

LR

TRACK & FIELD

2010

Leesville Road High School 2010 Track & Field Team

Behrends, Tyler	Ball, Samantha
Bell, Tucker	Blackburn, Hailey
Bjerke, John	Cohen, Rebecca
Blackburn, Drew	Esoda, Gabriela
Blevins, Eric	Franck, Julie
Bortoff, Lucas	Gallagher, Allie
Bryan, Cameron	Gilmore, Brittney
Burns, Bo	Glover, Brittany
Cain, Arik	Hamilton, Morgan
Diaz, Jovel	Harvey, Grace
Elliston, Rach	Henry, Jaleassa
Fetterolf, Cory	Hering, Hope
Ficalora, Peter	Hering, Lane
Floyd, Daniel	Hopkins, Mariah
Gaston, Jeff	Hopkins, Schayla
Gaston, Jordan	Langley, Brenna
Gerowitz, Danny	Lemon, Meredith
Greenhaw, Matt	Locke, Alissa
Healy, Daniel	Marino, Brianne
Hoese, William	Merdes, Jessica
Hooper, Steven	Meyers, Rachel
Hunt, DJ	Miles, Brittany
Jackson, Brian	Odametey, Catherine
Jackson-Atogi, Moseph	Patton, Emily
Kebede, Sam	Pendergraft, Megan
Klute, Christian	Phillips, Rachel
Kuvuna, Selo	Putnam, Emily
Lassiter, Brian	Quinn, Kiera
Mabellos, Josh	Quirk, Kaitlyn
Mills, Taiheen	Rea, Jessica
Nasser, Moustapha	Robinson, Kiana
Noel, James	Robinson, Mackenzie
Otoya, Martin	Schuler, Alex
Pham, Michael	Skiff, Amy
Przybyla, Grant	Smith, Danielle
Ricciuti, Alex	St. Lott, Thaila
Robinson, DeRahjai	Staves, Breana
Ryan, Stephan	Stempien, Kaitlyn
Sarakbi, Sam	Strapp, Lauren
Schmidt, Justin	Tejada, Luisa
Smith, Aaron	Toth, Emily
Smith, Chris	Wallace, Caroline
Smith, David	Yates, Jocelyn
Taylor, Robert	
Theunissen, Thomas	
Tyner, Ben	
White, Leon	
White, Tariq	
Whitfield, Rashawn	
Whitson, Cameron	
Woodhouse, Will	
Wooten, Nate	

Leesville Road High School

Track & Field Records

BOYS TRACK RECORDS			EVENTS	GIRLS TRACK RECORDS		
<u>Athlete</u>	<u>Record</u>	<u>Year</u>		<u>Athlete</u>	<u>Record</u>	<u>Year</u>
Jeremy Carter	10.6	1998	100 Meter Dash	Paige Eley	12.00	2009
Tyrone Dozier	21.62	1996	200 Meter Dash	Paige Eley	24.44	2009
Tyrone Dozier	47.51	1997	400 Meter Dash	Javonna Brown	57.84	2006
Riaan Lourens	1:56.17	2001	800 Meter Run	Joanna Mullen	2:19.6	2001
John Bell	4:21.11	1998	1600 Meter Run	Lauren Strapp	5:00.24	2010
Stephen Bloemeke	9:25.72	2006	3200 Meter Run	Lauren Strapp	10:55.66	2010
Brandon Broadnax Jeremy Carter Troy Dolby Tyrone Dozier	42.8	1997	400 Meter Relay	Sarah Jones Hailey Blackburn Paige Eley Cathy Odametey	49.42	2009
Brandon Broadnax Jeremy Carter Troy Dolby Tyrone Dozier	1:28.10	1996	800 Meter Relay	Sarah Jones Paige Eley Hailey Blackburn Kaitlyn Quirk	1:42.91	2009
Brandon Broadnax Troy Dolby Jeremy Carter Tyrone Dozier	3:20.08	1996	1600 Meter Relay	Alane Ficalora Paige Eley Emily Vasquez Kaitlyn Quirk	4:03.84	2008
Riaan Lourens Chris Bowker Cameron Bell Rob Whited	7:53.85	2001	3200 Meter Relay	Joanna Mullen Mandy Furr Caitlin Littlefield Kelsey Lam	9:44	2001
			100 Meter High Hurdles	Allison Bowden	15.6	1999
Jeremy Carter	14.55	1998	110 Meter High Hurdles			
Jeremy Carter	37.34	1997	300 Meter Low Hurdles	Allison Bowden	45.5	1997
Colby York	6'4 "	2008	High Jump	Allison Bowden	5'8"	1997
Troy Dolby	23'5"	1997	Long Jump	Devon Armstrong	18'9 3/4"	1995
Troy Dolby	44'7"	1995	Triple Jump	Jessica Partin	35'8"	1996
Steven Taylor	15'0"	2001	Pole Vault	Kallie Kocourek	9'0"	1999
Steve Jacobs	48'1"	1998	Shot Put	Saleemah Abdullah	36'9"	1995
Joey Forhand	158'3"	1996	Discus	Saleemah Abdullah	119'1/2"	1995

Leesville Road High School

8409 Leesville Road

Raleigh, NC 27613

Phone: 870-4250

Fax: 870-4287

Principal: Mr. Scott Lyons

Athletic Director: Mr. Jack Rogers

2010 Outdoor Track & Field Schedule

<u>Date</u>	<u>Opponent</u>	<u>Location/Time</u>
Wed. – March 3 rd	Green Hope & Apex	Cancelled
Sat. – March 6 th	Jaguar Invitational	Athens Drive / AM
Wed. – March 10 th	Broughton	Home / 3:30
Wed. – March 17 th	Sanderson	Sanderson / 3:30
Wed. – March 24 th	OPEN WEEK	
	<i><u>SPRING BREAK</u></i> <i>Fri. March 27th – Sun. April 4th</i>	
Thurs. – April 8 th	Enloe	Home / 3:30
Wed. – April 14 th	Wakefield	Home / 3:30
Sat. – April 17 th	Apex Lions/Bojangles Relays	Apex / AM
Wed. – April 21 st	Millbrook	Home / 3:30
Sat. – April 24 th	Wake County Championships	Sanderson / AM
Wed. – April 28 th	Wake Forest Rolesville	WFR / 3:30
Wed. – May 5 th	CAP-7 Conference Meet	Leesville Rd. / 2:00
Sat. – May 15 th	4-A Mid East Regionals	Apex / 10:00
Sat. – May 22 nd	4-A State Championships	NC A&T / 10:00

Head Coach: Mark McLamb
Assistant Coach: Nathan Hedgpeth
Assistant Coach: Joe Kilby
Assistant Coach: Tim Carter

Leesville Road Track & Field

Top 3 Performances of the 2010 Outdoor Season

WOMEN

100 Meter:

H. Blackburn- 12.31
M. Hamilton- 13.44
C. Odametye- 13.5

200 Meter:

H. Blackburn- 25.4
K. Quirk- 27.39
M. Hamilton- 27.54

400 Meter:

D. Smith- 1:00.16
K. Quirk- 1:03
G. Esoda- 1:04.7
L. Strapp- 1:04.7

800 Meter

L. Strapp- 2:31
A. Locke- 2:35.84
E. Putnam- 2:41.7

1600 Meter:

L. Strapp- 5:00.24 (New School Record)
E. Putnam- 5:52
B. Glover- 5:56

3200 Meter:

L. Strapp- 10:55.66 (New School Record)
G. Harvey- 12:45.41
E. Putnam- 13:02

400 Meter Relay:

H. Blackburn
T. St.Lott 51.7
M. Hamilton
C. Odametye

800 Meter Relay:

H. Blackburn
M. Hamilton 1:46.91
D. Smith
K. Quirk

1600 Meter Relay:

D. Smith
K. Quirk 4:19.84
G. Esoda
A. Schuler

3200 Meter Relay:

A. Locke
E. Putnam 10:40.7
R. Phillips
K. Stempien

100 Hurdles:

T. St.Lott- 18.4

300 Hurdles:

B. Staves- 53.45
J. Rea- 59.7

High Jump:

B. Staves- 5'2"
T. St.Lott- 5'0"
K. Robinson- 4'10"

Pole Vault:

