



Goshen BOYS' RESULTS - OCIAA Championship @ West Point - Sat 2/10/18

We are proud of everyone who competed strong at the County Championship! Many athletes below hit new PR's, some placed higher than they were seeded, and everyone put forth outstanding effort! Some had to deal with adversity in this meet, competing in races in which there was no competition. Everyone in that situation persevered, coming within a second or less of their seed times and scoring from the slowest heats. We are in a great position to succeed next week at Sections and achieve even more PR's. After looking at the below results, be sure to scroll down and look at who has qualified to run at State Quals. Many athletes have already hit the standards and many more are extremely close. With continued hard work over the next week, we anticipate adding more names to the State Qual list.

#/31 3200m		
1st	Higgins, Liam	9:41.28
7	Perrillo-Sullivan, Stephe	10:02.36
--	Hannibal, Greg	DNR

#/38 600m		
4th	Higgins, Liam	1:25.59
20	Perez, Chris	1:36.14
--	Paneto, Nicolas	DNR

#/16 3200m Relay (4x800)		
1	Perrillo-Sullivan, Stephe	2:10.5
2	Perez, Chris	2:24.9
3	Hackman, Aidan	2:26.2
4	Johnson, Andrew	2:21.2
10th place		9:22.6

#/38 1000m		
3rd	Greco, Louis	2:38.87
--	Paneto, Nicolas	DNR

#/39 1600m		
3rd	Greco, Louis	4:29.54
17	Hackman, Aidan	4:56.81
29	Johnson, Andrew	5:10.30

#/13 1600m Relay (4x400)		
1	Pinto, Ryan	58.6
2	Greco, Louis	55.2
3	Lingerman, Niel	57.6
4	Higgins, Liam	52.4
7th place		3:44.06

#/46 55m dash		
26	Farias, Kyle	7.36
42	Flores, Price	8.02
--	Ovando, Patricio	DNR

1500m racewalk		

#/36 55m hurdles		
26	Lingerman, Niel	9.69

#/50 300m		
16	Pinto, Ryan	39.37
17	Trujillo, Shadeed	39.61
24	Lingerman, Niel	40.67

#/17 800m Relay (4x200)		
1	Trujillo, Shadeed	25.29
2	Farias, Kyle	25.51
3	McPhee, Niko	26.30
4	Pinto, Ryan	24.26
9th place		1:41.68

#/36 Long Jump		
28	Farias, Kyle	15-7
32	Siracuse, Robby	14-5.25
--	Ovando, Patricio	DNJ

#/20 Pole Vault		
6th	O'Malley, Austin	11-6
--	McPhee, Niko	NH

#/18 High Jump		
--	Hackman, Aidan	NH

#/28 Triple Jump		
22	Johnson, Andrew	33-5
--	Ovando, Patricio	DNJ

#/40 Shot Put		
12	Serkes, Stephen	36-5
33	Dlugolecki, Kevin	24-8.75
34	Pinto, Johnathan	23-2

#/32 Weight Throw		
15	Serkes, Stephen	34-5
27	Dlugolecki, Kevin	28-8.5
31	Pinto, Johnathan	21-10

Full results: <http://ny.milesplit.com/meets/296401/results/566688/formatted#.WoBvjujwblU>



Goshen GIRLS' RESULTS - OCIAA Championship @ West Point - Sat 2/10/18

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#/23 3000m		
3rd	Schramm, Kayla	10:39.78
8	O'Donnell, Meghan	10:54.32
9	Pucci, Kayla	11:08.26

#/36 1000m		
5th	Montgomery, Madison	3:11.68
8	Atlas, Grace	3:19.58
13	Johnson, Lauren	3:25.04

#/44 55m dash		
15	Miller, Jenise	8.16
26	Bricourt, Katleen	8.37
38	Atlas, Maura	8.64

#/36 55m hurdles		
19	Hilton, Saquaya	10.30
20	Ratray, Mya	10.39
-	Folgelman, Ofir	DNR

