

Seahawk Invitational Results 2016
 RaceTab by MileSplit/FI oSports Nick A, Cold Spring Harbor HS

Seahawk Invitational - 4/28/2016 2:32:50 PM
 Cold Spring Harbor HS, Cold Spring Harbor, NY

Varsity Girls Pole Vault

Name	Yr Team	Mark
NH Carissa Kellman	Smithtown West	NH
1 Anna Gallagher	11 Smithtown West	9-00.00

Varsity Boys Discus Throw

Name	Yr Team	Mark
1 Adam Cohen	12 Locust Valley	135-07
2 Bryan Nicholson	11 Long Island Lutheran	125-01
3 John Antonelli	11 Syosset	116-04
4 Mark Kim	10 Syosset	110-00
5 David Fernandez	Locust Valley	104-03
6 Austin Georgakis	12 Syosset	101-09
7 Nathan Diaz	12 Great Neck North	95-09
8 Peter Tsvikas	12 Carle Place	91-09
9 Chuckie Savinetti	11 Locust Valley	88-05
10 Matt Teemsma	11 Carle Place	72-11
11 Joseph Marasciullo	12 Cold Spring Harbor	69-01
12 Hashir Siddiqui	9 Wellington C. Mepham	62-02
13 Connor Chase	Cold Spring Harbor	61-08
14 Ben Martinez	Wellington C. Mepham	60-11
15 Daniel Hickey	Carle Place	56-02
16 Frank Mannino	Cold Spring Harbor	54-07
17 Tom Okin	12 Great Neck North	37-09

Varsity Girls Discus Throw

Name	Yr Team	Mark
1 Gabby Ewulu	11 East Meadow	98-04
2 Eileen Liang	12 Carle Place	83-10
3 Melissa Degaetano	10 Smithtown West	80-04
4 Kayla Cinque	Carle Place	79-01
5 Julia Duerwald	10 Smithtown West	75-09
6 Mackenzie Mavros	Locust Valley	74-08
7 Sophia Di stefano	Smithtown West	60-01
8 Sara Cayaban	10 Wellington C. Mepham	57-06
9 Jasmine Sultan	Wellington C. Mepham	55-01
10 Kaela Mejia	10 East Meadow	54-01
11 Rose Bi reaux	12 Carle Place	52-05
12 Takara Perkins	Locust Valley	52-01
13 Clarissa Nasamento	11 East Meadow	49-10
14 Meena Khwaja	9 Locust Valley	47-06

Varsity Boys High Jump

Name	Yr Team	Mark
NH Seth Blumer	11 Syosset	NH
NH Aaron Muni z	12 Long Island Lutheran	NH
NH Matt Ri chte r	12 Long Island Lutheran	NH
NH Tyler Wi lli ams	11 Long Island Lutheran	NH
1 Yonatan Zi gdon	12 Wellington C. Mepham	5-02.00

Seahawk Invitational Results 2016
Varsity Girls High Jump

Name	Yr Team	Mark
NH Jillian Althenn	10 Wellington C. Mepham	NH
NH Carly Knopf	Locust Valley	NH
1 Isabelle Chan	10 Wellington C. Mepham	4-06.00
2 Kristen Zarcone	11 Smithtown West	4-06.00
3 Catherine Eng	9 Smithtown West	4-06.00
4 Kayra Theodore	11 Kellenberg Memorial	4-06.00
5 Anna Gallagher	11 Smithtown West	4-04.00
5 Jillian Lucito	10 East Meadow	4-04.00
7 Lindsay Abraham	11 Locust Valley	4-02.00
7 Sarah Fowler	Carle Place	4-02.00
7 Madeline Costantino	Carle Place	4-02.00
7 Daniela Vazquez	10 Great Neck North	4-02.00
11 Ryan Bressingham	Locust Valley	4-00.00

Varsity Boys Triple Jump

Name	Yr Team	Mark	Wind
1 Matt Richter	12 Long Island Lutheran	38-04.75	NWI
2 Mathew Mai ale	12 Carle Place	38-02.50	NWI
3 Tyler Williams	11 Long Island Lutheran	35-03.00	NWI
4 Jack Lograsso	12 Carle Place	34-08.00	NWI
5 Jason Beeferman	9 Great Neck North	32-11.75	NWI
6 Eddie Moriarty	11 Long Island Lutheran	31-07.50	NWI

Varsity Girls Triple Jump

Name	Yr Team	Mark	Wind
F Lindsay Pincus	9 East Meadow	ND	NWI
1 Emily Bernabeo	11 Smithtown West	33-08.00	NWI
2 Emily Amato	11 Wellington C. Mepham	32-06.50	NWI
3 Kristen Zarcone	11 Smithtown West	29-10.50	NWI
4 Lindsay Abraham	11 Locust Valley	28-08.00	NWI
4 Alyssa Fama	12 East Meadow	28-08.00	NWI
6 Kristy Jahchan	Locust Valley	27-03.25	NWI
7 Meghan Gaffney	10 Smithtown West	26-06.00	NWI
8 Jillian Althenn	10 Wellington C. Mepham	25-01.75	NWI