G. Esoda- 6'6"

Long Jump:

H. Blackburn- 16'1.5"
T. St.Lott- 15'9"
B. Staves- 15'3.5"

Triple Jump:

K. Robinson- 33'4.75"
B. Staves- 32'11.25"
T. St.Lott- 32'7"

Shot Put:

S. Hopkins- 27'3"
M. Pendergraft- 25'10"

Discus:

M. Pendergraft- 86'7"
S. Hopkins- 56'3"

Leesville Road Track & Field

Top 3 Performances of the 2010 Outdoor Season

MEN

100 Meter:

R. Whitfield- 11.3
D. Robinson- 11.3
T. Mills- 11.5

800 Meter

A. Smith- 2:00
B. Jackson- 2:00.19
B. Hoese- 2:03

400 Meter Relay:

L. White
T. Mills 44.55
D. Gerowitz
R. Whitfield

3200 Meter Relay:

B. Jackson
A. Smith 8:02.28
S. Ryan
B. Hoese

High Jump:

C. Bryan- 6'
D. Smith- 5'10"
R. Elliston- 5'8"

Triple Jump:

C. Whitson- 41'9"
Jordan Gaston- 41'1.75"
M. Jackson-Atogi- 41'1.5"

200 Meter:

T. Mills- 23.00
D. Smith- 23.5
M. Jackson-Atogi- 23.8

1600 Meter:

A. Smith- 4:25.71
B. Jackson- 4:30.94
W. Woodhouse- 4:42.59

800 Meter Relay:

D. Smith
T. Mills 1:32.54
D. Gerowitz
R. Whitfield

110 Hurdles:

J. Mabellos- 17.2

Pole Vault:

P. Ficalora- 14'6"
T. Bell- 9'
D. Smith- 8'6"

Shot Put:

N. Wooten- 45'6"
M. Greenhaw- 35'10"
A. Cain- 32'5.5"

400 Meter:

B. Burns- 52.0
C. Smith- 53.3
Jeff Gaston- 54.4

3200 Meter:

A. Smith- 9:50.10
B. Jackson- 9:51
C. Klute- 9:52.93

1600 Meter Relay:

B. Burns
S. Ryan 3:37
B. Jackson
C. Whitson

300 Hurdles:

J. Mabellos- 41.37
P. Ficalora- 44.7
T. Bell- 45.04

Long Jump:

C. Bryan- 20'2"
M. Jackson-Atogi- 19'8"
D. Robinson- 19'8"

Discus:

N. Wooten- 149'8"
M. Greenhaw- 112'8.5"
A. Ricciuti- 96'

Leesville Road High School Track & Field

2010 Results

Girls:

13-5 record for the season
4th in CAP-7 Championships
13th in 4-A Mideast Championships
19th in 4-A State Championships
Set 2 new school records in the 1600m & 3200m

Boys:

14-4 record for the season
Jaguar Invitational Champions
5th in CAP-7 Championships
13th in 4-A Mideast Championships
38th in 4-A State Championships

Overall Record for the 2010 LRHS Track & Field:

27-9 (71%)

“Class of 2010”

overall track & field record from 2007-2010:

133-25 (84%)

Leesville Road High School
Track & Field

CAP-7
All Conference

Hailey Blackburn

Lauren Strapp

Aaron Smith

Nate Wooten

Leesville Road High School Track & Field

Regional Qualifiers

GIRLS:

Lauren Strapp: 800m- 2:31
1600m- 5:06.62
3200m- 10:55.66

Hailey Blackburn: 100m- 12.3
200m- 25.40
Long Jump- 16'1.5"

Danielle Smith: 400m- 1:00.16

Breana Staves: High Jump- 5'2"

Thaila St. Lott: High Jump- 5'0"

Grace Harvey: 3200m- 12:45

Kiana Robinson: Triple Jump- 33'3.25"

4x4 Relay: 4:24.7 (G. Esoda, D. Smith, E. Putnam, K. Quirk)

4x2 Relay: 1:46.91 (K. Quirk, D. Smith, H. Blackburn, M. Hamilton)

4x1 Relay: 51.7 (H. Blackburn, M. Hamilton, C. Odametey, T. St.Lott)

BOYS:

Aaron Smith: 800m- 2:00.0
1600m- 4:25.71
3200m- 9:50.10

Christian Klute: 3200m- 9:52.93

Brian Jackson: 800m- 2:00.19
1600m- 4:30.94
3200m- 9:51

Bilo Hoese: 800m- 2:03

Nate Wooten: Discus- 149'8"
Shot Put- 45'6"

Josh Mabellos: 300m Hurdles- 41.5

Peter Ficalora: Pole Vault- 14'0"

4x8 Relay: 8:04.71 (S. Ryan, B. Jackson, B. Hoese, A. Smith)

Leesville Road High School Track & Field

4-A State Meet Qualifiers

Hailey Blackburn- 100m

Lauren Strapp- 1600m & 3200m

Aaron Smith- 3200m Relay

Stephen Ryan- 3200m Relay

Brian Jackson- 3200m Relay

Bilo Hoese- 3200m Relay

Peter Ficalora- Pole Vault

Nate Wooten- Discus

Men's Individual Scoring

	Jaguar	Broughton	Sanderson	Enloe	Wakefield	Bojan.	Millbrook	W.C.C	WFR	CAP-7	Reg.	State	Total
Behrends, Tyler					1								1
Bell, Tucker					5				3				8
Bryan, Cameron	2.00	3.00	6.00	1.00	8.00		1.00		6.00	3.00			30.00
Burns, Bo	12.00	5.00	6.25	5.00									28.25
Elliston, Rachmyel	3.00	3.00	1.00										7.00
Ficalora, Peter	3.00	5.00	5.00	8.00		5.00		10.00		5.00	5.00	5.00	51.00
Gaston, Jeff	1.00	1.00							2.25	0.25			4.50
Gaston, Jordan	1.33	3.00	1.00	5.00	5.00				2.00				17.33
Gerowitz, Danny			2.25		1.00		1.25	1.50		1.00			7.00
Greenhaw, Matt	2.66	1.00	2.00	1.00									6.66
Hoese, Bilu	3.00	3.00	1.25	4.25	1.25	2.00		1.25	5.00	1.00	1.25	0.50	23.75
Jackson, Brian	4.00	3.00	3.00	3.00	9.25	2.00		6.25	5.00	7.00	1.25	0.50	44.25
Jackson-Atgi, Moseph		1.00	3.00	2.00	6.00				11.00	3.00			26.00
Klute, Christian	8.00	5.00	1.00	6.25	6.00	2.00		4.00			3.00		35.25
Mabellos, Josh	14.00	6.00	8.00	10.00	4.00		3.00		9.25				54.25
Mills, Taiheen	1.00			6.25			1.00	1.50	1.25	4.00			15.00
Noel, James									1.25				1.25
Pham, Michael	4.00												4.00
Pryzbyla, Grant			1.00				1.25		4.25				6.50
Ricciuti, Alex	2.66												2.66
Robinson, DeRahjai	1.00		6.00	9.25			1.25						17.50
Ryan, Stephen	2.00		1.25	1.25	1.25		1.25	1.25	2.25	1.25	1.25	0.50	13.50
Sarakbi, Sam		3.00		1.00	5.00		1.25			1.00			11.25
Smith, Aaron	13.00	5.00	6.25	5.00	4.25		1.25	10.25	3.00	11.00	5.25	0.50	64.75
Smith, Chris	2.00		3.00	3.00					5.50	0.25			13.75
Smith, DJ	3.00	5.00	1.25		6.00			1.50	7.25				24.00
Taylor, Robert	1.00	1.00	2.25	1.00	1.00					1.25			7.50
Tyner, Ben									1.25				1.25
White, Leon	4.33			1.25			1.25		2.25	1.00			10.08
White, Tariq		5.00											5.00
Whitfield, Rashawn	5.00	3.00		2.25			6.25	1.50	1.25	1.00			20.25
Whitson, Cameron	4.33	5.00	5.00	3.00									17.33
Woodhouse, Will	1.00		1.25	4.25	1.00	2.00			3.00	1.00			13.50
Wooten, Nate	2.66	10.00	10.00	10.00	8.00	8.00	10.00		6.00	14.00	11.00		89.66

