

**2016 Panther Invitational T&F Meet - 4/23/2016**

EZ Meet Services &amp; Paynes Corner Timing

Plainfield High School, Central Village CT

**Meet - Records**

1	Girls 3200 Meter Run Varsity	11:19.57	2013	Alyssa Brehler - Griswold
2	Boys 3200 Meter Run Varsity	9:40.47	4/18/2015	Bryce Hedman - Ledyard
3	Girls 100 Meter Hurdles Varsity	15.45	4/23/2016	Zaidra James - Bloomfield
4	Boys 110 Meter Hurdles Varsity	14.69	2013	Izaiah McEwen - Bloomfield
5	Girls 4x100 Meter Relay Varsity	49.30	4/23/2016	Bloomfield - Bloomfield E Belvit, C Palmer, Z James, C Brown
6	Boys 4x100 Meter Relay Varsity	43.16	4/23/2016	Windsor - Windsor J Simmons, T Coyle, K Bonner, T Epps
7	Girls 100 Meter Dash Freshman	13.42	2012	Lauren Knerr - Norwich Free Aca
8	Boys 100 Meter Dash Freshman	11.76	2011	Orrin Park - New London
9	Girls 100 Meter Dash Varsity	12.51	4/18/2015	Tiandra Robinson - Weaver
10	Boys 100 Meter Dash Varsity	10.77	2013	David Campbell - Bloomfield
11	Girls 1600 Meter Run Freshman	5:33.66	2013	Meagan Perez - Griswold
12	Boys 1600 Meter Run Freshman	4:53.86	2012	Ryan Saros - Plainfield
13	Girls 1600 Meter Run Varsity	5:04.10	2012	Brianna Lenehan - Norwich Free Aca
14	Boys 1600 Meter Run Varsity	4:27.06	4/23/2016	Benjamin Sicilano - Guilford
15	Girls 400 Meter Dash Freshman	1:03.83	4/18/2015	Alison Bruehwiler - Old Saybrook
16	Boys 400 Meter Dash Freshman	54.79	2011	Orrin Park - New London
17	Girls 400 Meter Dash Varsity	58.91	4/23/2016	Jillian Mars - Bloomfield
18	Boys 400 Meter Dash Varsity	50.35	4/23/2016	Max Veth - Daniel Hand
19	Girls 300 Meter Hurdles Varsity	45.23	4/23/2016	Zaidra James - Bloomfield
20	Boys 300 Meter Hurdles Varsity	40.40	4/23/2016	Laurenzo Thompkins - Middletown
21	Girls 800 Meter Run Varsity	2:24.17	2012	Kaitlin Lane - Woodstock Aca
22	Boys 800 Meter Run Varsity	2:01.01	2012	Spencer Arbige - Old Saybrook
23	Girls 200 Meter Dash Varsity	26.29	4/18/2015	Zaidra James - Capital Preparat
24	Boys 200 Meter Dash Varsity	22.46	2013	David Campbell - Bloomfield
25	Girls 1600 Sprint Medley Varsity	22.2HT	4/18/2015	Jawaun Johnson - Norwich Free Aca
26	Boys 1600 Sprint Medley Varsity	4:23.05	4/23/2016	Windsor - Windsor M Alexis, D Johnson, C McHenry, R Samuel
27	Girls 4x400 Meter Relay Varsity	3:34.30	4/23/2016	Windsor - Windsor K Bonner, T Coyle, T Epps, R Harrington
28	Boys 4x400 Meter Relay Varsity	3:56.38	4/23/2016	Windsor - Windsor C McHenry, J Baker, A McDonald, S Hinds
29	Girls Long Jump Freshman	3:26.64	4/23/2016	Windsor - Windsor M Manson, J Outlaw-Moore, J Simmons, C McLean
30	Boys Long Jump Freshman	15-11	2012	Lauren Knerr - Norwich Free Aca
31	Girls Shot Put Freshman	18-11	2012	Devyn Phonphan - Plainfield
32	Boys Shot Put Freshman	30-10	2013	Heather Hobbs - Lyman Memorial
33	Girls Javelin Throw Varsity	38-01	2011	Mitch Conroy - Killingly
34	Boys Javelin Throw Varsity	122-00	2013	Abigale Slonski - Griswold
35	Girls Shot Put Varsity	180-08	2013	Kevin Foster - East Lyme
36	Boys Shot Put Varsity	40-06.25	4/23/2016	Brittany Jones - Bloomfield
37	Girls Discus Throw Varsity	51-00	2011	Ryan Bolduc - Stonington
38	Boys Discus Throw Varsity	126-11	2011	Megan Chapman - Stonington
39	Girls Long Jump Varsity	151-08	4/23/2016	Khyrin Williams - Bloomfield
40	Boys Long Jump Varsity	17-00	4/23/2016	Jahleah Harris - Bloomfield
41	Girls Triple Jump Varsity	21-05	2013	Alex Mayo - Killingly
42	Boys Triple Jump Varsity	35-10.50	4/23/2016	Kenya Warner - Windsor
43	Girls High Jump Varsity	42-09.50	4/23/2016	Collin Wiltshire - Ledyard
44	Boys High Jump Varsity	5-06	4/23/2016	Olivia Sullivan - Greens Farm Acad
		6-04	4/23/2016	DeAaron Lawrence - Middletown
			2015	Jordan Lumpkins, - Plainfield, John Floyd - Fitch
			2014	Nico Ramos - New London
			2013	Jake Almquist - Woodstock Academy
45	Girls Pole Vault Varsity	11-06	2011	Allie Sullivan - Norwich Free Aca
46	Boys Pole Vault Varsity	15-06	4/18/2015	Joseph Fogarasi - Windham