#/32 Long Jump		
27	Folgelman, Ofir	10-6
-	McKenna, Kirsten	DNR
-	Miller, Jenise	FOUL

#/33 Triple Jump		
26	Folgelman, Ofir	24-0

#/43 600m		
2nd	Schramm, Kayla	1:41.59
4th	Atlas, Grace	1:43.61
6th	Montgomery, Madison	1:45.53

#/37 1500m		
3rd	Pucci, Kayla	5:02.12
20	Poppe, Dana	5:38.22
26	Fini, Vic	5:52.09

#/13 1500m racewalk		
5th	Dahowski, Stephanie	9:12.37
7	Higgins, Sara	9:30.99

#/40 300m		
14	Allspach, Maegan	45.91
31	Taylor, Kaitlyn	48.88
-	McKenna, Kirsten	DNR

#/14 Pole Vault		
10	Bachorik, Violet	7-7

#/43 Shot Put		
24	Joseph, Gabrielle	23-5.5

#/11 3200m Relay (4x800)		
1	O'Donnell, Meghan	2:35.60
2	Atlas, Grace	2:32.40
3	Johnson, Lauren	2:35.95
4	Montgomery, Madison	2:33.03
3rd place		10:17.70

#/13 1600m Relay (4x400)		
1	Schramm, Kayla	63.6
2	Hilton, Saquaya	64.9
3	Pucci, Kayla	67.5
4	Allspach, Maegan	69.3
5th place		4:25.30

#/12 800m Relay (4x200)		
1	Bricourt, Katleen	30.23
2	Miller, Jenise	30.50
3	Taylor, Kaitlyn	31.15
4	Ratray, Mya	29.84
8th place		2:01.71

#/17 High Jump		
8	Hilton, Saquaya	4-8

#/33 Weight Throw		
25	Joseph, Gabrielle	20-7

Full results: <http://ny.milesplit.com/meets/296401/results/566688/formatted#.WoBvujwbIU>



STATE QUALIFIER STANDARDS

Athletes who have met the standards for the state qualifier meet so far this season

Many athletes are very close to making these standards. It should be a goal for EVERYONE next week to try and hit these marks, OR even if your name is below, improve your best mark & PR as State Qvals is limited to a fixed number of athletes in each event (14-30 for distance; 16-30 for sprints; 14 for most field events)

BOYS					
<u>EVENT</u>	<u>MARK</u>	<u>ATHLETE(S)</u>			
55m dash	7.14	--			
55m hurdles	9.74	Pasquini, Dom (9.27)	Lingerman, Niel (9.69)		
300m dash	40.24	Pinto, Ryan (39.37)	Trujillo, Shadeed (39.61)		
600m	1:34.24	Higgins, Liam (1:25.59)	Greco, Louis (1:27.94)	Paneto, Nicolas (1:29.13)	
1000m	2:49.24	Higgins, Liam (2:34.82)	Greco, Louis (2:38.87)	Paneto, Nicolas (2:45.13)	Perrillo-Sullivan, Stephen (2:46.38)
1600m	4:57.24	Greco, Louis (4:25.27)	Higgins, Liam (4:29.51)	Perrillo-Sullivan, Stephen (4:5: Hackman, Aidan (4:56.81)	
3200m	10:45.24	Greco, Louis (9:36.09)	Higgins, Liam (9:36.75)	Paneto, Nicolas (9:59.39)	Perrillo-Sullivan, Stephen (10:02.36)
LJ	18-0	--			
PV	9-6	O'Malley, Austin (12-0)			
TJ	36-0	Pasquini, Dom (36-11.5)			
HJ	5-4	--			
SP	36-0	Serkes, Stephen (36-5)			
WT	36-0	--			