**JAGUAR INVITATIONAL
ATHENS DRIVE HIGH SCHOOL / MARCH 6th, 2010**

100m					
Place	Name	Time	Place	Name	Time
2	Hailey Blackburn	12.8	4	Rashawn Whitfield	11.8
200m					
Place	Name	Time	Place	Name	Time
2	Hailey Blackburn	26.9	6	Michael Pham	24.4
400m					
Place	Name	Time	Place	Name	Time
2	Danielle Smith	1:02.5	1	Bo Burns	52
800m					
Place	Name	Time	Place	Name	Time
6	Rachel Phillips	2:49.1	3	Brian Jackson	2:03.6
1600m					
Place	Name	Time	Place	Name	Time
1	Lauren Strapp	5:26	3	Aaron Smith	4:32.2
3200m					
Place	Name	Time	Place	Name	Time
1	Lauren Strapp	11:11.54	3	Christian Klute	10:09.5
100m Hurdles					
Place	Name	Time	Place	Name	Time
			3	Josh Mabellos	19.3
300m Hurdles					
Place	Name	Time	Place	Name	Time
			2	Josh Mabellos	44.1
400m Relay					
Place	Name	Time	Place	Name	Time
DQ	Morgan Hamilton Cathy Odametey Gabby Esoda Thaila St. Lott	DQ	4	Leon White Taiheen Mills D. Robinson Rashawn Whitfield	46.1
800m Relay					
Place	Name	Time	Place	Name	Time
1	Kaitlyn Quirk Hailey Blackburn Kiana Robinson Gabby Esoda	1:53	4	Michael Pham Peter Ficalora Chris Smith Robert Taylor	1:36.6
1600m Relay					
Place	Name	Time	Place	Name	Time
2	Gabby Esoda Danille Smith Emily Putnam Kaitlyn Quirk	4:24.7	4	Bo Burns Chris Smith Jeff Gaston Cameron Whitson	3:39.4
3200m Relay					
Place	Name	Time	Place	Name	Time
4	Rachel Phillips Emly Putnam Alissa Locke Kaitlyn Stempien	10:50.3	2	Brian Jackson Bilo Hoese Stephen Ryan Christian Klute	8:28.8

**JAGUAR INVITATIONAL
ATHENS DRIVE HIGH SCHOOL / MARCH 6th, 2010**

Sprint Medley			Sprint Medley		
Place	Name	Time	Place	Name	Time
3	Morgan Hamilton Cathy Odametey Kiana Robinson Kaitlyn Quirk	02:02.9	2	Michael Pham Peter Ficalora Cameron Whitson Brian Jackson	03:46.9

Distance Medley			Distance Medley		
Place	Name	Time	Place	Name	Time
3	Emily Putnam Danielle Smith Lauren Strapp Rachel Phillips	13:29.9	4	Will Woodhouse Bo Burns Bilo Hoese Aaron Smith	11:46.6

Long Jump Relay			Long Jump Relay		
Place	Name	Distance	Place	Name	Distance
1	Hailey Blackburn Breana Staves Thaila St. Lott	15' 5.5" 14' 9.5" 14' 8.5"	3	Cameron Bryan DeRahjai Robinson Leon White	19'9.5" 19'4.25" 18' 1.25"

Triple Jump Relay			Triple Jump Relay		
Place	Name	Distance	Place	Name	Distance
1	Breana Staves Thaila St. Lott Kiana Robinson	31' 10" 30' 4" 28'	4	Cameron Whitson Jordan Gaston Leon White	41'9" 40'8" 36' 6.5"

High Jump Relay			High Jump Relay		
Place	Name	Height	Place	Name	Height
2	Breana Staves Thaila St. Lott Kiana Robinson	5' 4' 10" 4' 8"	3	D.J. Smith Rach Elliston	5'7" 5'7"

Shot Put Relay			Shot Put Relay		
Place	Name	Distance	Place	Name	Distance
6	Megan Pendergraft	23' 7"	5	Nate Wooten Matt Greenhaw Alex Ricciuti	44' 11" 33'3" 24'5"

Discus Relay			Discus Relay		
Place	Name	Distance	Place	Name	Distance
5	Megan Pendergraft	66' 1"	3	Nate Wooten Matt Greenhaw Alex Ricciuti	107' 8" 93' 4.5" 69' 4.5"

Team Scores:			Team Scores:		
1	Millbrook	133	1	Leesville Road	103
2	Leesville Road	110	2	Northern Durham	99
3	West Johnston	89	3	West Johnston	88
4	Nash Central	70	4	Athens Drive	80
5	Cardinal Gibbons	63	5	Nash Central	74
6	Athens Drive	57	6	Millbrook	73
7	Chapel Hill	45	7	Chapel Hill	68
8	Northern Durham	14	8	Cardinal Gibbons	34

LEESVILLE ROAD VS Broughton
AT LRHS March 10th, 2010

Girls

Leesville Road: 75
Broughton: 62

100m

Place	Name	Time
1	Hailey Blackburn	12.7
3	Cathy Odamety	13.6
	Morgan Hamilton	14
	Amy Skiff	15.2
	L'Zhae Finley	15.3
	Jocelyn Yates	15.4
	Courtney Moore	15.4
	Brittney Gilmore	16
	Luisa Tejada	16.2

200m

Place	Name	Time
1	Hailey Blackburn	26.9
2	Cathy Odamety	29.1
3	Morgan Hamilton	29.2
	Amy Skiff	30.6
	Brittany Miles	31.4
	L'Zhae Finley	32.3
	Mariah Hopkins	34.4

400m

Place	Name	Time
1	Kaitlyn Quirk	01:05.8
3	Alex Schuler	01:10.9
	Mackenzie Robinson	01:12.8
	Sam Ball	01:12.8
	Emity Toth	01:16.6
	Julie Franck	01:16.6

800m

Place	Name	Time
3	Alissa Locke	2:43
	Rachel Meyers	2:58
	Kiera Quinn	3:02
	Rebecca Cohen	3:04

1600m

Place	Name	Time
3	Emily Putnam	5:52
	Brittany Glover	6:08
	Allie Gallagher	6:09
	Jessica Merdes	6:27
	Lane Hering	6:32
	Brenna Langley	6:33
	Bri Marino	6:35
	Grace Harvey	6:42

Boys:

Leesville Road: 76
Broughton: 68

100m

Place	Name	Time
1	Tariq White	11.6
2	Rashawn Whitfield	12
	Drew Blackburn	12.2
	Danny Gerowitz	12.2
	Robert Taylor	12.4
	Michael Pham	12.4
	John Bjerke	13.3

200m

Place	Name	Time
2	DJ Smith	24.7
3	Robert Taylor	24.8
	Rach. Elliston	25.5
	Jeff Gaston	25.7

400m

Place	Name	Time
1	Bo Burns	52.9
3	Jordan Gaston	57.6
	J. Diaz	?
	M. Otoyoya	?
	J. Schmidt	?

