

2019 Ledyard Relays Invite Results**Ledyard High School, Ledyard CT**

4/26/19 - 4/27/19

EZ Meet Services & Ledyard HS Timing

4/27/2019

TEAM SUMMARY

BACON ACADEMY	SEED	PRELIM	FINAL	IMPROVEMENT
Adams, Peyton				
BOYS Varsity F.R. Long Jump	18'03.00"		SCR	
BOYS Varsity F.R. Triple Jump	32'00.00"		SCR	
Ashley, David				
BOYS Varsity F.R. Pole Vault	8'06.00"		8'06.00"	
Bacon Academy, A				
BOYS Varsity 400m Relay	46.12		49.00	
BOYS Jr.Varsity 400m Relay	49.90		50.40	
BOYS Varsity 1600m Relay	3:59.99		SCR	
BOYS Varsity 1600m Sprint Medley RE	4:00.05		4:12.70	
BOYS Jr.Varsity 1600m Relay	4:12.55		4:18.20	
Bear, Michael				
BOYS Varsity 3200m Run	10:55.45		11:00.60	
Best, Gaby				
GIRLS Varsity F.R. Long Jump	13'00.00"		SCR	
Blanda, Daniel				
BOYS Varsity F.R. High Jump	4'10.00"		SCR	
Blumberger, Maile				
GIRLS Varsity F.R. High Jump	4'06.00"		SCR	
Chesnes, Theodore				
BOYS Varsity F.R. Discus Throw	90'00.00"		FOUL	
Cushing, Jackson				
BOYS Varsity F.R. High Jump	4'10.00"		SCR	
Dowd, Will				
BOYS Varsity F.R. Long Jump	17'06.00"		SCR	
Filloramo, John				
BOYS Varsity F.R. Pole Vault	7'06.00"		SCR	
Formeneck, Taryn				
GIRLS Varsity F.R. Pole Vault	6'00.00"		SCR	
Fries, Scott				
BOYS Varsity F.R. Shot Put	36'03.00"		34'00.50"	
BOYS Varsity F.R. Javelin Throw	124'06.00"		112'10.00"	
Graham, Dylan				
BOYS Varsity F.R. Shot Put	28'06.00"		29'07.00"	1'01.00"
Greene, Jaime				
GIRLS Varsity F.R. Long Jump	12'00.00"		SCR	
Groene, Hailey				
GIRLS Varsity F.R. Javelin Throw	70'00.00"		45'09.00"	
Grottole, Ben				
BOYS Varsity F.R. Shot Put	38'08.00"		SCR	
BOYS Varsity F.R. Discus Throw	100'00.00"		SCR	
Janus, Andrew				
BOYS Varsity 3200m Run	10:25.66		10:12.50	13.16
				13.16 Improve. seconds
Janus, Nicholas				
BOYS Varsity F.R. Javelin Throw	120'00.00"		SCR	

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Kardys, Scott				
BOYS Varsity F.R. Pole Vault	7'07.00"		FOUL	
Kauffman, Brandon				
BOYS Varsity F.R. Triple Jump	31'00.00"		SCR	
Kelsey, Justin				
BOYS Varsity F.R. Pole Vault	7'06.00"		FOUL	
Krepcio, Dylan				
BOYS Varsity F.R. Long Jump	16'00.00"		13'07.50"	
BOYS Varsity F.R. Javelin Throw	90'00.00"		96'08.00"	6'08.00"
Lang, Sam				
GIRLS Varsity F.R. Shot Put	20'00.00"		21'01.00"	1'01.00"
GIRLS Varsity F.R. Discus Throw	60'00.00"		46'03.00"	
GIRLS Varsity F.R. Javelin Throw	70'00.00"		61'10.00"	
Lizotte, Ashley				
GIRLS Varsity F.R. Long Jump	12'00.00"		SCR	
Luizzi, Jeremy				
BOYS Varsity F.R. High Jump	5'00.00"		SCR	
BOYS Varsity F.R. Triple Jump	33'00.00"		SCR	
Marvin, Heather				
GIRLS Varsity F.R. Javelin Throw	70'00.00"		SCR	
McIlduff, Jack				
BOYS Varsity F.R. Shot Put	28'06.00"		29'05.25"	'11.25"
BOYS Varsity F.R. Discus Throw	92'00.00"		91'00.00"	
Misbach, Catherine				
GIRLS Varsity F.R. High Jump	4'06.00"		SCR	
Moores, Ethan				
BOYS Varsity 3200m Run	10:40.56		10:57.20	
Pineau, Gillian				
GIRLS Varsity F.R. Pole Vault	6'00.00"		SCR	
Prignano, Julian				
BOYS Varsity F.R. Long Jump	16'00.00"		14'11.00"	
BOYS Varsity F.R. Triple Jump	31'00.00"		29'08.00"	
Reilly, Lindsey				
GIRLS Varsity F.R. Shot Put	20'00.00"		24'09.00"	4'09.00"
GIRLS Varsity F.R. Discus Throw	60'00.00"		71'02.00"	11'02.00"
GIRLS Varsity F.R. Javelin Throw	70'00.00"		55'09.00"	
Rogers, Jordan				
GIRLS Varsity F.R. Discus Throw	60'00.00"		51'09.00"	
Rolon-Issa, Natalie				
GIRLS Varsity F.R. Shot Put	20'00.00"		SCR	
GIRLS Varsity F.R. Discus Throw	60'00.00"		SCR	
Rowlins, Catherine				
GIRLS Varsity F.R. High Jump	4'06.00"		SCR	

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BACON ACADEMY		SEED	PRELIM	FINAL	IMPROVEMENT
Savage, Jessica					
GIRLS Varsity 300m Hurdles		48.90		48.50	.40
GIRLS Varsity F.R. High Jump		4'10.00"		SCR	
GIRLS Varsity F.R. Long Jump		15'00.00"		13'00.50"	
Walsh, Peter					
BOYS Varsity F.R. High Jump		5'04.00"		5'00.00"	
BOYS Varsity F.R. Discus Throw		90'00.00"		73'06.00"	
BOYS Varsity F.R. Javelin Throw		108'00.00"		104'04.00"	
BACON ACADEMY			Percent Improvement	Total Improvement	Average Improvement
	# Events	# SCR	# DQ	# Improve	Per Run... Per Improved
INDIV TR EVENTS	4	0	0	2	50.00%
INDIV FLD EVENTS	22	1	0	6	27.27%
RELAY EVENTS	4	1	0	0	0%

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BERLIN	SEED	PRELIM	FINAL	IMPROVEMENT				
Akata, Diana								
GIRLS Varsity F.R. Discus Throw	64'03.00"		71'03.00"	7'00.00"				
Alphonso, Micah								
GIRLS Varsity F.R. Discus Throw	45'06.00"		50'05.00"	4'11.00"				
Baclaski, Bailey								
GIRLS Varsity F.R. High Jump	3'10.00"		SCR					
Berlin, A								
GIRLS Varsity 400m Relay	52.60		51.30	1.30				
GIRLS Jr. Varsity 400m Relay	1:01.00		58.40	2.60				
GIRLS Varsity 1600m Sprint Medley R	4:30.00		4:38.70					
GIRLS Varsity 4000m Distance Medley	15:45.00		14:45.70	59.30				
GIRLS Varsity 6400m 4x1600m RELAY	23:20.00		23:41.30					
				1.30 Improve. seconds				
Dombrowski, Sophia								
GIRLS Varsity 300m Hurdles	53.60		53.80					
Konior, Noelle								
GIRLS Varsity F.R. High Jump	3'10.00"		4'04.00"	'06.00"				
Morley, Christianna								
GIRLS Varsity F.R. Long Jump	14'10.00"		12'06.50"					
Mroczkowski, Patricia								
GIRLS Varsity F.R. High Jump	5'08.75"		5'03.00"					
GIRLS Varsity F.R. Long Jump	15'06.00"		14'02.50"					
Muscatello, Maxine								
GIRLS Varsity F.R. Long Jump	14'06.00"		12'09.00"					
Perrotta, Sarah								
GIRLS Varsity F.R. High Jump	3'10.00"		4'02.00"	'04.00"				
Roski, Emma								
GIRLS Varsity 3200m Run	14:56.00		14:14.00	42.00				
				42.00 Improve. seconds				
Smith, Skye								
GIRLS Varsity F.R. Discus Throw	67'03.00"		55'09.00"					
BERLIN								
	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement	
							Per Run...	Per Improved
INDIV TR EVENTS	2	0	0	1	50.00%	42.00	21.00	42.00
INDIV FLD EVENTS	9		0	4	44.44%			
RELAY EVENTS	5	0	0	3	60.00%	63.20	12.64	21.07

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DANIEL HAND	SEED	PRELIM	FINAL	IMPROVEMENT
Anderson, Drew				
BOYS Varsity F.R. Discus Throw	97'00.00"		81'10.00"	
Byrne, Finn				
BOYS Varsity F.R. Pole Vault	10'00.00"		SCR	
Citrin, Kyle				
BOYS Varsity F.R. Pole Vault	9'06.00"		9'06.00"	
Daniel Hand, A				
BOYS Varsity 400m Relay	44.90		46.20	
BOYS Jr. Varsity 400m Relay	52.00		52.10	
BOYS Varsity 400m Throwers Relay	54.90		52.80	2.10
BOYS Varsity 440m Shuttle Hurdle RE	1:09.70		1:14.10	
BOYS Varsity 1600m Relay	3:29.90		3:36.00	
BOYS Varsity 1600m Sprint Medley RE	3:54.90		DQ	
BOYS Jr. Varsity 1600m Relay	3:55.00		4:13.90	
BOYS Varsity 3200m Relay	9:18.00		9:35.80	
BOYS Varsity 4000m Distance Medley	12:58.00		13:13.20	
BOYS Varsity 6400m 4x1600m RELAY	21:29.00		22:43.60	
Daniel Hand, B				
BOYS Jr. Varsity 1600m Relay	4:26.00		SCR	
Daniel Hand, C				
BOYS Jr. Varsity 1600m Relay	4:40.00		SCR	
Ganino, Carter				
BOYS Varsity F.R. Long Jump	19'09.00"		17'02.00"	
Genther, John				
BOYS Varsity F.R. Shot Put	43'03.00"		38'05.50"	
BOYS Varsity F.R. Discus Throw	111'02.00"		SCR	
Lerner, Isaac				
BOYS Varsity F.R. Triple Jump	35'03.00"		33'06.50"	
Lutz, Jessie				
BOYS Varsity F.R. Long Jump	20'07.00"		17'10.00"	
Mader, Jon				
BOYS Varsity F.R. Pole Vault	10'06.00"		10'00.00"	
Mayer, Rocky				
BOYS Varsity F.R. Shot Put	31'02.00"		30'08.50"	
BOYS Varsity F.R. Javelin Throw	95'00.00"		SCR	
McCabe, Colin				
BOYS Varsity F.R. Shot Put	42'00.00"		43'04.25"	1'04.25"
McGeary, Greyson				
BOYS Varsity 300m Hurdles	41.90		41.10	.80
BOYS Varsity F.R. Triple Jump	38'03.00"		35'02.00"	
McGeary, Jacob				
BOYS Varsity F.R. High Jump	5'00.00"		5'08.00"	'08.00"
McNeilly, Isaiah				
BOYS Varsity F.R. Discus Throw	112'00.00"		110'02.00"	
Messier, Mac				
BOYS Varsity F.R. Long Jump	17'01.00"		SCR	

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DANIEL HAND	SEED	PRELIM	FINAL	IMPROVEMENT
Morin, Ben				
BOYS Varsity F.R. Long Jump	17'00.00"		15'09.00"	
BOYS Varsity F.R. Triple Jump	35'00.00"		SCR	
Myers, Bryce				
BOYS Varsity F.R. Pole Vault	12'06.00"		11'06.00"	
BOYS Varsity F.R. Javelin Throw	106'11.00"		111'07.00"	4'08.00"
Niccolai, Steven				
BOYS Varsity F.R. Discus Throw	96'04.00"		72'02.00"	
O'Keefe, Jack				
BOYS Varsity F.R. Javelin Throw	96'01.00"		99'08.00"	3'07.00"
Powell, Russ				
BOYS Varsity F.R. High Jump	6'00.00"		6'00.00"	
BOYS Varsity F.R. Triple Jump	38'09.00"		35'06.00"	
Sandora, Joe				
BOYS Varsity F.R. Shot Put	29'08.00"		SCR	
BOYS Varsity F.R. Javelin Throw	98'00.00"		105'08.00"	7'08.00"
Violette, Kevin				
BOYS Varsity F.R. High Jump	5'02.00"		5'02.00"	
Warner, Adrew				
BOYS Varsity F.R. High Jump	5'00.00"		SCR	

