

Meet Results

Friends of Indoor Track Invitational 2011 27-Dec-11
Location: PG Sports & Learning Complex
Chantilly HS [CHAN]

| Mark | Convert | Rnd | Name | Age/Yr | Place | Points | Improv |
|---|---------|---------------------|--------------------------|--------|-----------------------|--------|----------|
| Event # 1 Women Long Jump Open | | | | | | | |
| 13-10.50 | F | | Crafton, Lauren | JR | 24 | --- | 0-01.50 |
| 12-03.25 | F | | Tangaro, Silvia | SR | 33 | --- | -0-03.00 |
| Event # 2 Men Long Jump Open | | | | | | | |
| 19-00.00 | F | | Oputa, Emeka | SR | 9 | --- | 0-01.00 |
| 16-07.75 | F | | Park, Sung Woo | JR | 31 | --- | -1-08.25 |
| Event # 3 Women Triple Jump Open | | | | | | | |
| 28-09.50 | F | | Crafton, Lauren | JR | 26 | --- | -1-01.75 |
| Event # 4 Men Triple Jump Open | | | | | | | |
| 44-03.00 | F | | McDuffy, Arthur | SR | 2 | --- | -1-05.50 |
| 35-10.00 | F | | Park, Sung Woo | JR | 24 | --- | -3-01.75 |
| Event # 5 Women High Jump Open | | | | | | | |
| 4-06.00 | F | | Lull, Samantha | JR | 12 | --- | -0-04.25 |
| Event # 6 Men High Jump Open | | | | | | | |
| 5-08.00 | F | | Ransom, Miles | SR | 11 | --- | -0-05.00 |
| * NH | F | | Park, Sung Woo | JR | --- | --- | --- |
| * NH | F | | Ullom, Nicholas | SO | --- | --- | --- |
| Event # 7 Women Shot Put Open | | | | | | | |
| 26-02.00 | F | | Rashid, Lyzan | SR | 27 | --- | -2-08.50 |
| 25-08.00 | F | | Kerbuski, Bryanna | SR | 30 | --- | -1-00.75 |
| Event # 8 Men Shot Put Open | | | | | | | |
| 39-00.00 | F | | Booker, Zachary | SR | 17 | --- | -0-08.50 |
| 33-09.00 | F | | Terry, Alexander | SR | 32 | --- | 0-06.00 |
| Event # 9 Women Pole Vault Open | | | | | | | |
| 8-00.00 | F | | Crafton, Lauren | JR | 6 | --- | 0-06.00 |
| NH | F | | Claunch, Valerie | JR | --- | --- | --- |
| Event # 10 Men Pole Vault Open | | | | | | | |
| 11-00.00 | F | | Nguyen, Eric | JR | 7 | --- | -0-06.00 |
| 10-00.00 | F | | Sung, Alexander | JR | 9 | --- | -0-06.00 |
| NH | F | | Park, Sung Woo | JR | --- | --- | --- |
| Event # 12 Men 4x800m Relay Relay Open | | | | | | | |
| 9:37.51 | A Relay | | | | 14 | --- | --- |
| Samuel M. Cohen (JR) | | Austin H. Zhou (SO) | Michael A. Reingold (SO) | | Austin J. Stahle (JR) | | |
| 2:17.00 | 2:30.20 | 2:26.20 | 2:24.11 | | | | |
| Event # 13 Women 55m Hurdles Open | | | | | | | |
| 10.47 | P | | Crafton, Lauren | JR | 36 | --- | .25 |