800m

Place	Name	Time
2	Bilo Hoesse	2:09
	Stephen Ryan	2:10
	Will Woodhouse	2:14
	Grant Przybyla	2:17
	Eric Blevins	2:17
	Cory Fetterolf	2:23
	Lucas Bortoff	2:26
	James Noel	2:26

1600m

Place	Name	Time
1	Aaron Smith	4:34
2	Brian Jackson	4:38
	Ben Tyner	5:26
	Moustapha Nasser	5:45
	Thomas Theunissen	5:56

LEESVILLE ROAD VS Broughton
AT LRHS March 10th, 2010

3200m			3200m		
Place	Name	Time	Place	Name	Time
1	Rachel Phillips	13:14	1	Christian Klute	10:28
			2	Sam Sarakbi	10:29
				Jared Dix	10:56
100m Hurdles			110m Hurdles		
Place	Name	Time	Place	Name	Time
			2	Josh Mabellos	19.1
300m Hurdles			300m Hurdles		
Place	Name	Time	Place	Name	Time
2	Breana Staves	56.8	2	Josh Mabellos	43.3
3	Jessica Rea	59.7			
3200m Relay			3200m Relay		
Place	Name	Time	Place	Name	Time
2	Alissa Locke Emily Putnam Rachel Phillips Kaitlyn Stempien	10:40.7	2	Brian Jackson Stephen Ryan Christian Klute Bilo Hoesé	8:35.8
400m Relay			400m Relay		
Place	Name	Time	Place	Name	Time
1	Morgan Hamilton Cathy Odametey Gabby Esoda Thaila St. Lott	54.2	2	Michael Pham T. Mills D. Robinson R. Whitfield	46.
800m Relay			800m Relay		
Place	Name	Time	Place	Name	Time
1	Hailey Blackburn Kaitlyn Quirk Kiana Robinson Danille Smith	1:52.7	2	Michael Pham Peter Ficalora Bo Burns Robert Taylor	1:39.9
1600m Relay			1600m Relay		
Place	Name	Time	Place	Name	Time
2	Danille Smith Kaitlyn Quirk Alissa Locke Emily Putnam	4:29	2	Bo Burns Stephen Ryan Brian Jackson Cameron Whitson	3:37
Long Jump			Long Jump		
Place	Name	Distance	Place	Name	Distance
1	Hailey Blackburn	13'11.5"	2	Cameron Bryan	18'11.75"
2	Breana Staves	13'.25"		D. Robinson	18'6.5
3	Thaila St. Lott	12'7.25"		M. Jackson-Atgi	15'11"
	Kiana Robinson	12'			
	Meredith Lemon	11'2.5"			
	Caroline Wallace	11'2"			
Triple Jump			Triple Jump		
Place	Name	Distance	Place	Name	Distance
1	Breana Staves	30'3"	1	Cameron Whitson	40'8.75"
2	Thaila St. Lott	29'3"	2	Jordan Gaston	39'2.5"
3	Kiana Robinson	28'.5"	3	M. Jackson-Atgi	38'2"

LEESVILLE ROAD VS Broughton
AT LRHS March 10th, 2010

High Jump			High Jump		
Place	Name	Height	Place	Name	Height
1	Breana Staves	5'	2	Rach. Elliston	5'8"
2	Thaila St. Lott	5'	3	DJ Smith	5'8"
3	Kiana Robinson	4'10"		Daniel Floyd	5'

Pole Vault			Pole Vault		
Place	Name	Height	Place	Name	Height
			1	Peter Ficalora	12'6"
			3	DJ Smith	8'

Discus			Discus		
Place	Name	Distance	Place	Name	Distance
1	Megan Pendergraft	86'7"	1	Nate Wooten	134'11"
			3	Matt Greenhaw	110'1"
				Alex Ricciuti	83'
				Arik Cain	79'3"
				Daniel Healy	67'9.5"

Shot Put			Shot Put		
Place	Name	Distance	Place	Name	Distance
3	Megan Pendergraft	25'4"	1	Nate Wooten	42'5"
				Matt Greenhaw	33'2"
				Arik Cain	26'10"
				Alex Ricciuti	24'3"
				Daniel Healy	21'4"

LEESVILLE ROAD VS Sanderson
 AT Sanderson March 17th, 2010

Girls

Leesville Road: 76
 Sanderson: 68

Boys:

Leesville Road: 77
 Sanderson: 69

100m

Place	Name	Time
1	Hailey Blackburn	12.8
3	Morgan Hamilton	13.9
	Amy Skiff	14.8
	L'Zhae Finley	14.9
	Jocelyn Yates	15.3

100m

Place	Name	Time
3	DeRahjai Robinson	11.6
	Taiheen Mills	12.1
	Danny Gerowitz	12.1
	Drew Blackburn	12.3
	Robert Taylor	12.3

200m

Place	Name	Time
1	Hailey Blackburn	27
3	Danielle Smith	27.9
	Morgan Hamilton	29.1
	Cathy Odametey	29.9
	Kiana Robinson	29.9
	Amy Skiff	30.5
	Brittney Gilmore	31.8

200m

Place	Name	Time
3	Robert Taylor	24.6

400m

Place	Name	Time
2	Kaitlyn Quirk	1:03.9
3	Gabby Esoda	1:10
	Mackenzie Robinson	1:11.7
	Alex Schuler	1:11.9
	Rachel Meyers	1:13.3
	Brittney Miles	1:13.4
	Emily Toth	1:15.
	Julie Franch	1:16

400m

Place	Name	Time
1	Bo Burns	?
2	Chris Smith	?

800m

Place	Name	Time
2	Emily Putnam	2:42
3	K. Stempien	2:49
	Brenna Langley	2:56
	Allie Gallagher	2:58

800m

Place	Name	Time
1	Aaron Smith	2:00
3	Stephen Ryan	2:16

1600m

Place	Name	Time
1	Lauren Strapp	5:54
2	Brittney Glover	6:10
	Jessica Merdes	6:24
	Kiera Quinn	6:25
	Lane Hering	6:28
	Grace Harvey	6:31
	Bri Marino	6:31

1600m

Place	Name	Time
2	Brian Jackson	4:40
	Bilo Hoese	4:50
	Eric Blevins	5:19
	Grant Pryzbyla	5:23
	Ben Tyner	5:26
	James Noel	5:29

3200m

Place	Name	Time
	Lauren Strapp	12:04
	Rachel Phillips	13:22

3200m

Place	Name	Time
3	Christian Klute	?

LEESVILLE ROAD VS Sanderson
AT Sanderson March 17th, 2010

100m Hurdles					
Place	Name	Time	Place	Name	Time
			2	Josh Mabellos	18.4
300m Hurdles					
Place	Name	Time	Place	Name	Time
3	Breana Staves	57.3	1	Josh Mabellos	43.5
	Jessica Rea	1:03.	3	Danny Gerowitz	47.9
3200m Relay					
Place	Name	Time	Place	Name	Time
1		?	1		9:13.9
400m Relay					
Place	Name	Time	Place	Name	Time
1		54.4	2		45.8
800m Relay					
Place	Name	Time	Place	Name	Time
2		1:57.3	1		1:35
1600m Relay					
Place	Name	Time	Place	Name	Time
2		4:27.2	2		?
Long Jump					
Place	Name	Distance	Place	Name	Distance
1	Hailey Blackburn	16'1.5"	1	DeRahjai Robinson	19'8"
2	Breana Staves	14'10.25"	3	Cameron Bryan	18'10"
	Kiana Robinson	14'.25"		Moseph Jackson-Atogi	18'
				Leon White	17'9"
Triple Jump					
Place	Name	Distance	Place	Name	Distance
1	Breana Staves	31'11"	1	Cameron Whitson	?
2	Kiana Robinson	29'9.5"	2	Moseph Jackson-Atogi	?
			3	Jordan Gaston	?
High Jump					
Place	Name	Height	Place	Name	Height
1	Breana Staves	5'2"	1	Cameron Byran	6'
	Kiana Robinson	4'8"	3	Rach. Elliston	5'8"
Pole Vault					
Place	Name	Height	Place	Name	Height
			1	Peter Ficalora	?
Discus					
Place	Name	Distance	Place	Name	Distance
1	Megan Pendergraft	62'10.5"	1	Nate Wooten	133'
3	Jessica Yates	25'11"	3	Matt Greenhaw	99'4"
				Alex Ricciuti	72'8"
Shot Put					
Place	Name	Distance	Place	Name	Distance
2	Megan Pendergraft	21'2.5"	1	Nate Wooten	?
3	Jessica Yates	15'8"	3	Matt Greenhaw	?
				Alex Ricciuti	?

