

Meet: Lancaster Catholic

Date: April 24, 2023

Weather Conditions: 50's

Location: Donegal High School

4 x 100 Meters

1) Chad Rambal	
Eli Kabamba	
Brody Bonham	
Ayo Akiniriwoye	45.2

4 x 400 Meters

Nakita Galkin	54.7
Jack Brady	55.8
Braden Bistline	54.5
Ayo Akiniriwoye	55.5
	3:40.4

4 x 800 Meters

1) Dominic Santiago-Vega	2:28.3
Braden Bistline	2:10.2
Chase Blankenmeyer	2:23.3
Thomas Dohl	2:27.3
	9:29.1

Shot Put

1) Caleb Kendig	45-0.5
2) Keaghan Cote	42-0
McCauley Cranmer	30-2.5
Ken Engel	26-10
Dane Zhookoff-Lutz	20-10.5

Javelin

1) Caleb Kendig	139-7
2) McCauley Cranmer	117-2
3) Keaghan Cote	116-11
Zach Karpel	108-2
McCauley Cranmer	117-2

Discus

3) Keaghan Cote	98-11
Caleb Kendig	93-7
Ken Engel	88-10
McCauley Cranmer	74-9
Dane Zhookoff-Lutz	52-8

100 Meters

1) Brody Bonham	11.2
Chad Rambal	11.5
AJ Papp	11.9
Eli Kabamba	11.9
Tim Stehman	12.3
Cole Hess	12.3

200 Meters

2) Brody Bonham	23.6
3) Ayo Akiniriwoye	24.0
Andrew Myers	24.3
Cole Hess	24.9
AJ Papp	25.4

400 Meters

T1) Andrew Myers	53.4
T1) Braden Bistline	53.4
Nikita Galkin	56.5
Tyler Stickley	61.3
Tim Stehman	63-1

800 Meters

2) Micah Brydon	2:17.4
3) Cadel Barber	2:23.2
Thomas Dohl	2:24.4
Dominic Santiago-Vega	2:29.6
Bobby Johns	2:50.9
Chase Blankenmeyer	2:30.5

1600 Meters

1) Dylan Lenhart	4:51.5
3) Micah Brydon	5:03.6
Cadel Barber	5:08.8
Zach Karpel	5:27.0

110 Meter Hurdles

3) Jack Brady	16.4
Josh Leidich	18.4
Hayden Bires	18.5

Pole Vault

1) Mark Overlander	12-6
2) Noah Hinkel	12-0
Trevor Engel	8-6

3200 Meters

1) Dylan Lenhart	11:00.0
4) Ryley Carroll	12:05.5

300 Meter Hurdles

3) Jack Brady	43.0
Josh Leidich	45.5
Hayden Bires	49.3

Long Jump

1) Chad Rambal	19-8.5
2) Tim Stehman	18-6
Andrew Myers	16-11.5
Cole Hess	16-8
Evan Donough	16-5.5
Hayden Bires	15-3.5
Tyler Stickley	14-4

Triple Jump

2) Evan Donough	36-9
3) Hayden Bires	36-1.5
Sergio Garcia	34-7
Tim Stehman	33-8.5
Scott Garcia	33-5
Tyler Stickley	30-3.5
Trevor Engel	30-3

High Jump

Evan Donough	5-0
Sergio Garcia	5-0

Outstanding Performances

Mark Overlander #3 all time in Pole Vault

Noah Hinkel #5 all time in pole vault

Ryley Carroll-big PR in 2 mile

<u>Score</u>	Section Record	Over-All Record
Donegal 82 LC 68	3-2	3-2

#### Coach's Comments

There were definitely some good things, but I think we can do better too. If you didn't get a season best today, think about your performance and what you can do to improve before next Monday. Annville will be a formidable opponent, and we have to show up mentally and physically to beat them. We will need everyone's best!