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| Event # 14 Men 55m Hurdles Open | | | | | | | |
| 8.23 | P | | Ransom, Miles | SR | 6 | --- | .09 |
| 8.26 | F | | Ransom, Miles | SR | 7 | --- | .12 |
| 8.67 | P | | Nguyen, Eric | JR | 19 | --- | .23 |
| Event # 15 Women 55m Dash Open | | | | | | | |
| 8.12 | P | | Powell, Lauren | JR | 53 | --- | -.05 |
| Event # 16 Men 55m Dash Open | | | | | | | |
| 7.00 | P | | Derrios, Michael | FR | 36 | --- | --- |
| 7.09 | P | | Terry, Alexander | SR | 51 | --- | -.13 |
| 7.25 | P | | Oputa, Emeka | SR | 62 | --- | -.08 |
| Event # 17 Women 4x200m Relay Relay Open | | | | | | | |
| 1:59.68 | A Relay | | | | 24 | --- | --- |
| Samantha G. Lull (JR) | | Lauren A. Powell (JR) | | Shannon M. McKinney (JR) | | Danielle M. LeFrancois (JR) | |
| | 28.90 | 30.70 | 30.30 | 29.78 | | | |
| Event # 18 Men 4x200m Relay Relay Open | | | | | | | |
| 1:39.16 | A Relay | | | | 16 | --- | --- |
| Arthur I. McDuffy (SR) | | Alexander D. Terry (SR) | | Emeka T. Oputa (SR) | | Michael K. Derrios (FR) | |
| | 24.50 | 24.40 | 25.50 | 24.76 | | | |
| Event # 19 Women 1600m Run Open | | | | | | | |
| 5:31.26 | F | | Carlson, Carolyn | SR | 10 | --- | -14.32 |
| | 39.40 | 41.40 | 40.80 | 41.30 | 42.30 | 42.50 | 42.40 |
| | 41.16 | | | | | | |
| 5:48.78 | F | | Hawvermale, Xaveria | FR | 25 | --- | --- |
| | 36.30 | 43.60 | 45.10 | 45.50 | 45.70 | 47.70 | 44.00 |
| | 40.88 | | | | | | |
| 5:50.35 | F | | Lull, Hannah | FR | 29 | --- | --- |
| | 37.10 | 43.70 | 46.00 | 47.10 | 48.10 | 43.90 | 45.30 |
| | 39.15 | | | | | | |
| 5:53.74 | F | | Cason, Patricia | SO | 31 | --- | -12.14 |
| | 38.80 | 42.30 | 44.70 | 45.60 | 46.30 | 46.60 | 46.00 |
| | 43.44 | | | | | | |
| 6:10.42 | F | | Strub, Sydney | SO | 42 | --- | 4.68 |
| | 40.70 | 47.40 | 43.10 | 46.30 | 47.60 | 48.00 | 48.20 |
| | 49.12 | | | | | | |
| Event # 20 Men 1600m Run Open | | | | | | | |
| 4:32.77 | F | | Miller, Logan | JR | 2 | --- | 9.93 |
| | 35.50 | 33.60 | 34.30 | 34.60 | 33.90 | 34.90 | 34.10 |
| | 31.87 | | | | | | |
| 4:54.20 | F | | McGorty, Ryan | FR | 33 | --- | --- |
| | 35.20 | 36.40 | 36.40 | 37.50 | 33.60 | 38.50 | 41.10 |
| | 35.50 | | | | | | |
| 4:57.75 | F | | Parshall, Joshua | JR | 39 | --- | 15.77 |
| | 33.80 | 35.10 | 35.40 | 37.00 | 41.80 | 38.10 | 37.50 |
| | 39.05 | | | | | | |
| 5:07.08 | F | | Ivers, Samuel | SR | 48 | --- | 5.61 |
| | 33.50 | 39.40 | 37.40 | 38.60 | 39.30 | 39.00 | 40.90 |
| | 38.98 | | | | | | |
| Event # 21 Women 500m Dash Open | | | | | | | |
| 1:29.52 | F | | LeFrancois, Danielle | JR | 38 | --- | 1.24 |
| 1:31.47 | F | | Ingraham, Kathryn | SR | 47 | --- | 3.15 |

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| Event # 22 Men 500m Dash Open | | | | | | | |
| 1:17.39 | F | | Ullom, Nicholas | SO | 51 | --- | 1.35 |
| Event # 23 Women 1000m Run Open | | | | | | | |
| 3:05.78 | F | | Cowne, Alexa | JR | 3 | --- | 5.87 |
| 3:21.93 | F | | Lull, Samantha | JR | 20 | --- | -8.21 |
| 3:34.80 | F | | Loh, Jennifer | JR | 35 | --- | .56 |
| 3:38.16 | F | | Walsh, Virginia | SO | 42 | --- | -16.08 |
| Event # 24 Men 1000m Run Open | | | | | | | |
| 2:59.73 | F | | Bhavsar, Raaj | SR | 46 | --- | 1.46 |
| Event # 25 Women 300m Dash Open | | | | | | | |
| 48.75 | F | | Powell, Lauren | JR | 78 | --- | 1.05 |
| 49.58 | F | | McKinney, Shannon | JR | 85 | --- | 1.54 |
| Event # 26 Men 300m Dash Open | | | | | | | |
| 38.39 | F | | McDuffy, Arthur | SR | 43 | --- | .04 |
| 40.59 | F | | Ransom, Miles | SR | 79 | --- | .77 |
| Event # 28 Men 3200m Run Open | | | | | | | |
| 10:15.36 | F | | Sakallah, Faris | JR | 12 | --- | -27.04 |
| | | | 35.70 39.50 37.40 37.60 36.10 36.80 37.50 37.80 | | | | |
| | | | 38.60 38.30 38.90 40.00 40.60 41.70 41.10 37.76 | | | | |
| 10:49.57 | F | | Malander, Peter | SO | 27 | --- | 46.64 |
| | | | 37.00 39.20 37.80 37.70 38.60 40.50 41.50 41.60 | | | | |
| | | | 41.20 42.10 42.50 42.40 42.30 42.50 42.40 40.27 | | | | |
| Event # 29 Women 4x400m Relay Relay Open | | | | | | | |
| 4:29.40 | A Relay | | | | 14 | --- | --- |
| Kendall Cowne (JR) | | Samantha G. Lull (JR) | | Kathryn M. Ingraham (SR) | | Danielle M. LeFrancois (JR) | |
| | 1:04.00 | 1:08.40 | 1:09.50 | 1:07.50 | | | |
| Event # 30 Men 4x400m Relay Relay Open | | | | | | | |
| 3:44.81 | A Relay | | | | 14 | --- | --- |
| Miles A. Ransom (SR) | | Nicholas Ullom (SO) | | Logan S. Miller (JR) | | Arthur I. McDuffy (SR) | |
| | 57.00 | 57.60 | 55.50 | 54.71 | | | |