LEESVILLE ROAD VS Enloe
AT LRHS April 8th, 2010

Girls

Leesville Road: 84
Enloe: 49

100m

Place	Name	Time
1	Hailey Blackburn	12.8
	Cathy Odametey	13.7
	Morgan Hamilton	13.8
	Amy Skiff	14.6
	Brittney Gilmore	15
	Jaleassa Henry	15.3
	Meredith Lemon	15.9

200m

Place	Name	Time
1	Hailey Blackburn	26.8
2	Morgan Hamilton	28.9
3	Cathy Odametey	29.1
	Amy Skiff	30.3
	Brittney Gilmore	31.9
	L. Tejada	32.1

400m

Place	Name	Time
1	Danielle Smith	1:03.4
2	Lauren Strapp	1:04.7
	Alex Schuler	1:10.4
	Mackenzie Robinson	1:13.2
	Brittany Miles	1:13.7
	Emily Toth	1:14.9
	Sam Ball	1:16.1

800m

Place	Name	Time
3	Alissa Locke	2:42.5
	Kiera Quinn	2:47.6
	Allie Gallagher	2:52.4

1600m

Place	Name	Time
1	Lauren Strapp	5:41.7
3	Alissa Locke	5:59.1
	Emily Putnam	6:02.5
	Brittney Glover	6:03.1
	Grace Harvey	6:12.3
	Jessica Merdes	6:16.7
	Bri Marino	6:32.7
	Lane Hering	6:36.1

3200m

Place	Name	Time
1	Lauren Strapp	12:24.7

Boys:

Leesville Road: 87
Enloe: 55

100m

Place	Name	Time
2	DeRahjai Robinson	11.3
3	Rashawn Whitfield	11.3
	Taiheen Mills	11.5
	Danny Gerowitz	11.9
	DJ Hunt	12.3
	Drew Blackburn	?

200m

Place	Name	Time
	?	
	?	
	?	
	?	
	?	
	?	

400m

Place	Name	Time
1	Bo Burns	52.6
2	Robert Taylor	54.5
3	Chris Smith	54.5
	Jeff Gaston	56.3
	Justin Schmidt	1:11.4

800m

Place	Name	Time
2	Bilo Hoese	2:06.6
	Stephen Ryan	2:14.7
	Eric Blevins	2:22.8
	James Noel	2:27.4

1600m

Place	Name	Time
1	Aaron Smith	4:31
2	Brian Jackson	4:32.8
3	Sam Sarakbi	4:50.7
	Ben Tyner	5:26.6
	Cory Fetterolf	5:35.5
	Moustapha Nasser	5:45

3200m

Place	Name	Time
1	Christian Klute	10:21
2	Will Woodhouse	10:42.4
	Tyler Behrends	11:51.8

LEESVILLE ROAD VS Enloe
AT LRHS April 8th, 2010

100m Hurdles			110m Hurdles		
Place	Name	Time	Place	Name	Time
			1	Josh Mabellos	34.3
300m Hurdles			300m Hurdles		
Place	Name	Time	Place	Name	Time
1	Breana Staves	56.4	1	Josh Mabellos	43.6
			3	Peter Ficalora	44.7
				Danny Gerowitz	46.1
				Selo Kunvana	48.2
				Tucker Bell	49.1
3200m Relay			3200m Relay		
Place	Name	Time	Place	Name	Time
1		?	1		9:13
400m Relay			400m Relay		
Place	Name	Time	Place	Name	Time
1		54.2	2		46.
800m Relay			800m Relay		
Place	Name	Time	Place	Name	Time
1		1:51.9	1		1:37.7
1600m Relay			1600m Relay		
Place	Name	Time	Place	Name	Time
2		4:49	2		3:42.6
Long Jump			Long Jump		
Place	Name	Distance	Place	Name	Distance
1	Thaila St.Lott	14'11.5"	1	DeRahjai Robinson	19'4.75"
2	Breana Staves	14'11"	3	Moseph Jackson-Atogi	19'1.25"
3	Hailey Blackburn	14'8"		Cameron Bryan	18'11.5"
	Kiana Robinson	11'11.5"			
	Caroline Wallace	10'9"			
	Meredith Lemon	10'8"			
Triple Jump			Triple Jump		
Place	Name	Distance	Place	Name	Distance
1	Breana Staves	30'10"	1	Jordan Gaston	41'1.75"
2	Thaila St.Lott	29'3"	2	Cameron Whitson	39'6.25"
3	Kiana Robinson	29'2.5"	3	Moseph Jackson-Atogi	38'9.5"
High Jump			High Jump		
Place	Name	Height	Place	Name	Height
1	Breana Staves	5'	3	Cameron Bryan	5'10"
2	Thaila St. Lott	5'			
3	Kiana Robinson	4'8"			

LEESVILLE ROAD VS Enloe
 AT LRHS April 8th, 2010

Pole Vault			Pole Vault		
Place	Name	Height	Place	Name	Height
3	Gabby Esoda	5'	1	Peter Ficalora	12'6"
			3	Tucker Bell	8'6"

Discus			Discus		
Place	Name	Distance	Place	Name	Distance
2	Megan Pendergraft	76'11.5"	1	Nate Wooten	146'7"
	Schayla Hopkins	49'3.5"	3	Matt Greenhaw	112'8.5"
				Alex Ricciuti	85'5"
				Arik Cain	76'11"
				Daniel Healy	70'1"

Shot Put			Shot Put		
Place	Name	Distance	Place	Name	Distance
3	Megan Pendergraft	25'4"	1	Nate Wooten	44'6"
			2	Matt Greenhaw	32'7"
				Arik Cain	26'3.5"
				Alex Ricciuti	26'

LEESVILLE ROAD VS Wakefield
AT LRHS April 14th, 2010

Girls

Leesville Road: 68
Wakefield: 74

Boys:

Leesville Road: 74
Wakefield: 72

100m

Place	Name	Time
1	Hailey Blackburn	12.3
	?	
	?	
	?	
	?	
	?	

100m

Place	Name	Time
	Rashawn Whitfield	11.5
	Danny Gerowitz	11.6
	Leon White	11.6
	Taiheen Mills	11.7
	Drew Blackburn	11.8
	John Bjerke	12.6

200m

Place	Name	Time
1	Hailey Blackburn	25.9
	Morgan Hamilton	28.2
	Gabby Esoda	28.6
	Amy Skiff	29.8
	Cathy Odametey	30.8
	Jaleassa Henry	31.5
	Luisa Tejada	31.9
	Brittney Gilmore	32
	Meredith Lemon	33.2

200m

Place	Name	Time
	Taiheen Mills	23.9
	Rashawn Whitfield	24.2
	Drew Blackburn	24.5
	Moseph Jackson-Atogi	24.5

400m

Place	Name	Time
	Danielle Smith	1:01.9
	Kaitlyn Quirk	1:03
	Lauren Strapp	1:08
	Alex Schuler	1:10
	Brittany Miles	1:11
	Rachel Meyers	1:12
	Mackenzie Robinson	1:13
	Emily Toth	1:13.9
	Sam Ball	1:14

400m

Place	Name	Time
2	Aaron Smith	54.8
3	Jeff Gaston	55.6
	Robert Taylor	56.5
	Justin Schmidt	1:11

800m

Place	Name	Time
1	Lauren Strapp	2:31
3	Alissa Locke	2:48
	Kaitlyn Stempien	2:49
	Kiera Quinn	2:54
	Brenna Langley	2:56
	Bri Marino	2:57
	Rebecca Cohen	3:12

800m

Place	Name	Time
2	Brian Jackson	2:07
	Stephen Ryan	2:10
	Aaron Smith	2:12.3
	Will Woodhouse	2:12.8
	Grant Przybyla	2:17.8
	Ben Tyner	2:19
	Thomas Theunissen	2:33

1600m

Place	Name	Time
	Grace Harvey	6:02
	Allie Gallagher	6:17
	Jessica Merdes	6:25
	Lane Hering	6:26

1600m

Place	Name	Time
1	Brian Jackson	4:41
2	Christian Klute	4:43
3	Will Woodhouse	4:46
	Bilo Hoese	4:51
	Eric Blevins	5:12
	Cory Fetterolf	5:23
	James Noel	5:38
	Moustapha Nasser	5:41