Varsity Boys Long Jump

Name	Yr Team	Mark	Wind
F Frank Marino	12 Long Island Lutheran	ND	NWI
1 Seth Blumer	11 Syosset	19-03.50	NWI
2 Matt Richter	12 Long Island Lutheran	18-07.00	NWI
3 Mathew Mai ale	12 Carle Place	17-09.00	NWI
4 Thomas Testa	11 Wellington C. Mepham	17-02.50	NWI
5 Tyler Williams	11 Long Island Lutheran	17-00.00	NWI
6 Dylan Kelly	12 Locust Valley	16-09.25	NWI
7 Jack Lograsso	12 Carle Place	16-05.00	NWI
8 Julian Al faro	Carle Place	16-01.50	NWI
9 Michael Roque	12 Syosset	16-01.00	NWI
10 Jason Beeferman	9 Great Neck North	15-08.50	NWI
11 Eddie Garcia	Locust Valley	15-03.75	NWI
12 Eddie Moriarty	11 Long Island Lutheran	14-11.25	NWI
13 Eyal Hakimi	9 Great Neck North	13-04.00	NWI

Varsity Girls Long Jump
Page 2

Seahawk Invitational Results 2016

Name	Yr Team	Mark	Wind
1 Brianna Thier	8 Wellington C. Mepham	15-03.25	NWI
2 Neena Reddy	12 East Meadow	15-00.50	NWI
3 Jillian Unkenholz	Smithtown West	14-09.50	NWI
4 Isabelle Chan	10 Wellington C. Mepham	14-01.25	NWI
5 Kymberly Collie	11 Long Island Lutheran	13-10.50	NWI
6 Neave Jean Marie	Carle Place	13-09.00	NWI
7 Taylor O'Brien	Wellington C. Mepham	13-04.50	NWI
8 Ryann Bressingha	10 Locust Valley	12-10.00	NWI
9 Elena Antoniou	Carle Place	12-05.00	NWI
9 Emily Lutz	11 Carle Place	12-05.00	NWI
11 Abigail Bezruczyk	12 Long Island Lutheran	10-10.50	NWI
12 Maeve Moriarty	9 Long Island Lutheran	10-10.00	NWI

Varsity Boys Shot Put

Name	Yr Team	Mark
1 Dan Maldonado	12 Syosset	41-00.00
2 Adam Cohen	12 Locust Valley	39-09.00
3 Austin Georgakis	12 Syosset	39-00.00
4 Anthony Stanco	Syosset	38-01.00
5 David Fernandez	Locust Valley	37-06.50
6 Nick Agoglia	Wellington C. Mepham	36-10.50
7 Peter Tsvikas	12 Carle Place	34-01.25
8 Jake Lachman	10 Locust Valley	32-08.50
9 Ben Martinez	Wellington C. Mepham	31-08.50
10 Chris Fiero	12 Syosset	30-11.75
11 Zachary Schmitt	12 Long Island Lutheran	30-10.50
12 Aaron Muniz	12 Long Island Lutheran	29-04.50
13 Joseph Marascullo	12 Cold Spring Harbor	29-03.50
14 Matt Teemsma	11 Carle Place	29-02.50
15 Connor Chase	Cold Spring Harbor	26-02.00
16 Frankie Mannino	Cold Spring Harbor	23-04.00
17 Hashir Siddiqui	9 Wellington C. Mepham	22-07.75
18 Daniel Hickey	Carle Place	22-03.00

Varsity Girls Shot Put

Name	Yr Team	Mark
1 Jasmine Sultan	Wellington C. Mepham	34-04.00
2 Gabby Ewulu	11 East Meadow	32-09.50
3 Eileen Liang	12 Carle Place	32-05.00
4 Oriani Margaret	11 Kellenberg Memorial	30-02.75
5 Breea Williams	Kellenberg Memorial	28-01.75
6 Emily Nelson	11 Kellenberg Memorial	27-00.50
7 Rose Bireaux	12 Carle Place	26-03.25
8 Elizabeth Fashakin	12 Long Island Lutheran	25-06.25
9 Maria Buffolino	11 Carle Place	24-11.00
10 Sara Cayaban	10 Wellington C. Mepham	24-02.50
11 Mackenzie Mavros	Locust Valley	23-11.75
12 Melissa Degaetano	10 Smithtown West	23-10.50
13 Sophia DiStefano	Smithtown West	21-07.00
14 Julia Duerwald	10 Smithtown West	20-11.50
15 Takara Perkins	Locust Valley	19-05.00
16 Mary Shea	12 Kellenberg Memorial	18-06.00