DANIEL HAND	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement	
							Per Run...	Per Improved
INDIV TR EVENTS	1	0	0	1	100.00%	.80	.80	.80
INDIV FLD EVENTS	21		0	5	23.81%			
RELAY EVENTS	9	2	1	1	11.11%	2.10	.23	2.10

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EAST LYME	SEED	PRELIM	FINAL	IMPROVEMENT
Am Ende, Brianna				
GIRLS Varsity F.R. High Jump	4'10.00"		SCR	
Buckley, Sydney				
GIRLS Varsity F.R. Shot Put	30'03.00"		30'10.50"	'07.50"
GIRLS Varsity F.R. Discus Throw	73'03.00"		63'02.00"	
DeConti, Shealynn				
GIRLS Varsity F.R. Shot Put	26'09.50"		28'01.00"	1'03.50"
GIRLS Varsity F.R. Javelin Throw	78'03.00"		58'00.00"	
GIRLS Varsity F.R. Discus Throw	78'06.00"		SCR	
Deshpande, Hrishikesh				
BOYS Varsity F.R. Pole Vault	9'00.00"		8'06.00"	
East Lyme, A				
GIRLS Varsity 400m Relay	52.00		52.60	
BOYS Jr.Varsity 400m Relay	53.00		57.90	
GIRLS Jr.Varsity 400m Relay	56.00		56.30	
GIRLS Varsity 400m Shuttle Hurdle R	1:14.00		1:14.30	
GIRLS Varsity 1600m Relay	4:20.00		4:22.40	
BOYS Varsity 1600m Sprint Medley RE	4:28.00		4:37.20	
GIRLS Varsity 1600m Sprint Medley R	4:38.00		4:40.00	
GIRLS Jr.Varsity 1600m Relay	4:50.00		4:47.30	2.70
BOYS Varsity 3200m Relay	10:00.00		11:12.60	
GIRLS Varsity 4000m Distance Medley	14:05.00		14:44.10	
BOYS Varsity 6400m 4x1600m RELAY	22:00.00		21:00.90	59.10
				59.10 Improve. seconds
East Lyme, B				
GIRLS Jr.Varsity 1600m Relay	5:00.00		5:11.40	
GIRLS Jr.Varsity 400m Relay	NT		1:00.30	
East Lyme, C				
GIRLS Jr.Varsity 1600m Relay	5:00.00		5:11.40	
Eldridge, Riley				
GIRLS Varsity F.R. High Jump	4'04.00"		SCR	
Erikson, Lindy				
GIRLS Varsity 300m Hurdles	1:00.41		55.50	4.91
				4.91 Improve. seconds
Fedikovich, Slodin				
GIRLS Varsity F.R. Pole Vault	7'00.00"		7'00.00"	
GIRLS Varsity F.R. Javelin Throw	83'09.00"		72'00.00"	
Fresco-Hawes, Joshua				
BOYS Varsity F.R. Discus Throw	56'11.00"		SCR	
BOYS Varsity F.R. Javelin Throw	93'08.00"		SCR	
Geida, Lissa				
GIRLS Varsity F.R. Pole Vault	7'00.00"		SCR	
Harrington, Daniel				
BOYS Varsity F.R. Pole Vault	8'00.00"		SCR	
Henry, Josh				
BOYS Varsity F.R. Pole Vault	9'00.00"		9'00.00"	

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EAST LYME	SEED	PRELIM	FINAL	IMPROVEMENT
LaDuca, Stephen				
BOYS Varsity F.R. Long Jump	14'08.00"		13'00.50"	
Lin, Jennie				
GIRLS Varsity F.R. Triple Jump	22'00.00"		21'03.00"	
McCusker, Anna				
GIRLS Varsity F.R. Pole Vault	7'00.00"		SCR	
GIRLS Varsity F.R. Long Jump	15'00.00"		SCR	
Mikusova, Darya				
GIRLS Varsity 300m Hurdles	50.24		48.70	1.54
				1.54 Improve. seconds
Osso, Lena				
GIRLS Varsity F.R. High Jump	4'02.00"		SCR	
GIRLS Varsity F.R. Long Jump	14'01.75"		13'02.50"	
GIRLS Varsity F.R. Triple Jump	30'00.00"		27'04.50"	
Reitmeyer, Joseph				
BOYS Varsity F.R. Shot Put	30'00.00"		SCR	
Riker, Sofia				
GIRLS Varsity F.R. Long Jump	14'02.50"		13'04.50"	
GIRLS Varsity F.R. Triple Jump	31'09.00"		30'08.50"	
Soleau, Savannah				
GIRLS Varsity F.R. Javelin Throw	68'06.00"		58'09.00"	
Sutherland, Isobel				
GIRLS Varsity F.R. Shot Put	26'02.50"		26'09.00"	'06.50"
GIRLS Varsity F.R. Discus Throw	71'05.00"		68'02.00"	
Tagg, Sam				
BOYS Varsity F.R. Shot Put	31'00.00"		SCR	
BOYS Varsity F.R. Discus Throw	74'00.50"		SCR	
Tziampazis, George				
BOYS Varsity F.R. Long Jump	17'00.00"		SCR	
Walsh, John				
BOYS Varsity F.R. Long Jump	13'08.00"		11'08.50"	
Whaley, Liam				
BOYS Varsity F.R. Shot Put	36'00.00"		SCR	
BOYS Varsity F.R. Discus Throw	80'00.00"		SCR	
Zelesky, Ashley				
GIRLS Varsity 300m Hurdles	54.71		58.00	
Zelesky, Danielle				
GIRLS Varsity 300m Hurdles	54.34		52.40	1.94
				1.94 Improve. seconds

EAST LYME	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement	
							Per Run...	Per Improved
INDIV TR EVENTS	4	0	0	3	75.00%	8.39	2.10	2.80
INDIV FLD EVENTS	18	0	0	3	16.67%			
RELAY EVENTS	14	0	0	2	14.29%	61.80	4.41	30.90

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FITCH	SEED	PRELIM	FINAL	IMPROVEMENT
Ackley, Colby BOYS Varsity F.R. Javelin Throw	110'06.00"		94'05.00"	
Adille, Jack BOYS Varsity F.R. Pole Vault	8'00.00"		SCR	
Adrian, Julia GIRLS Varsity 3200m Run	13:00.00		13:18.60	
Alves, Ethan BOYS Varsity F.R. High Jump	5'10.00"		SCR	
BOYS Varsity F.R. Pole Vault	12'00.00"		SCR	
Beander, Yazmyn GIRLS Varsity F.R. Discus Throw	NM		SCR	
GIRLS Varsity F.R. Shot Put	NM		SCR	
Brown, Ajia BOYS Varsity F.R. Triple Jump	42'00.00"		SCR	
Brown, Noah BOYS Varsity F.R. Triple Jump	34'00.00"		29'05.50"	
Brunache, Ciara GIRLS Varsity F.R. High Jump	4'04.00"		SCR	
GIRLS Varsity F.R. Triple Jump	30'06.00"		29'05.00"	
Butt, Muneeb BOYS Varsity F.R. Shot Put	36'00.00"		SCR	
BOYS Varsity F.R. Discus Throw	116'00.00"		98'06.00"	
Cardwell, Da'zohanique GIRLS Varsity F.R. Javelin Throw	80'00.00"		52'03.00"	
GIRLS Varsity F.R. Discus Throw	80'00.00"		68'06.00"	
Charles-Haley, Mikayla GIRLS Varsity F.R. High Jump	4'08.00"		4'08.00"	
GIRLS Varsity F.R. Triple Jump	28'02.00"		26'01.00"	
Chidley, Simon BOYS Varsity 3200m Run	10:45.00		11:10.50	
Comstock, Sydney GIRLS Varsity F.R. High Jump	4'04.00"		4'04.00"	
GIRLS Varsity F.R. Pole Vault	7'00.00"		7'00.00"	
Cruz, Jhonatan BOYS Varsity F.R. Long Jump	17'03.00"		15'09.50"	
BOYS Varsity F.R. Triple Jump	38'00.00"		33'01.00"	
Davis, J'onnelle GIRLS Varsity F.R. Shot Put	30'00.00"		33'00.50"	3'00.50"
Dentch, William BOYS Varsity F.R. Discus Throw	123'00.00"		120'05.00"	
Driscoll-Smith, Deja GIRLS Varsity F.R. Shot Put	29'00.00"		29'00.50"	'00.50"
GIRLS Varsity F.R. Discus Throw	75'00.00"		65'10.00"	

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FITCH	SEED	PRELIM	FINAL	IMPROVEMENT
Fitch, A				
BOYS Jr.Varsity 400m Relay	48.20		50.20	
BOYS Varsity 400m Relay	49.10		50.10	
BOYS Varsity 400m Throwers Relay	53.50		54.00	
GIRLS Varsity 400m Relay	54.08		53.50	.58
GIRLS Jr.Varsity 400m Relay	58.20		57.90	.30
BOYS Varsity 1600m Relay	3:36.10		3:42.10	
BOYS Varsity 1600m Sprint Medley RE	3:45.20		4:06.30	
BOYS Jr.Varsity 1600m Relay	4:07.00		4:17.90	
GIRLS Varsity 1600m Relay	4:38.00		4:28.90	9.10
GIRLS Jr.Varsity 1600m Relay	5:10.00		DNF	
GIRLS Varsity 1600m Sprint Medley R	5:20.00		5:33.50	
BOYS Varsity 3200m Relay	11:00.00		11:30.60	
GIRLS Varsity 4000m Distance Medley	13:53.00		16:02.20	
BOYS Varsity 6400m 4x1600m RELAY	19:45.00		20:39.60	
GIRLS Varsity 6400m 4x1600m RELAY	28:30.00		30:16.30	
GIRLS Varsity 400m Throwers Relay	NT		SCR	
				9.68 Improve. seconds
Fitch, B				
BOYS Jr.Varsity 400m Relay	51.50		51.70	
GIRLS Jr.Varsity 400m Relay	1:00.40		1:07.50	
Gaiewski, Dan				
BOYS Varsity 3200m Run	10:30.00		10:42.70	
Galarza, Orlando				
BOYS Varsity F.R. Long Jump	18'06.00"		17'08.00"	
BOYS Varsity F.R. Triple Jump	38'06.00"		34'09.00"	
Grose, Jacob				
BOYS Varsity 300m Hurdles	49.50		50.80	
Holmes, Chris				
BOYS Varsity F.R. Javelin Throw	142'04.00"		SCR	
Joyner III, Thomas				
BOYS Varsity F.R. Shot Put	42'04.00"		39'02.00"	
BOYS Varsity F.R. Discus Throw	126'00.00"		137'05.00"	11'05.00"
Kerst, Andrew				
BOYS Varsity 3200m Run	10:40.00		10:58.70	
Lowry, Ryan				
BOYS Varsity F.R. Long Jump	16'06.00"		SCR	
Luther, Nick				
BOYS Varsity F.R. High Jump	5'04.00"		5'02.00"	
BOYS Varsity F.R. Pole Vault	10'06.00"		10'00.00"	
BOYS Varsity F.R. Javelin Throw	118'07.00"		118'02.00"	
McClellan, Namoni				
BOYS Varsity F.R. Long Jump	16'00.00"		13'08.00"	

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FITCH	SEED	PRELIM	FINAL	IMPROVEMENT				
McElroy, Gideon								
BOYS Varsity F.R. Shot Put	41'00.00"		40'04.00"					
BOYS Varsity F.R. Discus Throw	110'00.00"		SCR					
Mercado, Yanessa								
GIRLS Varsity F.R. Discus Throw	60'00.00"		37'08.00"					
GIRLS Varsity F.R. Javelin Throw	60'00.00"		41'05.00"					
Mojica, Pedro								
BOYS Varsity F.R. Shot Put	38'00.00"		34'03.25"					
Morgan, David								
BOYS Varsity F.R. High Jump	5'00.00"		SCR					
Paprocki, Ava								
GIRLS Varsity 300m Hurdles	57.80		54.10	3.70				
				3.70 Improve. seconds				
Perry, Nikiah								
GIRLS Varsity F.R. Shot Put	20'00.00"		19'07.50"					
Pollard, Paige								
GIRLS Varsity 300m Hurdles	55.30		54.20	1.10				
GIRLS Varsity F.R. Javelin Throw	70'00.00"		47'03.00"					
Quito, Xavion								
BOYS Varsity 300m Hurdles	51.00		50.90	.10				
				.10 Improve. seconds				
Riley, Carson								
BOYS Varsity 3200m Run	11:00.00		11:50.80					
Teskey, Patrick								
BOYS Varsity F.R. High Jump	5'06.00"		5'04.00"					
BOYS Varsity F.R. Javelin Throw	121'08.00"		131'09.00"	10'01.00"				
FITCH								
	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement	
							Per Run...	Per Improved
INDIV TR EVENTS	9	0	0	3	33.33%	4.90	.54	1.63
INDIV FLD EVENTS	32	1	0	4	12.5%			
RELAY EVENTS	16	1	0	3	18.75%	9.98	.62	3.33