LEESVILLE ROAD VS Wakefield
AT LRHS April 14th, 2010

3200m			3200m		
Place	Name	Time	Place	Name	Time
2	Emily Putnam	13:02	1	Sam Sarakbi	10:11
3	Brittany Glover	13:12	2	Christian Klute	10:14
	Rachel Phillips	13:22	3	Tyler Behrends	11:34
100m Hurdles			110m Hurdles		
Place	Name	Time	Place	Name	Time
2	Thaila St.Lott	18.4	3	Josh Mabellos	17.2
300m Hurdles			300m Hurdles		
Place	Name	Time	Place	Name	Time
2	Breana Staves	54.3	2	Josh Mabellos	42.9
			3	Danny Gerowitz	45.4
				Peter Ficalora	47.1
				Tucker Bell	48.7
3200m Relay			3200m Relay		
Place	Name	Time	Place	Name	Time
1		10:57	1		8:45
400m Relay			400m Relay		
Place	Name	Time	Place	Name	Time
2		55	2		49
800m Relay			800m Relay		
Place	Name	Time	Place	Name	Time
2		1:51	2		1:37.
1600m Relay			1600m Relay		
Place	Name	Time	Place	Name	Time
2		4:32	2		3:45
Long Jump			Long Jump		
Place	Name	Distance	Place	Name	Distance
1	Thaila St.Lott	15'9"	1	Moseph Jackson-Atogi	18'2.5"
2	Breana Staves	14'8"	2	Cameron Bryan	17'11"
3	Hailey Blackburn	14'7"			
	Kiana Robinson	13'1.25"			
Triple Jump			Triple Jump		
Place	Name	Distance	Place	Name	Distance
1	Breana Staves	32'8.5"	1	Jordan Gaston	39'.25"
2	Thaila St.Lott	32'7"	3	Moseph Jackson-Atogi	37'3"
	Kiana Robinson	30'.5"		Cameron Whitson	36'8.5"
High Jump			High Jump		
Place	Name	Height	Place	Name	Height
1	Breana Staves	5'	1	Cameron Bryan	5'10"
2	Thaila St.Lott	4'10"	2	DJ Smith	5'10"
3	Kiana Robinson	4'6"			
Pole Vault			Pole Vault		
Place	Name	Height	Place	Name	Height
2	Gabby Esoda	6'6"	1	Tucker Bell	9'
			2	DJ Smith	8'6"

LEESVILLE ROAD VS Wakefield
AT LRHS April 14th, 2010

Discus			Discus		
Place	Name	Distance	Place	Name	Distance
1	Megan Pendergraft	80'6.5"	1	Nate Wooten	141'9"
	Schayla Hopkins	42'9"		Matt Greenhaw	108'10"
				Alex Ricciuti	78'10.5"
				Arik Cain	66'7"
				Daniel Healy	63'7"

Shot Put			Shot Put		
Place	Name	Distance	Place	Name	Distance
2	Schayla Hopkins	25'8"	2	Nate Wooten	42'4"
	Megan Pendergraft	25'2"		Matt Greenhaw	32'11"
				Arik Cain	25'11"
				Alex Ricciuti	24'
				Daniel Healy	20'

Bojangles Apex Lions' Relays
Apex High School, April 16, 2010

<u>Girls</u>			<u>Boys</u>		
	100m			100m	
Place	Name	Time	Place	Name	Time
2	Hailey Blackburn	12.66			
	1600m			1600m	
Place	Name	Time	Place	Name	Time
6	Lauren Strapp	5:13.22	14	Aaron Smith	4:25.71
	400m Relay			400m Relay	
Place	Name	Time	Place	Name	Time
22	M. Hamilton C. Odametey G. Esoda A. Skiff	54.58	14	L. White T. Mills R. Whitfield D. Gerowitz	44.55
	800m Relay			800m Relay	
Place	Name	Time	Place	Name	Time
8	K. Quirk H. Blackburn M. Hamilton D. Smith	1:48.43	11	L. White D. Gerowitz R. Whitfield T. Mills	1:33.69
	1600m Relay			1600m Relay	
Place	Name	Time	Place	Name	Time
			20	A. Smith R. Taylor J. Gaston S. Ryan	3:39.83
	3200m Relay			3200m Relay	
Place	Name	Time	Place	Name	Time
				B. Jackson B. Hoese S. Ryan A. Smith	DQ
	Sprint Medley			Sprint Medley	
Place	Name	Time	Place	Name	Time
	K. Quirk T. St.Lott H. Blackburn D. Smith	DQ	13	DJ Smith P. Ficalora R. Taylor B. Jackson	3:49.64
	4x1600m Relay			4x1600m Relay	
Place	Name	Time	Place	Name	Time
10	A. Locke (5:59) B. Glover (6:07) G. Harvey (5:56) E. Putnam (6:12)	24:18.2	2	B. Jackson (4:31) W. Woodhouse(4:38) B. Hoese (4:42) C. Klute (4:37)	18:29.29
	Long Jump			Long Jump	
Place	Name	Distance	Place	Name	Distance
7	Hailey Blackburn	15'1.25"			
14	Breana Staves	14'1"			

**Bojangles Apex Lions' Relays
Apex High School, April 16, 2010**

Triple Jump			Triple Jump		
Place	Name	Distance	Place	Name	Distance
8	Breana Staves	32'8"	24	Jordan Gaston	40'10"
10	Thaila St.Lott	31'9"			

High Jump			High Jump		
Place	Name	Height	Place	Name	Height
7	Breana Staves	5'	7	Cameron Bryan	6'
15	Thaila St. Lott	4' 8"			

Pole Vault			Pole Vault		
Place	Name	Height	Place	Name	Height
				Peter Ficalora	13'6"

Shot Put			Shot Put		
Place	Name	Distance	Place	Name	Distance
			8	Nate Wooten	44'4.5"

Discus			Discus		
Place	Name	Distance	Place	Name	Distance
	Megan Pendergraft	ND	2	Nate Wooten	149'3"

Team Finish:
17th Place

Team Finish:
6th Place

LEESVILLE ROAD VS Millbrook
 AT LRHS April 21st, 2010

Rain ended the meet. No team scores

Girls			Boys		
100m			100m		
Place	Name	Time	Place	Name	Time
	H. Blackburn	12.2		L. White	11.7
	B. Gilmore	15		R. Whitfield	11.3
	M. Hamilton	13.2		D. Robinson	11.8
	L. Tejada	15.3		D. Blackburn	12.1
	C. Odametey	13.7		T. Mills	11.5
	A. Skiff	14.2		D. Gerowitz	11.9
	J. Yates	14.6		J. Berke	??
	J. Henry	14.8			
	M. Hopkins	15.4			

1600m			1600m		
Place	Name	Time	Place	Name	Time
	L. Strapp	5:07			
	E. Putman	6:08		No Boys Race	
	B. Glover	5:56			
	A. Gallagher	5:58			
	K. Stempien	6:16			
	L. Hering	6:14			

100m Hurdles			110m Hurdles		
Place	Name	Time	Place	Name	Time
				Josh Mabellos	17.7

3200m Relay			3200m Relay		
Place	Name	Time	Place	Name	Time
	A. Locke	10:57		G. Przybyla	8:55.6
	E. Putnam			S. Ryan	
	K. Quinn			A. Smith	
	K. Stempien			S. Sarakbi	

800m Relay			800m Relay		
Place	Name	Time	Place	Name	Time
	K. Robinson	1:53.9	2	T. Mills	1:34.2
	H. Blackburn			R. Whitfield	
	M. Hamilton			D. Gerowitz	
	D. Smith			L. White	

Long Jump			Long Jump		
Place	Name	Distance	Place	Name	Distance
	C. Bryan	19'2		H. Blackburn	14'11.75
	M. Jackson-Atogi	19'2.25		T. St.Lott	14'6.75
	D. Robinson	18'2.75		K. Robinson	12'4
	J. Gaston	17' 3.25		C. Wallace	10'4.75

LEESVILLE ROAD VS Millbrook
AT LRHS April 21st, 2010

Discus			Discus		
Place	Name	Distance	Place	Name	Distance
	Megan Pendergraft	73'		Nate Wooten	133'7
	S. Hopkins	56'3		Matt Greenhaw	95'5.5
	Yates	39'11		Alex Ricciuti	84'11
				Arik Cain	66'7
				Daniel Healy	61'4

Shot Put			Shot Put		
Place	Name	Distance	Place	Name	Distance
	Megan Pendergraft	25'10.5		Nate Wooten	44'11.25
	S. Hopkins	26'6		Matt Greenhaw	32'5.5
	Yates	22'5		Arik Cain	32'5.5
				Alex Ricciuti	25'9.5
				Daniel Healy	20'2.5