GIRLS					
<u>EVENT</u>	<u>MARK</u>	<u>ATHLETE(S)</u>			
55 Meter Dash	8.24	Medenard-Miller, Jenise (8.16)			
55 Meter Hurdles	10.24	Ratray, Mya (9.93)			
300 Meter Dash	49.24	Allspach, Maegan (45.91)	McKenna, Kirsten (48.75)	Taylor, Kaitlyn (48.88)	Ratray, Mya (49.19) Bricourt, Katleen (47.99)
600 Meter Run	1:52.24	Schramm, Kayla (1:41.59)	Atlas, Grace (1:43.61)	Montgomery, Madison (1:45.1)	O'Donnell, Meghan (1:49.52) Johnson, Lauren (1:49.60)
1000 Meter Run	3:40.24	Montgomery, Madison (3:11.1)	Atlas, Grace (3:14.25)	O'Donnell, Meghan (3:22.87)	Poppe, Dana (3:36.15) Tippin, Sara (3:37.05)
1500 Meter Run	5:35.24	Pucci, Kayla (4:56.43)	Schramm, Kayla (4:57.56)	O'Donnell, Meghan (5:18.27)	
3000 Meter Run	11:40.24	Schramm, Kayla (10:39.64)	O'Donnell, Meghan (10:54.32)	Pucci, Kayla (11:08.26)	Montgomery, Madison (11:20)
Long Jump	14-0	Schramm, Kayla (14-11)			
Triple Jump	30-6	--			
High Jump	4-4	Hilton, Saquaya (5-0)			
Pole Vaut	7-6	Bachorik, Violet (7-7)			
Shot Put	25-0	Joseph, Gabrielle (26-3.75)			
Weight Throw	25-0	--			
1500 Meter Walk	9:30	Dahowski, Stephanie (8:54.81)			

Please check over the above and if your name is not listed and you've met any of these standards, please notify a coach ASAP.



Goshen indoor track athletes who have hit state standards

<u>ATHLETE</u>	<u>EVENT</u>	<u>TIME</u>	<u>MEET</u>	<u>LOCATION</u>	<u>DATE</u>
Greco, Louis	1600m	4:25.24	Developmental Meet A format	Gillis Field House, West Point	January 27, 2018
Greco, Louis	3200m	9:39.81	New Balance Games	168th St Armory, New York	January 19, 2018
Higgins, Liam	1000m	2:34.82	OCIAA Division Champs - 1,3,5	Gillis Field House, West Point	February 3, 2018
Higgins, Liam	3200m	9:36.75	New Balance Games	168th St Armory, New York	January 19, 2018

If we're missing any athletes/events who've met the below standards, please let us know ASAP!

<u>EVENT</u>	<u>GIRLS</u>	<u>BOYS</u>
	<u>FAT Time (Hand Time)</u>	<u>FAT Time (Hand Time)</u>
55m Hurdles	8.74 (8.5)	7.94 (7.7)
55m Dash	7.44 (7.2)	6.74 (6.5)
300m Dash	41.94 (41.7)	36.74 (36.5)
600m Run	1:38.74 (1:38.5)	1:24.74 (1:24.5)
1000m Run	3:02.24 (3:02.0)	2:35.24 (2:35.0)
1500m Run	4:49.54 (4:49.3)	xxxxxxx
1600m Run	xxxxxxx	4:28.74 (4:28.5)
3000m Run	10:21.14 (10:20.9)	xxxxxx
3200m Run	xxxxxxx	9:42.24 (9:42.0)
1500m Race Walk	7:28.24 (7:28.0)	xxxxxx
Long Jump	17' 02"	21' 06"
Triple Jump	36' 01"	43' 06"
Shot Put	37' 07"	52' 00"
High Jump	5' 03"	6' 04"
Pole Vault	10' 00"	13' 00"
Weight throw	40'00"	45'00"

Your third place entry in each individual event must have met the qualifying standard in his/her state qualifying meet or in meets designated by the Sectional Coordinator, and must have placed third in the state qualifying meet in order to qualify for the State Meet. The second place relay must hit the standard during the Indoor season in an approved meet and place 2nd at the State Qualifying meet.