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GRISWOLD	SEED	PRELIM	FINAL	IMPROVEMENT
Bialowas, Taylor				
GIRLS Varsity F.R. High Jump	NM		4'02.00"	
GIRLS Varsity F.R. Long Jump	14'01.00"		14'03.00"	'02.00"
Bowles, Veronica				
GIRLS Varsity F.R. Long Jump	13'07.00"		11'10.00"	
Brown, Meredith				
GIRLS Varsity F.R. High Jump	4'04.00"		SCR	
Carr, Cory				
BOYS Varsity F.R. Shot Put	43'09.00"		38'03.50"	
BOYS Varsity F.R. Discus Throw	80'11.00"		90'03.00"	9'04.00"
Chykow, Devon				
BOYS Varsity F.R. Long Jump	NM		SCR	
Clements, Andrew				
BOYS Varsity F.R. Long Jump	15'11.00"		SCR	
BOYS Varsity F.R. Triple Jump	36'02.00"		SCR	
Falco, Jonathan				
BOYS Varsity F.R. Shot Put	41'06.00"		36'05.25"	
Farwell, Tyler				
BOYS Varsity F.R. Shot Put	36'02.50"		32'01.00"	
Giroux, Audrey				
GIRLS Varsity F.R. Discus Throw	75'10.00"		68'07.00"	
Griswold, A				
BOYS Jr.Varsity 400m Relay	50.00		54.90	
GIRLS Varsity 400m Relay	52.50		56.00	
BOYS Varsity 1600m Relay	4:00.00		4:26.00	
BOYS Jr.Varsity 1600m Relay	4:30.00		SCR	
BOYS Varsity 6400m 4x1600m RELAY	22:00.00		21:38.70	21.30
				21.30 Improve. seconds
Hawkings, Cora				
GIRLS Varsity F.R. Discus Throw			40'03.00"	
Hawkins, Cora				
GIRLS Varsity F.R. Shot Put	22'07.00"		22'11.75"	'04.75"
Merchant, Sarah				
GIRLS Varsity 300m Hurdles	49.44		49.40	.04
				.04 Improve. seconds
Owens, Ryan				
BOYS Varsity F.R. Discus Throw	NM		97'08.00"	
Patel, Devraj				
BOYS Varsity F.R. Long Jump	13'01.00"		SCR	
BOYS Varsity F.R. Javelin Throw	83'07.00"		67'03.00"	
patel, devray				
BOYS Varsity F.R. Pole Vault			9'00.00"	
Prokop, Victoria				
GIRLS Varsity F.R. Shot Put	NM		16'01.75"	
Prosser, Kameron				
BOYS Varsity F.R. Discus Throw	75'01.00"		60'07.00"	

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GRISWOLD					SEED	PRELIM	FINAL	IMPROVEMENT	
Roddy, Christopher									
BOYS Varsity F.R. Long Jump					NM		SCR		
Sherman, Justin									
BOYS Varsity F.R. Javelin Throw					75'01.00"		SCR		
Sims, Michael									
BOYS Varsity F.R. Javelin Throw					94'05.00"		100'06.00"	6'01.00"	
Strmiska, Audrey									
GIRLS Varsity F.R. High Jump					4'08.00"		4'06.00"		
GIRLS Varsity F.R. Long Jump					14'10.50"		14'06.00"		
Taylor-Robichaud, Ayla									
GIRLS Varsity F.R. Shot Put					NM		SCR		
GIRLS Varsity F.R. Discus Throw					67'09.00"		SCR		
Waters, Skyla									
GIRLS Varsity F.R. Discus Throw					32'10.00"		SCR		
GRISWOLD									
	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement		
							Per Run...	Per Improved	
INDIV TR EVENTS	1	0	0	1	100.00%	.04	.04	.04	
INDIV FLD EVENTS	18	0	0	4	22.22%				
RELAY EVENTS	4	1	0	1	25.00%	21.30	5.33	21.30	

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KILLINGLY	SEED	PRELIM	FINAL	IMPROVEMENT
Baublitz, Dedrick				
BOYS Varsity 300m Hurdles	58.24		51.00	7.24 7.24 Improve. seconds
Bentinck, Bryce				
BOYS Varsity 300m Hurdles	44.84		42.70	2.14 2.14 Improve. seconds
Burgess, Abbie				
GIRLS Varsity F.R. Long Jump	16'03.00"		16'02.00"	
GIRLS Varsity F.R. Triple Jump	31'07.00"		32'10.00"	1'03.00"
Carver, William				
BOYS Varsity F.R. Discus Throw	70'00.00"		52'09.00"	
BOYS Varsity F.R. Javelin Throw	70'00.00"		77'07.00"	7'07.00"
Gagnon, Caroline				
GIRLS Varsity F.R. Long Jump	14'06.00"		SCR	
Gottardi, Andrea				
BOYS Varsity F.R. Long Jump	15'00.00"		15'08.00"	'08.00"
Groh, Lance				
BOYS Varsity 3200m Run	12:30.00		11:11.10	1:18.90 78.90 Improve. seconds
Hopkins, Kaleigh				
GIRLS Varsity F.R. Triple Jump	28'00.00"		28'06.00"	'06.00"
Jackson, Couper				
BOYS Varsity F.R. Shot Put	30'00.00"		25'03.25"	
BOYS Varsity F.R. Javelin Throw	70'05.00"		59'07.00"	
Jax, Taylor				
GIRLS Varsity F.R. Shot Put	33'07.00"		33'10.00"	'03.00"
GIRLS Varsity F.R. Discus Throw	118'08.00"		90'06.00"	
Johnson, Jelani				
BOYS Varsity F.R. Long Jump	20'04.50"		20'02.00"	
Kaomongkhoun, Jason				
BOYS Varsity F.R. Shot Put	30'00.00"		27'03.00"	
Keefe, Paige				
GIRLS Varsity F.R. Javelin Throw	60'00.00"		44'11.00"	
Keefe, Payton				
GIRLS Varsity F.R. Shot Put	25'00.00"		23'06.00"	

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Killingly, A								
BOYS Varsity 400m Relay	46.60		47.00					
GIRLS Varsity 400m Relay	54.00		53.60	.40				
BOYS Varsity 400m Throwers Relay	56.00		56.70					
GIRLS Varsity 400m Throwers Relay	1:04.00		1:02.00	2.00				
GIRLS Jr. Varsity 400m Relay	1:08.00		1:02.70	5.30				
GIRLS Varsity 400m Shuttle Hurdle R	1:23.00		1:23.40					
BOYS Varsity 1600m Sprint Medley RE	4:00.00		4:14.50					
BOYS Varsity 1600m Relay	4:06.00		3:56.30	9.70				
BOYS Varsity 4000m Distance Medley	13:10.00		13:22.10					
GIRLS Varsity 4000m Distance Medley	15:15.00		17:18.10					
				.40 Improve. seconds				
Knupp, Taylor								
GIRLS Varsity 3200m Run	15:00.00		14:05.00	55.00				
				55.00 Improve. seconds				
Lafleur, Megan								
GIRLS Varsity F.R. Triple Jump	27'09.00"		27'10.00"	'01.00"				
LeBlanc, Cecilia								
GIRLS Varsity F.R. Long Jump	12'08.00"		SCR					
GIRLS Varsity F.R. Javelin Throw	70'00.00"		75'00.00"	5'00.00"				
MacPhail, Amelia								
GIRLS Varsity 3200m Run	16:00.00		16:04.90					
Nichols, Grace								
GIRLS Varsity F.R. Discus Throw	70'00.00"		83'11.00"	13'11.00"				
GIRLS Varsity F.R. Javelin Throw	95'02.00"		79'09.00"					
O'Neill, Gary								
BOYS Varsity F.R. Shot Put	33'00.00"		SCR					
BOYS Varsity F.R. Discus Throw	67'11.00"		56'02.00"					
Rosen, Sydney								
GIRLS Varsity F.R. Shot Put	30'00.00"		30'03.50"	'03.50"				
GIRLS Varsity F.R. Discus Throw	79'11.00"		77'03.00"					
Rull, David								
BOYS Varsity F.R. Javelin Throw	83'02.00"		79'03.00"					
BOYS Varsity F.R. Discus Throw	110'00.00"		91'00.00"					
Santese, Jamison								
BOYS Varsity 3200m Run	12:30.00		12:06.50	23.50				
				23.50 Improve. seconds				
Sharpe, Jack								
BOYS Varsity F.R. Long Jump	17'00.00"		15'05.00"					
KILLINGLY								
	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement	
							Per Run...	Per Improved
INDIV TR EVENTS	6	0	0	5	83.33%	166.78	27.80	33.36
INDIV FLD EVENTS	24		0	9	37.5%			
RELAY EVENTS	10	0	0	4	40.00%	17.40	1.74	4.35

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Ahlborn, Mitchell				
BOYS Varsity F.R. High Jump	5'00.00"		SCR	
BOYS Varsity F.R. Long Jump	17'00.00"		16'00.00"	
BOYS Varsity F.R. Triple Jump	35'00.00"		33'04.50"	
Beavan, Miranda				
GIRLS Varsity F.R. High Jump	4'00.00"		4'00.00"	
Berlin, Benjamin				
BOYS Varsity F.R. Discus Throw	105'00.00"		102'07.00"	
BOYS Varsity F.R. Javelin Throw	120'00.00"		122'01.00"	2'01.00"
Bickham, Mason				
BOYS Varsity F.R. Shot Put	33'09.25"		37'00.50"	3'03.25"
Bourguignon, Andrew				
BOYS Varsity F.R. Discus Throw	99'00.00"		SCR	
BOYS Varsity F.R. Javelin Throw	111'00.00"		SCR	
Campbell, Abby				
GIRLS Varsity 300m Hurdles	1:00.00		59.50	.50 .50 Improve. seconds
Chesnut, Miranda				
GIRLS Varsity F.R. Discus Throw	81'02.00"		79'09.00"	
GIRLS Varsity F.R. Javelin Throw	85'08.00"		62'04.00"	
Chrzanowski, Tyson				
BOYS Varsity 3200m Run	11:44.20		DNS	
Crawford, Adam				
BOYS Varsity 300m Hurdles	43.50		41.30	2.20
BOYS Varsity F.R. Javelin Throw	145'00.00"		154'00.00"	9'00.00"
Crawford, Olivia				
GIRLS Varsity 300m Hurdles	50.20		50.60	
Derusha, Elise				
GIRLS Varsity F.R. Javelin Throw	72'01.00"		49'11.00"	
Dirico, Cole				
BOYS Varsity F.R. Triple Jump	35'00.00"		SCR	
Doran, Connor				
BOYS Varsity 3200m Run	11:43.60		11:38.70	4.90 4.90 Improve. seconds
Evans, Christopher				
BOYS Varsity F.R. Pole Vault	8'00.00"		9'00.00"	1'00.00"
Evans, Emily				
GIRLS Varsity 3200m Run	14:25.00		SCR	
Fain, Christina				
GIRLS Varsity 300m Hurdles	59.42		57.70	1.72 1.72 Improve. seconds
Farquhar, Ailish				
GIRLS Varsity 300m Hurdles	1:00.50		1:00.10	.40 .40 Improve. seconds
Garcia, Juan				
BOYS Varsity 3200m Run	11:32.24		12:28.50	

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Gomez, Ricardo				
BOYS Varsity 300m Hurdles	57.00		DNS	
BOYS Varsity F.R. Triple Jump	33'00.00"		29'11.00"	
Grim, Brayden				
BOYS Varsity F.R. Long Jump	17'00.00"		14'05.50"	
BOYS Varsity F.R. Javelin Throw	126'00.00"		121'11.00"	
Harren, Katherine				
GIRLS Varsity 3200m Run	14:10.00		SCR	
Helme, Nadia				
GIRLS Varsity F.R. Long Jump	15'02.50"		14'03.00"	
Houdeshall, Christopher				
BOYS Varsity F.R. Pole Vault	6'06.00"		SCR	
Hughes, Wesley				
BOYS Varsity 300m Hurdles	55.00		DNS	
BOYS Varsity F.R. Pole Vault	10'00.00"		10'00.00"	
Hutchens, Xander				
BOYS Varsity F.R. High Jump	5'04.00"		5'06.00"	'02.00"
BOYS Varsity F.R. Discus Throw	107'00.00"		96'00.00"	
Irwin, Gretchen				
GIRLS Varsity 300m Hurdles	1:01.00		58.60	2.40
GIRLS Varsity 3200m Run	14:30.00		SCR	
				2.40 Improve. seconds
Kassim, Kira				
GIRLS Varsity F.R. Shot Put	25'00.00"		23'09.00"	
GIRLS Varsity F.R. Javelin Throw	91'03.00"		81'11.00"	
Leandri, Anna				
GIRLS Varsity F.R. Shot Put	23'08.00"		SCR	
Ledyard, A				
BOYS Varsity 400m Relay	43.90		45.40	
BOYS Varsity 400m Throwers Relay	50.40		50.30	.10
GIRLS Jr.Varsity 400m Relay	53.00		55.20	
BOYS Jr.Varsity 400m Relay	56.00		DQ	
GIRLS Varsity 400m Throwers Relay	1:02.00		1:03.70	
GIRLS Varsity 400m Shuttle Hurdle R	1:17.50		1:20.70	
BOYS Varsity 440m Shuttle Hurdle RE	1:17.60		1:17.00	.60
BOYS Varsity 1600m Sprint Medley RE	3:50.70		3:46.50	4.20
BOYS Varsity 1600m Relay	3:58.70		4:04.80	
GIRLS Varsity 1600m Sprint Medley R	4:41.00		4:53.30	
GIRLS Jr.Varsity 1600m Relay	4:50.00		4:55.40	
BOYS Jr.Varsity 1600m Relay	4:56.60		4:33.30	23.30
GIRLS Varsity 1600m Relay	5:00.00		5:15.90	
BOYS Varsity 3200m Relay	11:20.50		9:50.50	1:30.00
BOYS Varsity 6400m 4x1600m RELAY	21:15.40		22:24.00	
GIRLS Varsity 6400m 4x1600m RELAY	25:30.00		29:27.50	

