominic Santiago-Vega	63.9
Thomas Dohl	65.4
Bobby Johns	70.3
	4:33.8

Outstanding Performances

Chad over 19 feet in long jump

Cadel, Micah, and Dominic all ran personal bests in mile.

Ryley Carroll had a 55 second personal best in 2 mile.

AJ and Davion had personal bests in 100m/200m

Hayden Bires had personal best improvements in triple jump and 110m High hurdles

<u>Score</u>	<u>Section Record</u>	<u>Over-All Record</u>
Don LMH	2-1	2-1

Coach's Comments

So many good things to see at the track in in the field today! Let's keep this going and beat Octorara!