

Meet: ELCO

Date: March 24, 2025

Weather Conditions: mid 50's, partly cloudy, breeze Location: ELCO

Shot Put

1 Dan Viselli	46-8
McCauley Cranmer	32-10.5
Tristen Bair	31-9
Matthew Crider	31-5
Keven Almanza	31-5
Dane Zuckoff-Lutz	31-11.75
Justin Wood	30-8.5
Owen Winters	27-10

Discus

2 Dan Viselli	114-3
3 Justin Wood	107-3
Keven Almanza	95-6
Owen Winters	86-2
Tristen Bair	84-0
Micah Kreider	76-0
Jaron Shellenberger F	

Javelin

1 McCauley Cranmer	140-7
2 Dan Viselli	124-2
3 Justin Wood	111-7
Jordon Woods	106-1
Caleb Gonzalez	101-3
Micah Kreider	93-0
Matt Crider	90-5

100 Meters

1 Nakita Galkin	11.1
2 Ayo Akinrinwoye	11.2
3 Devin Wagstaff	11.3
Davion Wagstaff	11.5
Uri Alkinburgh	12.0
Drew Horst	12.0
Steven Fontanez	12.3
Adam Stauffer	12.4
Cole Scanlon	13.0
Nate Kabamba	13.2

200 Meters

1 Nakita Galkin	23.2
2 Ayo Akinrinwoye	23.3
3 Davion Wagstaff	23.9
Devin Wagstaff	24.1
Steven Fontanez	25.8
Cole Scanlon	26.3
Nate Kabamba	26.8

400 Meters

1 Drew Horst	54.3
2 Isaiah Omisakin	55.6
Uri Alkinburgh	59.0
Naziyr Bell	60.9
Adam Stauffer	63.0

4 x 100 Meters

1 Nakita Galkin	
Davion Wagstaff	
Ayo Akinrinwoye	
Devin Wagstaff	44.4

4 x 400 Meters A

1 Isaiah Omisakin	57.0
Micah Brydon	54.1
Drew Horst	56.9
Chase Blankenmeyer	59.7
	3:47.9

4 x 800 Meters A

1 Chase Blankenmeyer	2:22.6
Cadel Barber	2:06.1
Caiden Karpel	2:17.5
Micah Brydon	2:44.1
	9:30.3

4 x 400 Meters B

Caiden Karpel	58
Fox White	63
Dominic Santiago-Ve	62.3
Stephen Fontanez	59.3
	4:05.6

4 x 400 Meters C

Ryan Ford	62
Prentice Martin	74
Lincoln Boyles	65
Ian Caldwell	82.5
	4:43.0

4 x 400 Meters D

Cadel Barber	58.5
Aden Ho	67.5
Dom Lim	62.7
Bobby Johns	71.5
	4:20.2

110 Meter Hurdles

1 Hayden Bires	17.8
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300 Meter Hurdles

1 Hayden Bires	45.9
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High Jump

2 Colton Houck	5-4
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2 Colton Houck	18.1	2 Colton Houck	48.4	3 Ryan Daily	5-2
<u>800 Meters</u>		<u>1600 Meters</u>		<u>3200 Meters</u>	
1 Micah Brydon	2:10.0	1 Micah Brydon	4:48.4	1 Cadel Barber	10:53.4
Chase Blankenmey	2:26.0	Caiden Karpel	5:05.3		
Aden Ho	2:27.0	Ryan Ford	5:50.9		
Dominic Santiago-Ve	2:27.0	Lincoln Boyles	6:14.6		
Fox White	2:27.5	Bobby Johns	6:16.9	<u>Long Jump</u>	
<u>Dominic Lim</u>	2:28.9				
Prentice Martin	2:41.8			2 Ayden Martis	18-8.5
Ian Caldwell	3:02.9	<u>Triple Jump</u>		Ryan Daily	17-7.5
		1 Evan Donough	40-9	Uri Alkinburgh	17-0.5
<u>Pole Vault</u>		3 Hyden Bires	37-5	Nysaiah DeJesus	16-0.5
Prentice Martin	6-6	Ayden Martis	35-11	Jared Brooks	13-6.25
		Ryan Daily	35-7.5	Jake Thomas	13-0

#### Athlete of the Meet

Nakita Galkin- 3 1st place finishes! His hard work from the winter is paying off.

#### Rookie of the Meet

Drew Horst- He won the 400m in his first HS race!

#### Outstanding Performances

Dan's shot put is now #10 in School History

Nakita's 100m ties for #12 on the Donegal Honor Roll!

Boys sprints/ hurdles scored 39 out of 40 points!

Boys' 4x100 ran 7th fastest time in school history on Donegal Honor Roll!

Hayden won both hurdles races!

<u>Score</u>	Section Record	Over-All Record
Donegal 103 ELCO 45	1-0	1-0

#### Coaches' Comments

So many great things happening at the meet. Great job with sportsmanship and being competitive! We have a strong guys team, but are we strong enough to hang with Annville and Octorara? Those meets will decide the section champion. Continue to work hard to improve. Push each other in practice. Focus on Improvement and growth, what do you need to do to get better? Is it the warm up, mental game, meet day prep, or technique? If you want to reach your full potential, you have to lock in on all of them.