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Ledyard, B				
GIRLS Jr.Varsity 400m Relay	1:03.00		1:05.20	
Ledyard, C				
GIRLS Jr.Varsity 400m Relay	59.00		1:01.60	
Longton, Emma				
GIRLS Varsity F.R. Shot Put	22'08.00"		25'02.00"	2'06.00"
GIRLS Varsity F.R. Javelin Throw	54'08.00"		SCR	
GIRLS Varsity F.R. Discus Throw	60'02.00"		SCR	
Martinez, Dominique				
GIRLS Varsity F.R. High Jump	3'10.00"		3'10.00"	
GIRLS Varsity F.R. Triple Jump	25'00.00"		FOUL	
McFerren, Elijah				
BOYS Varsity F.R. High Jump	5'00.00"		SCR	
BOYS Varsity F.R. Shot Put	34'04.75"		SCR	
McIver, Damien				
BOYS Varsity 300m Hurdles	1:00.00		1:06.80	
McLeod, Blake				
BOYS Varsity 3200m Run	14:27.00		12:24.40	2:02.60 122.60 Improve. seconds
Millbach, Abby				
GIRLS Varsity F.R. Long Jump	14'08.00"		13'05.00"	
GIRLS Varsity F.R. Triple Jump	30'00.00"		26'11.00"	
Phillips, Harold				
BOYS Varsity F.R. High Jump	5'04.00"		FOUL	
BOYS Varsity F.R. Discus Throw	110'00.00"		106'04.00"	
Poulton, Natalie				
GIRLS Varsity F.R. Shot Put	33'03.00"		30'00.00"	
GIRLS Varsity F.R. Discus Throw	85'11.00"		93'01.00"	7'02.00"
Pratt, Emma				
GIRLS Varsity F.R. Pole Vault	6'00.00"		6'06.00"	'06.00"
Reichert, Simon				
BOYS Varsity 3200m Run	11:06.30		10:49.20	17.10 17.10 Improve. seconds
Robbins, Reanna				
GIRLS Varsity 3200m Run	14:30.00		SCR	
Roediger, Jacob				
BOYS Varsity 3200m Run	12:46.40		DNS	
Schweitzer, Victoria				
GIRLS Varsity 3200m Run	14:20.00		14:11.80	8.20 8.20 Improve. seconds
Silva, Jacob				
BOYS Varsity F.R. Shot Put	38'11.50"		24'05.25"	
Smith, James				
BOYS Varsity F.R. Long Jump	19'04.50"		SCR	
Smith, Nicholas				
BOYS Varsity 3200m Run	12:20.20		DNS	

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Sormrude, Paylynn				
GIRLS Varsity F.R. High Jump	4'00.00"		4'04.00"	'04.00"
GIRLS Varsity F.R. Long Jump	14'00.00"		10'04.50"	
GIRLS Varsity F.R. Triple Jump	25'00.00"		25'11.50"	'11.50"
Tomis, Ryan				
BOYS Varsity F.R. Pole Vault	7'06.00"		7'06.00"	
Tran, Ally				
GIRLS Varsity 3200m Run	13:45.00		13:36.70	8.30
				8.30 Improve. seconds
Victorino, John-Emren				
BOYS Varsity 300m Hurdles	54.10		54.60	
Warmus, Alex				
BOYS Varsity 3200m Run	11:59.00		DNS	
Weirs, Luke				
BOYS Varsity F.R. High Jump	5'06.00"		5'04.00"	
BOYS Varsity F.R. Long Jump	17'00.00"		16'08.00"	
BOYS Varsity F.R. Triple Jump	33'00.00"		33'00.00"	
Williams, Hunter				
BOYS Varsity F.R. Shot Put	37'02.00"		SCR	
Winston, Tajeah				
GIRLS Varsity F.R. Discus Throw	87'09.00"		64'10.00"	

LEDYARD	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement	
							Per Run...	Per Improved
INDIV TR EVENTS	14	4	0	10	71.43%	168.32	12.02	16.83
INDIV FLD EVENTS	37	1	0	10	27.03%			
RELAY EVENTS	17	0	1	5	29.41%	118.20	6.95	23.64

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MIDDLETOWN	SEED	PRELIM	FINAL	IMPROVEMENT
Ahern, Sean				
BOYS Varsity 3200m Run	10:00.00		10:01.80	
Barbour, Michele				
GIRLS Varsity F.R. Shot Put	25'00.00"		27'06.50"	2'06.50"
Barbour, Michelle				
GIRLS Varsity F.R. Javelin Throw			75'03.00"	
Barker, Ethan				
BOYS Varsity 3200m Run	10:30.00		11:11.50	
Barnes, Deanna				
GIRLS Varsity F.R. Shot Put	25'02.00"		27'00.00"	1'10.00"
GIRLS Varsity F.R. Discus Throw	61'10.00"		53'01.00"	
Barone, Alyssa				
GIRLS Varsity F.R. High Jump	4'02.00"		SCR	
GIRLS Varsity F.R. Long Jump	12'09.75"		SCR	
Barone, Madison				
GIRLS Varsity F.R. Triple Jump	26'11.00"		SCR	
Barrett, Cameron				
BOYS Varsity F.R. Shot Put	43'04.00"		43'09.00"	'05.00"
BOYS Varsity F.R. Discus Throw	99'02.00"		SCR	
Bollok, Aniko				
GIRLS Varsity 300m Hurdles	1:01.74		58.00	3.74
				3.74 Improve. seconds
Carlson, Nicholas				
BOYS Varsity 3200m Run	11:30.00		11:50.30	
Conquest, Abigail				
GIRLS Varsity F.R. Javelin Throw	60'10.00"		SCR	
Correll, Victoria				
GIRLS Varsity F.R. Discus Throw	45'10.00"		46'06.00"	'08.00"
GIRLS Varsity F.R. Javelin Throw	66'08.00"		46'03.00"	
DiMauro, Ava				
GIRLS Varsity F.R. Shot Put	25'07.00"		27'00.00"	1'05.00"
GIRLS Varsity F.R. Javelin Throw	49'01.00"		SCR	
GIRLS Varsity F.R. Discus Throw	56'03.00"		68'00.00"	11'09.00"
Drescher, Trevor				
BOYS Varsity F.R. Discus Throw	116'07.00"		119'07.00"	3'00.00"
BOYS Varsity F.R. Javelin Throw	164'00.00"		152'05.00"	
Dunn, Aidan				
BOYS Varsity 3200m Run	10:50.00		10:59.70	
Dunn, MacKenzie				
GIRLS Varsity F.R. High Jump	4'04.00"		SCR	
GIRLS Varsity F.R. Long Jump	13'04.00"		13'04.50"	'00.50"
GIRLS Varsity F.R. Triple Jump	28'11.00"		29'06.00"	'07.00"
Gagnon, Samantha				
GIRLS Varsity F.R. Pole Vault	6'06.00"		SCR	

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Johnson, Terrell				
BOYS Varsity 300m Hurdles	47.90		47.20	.70
BOYS Varsity F.R. Pole Vault	7'06.00"		7'06.00"	
Kennedy, Camille				
GIRLS Varsity 3200m Run	17:20.00		17:33.40	
Lazich, Brennan				
BOYS Varsity F.R. Long Jump	18'00.00"		SCR	
Leary, Jeremiah				
BOYS Varsity F.R. High Jump	5'00.00"		SCR	
BOYS Varsity F.R. Pole Vault	7'06.00"		SCR	
Lecky, Alyssa				
GIRLS Varsity F.R. Long Jump	14'08.00"		13'08.50"	
GIRLS Varsity F.R. Triple Jump	30'03.75"		28'10.50"	
Lecky, Matt				
BOYS Varsity 3200m Run	9:40.00		9:58.30	
Lumpkin, Tyreece				
BOYS Varsity F.R. Long Jump	18'03.00"		18'09.50"	'06.50"
BOYS Varsity F.R. Triple Jump	39'10.00"		37'08.50"	
Meyer, Eric				
BOYS Varsity F.R. Discus Throw	112'04.00"		105'08.00"	
BOYS Varsity F.R. Javelin Throw	118'05.00"		110'05.00"	
Middletown, A				
BOYS Varsity 400m Relay	46.00		47.90	
BOYS Jr.Varsity 400m Relay	49.00		51.00	
BOYS Varsity 400m Throwers Relay	56.00		56.00	
GIRLS Varsity 400m Relay	56.34		54.30	2.04
GIRLS Jr.Varsity 400m Relay	56.34		56.80	
GIRLS Varsity 400m Throwers Relay	1:10.00		1:09.00	1.00
BOYS Varsity 1600m Relay	3:45.00		3:59.80	
BOYS Jr.Varsity 1600m Relay	4:05.00		4:13.60	
GIRLS Jr.Varsity 1600m Relay	5:22.00		5:17.10	4.90
BOYS Varsity 3200m Relay	9:45.00		10:42.10	
GIRLS Varsity 3200m Relay	10:58.00		11:16.80	
BOYS Varsity 4000m Distance Medley	12:15.00		12:45.60	
GIRLS Varsity 4000m Distance Medley	15:20.00		17:55.00	
BOYS Varsity 6400m 4x1600m RELAY	18:55.00		20:19.10	
Middletown, B				
GIRLS Jr.Varsity 400m Relay	NT		58.70	
Monarca, Ariana				
GIRLS Varsity 3200m Run	12:05.00		12:43.90	
Nenninger, Nicole				
GIRLS Varsity 3200m Run	12:10.00		12:21.50	

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Pappa, Anthony				
BOYS Varsity F.R. High Jump	5'10.00"		5'06.00"	
BOYS Varsity F.R. Long Jump	19'04.50"		19'00.00"	
BOYS Varsity F.R. Triple Jump	39'05.00"		37'03.00"	
Richards, Osbourne				
BOYS Varsity F.R. Shot Put	41'01.00"		SCR	
BOYS Varsity F.R. Discus Throw	111'05.00"		104'08.00"	
Rios, Alexander				
BOYS Varsity F.R. Long Jump	18'00.00"		15'07.00"	
BOYS Varsity F.R. Triple Jump	40'00.00"		37'01.50"	
Rivera, Analys				
GIRLS Varsity F.R. Shot Put	20'03.00"		SCR	
GIRLS Varsity F.R. Discus Throw	54'01.00"		SCR	
Rustek, Jessica				
GIRLS Varsity F.R. Pole Vault	6'06.00"		SCR	
Santaniello, Ameila				
GIRLS Varsity F.R. Javelin Throw	58'07.00"		55'03.00"	
Smith, Jacob				
BOYS Varsity F.R. Triple Jump	37'06.00"		SCR	
Tharin, Liam				
BOYS Varsity F.R. Shot Put	39'07.00"		36'07.75"	
BOYS Varsity F.R. Javelin Throw	110'09.00"		101'11.00"	
Tooker, Danielle				
GIRLS Varsity 300m Hurdles	1:20.04		1:07.70	12.34
				12.34 Improve. seconds
Torgerson, Lucy				
GIRLS Varsity F.R. Pole Vault	5'00.00"		5'06.00"	'06.00"
Torres, Jaymin				
BOYS Varsity F.R. High Jump	5'06.00"		5'06.00"	
Turner, Ryley				
GIRLS Varsity F.R. High Jump	4'06.00"		SCR	
Vazquez, Jacob				
BOYS Varsity F.R. Pole Vault	8'06.00"		8'00.00"	
Vianney, Madelyn				
GIRLS Varsity F.R. High Jump	4'06.00"		SCR	
GIRLS Varsity F.R. Long Jump	14'03.00"		SCR	
GIRLS Varsity F.R. Triple Jump	30'03.00"		SCR	
Wenzel, Tyler				
BOYS Varsity F.R. Pole Vault	10'06.00"		10'06.00"	
Williams, Dalton				
BOYS Varsity F.R. Shot Put	40'01.00"		37'09.50"	
BOYS Varsity F.R. Javelin Throw	107'09.50"		SCR	
Williams, Eddie				
BOYS Varsity F.R. High Jump	5'06.00"		5'08.00"	'02.00"

