

Meet: Northern Lebanon

Date: April 3, 2023

Weather Conditions: upper 60's, partly cloudy

Location: Donegal High School

4 x 100 Meters

- 1) Chad Rambal
- Eli Kabamba
- Brody Bonham
- Ayo Akiniriwoye 47.0

4 x 400 Meters

- 1) Nakita Galkin 54.8
- Noah Hinkel 55.6
- Andrew Myers 55.2
- Tim Stehman 61.2
- 3:46.7

4 x 800 Meters

- Micah Brydon 2:10.6
- Braden Bistline 2:15.7
- Dylan Lenhart 2:16.5
- Brandon Marcelo 2:16.6
- 8:58.9

Shot Put

- 1) Caleb Kendig 46-9.5
- 2) Keaghan Cote 41-6
- Keven Almanza 31-5.5
- McCauley Cranmer 29-8.5
- Ken Engel 26-0

Javelin

- 1) Caleb Kendig 147-0
- 3) Keaghan Cote 123-9
- McCauley Cranmer 111-1
- Zach Karpel 107-1

Discus

- 1) Caleb Kendig 106-9
- 2) Keaghan Cote 104-7
- Keven Almanza 86-10
- McCauley Cranmer 80-2
- Ken Engel 81-4
- Dane Zhookoff-Lutz F

Dane Zhookoff-Lutz 22-8

100 Meters

- 1) Brody Bonham 11.7
- 2) Chad Ramabl 11.9
- 3) Eli Kabamba 12.2
- Davion Wagstaff 12.3
- AJ Papp 12.5
- Josh Leidich 12.6

200 Meters

- 1) Brody Bonham 23.8
- 2) Ayo Akiniriwoye 23.9
- 3) Noah Hinkel 24.1
- AJ Papp 25.4
- Davion Wagstaff 26.3

400 Meters

- 1) Andrew Myers 53.6
- 2) Nikita Galkin 54.9
- Tim Stehman 62.3

110 Meter Hurdles

- 1) Jack Brady 17.9
- Hayden Bires 20.2

800 Meters

- 1) Micah Brydon 2:17.1
- 3) Braden Bistline 2:21.7
- Chase Blankenmeyer 2:27.6
- Thomas Dohl 2:28.4
- Dominic Santiago-Vega 2:32.5

1600 Meters

- 2) Cadel Barber 5:10.0
- Zach Karpel 5:45.0
- Dominic Santiago-Vega 5:43.5
- Ryley Carroll 5:48.7

300 Meter Hurdles

- 1) Jack Brady 44.8
- Hayden Bires 50.7
- Josh Leidich 47.7

Pole Vault

Not Contested

3200 Meters

- 2) Dylan Lenhart 11:16.0
- Cadel Barber 11:55.6

High Jump

- 3) Evan Donough 5-0
- Sergio Garcia 5-0
- Davion Wagstaff NH
- Scott Garcia NH

Long Jump

- 1) Chad Rambal 18-11.5
- 2) Aiden Dickinson 18-3.5
- 3) Evan Donough 17-4
- Andrew Myers 17-4
- Noah Hinkel 16-6.5
- Nikita Galkin 16-5.5
- Davion Wagstaff 16-4

Triple Jump

- 1) Evan Donough 36-0.5
- 2) Hayden Bires 34-4.5
- 3) Tim Stehman 34-3
- Sergio Garcia 32-3
- Scott Garcia 31-5.5
- Tyler Stickley 31-1.5
- Trevor Engel 28-5

Aiden Dickinson 18-3.5

Athlete of the Meet

Outstanding Performances

Jumpers break out the broom and sweep up in the LJ, TJ, 100m, 200m

Caleb took 1st in 3 events

Chad Rambal had a good day winning LJ

Brody took home wins in 100m and 200m plus relay

Micah Brydon ran a good split in 4x800 and won open 800m

<u>Score</u>	Section Record	Over-All Record
Don 99 NL 51	1-1	1-1

Coach's Comments

Keep working hard an getting better every day. There were more amazing performances today, and we are starting to become a more complete team. We can't let it go to our heads though, it is going to take even greater performances than today to beat Octorara and Annville. Next up in LMH.