Wake County Championships
Sanderson High School April 24th, 2010

Girls

9th Place with 34.5pts

Boys:

7th Place with 38pts

100m		
Place	Name	Time
3	Hailey Blackburn	12.53
17	Morgan Hamilton	13.66

100m		
Place	Name	Time
15	Rashawn Whitfield	11.82

200m		
Place	Name	Time
9	Hailey Blackburn	26.52
14	Kaitlyn Quirk	27.54

200m		
Place	Name	Time
13	Tahieen Mills	23.64

800m		
Place	Name	Time
16	Alissa Locke	2:36.79
21	Emily Putnam	2:41.72

800m		
Place	Name	Time
4	Brian Jackson	2:00.19
14	Bilo Hoese	2:03.58

1600m		
Place	Name	Time
2	Lauren Strapp	5:10.37
19	Grace Harvey	5:57.51

1600m		
Place	Name	Time
5	Aaron Smith	4:28.28
17	Will Woodhouse	4:42.57

3200m		
Place	Name	Time
1	Lauren Strapp	10:55.66
14	Rachel Phillips	13:30.30

3200m		
Place	Name	Time
4	Aaron Smith	9:50.10
5	Christian Klute	9:52.93

100m Hurdles		
Place	Name	Time

110m Hurdles		
Place	Name	Time
16	Josh Mabellos	18.10

300m Hurdles		
Place	Name	Time
14	Breana Staves	53.45

300m Hurdles		
Place	Name	Time
10	Josh Mabellos	42.49

3200m Relay		
Place	Name	Time
9	Alissa Locke Emily Putnam Kiera Quinn Kaitlyn Stempien	10:58.90

3200m Relay		
Place	Name	Time
4	Brian Jackson Stephen Ryan Aaron Smith Bilo Hoese	8:04.71

400m Relay		
Place	Name	Time
	Morgan Hamilton Cathy Odametey Gabby Esoda Thaila St. Lott	DQ

400m Relay		
Place	Name	Time
8	DJ Smith T. Mills D. Gerowitz R. Whitfield	44.59

Wake County Championships
Sanderson High School April 24th, 2010

800m Relay			800m Relay		
Place	Name	Time	Place	Name	Time
3	Hailey Blackburn Kaitlyn Quirk Morgan Hamilton Gabby Esoda	1:49.13	5	DJ Smith T. Mills D. Gerowitz R. Whitfield	1:32.54

1600m Relay			1600m Relay		
Place	Name	Time	Place	Name	Time
			11	J. Gaston S. Ryan C. Smith J. Mabellos	3:37.07

Long Jump			Long Jump		
Place	Name	Distance	Place	Name	Distance
11	Hailey Blackburn	14'11.5"	12	Cameron Bryan	20'1"
14	Thaila St.Lott	14'5"	15	M. Jackson-Atogi	19'8"

Triple Jump			Triple Jump		
Place	Name	Distance	Place	Name	Distance
7	Kiana Robinson	32'8"	10	M. Jackson-Atogi	41'1.5"
10	Breana Staves	31'8"	15	Jordan Gaston	40'5"

High Jump			High Jump		
Place	Name	Height	Place	Name	Height
6	Breana Staves	5'2"		Cameron Bryan	NH
15	Thaila St. Lott	4'10"			

Pole Vault			Pole Vault		
Place	Name	Height	Place	Name	Height
			1	Peter Ficalora	14'0"

Discus			Discus		
Place	Name	Distance	Place	Name	Distance
14	Megan Pendergraft	74'4"			

LEESVILLE ROAD VS Wake Forest Rolesville
AT WFR April 28th, 2010

Girls

Leesville Road: 79
WFR: 55

100m

Place	Name	Time
3	Morgan Hamilton	13.4
	Cathy Odametey	13.5
	Thaila St.Lott	13.9
	Gabby Esoda	14.5
	Amy Skiff	?

200m

Place	Name	Time
1	Morgan Hamilton	27.3
	Cathy Odametey	28.2
	Kiana Robinson	28.5
	Amy Skiff	28.8
	Gabby Esoda	28.8

400m

Place	Name	Time
1	Danielle Smith	1:03.6
2	Hailey Blackburn	1:07.5
3	Alex Schuler	1:08.4
	Emily Toth	1:09.7
	Breana Staves	1:12.3
	Brittany Miles	1:12.3

800m

Place	Name	Time
1	Alissa Locke	2:40
2	Kaitlyn Stempien	2:44
3	Hope Hering	2:46
	Rachel Meyers	3:01

1600m

Place	Name	Time
1	Lauren Strapp	5:52
2	Emily Putnam	5:57
3	Brittney Glover	6:06.1
	Allie Gallagher	6:06.6
	Jessica Merdes	6:13
	Lane Hering	6:19
	Brenna Langley	6:28

3200m

Place	Name	Time
1	Lauren Strapp	12:41
2	Grace Harvey	12:45
3	Rachel Phillips	13:11

100m Hurdles

Place	Name	Time

Boys:

Leesville Road: 91
WFR: 55

100m

Place	Name	Time
3	Leon White	11.6
	Danny Gerowitz	11.6
	Drew Blackburn	11.9
	DJ Smith	12

200m

Place	Name	Time
2	DJ Smith	23.5
3	Moseph Jackson-Atogi	23.8
	Peter Ficalora	23.9
	Leon White	24
	Michael Pham	24
	Drew Blackburn	24.5

400m

Place	Name	Time
2	Chris Smith	53.3
3	Jeff Gaston	54.3
	Rashawn Whitfield	58.6
	Taiheen Mills	58.7

800m

Place	Name	Time
1	Bilo Hoese	2:03
2	Will Woodhouse	2:04.6
3	Stephen Ryan	2:05
	Sam Sarakbi	2:12

1600m

Place	Name	Time
2	Grant Przybyla	5:09
	Cory Fetterolf	5:13
	Moustapha Nasser	5:39
	James Noel	5:57

3200m

Place	Name	Time
1	Brian Jackson	9:50
2	Aaron Smith	10:00
	Ben Tynner	12:17

110m Hurdles

Place	Name	Time
2	Josh Mabellos	17.5

LEESVILLE ROAD VS Wake Forest Rolesville
AT WFR April 28th, 2010

300m Hurdles			300m Hurdles		
Place	Name	Time	Place	Name	Time
			2	Josh Mabellos	41.5
			2	Tucker Bell	45.1
3200m Relay			3200m Relay		
Place	Name	Time	Place	Name	Time
1		12:22	1		9:17
400m Relay			400m Relay		
Place	Name	Time	Place	Name	Time
1		51.7	1		44.9
800m Relay			800m Relay		
Place	Name	Time	Place	Name	Time
2		1:51.3	2		1:34.5
1600m Relay			1600m Relay		
Place	Name	Time	Place	Name	Time
1		4:38	1		3:42
Long Jump			Long Jump		
Place	Name	Distance	Place	Name	Distance
1	Breana Staves	15'3.5"	1	Cameron Bryan	19'2"
2	Hailey Blackburn	15'1.75"	2	Moseph Jackson-Atogi	18'7.75"
3	Kiana Robinson	14'4.25"	3	Jordan Gaston	18'2"
	Thaila St.Lott	13'3.25"			
Triple Jump			Triple Jump		
Place	Name	Distance	Place	Name	Distance
2	Kiana Robinson	32'8.5"	1	Jordan Gaston	39'.25"
3	Breana Staves	32'6"	3	Moseph Jackson-Atogi	37'3"
				Cameron Whitson	36'8.5"
High Jump			High Jump		
Place	Name	Height	Place	Name	Height
3	Breana Staves	4'10"	2	DJ Smith	5'10"
	Thaila St.Lott	4'10"	3	Cameron Bryan	5'10"
	Kiana Robinson	4'10"			
Discus			Discus		
Place	Name	Distance	Place	Name	Distance
3	Megan Pendergraft	72'	2	Nate Wooten	135'8"
				Matt Greenhaw	103'8"
				Alex Ricciuti	75'5"
Shot Put			Shot Put		
Place	Name	Distance	Place	Name	Distance
2	Schayla Hopkins	24'9.5"	2	Nate Wooten	40'4"
	Megan Pendergraft	23'		Matt Greenhaw	33'4.5"
				Alex Ricciuti	25'10"

CAP-7 Championships
Leesville Road High School May 5th, 2010

Girls

4th Place: 59pts.