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							Per Run...	Per Improved
INDIV TR EVENTS	11	0	0	3	27.27%	16.78	1.53	5.59
INDIV FLD EVENTS	35	0	0	12	34.29%			
RELAY EVENTS	15	0	0	3	20.00%	7.94	.53	2.65

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MONTVILLE	SEED	PRELIM	FINAL	IMPROVEMENT
Agunyego, Somuadina				
BOYS Varsity F.R. Shot Put	25'06.00"		29'08.50"	4'02.50"
Alarcon, Jenny				
GIRLS Varsity F.R. Shot Put	32'03.00"		29'10.50"	
GIRLS Varsity F.R. Discus Throw	80'00.00"		70'02.00"	
Alarcon, Junior				
BOYS Varsity F.R. Shot Put	35'11.00"		35'07.25"	
BOYS Varsity F.R. Discus Throw	87'01.00"		96'04.00"	9'03.00"
Baukus, Grace				
GIRLS Varsity F.R. Discus Throw	39'00.00"		35'04.00"	
Beal, Bridget				
GIRLS Varsity 3200m Run	13:50.00		13:33.20	16.80
				16.80 Improve. seconds
Beaupre, Kara				
GIRLS Varsity F.R. Javelin Throw	70'00.00"		71'11.00"	1'11.00"
Chappelle, Alana				
GIRLS Varsity F.R. High Jump	4'08.00"		4'06.00"	
GIRLS Varsity F.R. Triple Jump	24'11.00"		SCR	
Clark, MacKenzie				
GIRLS Varsity F.R. Long Jump	16'03.00"		14'09.00"	
GIRLS Varsity F.R. Triple Jump	33'05.50"		32'08.00"	
Cook, Frank				
BOYS Varsity F.R. Javelin Throw	110'00.00"		120'01.00"	10'01.00"
Deveau, Darrick				
BOYS Varsity F.R. Shot Put	30'00.00"		SCR	
BOYS Varsity F.R. Discus Throw	88'00.00"		SCR	
Early, Christopher				
BOYS Varsity F.R. Pole Vault	9'00.00"		SCR	
Fitch, Jerrell				
BOYS Varsity F.R. Long Jump	18'01.50"		17'11.50"	
BOYS Varsity F.R. Triple Jump	40'05.50"		38'08.00"	
Gagnier, Baylee				
GIRLS Varsity F.R. Javelin Throw	57'01.00"		46'04.00"	
Gaughan, Kayla				
GIRLS Varsity F.R. High Jump	4'00.00"		4'00.00"	
Heberding, Thomas				
BOYS Varsity F.R. Pole Vault	7'00.00"		FOUL	
Hillman, Maya				
GIRLS Varsity F.R. Shot Put	26'01.00"		28'04.00"	2'03.00"
GIRLS Varsity F.R. Triple Jump	29'03.00"		27'11.00"	
Huang, Karina				
GIRLS Varsity F.R. Long Jump	11'07.50"		SCR	
GIRLS Varsity F.R. Triple Jump	25'00.00"		26'07.00"	1'07.00"
Kramer, Kenneth				
BOYS Varsity 300m Hurdles	47.00		47.70	

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Kuruchi, Ashwin				
BOYS Varsity F.R. Long Jump	18'10.50"		SCR	
BOYS Varsity F.R. Triple Jump	40'11.25"		39'09.50"	
MacCracken, Michaela				
GIRLS Varsity F.R. Long Jump	15'00.00"		13'00.00"	
Mack, Tyrone				
BOYS Varsity F.R. Shot Put	47'04.00"		48'01.00"	'09.00"
BOYS Varsity F.R. Discus Throw	123'10.00"		124'07.00"	'09.00"
McIntosh, Nasem				
BOYS Varsity F.R. Discus Throw	107'04.00"		64'02.00"	
McKinney, Ethan				
BOYS Varsity F.R. Long Jump	19'03.50"		17'08.50"	
BOYS Varsity F.R. Triple Jump	37'06.50"		SCR	
Montville, A				
BOYS Varsity 400m Relay	46.00		46.30	
GIRLS Varsity 400m Relay	52.80		54.20	
GIRLS Jr. Varsity 400m Relay	56.20		57.80	
GIRLS Varsity 400m Throwers Relay	1:00.00		SCR	
BOYS Varsity 1600m Relay	3:45.00		3:52.90	
GIRLS Varsity 1600m Sprint Medley R	4:24.00		SCR	
GIRLS Varsity 1600m Relay	4:35.00		4:28.10	6.90
GIRLS Jr. Varsity 1600m Relay	4:41.00		4:47.20	
BOYS Varsity 3200m Relay	8:50.00		9:50.40	
BOYS Varsity 4000m Distance Medley	13:20.00		13:18.60	1.40
				1.40 Improve. seconds
Montville, B				
GIRLS Jr. Varsity 400m Relay	59.00		1:02.20	
GIRLS Jr. Varsity 1600m Relay	4:58.00		5:19.70	
Navarrette, Zach				
BOYS Varsity F.R. Pole Vault	9'06.00"		9'06.00"	
BOYS Varsity F.R. Javelin Throw	127'05.00"		115'09.00"	
Nickerson, Mason				
BOYS Varsity F.R. Javelin Throw	92'04.00"		85'10.00"	
Perkins, Savanna				
GIRLS Varsity F.R. Javelin Throw	78'00.00"		SCR	
GIRLS Varsity F.R. Discus Throw	83'06.00"		70'09.00"	
Plikus, Katelyn				
GIRLS Varsity 300m Hurdles	54.90		52.60	2.30
				2.30 Improve. seconds
Ross, Lauren				
GIRLS Varsity 300m Hurdles	52.29		50.30	1.99
GIRLS Varsity F.R. High Jump	4'08.00"		4'08.00"	
GIRLS Varsity F.R. Long Jump	16'04.50"		14'01.50"	
Seldon, Ariana				
GIRLS Varsity F.R. Discus Throw	48'06.00"		SCR	

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MONTVILLE				SEED	PRELIM	FINAL	IMPROVEMENT	
Seldon, Ashley								
GIRLS Varsity F.R. Shot Put				23'05.00"		23'05.50"		'00.50"
Szczygiel, Leonard								
BOYS Varsity 3200m Run				12:20.00		DNS		
Trofatter, Kiera								
GIRLS Varsity F.R. Javelin Throw				40'00.00"		43'06.00"		3'06.00"
Valdes, Julian								
BOYS Varsity F.R. High Jump				5'08.00"		FOUL		
BOYS Varsity F.R. Triple Jump				38'01.25"		37'03.00"		
Velazquez, Lauren								
GIRLS Varsity F.R. Pole Vault				6'00.00"		FOUL		
Velez, Marcus								
BOYS Varsity F.R. Long Jump				19'01.00"		18'03.50"		
MONTVILLE								
	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement	
							Per Run...	Per Improved
INDIV TR EVENTS	4	0	0	3	75.00%	21.09	5.27	7.03
INDIV FLD EVENTS	34		0	10	29.41%			
RELAY EVENTS	10	2	0	2	20.00%	8.30	.83	4.15

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NEW LONDON	SEED	PRELIM	FINAL	IMPROVEMENT
Angie, Angie				
GIRLS Varsity F.R. Long Jump	NM		9'05.50"	
Archer, Araceli				
GIRLS Varsity F.R. Long Jump	NM		SCR	
Brown, Eliza				
GIRLS Varsity F.R. Shot Put			32'07.25"	
GIRLS Varsity F.R. Discus Throw			67'10.00"	
GIRLS Varsity F.R. Javelin Throw			86'10.00"	
Burgis, Zehki				
BOYS Varsity F.R. High Jump	NM		5'00.00"	
BOYS Varsity F.R. Long Jump	NM		17'07.50"	
d, Daniel				
BOYS Varsity F.R. Discus Throw			105'10.00"	
Daniel, Daniel				
BOYS Varsity F.R. Shot Put			40'00.25"	
Farrior-Parcak, Akheena				
GIRLS Varsity F.R. Long Jump	NM		13'00.00"	
George, Senat				
BOYS Varsity F.R. Javelin Throw	95'00.00"		96'08.00"	1'08.00"
Mateo, John				
BOYS Varsity 3200m Run	10:51.29		10:44.80	6.49
				6.49 Improve. seconds
Munoz, Araya				
GIRLS Varsity F.R. Long Jump	NM		10'09.50"	
New London, A				
BOYS Varsity 1600m Relay	3:58.00		3:41.00	17.00
BOYS Jr.Varsity 1600m Relay	4:15.00		4:12.40	2.60
BOYS Varsity 3200m Relay	8:43.00		9:14.00	
GIRLS Varsity 3200m Relay	12:00.00		SCR	
BOYS Varsity 4000m Distance Medley	12:30.00		12:31.90	
BOYS Jr.Varsity 400m Relay	NT		50.60	
BOYS Varsity 400m Throwers Relay	NT		55.80	
GIRLS Varsity 400m Relay	NT		57.10	
GIRLS Varsity 1600m Relay	NT		5:02.50	
GIRLS Jr.Varsity 400m Relay	NT		DNS	
BOYS Varsity 400m Relay	NT		DQ	
New London, B				
BOYS Jr.Varsity 400m Relay	NT		51.90	
o, Femmi				
BOYS Varsity F.R. Discus Throw			47'03.00"	
Osias, Lawensky				
BOYS Varsity F.R. Long Jump	NM		16'10.50"	
Paige, Langston				
BOYS Varsity F.R. Long Jump	NM		SCR	
BOYS Varsity F.R. High Jump	NM		FOUL	

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Para, Jon								
BOYS Varsity F.R. Long Jump		NM		14'07.00"				
Parker, Marissa								
GIRLS Varsity F.R. Shot Put				33'00.00"				
GIRLS Varsity F.R. Javelin Throw				48'01.00"				
GIRLS Varsity F.R. Discus Throw				54'06.00"				
Parra, Solana								
GIRLS Varsity F.R. Javelin Throw				69'05.00"				
Parra-Polimeni, Solana								
GIRLS Varsity F.R. Shot Put				24'11.50"				
GIRLS Varsity F.R. Discus Throw				48'07.00"				
Perry, D								
BOYS Varsity F.R. Shot Put				38'04.50"				
Perry, Do								
BOYS Varsity F.R. Discus Throw				74'09.00"				
Romulus, Ralph								
BOYS Varsity F.R. Long Jump		NM		SCR				
BOYS Varsity F.R. High Jump		NM		5'00.00"				
Shane, Shane								
BOYS Varsity F.R. Shot Put				38'03.50"				
Thompson, Jason								
BOYS Varsity F.R. High Jump		NM		SCR				
BOYS Varsity F.R. Long Jump		NM		SCR				
Waterman, Luke								
BOYS Varsity 3200m Run		NT		11:51.90				
Zafar, Reshyal								
BOYS Varsity F.R. Long Jump		NM		SCR				
NEW LONDON								
	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement	
							Per Run...	Per Improved
INDIV TR EVENTS	2	0	0	1	50.00%	6.49	3.25	6.49
INDIV FLD EVENTS	24		0	1	4.17%			
RELAY EVENTS	9	1	1	2	22.22%	19.60	2.18	9.80

