

Meet: Twin Valley Invite

Date: April 21, 2023

Weather Conditions: Started out in upper 80's, but dropped Location: Twin Valley High School

Coach's Comments

It's after 1:00 a.m and I am so thoroughly in awe of our team's performance, attitude, and effort. You all brought it tonight. I think we had 8 or 9 Donegal Honor Roll additions and 1 freshman record. But I really feel like our best is yet to come. Stay healthy, make wise choices, and continue to strive to improve. Congratulations on all you efforts tonight.

4 x 100 Meters

5) Chad Rambal
Davion Wagstaff
Brody Bonham
Ayo Akiniriwoye 44.40

4 x 400 Meters

3) Nikita Galkin 54.8
Noah Hinkel 53.8
Andrew Myers 52.3
Ayo Akiniriwoye 54.8
3:35.08

4 x 800 Meters

4) Micah Brydon 2:09.9
Braden Bistline 2:07.7
Dylan Lenhart 2:10.2
Brandon Marcelo 2:07.6
8:35.97

Shot Put

3) Caleb Kendig 49-3.5
9) Keaghan Cote 44-5

Javelin

4) Caleb Kendig 154-08
22) Keaghan Cote 119-09

Discus

20) Keaghan Cote 107-9
32) Caleb Kendig 84-5

100 Meters

7) Brody Bonham 11:31
Eli Kabamba DQ

200 Meters

11) Brody Bonham 23.48
19) Ayo Akiniriwoye 24.21

400 Meters

6) Andrew Myers 53.05

110 Meter Hurdles

9) Jack Brady 16.77

300 Meter Hurdles

5) Jack Brady 43.11

Novice Mile

22 Thomas Dohl 5:24.98
Dominic Santiago-Vega 5:25.4
Ryley Carroll 5:29.5
Chase Blankenmeyer 5:39.3

800 Meters

23) Micah Brydon 2:12.42

1600 Meters

21) Dylan Lenhart 4:54.98
35) Brandon Marcelo 5:15.99

Pole Vault

2) Mark Overlander 11-6
4) Noah Hinkel 11-0

3200 Meters

22) Cadel Barber 11:16.93
28) Zach Karpel 11:31.47

Long Jump

9) Chad Rambal 19-10.5
25) Tim Stehman 18-1

Triple Jump

23) Tim Stehman 35-7
24) Evan Donough 33-10

Score

TBA

Outstanding Performances

We had many top 5 finishes including: Caleb Kendig (3rd in Shot Put, 4th in javelin), Jack Brady (5th in 300m hurdles), Mark Overlander (2nd in Pole Vault 11-6), and Noah Hinkel (4th in pole Vault, 11-0). The Boys' 4x100m Relay (Chad Rambal, Eli Kabamba, Ayo Akiniriwoye, Brody Bonham) dropped over a second from their best time to run 5th fastest time in school history. The 4x400m relay of Andrew Myers, Ayo Akiniriwoye, Nikita Galkin, and Noah Hinkel were 3rd, and the 4x800m relay of Braden Bistline, Brandon Marcelo, Dylan Lenhart, and Micah Brydon were 5th.

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4 x 100 Meters

3) Faith Garber
Anna Brubaker
Peyton Mansfield
Jayanna Morant 51.40

4 x 800 Meters

2) Molly Myers 2:23.4
Kathryn Fernald 2:29.3
Emma Myers 2:40.9
Marleigh Ballard 2:41.7
10:15.54

Shot Put

3) Nya Bantum 35-2
24) Ashley Garcia 25-9

Javelin

20) Nya Bantum 77-9
28) Mahagony Hunter 5-3

Discus

15) Ashley Garcia 85-9
18) Mahagony Hunter 82-10

100 Meters

14) Faith Garber 13.40
29) Jayanna Morant 13.91

200 Meters

12) Faith Garber 27.49

100 Meter Hurdles

12) Addison Houck 17.92

800 Meters

2) Molly Myers 2:22.33
24) Emma Myers 2:43.68

1600 Meters

24) Maleigh Ballard 6:08.45

3200 Meters

3) Kathryn Fernald 12:43.50

Pole Vault

20) Claudia Taylor 7-6

300 Meter Hurdles

10) Jordyn Slattery 52.89
29) Addison Houck 57.31

Long Jump

20) Faith Garber 14-8

Triple Jump

7) Sydney Snyder 33-0
26) Claudia Taylor 28-7.75

High Jump

12) Elycia Montano 4-6
15) Anna Brubaker 4-4

We had many top 5 finishes including: Molly Myers (2nd in 800m, freshman record and 2nd best time in school history), Nya Bantum (3rd in shot Put, #8 throw all time at Donegal), and Kathryn Fernald (3rd in 3200m), The Girls' 4x100m Relay (Faith Garber, Anna Brubaker, Peyton Mansfield, and Sophia Floyd) placed 3rd and improved their best time to run the 6th fastest time in school history. The 4x800m relay of Molly Myers, Marleigh Ballard, Emma Myers, and Kathryn Fernald were 2nd with the 5th fastest time in school history.

Score

TBA