Boys:

5th Place: 56pts.

100m

Place	Name	Time
2	Hailey Blackburn	12.59
10	Morgan Hamilton	13.44
15	Cathy Odametye	14.06

100m

Place	Name	Time
7	Rashawn Whitfield	11.81
18	Leon White	12.3

200m

Place	Name	Time
2	Hailey Blackburn	25.4
9	Kaitlyn Quirk	27.39
10	Morgan Hamilton	27.74

200m

Place	Name	Time
5	Taiheen Mills	23
14	Robert Taylor	24.34
15	Moseph Jackson-Atogi	24.39

400m

Place	Name	Time
4	Danielle Smith	1:00.16
9	Gabby Esoda	1:04.76
12	Alex Schuler	1:07.85

400m

Place	Name	Time
7	Chris Smith	53.44
10	Jeff Gaston	54.48

800m

Place	Name	Time
9	Alissa Locke	2:35.84
14	Kaitlyn Stempien	2:48.04

800m

Place	Name	Time
6	Stephen Ryan	2:03.34
10	Bilo Hoesse	2:04.73
14	Brian Jackson	2:10.84

1600m

Place	Name	Time
2	Lauren Strapp	5:06.62
8	Emily Putnam	5:54.31
15	Brittney Glover	6:10.31

1600m

Place	Name	Time
3	Brian Jackson	4:30.94
5	Aaron Smith	4:33.54
9	Will Woodhouse	4:46.54

3200m

Place	Name	Time
1	Lauren Strapp	11:25.18
6	Grace Harvey	12:45.41
9	Rachel Phillips	13:39.59

3200m

Place	Name	Time
2	Aaron Smith	10:07.76
6	Sam Sarakbi	10:18.28
7	Christian Klute	10:24.12

100m Hurdles

Place	Name	Time

110m Hurdles

Place	Name	Time
7	Josh Mabellos	18.1

300m Hurdles

Place	Name	Time
11	Breana Staves	56.44

300m Hurdles

Place	Name	Time
9	Tucker Bell	45.04
12	Josh Mabellos	46.54

3200m Relay

Place	Name	Time
5	Alissa Locke Kaitlyn Stempien Kiera Quinn Hope Hering	10:54.99

3200m Relay

Place	Name	Time
4	Brian Jackson Will Woodhouse Aaron Smith Bilo Hoesse	8:09.92

CAP-7 Championships
Leesville Road High School May 5th, 2010

400m Relay			400m Relay		
Place	Name	Time	Place	Name	Time
6	Amy Skiff	52.41	4	Leon White	44.55
	Cathy Odametye			Danny Gerowitz	
	Thaila St.Lott			Taiheen Mills	
	Morgan Hamilton			Rashawn Whitfield	
800m Relay			800m Relay		
Place	Name	Time	Place	Name	Time
3	Hailey Blackburn	1:46.91	4	Peter Ficalora	1:32.62
	Kaitlyn Quirk			Taiheen Mills	
	Morgan Hamilton			Robert Taylor	
	Danielle Smith			Moseph Jackson-Atogi	
1600m Relay			1600m Relay		
Place	Name	Time	Place	Name	Time
6	Kaitlyn Quirk	4:30.99	6	Stephen Ryan	3:47.11
	Gabby Esoda			Josh Mabellos	
	Alex Schuler			Chris Smith	
	Danielle Smith			Jeff Gaston	
Long Jump			Long Jump		
Place	Name	Distance	Place	Name	Distance
4	Hailey Blackburn	15'5.5"	7	Cameron Bryan	20'2"
7	Breana Staves	14'8"	10	Moseph Jackson-Atogi	19'6.5"
13	Thaila St.Lott	13'8"	12	Jordan Gaston	18'2"
Triple Jump			Triple Jump		
Place	Name	Distance	Place	Name	Distance
6	Kiana Robinson	33'3.25"	5	Moseph Jackson-Atogi	41'4.5"
7	Breana Staves	32'11.25"	7	Jordan Gaston	41'.75"
9	Thaila St.Lott	29'8.5"			
High Jump			High Jump		
Place	Name	Height	Place	Name	Height
4	Breana Staves	5'0"	4	Cameron Bryan	6'
6	Thaila St.Lott	5'0"			
7	Kiana Robinson	4'10"			
Pole Vault			Pole Vault		
Place	Name	Height	Place	Name	Height
			4	Peter Ficalora	13'6"
Discus			Discus		
Place	Name	Distance	Place	Name	Distance
6	Megan Pendergraft	79'	2	Nate Wooten	149'8"
			15	Matt Greenhaw	98'9.5"
			16	Alex Ricciuti	96'
Shot Put			Shot Put		
Place	Name	Distance	Place	Name	Distance
11	Schayla Hopkins	27'3"	3	Nate Wooten	45'6"
13	Megan Pendergraft	25"	13	Matt Greenhaw	35'10"
			19	Alex Ricciuti	27'11"

4-A MidEast Regionals
Apex High School May 15th, 2010

Girls

13th Place- 27

Boys:

13th Place- 28

100m
Place Name Time
3 Hailey Blackburn 12.31

200m
Place Name Time
5 Hailey Blackburn 25.87

400m
Place Name Time
11 Danielle Smith 01:01.1

800m
Place Name Time

1600m
Place Name Time
3 Lauren Strapp 5:07.85

3200m
Place Name Time
1 Lauren Strapp 11:18.73

100m Hurdles
Place Name Time

300m Hurdles
Place Name Time

3200m Relay
Place Name Time

400m Relay
Place Name Time
17 Amy Skiff 52.07
Cathy Odametey
Gabby Esoda
Kaitlyn Quirk

100m
Place Name Time

200m
Place Name Time

400m
Place Name Time

800m
Place Name Time
10 Brian Jackson 2:03.73
14 Bilo Hoese 2:05.72

1600m
Place Name Time
6 Aaron Smith 4:34.92

3200m
Place Name Time
6 Christian Klute 10:07.67
8 Aaron Smith 10:16.52

110m Hurdles
Place Name Time

300m Hurdles
Place Name Time
11 Josh Mabellos 41.37

3200m Relay
Place Name Time
4 Brian Jackson 8:02.28
Stephen Ryan
Aaron Smith
Bilo Hoese

400m Relay
Place Name Time

4-A MidEast Regionals
Apex High School May 15th, 2010

	800m Relay			800m Relay	
Place	Name	Time	Place	Name	Time
10	Hailey Blackburn Kaitlyn Quirk Cathy Odametey Danielle Smith	1:48.20			
	1600m Relay			1600m Relay	
Place	Name	Time	Place	Name	Time
12	Kaitlyn Quirk Gabby Esoda Alex Schuler Danielle Smith	4:19.84			
	Long Jump			Long Jump	
Place	Name	Distance	Place	Name	Distance
9	Hailey Blackburn	15'9.5"			
	Triple Jump			Triple Jump	
Place	Name	Distance	Place	Name	Distance
8	Kiana Robinson	32'8"			
	High Jump			High Jump	
Place	Name	Height	Place	Name	Height
9	Breana Staves	5'0"			
	Pole Vault			Pole Vault	
Place	Name	Height	Place	Name	Height
			4	Peter Ficalora	13'6"
	Discus			Discus	
Place	Name	Distance	Place	Name	Distance
			1	Nate Wooten	147'1"
				Shot Put	
			Place	Name	Distance
			8	Nate Wooten	44'7.75"

Leesville Road High School
Track & Field

4-A State Meet
North Carolina A&T University
May 22nd, 2010

Hailey Blackburn-	100m: 12 th Place- 12.57
Lauren Strapp-	1600m: 3 rd Place- 5:00.24(School Record) 3200m: 4 th Place- 11:12.21
Peter Ficalora-	Pole Vault: 4 th Place- 14'6"
Nate Wooten-	Discus: 14 th Place- 118'7"
3200m Relay Team-	8 th Place- 8:07.43
Aaron Smith	
Bilo Hoese	
Stephen Ryan	
Brian Jackson	