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PLAINFIELD	SEED	PRELIM	FINAL	IMPROVEMENT
Battaini, Faith				
GIRLS Varsity F.R. Shot Put	28'00.00"		25'08.00"	
GIRLS Varsity F.R. Discus Throw	70'00.00"		58'07.00"	
GIRLS Varsity F.R. Javelin Throw	71'00.00"		57'02.00"	
Belisle, Carson				
BOYS Varsity F.R. Pole Vault	NM		FOUL	
BOYS Varsity 3200m Run	12:00.00		12:21.90	
Belisle, Karley				
GIRLS Varsity F.R. Triple Jump	NM		25'04.00"	
GIRLS Varsity F.R. Long Jump	12'06.00"		12'07.00"	'01.00"
Brady, Elijah				
BOYS Varsity F.R. Triple Jump	NM		SCR	
BOYS Varsity F.R. High Jump	5'08.00"		5'06.00"	
Conyers, Markeith				
BOYS Varsity F.R. Shot Put	33'00.00"		32'08.00"	
BOYS Varsity F.R. Discus Throw	120'00.00"		116'01.00"	
Demers, George				
BOYS Varsity F.R. Discus Throw	90'00.00"		81'11.00"	
BOYS Varsity F.R. Javelin Throw	95'00.00"		SCR	
Deojay, Elaina				
GIRLS Varsity F.R. Javelin Throw	60'00.00"		50'04.00"	
GIRLS Varsity F.R. Discus Throw	65'00.00"		52'08.00"	
Easton, Khalil				
BOYS Varsity F.R. Long Jump	21'06.50"		FOUL	
Engle, Thomas				
BOYS Varsity 3200m Run	12:00.00		11:51.60	8.40 8.40 Improve. seconds
English, Chelsey				
GIRLS Varsity F.R. High Jump	4'06.00"		4'04.00"	
GIRLS Varsity F.R. Long Jump	13'06.00"		12'10.00"	
GIRLS Varsity F.R. Shot Put	22'00.00"		23'07.00"	1'07.00"
Frean, Tamari				
GIRLS Varsity F.R. Long Jump	11'00.00"		9'03.00"	
Irons, Jacob				
BOYS Varsity 3200m Run	12:00.00		11:53.40	6.60 6.60 Improve. seconds
Moran, Emily				
GIRLS Varsity 3200m Run	12:30.00		13:12.40	
Newbury, Isabella				
GIRLS Varsity 300m Hurdles	47.00		46.90	.10 .10 Improve. seconds
Newbury, McKayla				
GIRLS Varsity F.R. Pole Vault	5'06.00"		SCR	
GIRLS Varsity F.R. Shot Put	22'00.00"		23'11.50"	1'11.50"
GIRLS Varsity F.R. Javelin Throw	75'00.00"		64'03.00"	

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PLAINFIELD	SEED	PRELIM	FINAL	IMPROVEMENT
Plainfield, A				
BOYS Varsity 400m Relay	47.00		49.70	
GIRLS Varsity 400m Relay	52.10		51.60	.50
BOYS Jr.Varsity 400m Relay	52.50		55.50	
BOYS Varsity 400m Throwers Relay	59.00		SCR	
GIRLS Varsity 400m Throwers Relay	1:10.00		1:08.00	2.00
BOYS Varsity 1600m Relay	3:43.00		3:51.60	
BOYS Varsity 1600m Sprint Medley RE	4:00.00		4:10.90	
GIRLS Varsity 1600m Relay	4:10.00		4:11.70	
BOYS Jr.Varsity 1600m Relay	4:10.00		4:29.30	
GIRLS Varsity 1600m Sprint Medley R	4:20.00		4:25.40	
BOYS Varsity 3200m Relay	9:55.00		10:43.50	
BOYS Varsity 6400m 4x1600m RELAY	20:10.00		21:27.70	
Pothier, Jack				
BOYS Varsity 3200m Run	11:00.00		10:49.80	10.20
				10.20 Improve. seconds
Rizer, Cole				
BOYS Varsity F.R. Pole Vault	NM		FOUL	
BOYS Varsity F.R. Long Jump	14'09.00"		13'03.50"	
Roberts, Tyler				
BOYS Varsity F.R. Shot Put	36'00.00"		SCR	
BOYS Varsity F.R. Javelin Throw	115'00.00"		SCR	
Sanchez, Armando				
BOYS Varsity F.R. High Jump	5'02.00"		5'02.00"	
Speight, Matthew				
BOYS Varsity 3200m Run	10:10.00		10:19.80	
Syssouvann, Allyana				
GIRLS Varsity F.R. Pole Vault	5'06.00"		FOUL	
GIRLS Varsity F.R. Discus Throw	48'00.00"		47'05.00"	
Wagher, Luke				
BOYS Varsity F.R. Discus Throw	80'00.00"		58'01.00"	
Weldy, Ryan				
BOYS Varsity F.R. Triple Jump	NM		30'02.00"	
BOYS Varsity F.R. High Jump	5'00.00"		FOUL	
BOYS Varsity F.R. Long Jump	13'00.00"		13'06.00"	'06.00"
Zurowski, Tyler				
BOYS Varsity F.R. Shot Put	32'00.00"		32'01.50"	'01.50"
BOYS Varsity F.R. Javelin Throw	120'00.00"		119'10.00"	
PLAINFIELD		Percent Improvement	Total Improvement	Average Improvement
	# Events	# SCR	# DQ	# Improve
INDIV TR EVENTS	7	0	0	4
INDIV FLD EVENTS	25		0	5
RELAY EVENTS	11	1	0	2
				57.14%
				25.30
				3.61
				20%
				18.18%
				2.50
				.23
				1.25

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SACRED HEART ACADEMY	SEED	PRELIM	FINAL	IMPROVEMENT
Andrzejewski, Taylor				
GIRLS Varsity F.R. Javelin Throw	NM		SCR	
Cameron, Aliya				
GIRLS Varsity F.R. Triple Jump	35'00.00"		32'06.00"	
Cameron, Kayla				
GIRLS Varsity F.R. Pole Vault	6'06.00"		7'00.00"	'06.00"
Cameron, Meaghan				
GIRLS Varsity F.R. Triple Jump	31'00.00"		28'02.00"	
DeFalco, Zoe				
GIRLS Varsity F.R. Shot Put	NM		29'03.50"	
GIRLS Varsity F.R. Discus Throw	NM		87'08.00"	
Ferraro, Julia				
GIRLS Varsity F.R. Pole Vault	6'00.00"		6'00.00"	
GIRLS Varsity F.R. Triple Jump	30'00.00"		25'05.00"	
Gonzalez, Judith				
GIRLS Varsity F.R. Shot Put	NM		27'01.00"	
GIRLS Varsity F.R. Discus Throw	NM		74'05.00"	
Graves, Emily				
GIRLS Varsity F.R. High Jump	4'04.00"		SCR	
Halasinski, Mary				
GIRLS Varsity F.R. Javelin Throw	NM		SCR	
Koons, Jaime				
GIRLS Varsity F.R. Pole Vault	6'00.00"		6'00.00"	
Manning, Jillian				
GIRLS Varsity F.R. High Jump	4'04.00"		SCR	
Manning, Justine				
GIRLS Varsity F.R. High Jump	4'00.00"		SCR	
Moran, Bailey				
GIRLS Varsity F.R. Javelin Throw	NM		SCR	
GIRLS Varsity F.R. Shot Put	NM		SCR	
GIRLS Varsity F.R. Discus Throw	NM		63'08.00"	
Sacred Heart Academy, A				
GIRLS Varsity 400m Relay	52.00		52.70	
GIRLS Jr. Varsity 400m Relay	58.00		56.00	2.00
GIRLS Varsity 400m Shuttle Hurdle R	1:16.00		1:13.60	2.40
GIRLS Varsity 1600m Relay	4:15.00		4:27.60	
GIRLS Varsity 1600m Sprint Medley R	4:32.00		SCR	
GIRLS Jr. Varsity 1600m Relay	4:50.00		5:09.00	
GIRLS Varsity 3200m Relay	12:00.00		SCR	
GIRLS Varsity 4000m Distance Medley	16:00.00		16:23.00	
GIRLS Varsity 6400m 4x1600m RELAY	26:00.00		26:49.00	
				2.40 Improve. seconds
Sacred Heart Academy, B				
GIRLS Jr. Varsity 400m Relay	1:03.00		59.30	3.70
GIRLS Jr. Varsity 1600m Relay	5:05.00		5:33.40	
				3.70 Improve. seconds

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SACRED HEART ACADEMY					SEED	PRELIM	FINAL	IMPROVEMENT	
Sacred Heart Academy, C									
GIRLS Jr.Varsity 400m Relay					1:05.00		1:02.20	2.80	
GIRLS Jr.Varsity 1600m Relay					5:10.00		5:36.60		
								2.80 Improve. seconds	
Sacred Heart Academy, D									
GIRLS Jr.Varsity 400m Relay					1:07.00		1:02.50	4.50	
GIRLS Jr.Varsity 1600m Relay					5:15.00		5:42.30		
								4.50 Improve. seconds	
Sacred Heart Academy, E									
GIRLS Jr.Varsity 400m Relay					1:06.00		DNS		
GIRLS Jr.Varsity 1600m Relay					5:20.00		SCR		
Sullivan, Stephanie									
GIRLS Varsity 3200m Run					12:44.00		12:36.20	7.80	
								7.80 Improve. seconds	
Vessicchio, Arianna									
GIRLS Varsity 3200m Run					13:25.00		13:31.20		
Walsh, Sydney									
GIRLS Varsity F.R. Discus Throw					NM		SCR		
GIRLS Varsity F.R. Javelin Throw					NM		SCR		
GIRLS Varsity F.R. Shot Put					NM		22'09.00"		
SACRED HEART ACADEMY								<u>Average Improvement</u>	
	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Per Run...	Per Improved	
INDIV TR EVENTS	2	0	0	1	50.00%	7.80	3.90	7.80	
INDIV FLD EVENTS	12		0	1	8.33%				
RELAY EVENTS	13	3	0	5	38.46%	15.40	1.18	3.08	

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SHEEHAN	SEED	PRELIM	FINAL	IMPROVEMENT
Ahmed, Jibran				
BOYS Varsity F.R. High Jump	NM		FOUL	
Aminawung, Clarisse				
GIRLS Varsity 300m Hurdles	49.38		50.20	
Arnold, Derrick				
BOYS Varsity 3200m Run	10:56.20		DQ	
Barberino, Michael				
BOYS Varsity 3200m Run	11:41.00		11:16.60	24.40
				24.40 Improve. seconds
Bjornberg, Reily				
BOYS Varsity 300m Hurdles	44.20		43.80	.40
BOYS Varsity F.R. Long Jump	20'00.00"		17'10.50"	
BOYS Varsity F.R. Triple Jump	37'09.00"		36'09.00"	
Brennan, Erin				
GIRLS Varsity F.R. Pole Vault	7'06.00"		7'06.00"	
GIRLS Varsity F.R. Long Jump	15'01.00"		14'06.50"	
GIRLS Varsity F.R. Triple Jump	33'00.50"		31'09.00"	
Brown, Elizabeth				
GIRLS Varsity 3200m Run	12:15.00		11:57.60	17.40
				17.40 Improve. seconds
Caines, Evan				
BOYS Varsity 3200m Run	11:47.00		12:07.30	
Connolly, Kyra				
GIRLS Varsity F.R. High Jump	4'10.00"		4'06.00"	
GIRLS Varsity F.R. Pole Vault	9'06.00"		9'06.00"	
Conte, John				
BOYS Varsity 300m Hurdles	48.60		49.40	
Crispino, Julianna				
GIRLS Varsity F.R. High Jump	3'10.00"		3'10.00"	
GIRLS Varsity F.R. Pole Vault	7'00.00"		SCR	
GIRLS Varsity 300m Hurdles	NT		DNS	
Davis, Jordan				
BOYS Varsity F.R. Javelin Throw	169'05.00"		151'08.00"	
DiPasquale, Madison				
GIRLS Varsity F.R. Discus Throw	80'00.00"		78'00.00"	
Esch, Marley				
GIRLS Varsity F.R. Pole Vault	8'06.00"		7'00.00"	
GIRLS Varsity F.R. Long Jump	13'05.00"		13'07.00"	'02.00"
GIRLS Varsity F.R. Triple Jump	30'08.50"		30'06.00"	
Ethier, Trevor				
BOYS Varsity 300m Hurdles	49.70		51.30	
Garcia, Joey				
BOYS Varsity F.R. High Jump	4'10.00"		4'10.00"	
BOYS Varsity F.R. Long Jump	13'00.00"		15'07.00"	2'07.00"
BOYS Varsity F.R. Triple Jump	36'03.50"		35'00.50"	

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SHEEHAN	SEED	PRELIM	FINAL	IMPROVEMENT
Jagrosse, Darla				
GIRLS Varsity F.R. Shot Put	31'09.00"		31'04.00"	
GIRLS Varsity F.R. Discus Throw	79'07.00"		SCR	
Jockle, Emily				
GIRLS Varsity F.R. High Jump	3'08.00"		SCR	
GIRLS Varsity F.R. Javelin Throw	44'10.00"		SCR	
Kaider, Allyson				
GIRLS Varsity 300m Hurdles	1:03.29		59.50	3.79
				3.79 Improve. seconds
Lemay, Michael				
BOYS Varsity F.R. Pole Vault	8'00.00"		SCR	
BOYS Varsity F.R. Javelin Throw	137'08.00"		86'07.00"	
Luddy, Max				
BOYS Varsity F.R. High Jump	5'08.00"		5'04.00"	
BOYS Varsity F.R. Long Jump	19'09.00"		17'10.50"	
BOYS Varsity F.R. Triple Jump	38'01.00"		36'06.50"	
Mansfield, Andrew				
BOYS Varsity F.R. Pole Vault	9'00.00"		FOUL	
BOYS Varsity F.R. Javelin Throw	129'04.00"		117'06.00"	
Mansfield, Patrice				
GIRLS Varsity 300m Hurdles	NT		51.80	
Martindale, Cyle				
BOYS Varsity F.R. Shot Put	45'04.00"		44'04.25"	
BOYS Varsity F.R. Discus Throw	115'06.00"		111'03.00"	
Midolo, Kelly				
GIRLS Varsity 300m Hurdles	NT		DNS	
Moore, Justin				
BOYS Varsity F.R. Pole Vault	8'00.00"		SCR	
Morrill, MacKenzie				
GIRLS Varsity F.R. Shot Put	29'00.00"		28'03.00"	
Musante, Kelly				
GIRLS Varsity F.R. Discus Throw	83'10.00"		77'10.00"	
GIRLS Varsity F.R. Javelin Throw	87'00.00"		77'00.00"	
Nagy-Leranth, Lili				
GIRLS Varsity 3200m Run	14:00.00		14:07.00	
Pellerin, Stefan				
BOYS Varsity 3200m Run	11:45.00		12:25.70	
Petrillo, Jocelyn				
GIRLS Varsity F.R. Javelin Throw	71'04.00"		60'00.00"	
Pinos, Miguel				
BOYS Varsity F.R. Shot Put	37'11.00"		36'00.50"	
BOYS Varsity F.R. Discus Throw	84'04.00"		89'09.00"	5'05.00"
Piscitelli, Alicea				
GIRLS Varsity F.R. Long Jump	14'10.00"		13'09.00"	
GIRLS Varsity F.R. Triple Jump	29'02.00"		SCR	

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SHEEHAN	SEED	PRELIM	FINAL	IMPROVEMENT				
Poet, Dylan								
BOYS Varsity F.R. Shot Put	38'07.00"		36'04.25"					
BOYS Varsity F.R. Discus Throw	110'04.00"		102'01.00"					
Rabbani, Mashal								
GIRLS Varsity F.R. Shot Put	24'10.50"		23'03.00"					
GIRLS Varsity F.R. Discus Throw	54'07.00"		45'10.00"					
Rigoland, Romane								
GIRLS Varsity F.R. High Jump	4'02.00"		4'02.00"					
GIRLS Varsity F.R. Long Jump	15'04.00"		SCR					
GIRLS Varsity F.R. Triple Jump	30'02.00"		27'08.50"					
Seibt, Gretchen								
GIRLS Varsity 3200m Run	15:41.80		14:02.00	1:39.80				
				99.80 Improve. seconds				
Sheehan, A								
BOYS Varsity 400m Relay	45.58		46.10					
BOYS Jr.Varsity 400m Relay	49.60		51.40					
GIRLS Varsity 400m Relay	51.72		53.90					
BOYS Varsity 400m Throwers Relay	56.00		56.30					
GIRLS Jr.Varsity 400m Relay	57.30		1:01.10					
GIRLS Varsity 400m Shuttle Hurdle R	1:17.90		1:26.70					
BOYS Varsity 440m Shuttle Hurdle RE	1:20.00		1:24.30					
BOYS Varsity 1600m Sprint Medley RE	4:00.00		3:58.10	1.90				
BOYS Jr.Varsity 1600m Relay	4:11.42		4:49.50					
GIRLS Varsity 1600m Relay	4:21.00		4:13.80	7.20				
GIRLS Varsity 1600m Sprint Medley R	4:55.60		4:33.40	22.20				
BOYS Varsity 1600m Relay	4:56.00		4:02.00	54.00				
BOYS Varsity 3200m Relay	11:12.00		10:08.10	1:03.90				
GIRLS Varsity 3200m Relay	11:45.00		12:26.60					
BOYS Varsity 4000m Distance Medley	16:54.00		14:20.70	2:33.30				
GIRLS Varsity 400m Throwers Relay	NT		1:06.20					
				29.40 Improve. seconds				
Venoit, Ethan								
BOYS Varsity 3200m Run	11:07.60		10:52.70	14.90				
				14.90 Improve. seconds				
Weisen, Brooke								
GIRLS Varsity F.R. Shot Put	22'08.00"		SCR					
GIRLS Varsity F.R. Javelin Throw	70'04.00"		59'00.00"					
SHEEHAN								
	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement	
							Per Run...	Per Improved
INDIV TR EVENTS	13	0	1	6	46.15%	160.69	12.36	26.78
INDIV FLD EVENTS	38		0	3	7.89%			
RELAY EVENTS	16	0	0	6	37.50%	302.50	18.91	50.42

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ST. BERNARD	SEED	PRELIM	FINAL	IMPROVEMENT
Arvidson, Martin				
BOYS Varsity F.R. Long Jump	15'05.00"		FOUL	
Avery, Nathaniel				
BOYS Varsity F.R. Long Jump	15'06.00"		15'06.50"	'00.50"
BOYS Varsity F.R. Triple Jump	34'06.00"		36'10.50"	2'04.50"
Belfiglio, Perry				
BOYS Varsity F.R. Long Jump	14'06.00"		12'02.50"	
Boras, Sophia				
GIRLS Varsity F.R. Javelin Throw	70'04.00"		SCR	
Britner, Serena				
GIRLS Varsity 3200m Run	12:45.20		12:20.60	24.60
				24.60 Improve. seconds
Codner, Allison				
GIRLS Varsity F.R. Long Jump	NM		10'04.50"	
Geise, Hope				
GIRLS Varsity F.R. Long Jump	NM		12'08.50"	
GIRLS Varsity F.R. High Jump	4'02.00"		4'02.00"	
Jakubielski, Ryan				
BOYS Varsity F.R. Javelin Throw	85'06.00"		87'00.00"	1'06.00"
Kunka, Brigid				
GIRLS Varsity 3200m Run	12:33.00		11:56.20	36.80
				36.80 Improve. seconds
Massad, Olivia				
GIRLS Varsity F.R. Shot Put	22'07.00"		21'11.00"	
GIRLS Varsity F.R. Discus Throw	60'05.00"		48'01.00"	
GIRLS Varsity F.R. Javelin Throw	62'01.00"		59'00.00"	
Masters, Aaliya				
GIRLS Varsity 300m Hurdles	58.14		57.10	1.04
GIRLS Varsity F.R. Triple Jump	28'03.50"		24'10.00"	
McClure, Bella				
GIRLS Varsity F.R. Long Jump	NM		12'02.00"	
GIRLS Varsity F.R. Triple Jump	NM		25'01.00"	
Power, Katie				
GIRLS Varsity F.R. Triple Jump	NM		27'07.50"	
Power, Liam				
BOYS Varsity F.R. Shot Put	28'01.00"		29'06.75"	1'05.75"
BOYS Varsity F.R. Discus Throw	68'02.00"		66'00.00"	
Power, Sean				
BOYS Varsity 3200m Run	11:46.00		11:15.60	30.40
				30.40 Improve. seconds

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ST. BERNARD	SEED	PRELIM	FINAL	IMPROVEMENT
St. Bernard, A				
BOYS Varsity 400m Relay	48.60		49.80	
GIRLS Varsity 400m Relay	55.61		57.10	
GIRLS Jr.Varsity 400m Relay	1:02.55		DQ	
BOYS Varsity 1600m Relay	4:05.89		4:18.80	
BOYS Varsity 1600m Sprint Medley RE	4:15.66		SCR	
BOYS Jr.Varsity 1600m Relay	4:19.78		4:34.60	
GIRLS Varsity 1600m Sprint Medley R	4:55.55		5:27.60	
BOYS Varsity 3200m Relay	9:59.45		SCR	
GIRLS Varsity 3200m Relay	10:15.00		10:50.50	
BOYS Varsity 4000m Distance Medley	12:20.24		12:50.40	
Turner, Lillian				
GIRLS Varsity 3200m Run	13:10.00		13:06.70	3.30

3.30 Improve. seconds

ST. BERNARD	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement	
							Per Run...	Per Improved
INDIV TR EVENTS	5	0	0	5	100.00%	96.14	19.23	19.23
INDIV FLD EVENTS	16		0	4	25%			
RELAY EVENTS	7	2	1	0	0%			

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TOURTELLOTTE	SEED	PRELIM	FINAL	IMPROVEMENT
Cappello, Serena				
GIRLS Varsity F.R. Shot Put	18'04.00"		18'10.00"	'06.00"
Chace, Nick				
BOYS Varsity F.R. Long Jump	15'00.00"		14'09.50"	
BOYS Varsity F.R. Javelin Throw	93'00.00"		86'03.00"	
Forcier, Katelyn				
GIRLS Varsity F.R. Discus Throw	44'07.00"		43'05.00"	
GIRLS Varsity F.R. Javelin Throw	52'08.00"		50'05.00"	
Fulone, Spencer				
BOYS Varsity F.R. Long Jump	17'08.00"		16'01.00"	
BOYS Varsity F.R. Shot Put	22'01.00"		23'11.50"	1'10.50"
Groh, Leah				
GIRLS Varsity F.R. Long Jump	12'01.00"		11'09.00"	
Johnson, Rori				
GIRLS Varsity F.R. Discus Throw	57'03.00"		57'09.00"	'06.00"
GIRLS Varsity F.R. Javelin Throw	76'10.00"		76'04.00"	
Langlois, Daniel				
BOYS Varsity F.R. Long Jump	17'00.00"		16'09.50"	
Lubomirski, Olivia				
GIRLS Varsity F.R. Shot Put	19'09.00"		20'03.50"	'06.50"
Minarik, MeKayla				
GIRLS Varsity F.R. Long Jump	12'03.00"		SCR	
O'Brien, Brennan				
BOYS Varsity F.R. Shot Put	33'01.00"		34'10.25"	1'09.25"
BOYS Varsity F.R. Discus Throw	93'08.00"		102'05.00"	8'09.00"
BOYS Varsity F.R. Javelin Throw	110'00.00"		111'08.00"	1'08.00"
Seney, Brandon				
BOYS Varsity F.R. Shot Put	20'00.00"		20'10.75"	'10.75"
BOYS Varsity F.R. Discus Throw	48'00.00"		41'05.00"	
BOYS Varsity F.R. Javelin Throw	60'00.00"		59'00.00"	
Steglitz, Mary				
GIRLS Varsity F.R. Shot Put	20'07.00"		21'03.00"	'08.00"
GIRLS Varsity F.R. Discus Throw	53'07.00"		55'05.00"	1'10.00"
GIRLS Varsity F.R. Javelin Throw	55'05.00"		55'05.00"	
Tackson, Kaylee				
GIRLS Varsity F.R. Long Jump	12'08.00"		11'11.00"	
Tourtellotte, A				
GIRLS Varsity 400m Relay	59.80		56.40	3.40
GIRLS Jr. Varsity 400m Relay	1:02.45		1:00.10	2.35
GIRLS Varsity 400m Shuttle Hurdle R	1:23.00		1:25.70	
BOYS Varsity 1600m Sprint Medley RE	4:19.85		4:20.30	
GIRLS Varsity 1600m Relay	5:26.00		5:18.00	8.00
GIRLS Varsity 1600m Sprint Medley R	5:40.00		5:39.70	.30
BOYS Varsity 4000m Distance Medley	13:14.00		13:37.30	

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TOURTELLOTTE		SEED	PRELIM	FINAL	IMPROVEMENT				
Vander Swagg, Gracen									
GIRLS Varsity F.R. Long Jump		12'02.00"		11'05.00"					
TOURTELLOTTE		# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement	
								Per Run...	Per Improved
INDIV TR EVENTS		0	0	0	0	0%			
INDIV FLD EVENTS		23		0	10	43.48%			
RELAY EVENTS		7	0	0	4	57.14%	14.05	2.01	3.51

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WATERFORD	SEED	PRELIM	FINAL	IMPROVEMENT
Abramowicz, Lillie				
GIRLS Varsity F.R. Long Jump	14'00.00"		11'03.50"	
GIRLS Varsity F.R. Javelin Throw	74'08.00"		76'09.00"	2'01.00"
Adams, Kayleigh				
GIRLS Varsity F.R. High Jump	4'00.00"		4'02.00"	'02.00"
GIRLS Varsity F.R. Pole Vault	6'00.00"		FOUL	
Anton, Amajja				
GIRLS Varsity F.R. Javelin Throw	50'07.00"		49'11.00"	
GIRLS Varsity F.R. Discus Throw	62'05.00"		61'10.00"	
Bartkowski, Morgan				
GIRLS Varsity F.R. Triple Jump	NM		SCR	
GIRLS Varsity 300m Hurdles	1:00.00		1:03.20	
Brown, Cody				
BOYS Varsity F.R. Discus Throw	NM		SCR	
BOYS Varsity F.R. Shot Put	NM		37'08.50"	
Calixte, Nehemia				
GIRLS Varsity F.R. Discus Throw	63'03.00"		49'06.00"	
Chappelle, Jalen				
BOYS Varsity 300m Hurdles	45.00		43.90	1.10 1.10 Improve. seconds
Corman, Sean				
BOYS Varsity 3200m Run	11:36.90		11:14.20	22.70 22.70 Improve. seconds
Desai, Maya				
GIRLS Varsity 3200m Run	16:08.10		15:57.20	10.90 10.90 Improve. seconds
DeWallace, David				
BOYS Varsity 3200m Run	14:00.00		13:26.80	33.20 33.20 Improve. seconds
Diaz, Willmar				
BOYS Varsity F.R. Shot Put	33'02.75"		38'01.25"	4'10.50"
BOYS Varsity F.R. Discus Throw	91'11.50"		99'04.00"	7'04.50"
BOYS Varsity F.R. Javelin Throw	98'03.00"		SCR	
Dorunda, Bryce				
BOYS Varsity 3200m Run	12:12.00		12:10.40	1.60 1.60 Improve. seconds
Dunning, Donovan				
BOYS Varsity 300m Hurdles	50.00		48.00	2.00
BOYS Varsity F.R. Triple Jump	33'09.00"		33'06.00"	
Elbaum, Aidan				
BOYS Varsity F.R. Shot Put	30'00.25"		31'10.50"	1'10.25"
BOYS Varsity F.R. Discus Throw	80'08.50"		75'04.00"	
Gerboth, Erin				
GIRLS Varsity F.R. Pole Vault	6'00.00"		SCR	
Gregg Jr, James				
BOYS Varsity F.R. High Jump	5'04.00"		SCR	
BOYS Varsity F.R. Long Jump	18'08.00"		SCR	

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Hightower, Christian				
BOYS Varsity F.R. Triple Jump	31'11.50"		SCR	
Hoff, Savannah				
GIRLS Varsity F.R. High Jump	3'10.00"		FOUL	
Johnson, Sarah				
GIRLS Varsity 3200m Run	14:14.30		14:10.60	3.70 3.70 Improve. seconds
Juarbe, Virginia				
GIRLS Varsity 3200m Run	16:00.00		14:03.90	1:56.10 116.10 Improve. seconds
Karlberg, Julia				
GIRLS Varsity 300m Hurdles	57.74		55.80	1.94
GIRLS Varsity F.R. Triple Jump	28'05.00"		27'05.00"	
Kempke, Chase				
BOYS Varsity F.R. Javelin Throw	104'03.00"		105'04.00"	1'01.00"
Keth, Jennifer				
GIRLS Varsity F.R. Pole Vault	7'06.00"		8'00.00"	'06.00"
GIRLS Varsity F.R. Long Jump	14'08.50"		13'08.00"	
LaBonte, Zoe				
GIRLS Varsity F.R. Shot Put	18'09.50"		20'07.00"	1'09.50"
GIRLS Varsity F.R. Javelin Throw	42'10.00"		48'03.00"	5'05.00"
GIRLS Varsity F.R. Discus Throw	47'00.00"		SCR	
Lange, Kate				
GIRLS Varsity F.R. Javelin Throw	54'05.00"		SCR	
Larned, Olivia				
GIRLS Varsity 300m Hurdles	1:00.00		58.30	1.70
GIRLS Varsity F.R. High Jump	4'00.00"		SCR	
Lenes, Samuel				
BOYS Varsity 3200m Run	10:41.00		10:38.40	2.60 2.60 Improve. seconds
Li, Nicole				
GIRLS Varsity 300m Hurdles	1:00.00		57.10	2.90
GIRLS Varsity F.R. Long Jump	12'08.00"		12'01.00"	
Lokken, Ellie				
GIRLS Varsity F.R. High Jump	4'06.00"		4'04.00"	
GIRLS Varsity F.R. Pole Vault	7'06.00"		7'00.00"	
Lokken, Robert				
BOYS Varsity 3200m Run	12:15.00		11:35.50	39.50 39.50 Improve. seconds
Lovell, Jared				
BOYS Varsity 300m Hurdles	44.80		42.80	2.00 2.00 Improve. seconds
Lovell, Marcus				
BOYS Varsity F.R. Javelin Throw	124'06.00"		116'01.00"	

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WATERFORD	SEED	PRELIM	FINAL	IMPROVEMENT
Menders, Sam				
BOYS Varsity F.R. High Jump	6'00.00"		5'10.00"	
BOYS Varsity F.R. Long Jump	21'04.00"		19'10.50"	
BOYS Varsity F.R. Triple Jump	39'03.50"		40'05.50"	1'02.00"
Myers, Madelyn				
GIRLS Varsity 300m Hurdles	1:00.00		59.20	.80
GIRLS Varsity F.R. Long Jump	11'06.50"		SCR	
Nadeau, Jessica				
GIRLS Varsity F.R. Shot Put	27'06.50"		26'01.50"	
GIRLS Varsity F.R. Discus Throw	72'05.00"		62'05.00"	
Negahban, Kayvon				
BOYS Varsity F.R. High Jump	6'02.00"		5'10.00"	
BOYS Varsity F.R. Long Jump	18'05.50"		18'00.50"	
Pepin, Aidan				
BOYS Varsity 3200m Run	10:30.80		10:08.80	22.00 22.00 Improve. seconds
Piotrowski, Aaron				
BOYS Varsity F.R. Discus Throw	67'04.00"		70'04.00"	3'00.00"
BOYS Varsity F.R. Javelin Throw	109'05.00"		99'07.00"	
Puccio, Jacqueline				
GIRLS Varsity F.R. Triple Jump	26'04.50"		25'07.00"	
Rodriguez, Nicole				
GIRLS Varsity F.R. Shot Put	22'03.50"		19'11.00"	
Ryan, Tallah				
GIRLS Varsity F.R. Triple Jump	27'00.00"		27'05.50"	'05.50"
Sajid, Sarshar				
BOYS Varsity 3200m Run	13:30.00		13:15.00	15.00 15.00 Improve. seconds
Smith, Chris				
BOYS Varsity F.R. High Jump	5'10.00"		5'04.00"	
BOYS Varsity F.R. Long Jump	19'11.00"		19'00.00"	
Stewart, Adam				
BOYS Varsity 3200m Run	12:45.00		12:10.70	34.30 34.30 Improve. seconds
Vincent, Michael				
BOYS Varsity 300m Hurdles	44.40		41.20	3.20
BOYS Varsity F.R. Triple Jump	40'01.00"		37'11.50"	

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Waterford, A				
BOYS Varsity 400m Relay	46.00		45.10	.90
GIRLS Varsity 400m Relay	57.00		53.90	3.10
BOYS Varsity 440m Shuttle Hurdle RE	1:10.00		SCR	
GIRLS Varsity 400m Shuttle Hurdle R	1:20.00		1:24.60	
BOYS Varsity 3200m Relay	9:00.00		9:20.30	
GIRLS Varsity 3200m Relay	11:30.00		11:21.50	8.50
BOYS Varsity 400m Throwers Relay	NT		56.30	
GIRLS Varsity 400m Throwers Relay	NT		1:05.20	

11.60 Improve. seconds

WATERFORD	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement	
							Per Run...	Per Improved
INDIV TR EVENTS	20	0	0	19	95.00%	317.24	15.86	16.70
INDIV FLD EVENTS	37	1	0	12	32.43%			
RELAY EVENTS	7	1	0	3	42.86%	12.50	1.79	4.17

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WOODSTOCK ACADEMY	SEED	PRELIM	FINAL	IMPROVEMENT
Bell, Hannah				
GIRLS Varsity F.R. High Jump	NM		FOUL	
GIRLS Varsity F.R. Pole Vault	NM		5'06.00"	
Bisamaza, Orlane				
GIRLS Varsity F.R. Javelin Throw	NM		SCR	
GIRLS Varsity F.R. Shot Put	NM		20'02.00"	
GIRLS Varsity F.R. Discus Throw	NM		39'10.00"	
Buell, Kyle				
BOYS Varsity F.R. High Jump	5'06.00"		5'02.00"	
Cintron, Isabel				
GIRLS Varsity F.R. Long Jump	NM		SCR	
GIRLS Varsity F.R. Triple Jump	NM		SCR	
Condon, Emily				
GIRLS Varsity F.R. Shot Put	NM		20'03.00"	
GIRLS Varsity F.R. Javelin Throw	NM		25'08.00"	
Couture, Lucas				
BOYS Varsity F.R. Pole Vault	10'00.00"		11'00.00"	1'00.00"
Couture, Sydney				
GIRLS Varsity F.R. Pole Vault	NM		6'00.00"	
Creedon, Chandler				
BOYS Varsity F.R. Discus Throw	69'07.00"		69'04.00"	
Dias, Jackson				
BOYS Varsity 300m Hurdles	48.70		48.60	.10
BOYS Varsity F.R. High Jump	5'04.00"		5'06.00"	'02.00"
Ferrara, Cody				
BOYS Varsity F.R. Javelin Throw	75'00.00"		69'08.00"	
Gianfriddo, Aria				
GIRLS Varsity F.R. Triple Jump	NM		SCR	
GIRLS Varsity F.R. Long Jump	NM		11'04.50"	
GIRLS Varsity 300m Hurdles	NT		54.40	
Grube, Madelyn				
GIRLS Varsity F.R. Triple Jump	NM		FOUL	
GIRLS Varsity F.R. Long Jump	NM		14'03.50"	
Kellermann, Anna				
GIRLS Varsity F.R. Pole Vault	NM		FOUL	
Lamontagne, Keenan				
BOYS Varsity F.R. Shot Put	25'00.00"		SCR	
MacPherson, Matthew				
BOYS Varsity F.R. Javelin Throw	80'00.00"		86'08.00"	6'08.00"
Michalski, Alina				
GIRLS Varsity F.R. Long Jump	NM		10'11.00"	
GIRLS Varsity F.R. Discus Throw	NM		43'02.00"	
Millette, Carly				
GIRLS Varsity F.R. Discus Throw	NM		39'09.00"	

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Mizero, Mariella								
GIRLS Varsity F.R. Shot Put	NM		SCR					
GIRLS Varsity F.R. Javelin Throw	NM		38'05.00"					
Ntamwemezi, Daniel								
BOYS Varsity F.R. Shot Put	37'00.00"		29'07.00"					
BOYS Varsity F.R. Discus Throw	68'01.00"		SCR					
Roy, Andrew								
BOYS Varsity F.R. Shot Put	35'08.50"		33'07.00"					
BOYS Varsity F.R. Discus Throw	71'08.00"		95'07.00"	23'11.00"				
Schimmelpfennig, Adam								
BOYS Varsity 300m Hurdles	48.80		45.10	3.70				
				3.70 Improve. seconds				
Simal Gaytan, Carla								
GIRLS Varsity F.R. Triple Jump	NM		SCR					
Strandson, Silas								
BOYS Varsity F.R. Shot Put	25'00.00"		23'10.00"					
Talbot, Logan								
BOYS Varsity F.R. High Jump	5'00.00"		5'00.00"					
Viano, Ainsley								
GIRLS Varsity F.R. Discus Throw	NM		SCR					
GIRLS Varsity F.R. Shot Put	19'04.00"		20'05.00"	1'01.00"				
GIRLS Varsity F.R. Javelin Throw	25'08.00"		30'01.00"	4'05.00"				
Woodstock Academy, A								
BOYS Varsity 400m Relay	50.30		49.50	.80				
BOYS Jr. Varsity 400m Relay	58.30		58.40					
BOYS Varsity 400m Throwers Relay	1:18.00		57.60	20.40				
BOYS Varsity 1600m Sprint Medley RE	5:20.00		4:24.70	55.30				
BOYS Varsity 3200m Relay	10:55.00		9:49.40	1:05.60				
BOYS Varsity 4000m Distance Medley	15:00.00		13:29.00	1:31.00				
GIRLS Varsity 400m Relay	NT		1:01.40					
GIRLS Varsity 400m Shuttle Hurdle R	NT		1:18.30					
GIRLS Varsity 1600m Sprint Medley R	NT		4:59.40					
GIRLS Varsity 3200m Relay	NT		12:40.20					
GIRLS Varsity 6400m 4x1600m RELAY	NT		25:26.70					
Zagrodny, Alexis								
GIRLS Varsity F.R. Pole Vault	NM		SCR					
Zajac, Morgan								
BOYS Varsity F.R. Discus Throw	51'05.00"		75'02.00"	23'09.00"				
BOYS Varsity F.R. Javelin Throw	70'00.00"		51'02.00"					
WOODSTOCK ACADEMY								
	# Events	# SCR	# DQ	# Improve	Percent Improvement	Total Improvement	Average Improvement	
							Per Run...	Per Improved
INDIV TR EVENTS	3	0	0	2	66.67%	3.80	1.27	1.90
INDIV FLD EVENTS	27	1	0	7	25.93%			
RELAY EVENTS	11	0	0	5	45.45%	233.10	21.19	46.62