Varsity Boys 3000 Meter Steeplechase

Name	Yr Team	Time
------	---------	------

Seahawk Invitational Results 2016

1	Chris Perillo	12	Wellington C. Mepham	10:09.10
2	Anthony Bolic	10	Wellington C. Mepham	10:48.20
3	Nate Armstrong	11	Carle Place	10:49.20
4	Zachary Mezzo	11	Long Island Lutheran	11:00.60
5	Nicholas Pugliano	12	Plainedge	11:01.30
6	Matthew Gemma	11	Wellington C. Mepham	11:27.10
7	Leonardo Cuozzo	10	Wellington C. Mepham	11:29.70
8	Ryan Burns	11	Cold Spring Harbor	12:16.40
9	Tyler Mcpartland	11	Wellington C. Mepham	12:31.60

Varsity Boys 1000 Meter Steeplechase

Name	Yr	Team	Time	
1	Tony Kasper	11	Cold Spring Harbor	3:18.00
2	Justin Relf	12	Cold Spring Harbor	3:18.40
3	Anthony Carl	9	Long Island Lutheran	3:25.80
4	Cristofer Cafaro		Cold Spring Harbor	3:35.90
5	Frank Malone		Wellington C. Mepham	4:29.20
6	Andrew Weld	12	Cold Spring Harbor	4:42.60

Varsity Girls 2000 Meter Steeplechase

Name	Yr	Team	Time	
1	Joanna Desousa	12	Plainedge	7:46.00
2	Eliza Nichols	12	Smithtown West	7:55.70
3	Samantha Papadopoulos	11	Smithtown West	8:35.40
4	Sarah Turano	11	Massapequa	8:39.40
5	Annalyse Sabia	11	Smithtown West	8:50.50
6	Brooke Balassare	12	Kellenberg Memorial	8:55.40
7	Carla Walaski		Kellenberg Memorial	9:04.70
8	Kelsey McCartney	11	Kellenberg Memorial	9:32.40
9	Kaitlyn McWilliams	10	Massapequa	9:34.40
10	Isabella O'neill	10	Massapequa	9:36.90
11	Brooke Butler	12	Kellenberg Memorial	9:55.90
12	Sabrina Zaffiro		Kellenberg Memorial	10:50.30
13	Brittany Smith	10	Massapequa	9:25:07.0

Varsity Girls 1000 Meter Steeplechase

Name	Yr	Team	Time	
1	Victoria Bruchhauser	9	Long Island Lutheran	4:51.60
2	Alexandra Timoshenko	11	Long Island Lutheran	4:54.10
3	Celeste Pietrzak	9	Long Island Lutheran	4:54.40
4	Deeba Rustemi	10	W. Tresper Clarke	5:02.50
5	Danielle Sino	9	Long Island Lutheran	5:56.90

Varsity Boys 4x200 Meter Relay

Team	Time	
1	Locust Valley	1:48.70
2	Locust Valley	1:54.10
3	Locust Valley	2:01.30

Varsity Girls 4x200 Meter Relay

Team	Time	H#	
1	East Meadow	1:55.20	1

Seahawk Invitational Results 2016

2 Cold Spring Harbor	1: 55.70	1
3 Locust Valley	1: 56.20	1
4 Kellenberg Memorial	1: 56.50	1
5 Locust Valley	1: 56.70	1
6 Great Neck North	1: 59.70	1
7 Kellenberg Memorial	2: 03.40	2
8 Smithtown West	2: 04.10	2
9 Cold Spring Harbor	2: 06.10	2
10 Locust Valley	2: 08.10	2
11 Locust Valley	2: 12.80	2
12 East Meadow	2: 16.00	3
13 Kellenberg Memorial	2: 18.40	3
14 East Meadow	2: 23.00	3
15 Locust Valley	2: 25.20	3
16 Great Neck North	2: 27.90	3
17 Cold Spring Harbor	2: 39.10	3
DQ Cold Spring Harbor	NT	2

Varsity Girls 4x1500 Meter Relay

Team	Time
1 Great Neck North	21: 22.20
2 East Meadow	21: 28.30
3 Smithtown West	23: 12.40
4 Great Neck North	26: 34.30

Varsity Girls 800 Meter Sprint Medley Relay

Team	Time	H#
1 Locust Valley	1: 57.90	5
2 Smithtown West	2: 00.00	1
3 East Meadow	2: 00.70	1
4 Great Neck North	2: 02.80	1
5 Long Island Lutheran	2: 04.00	2
6 Locust Valley	2: 04.50	1
7 W. Tresper Clarke	2: 05.80	2
8 Carle Place	2: 10.90	3
9 Carle Place	2: 11.00	2
10 Long Island Lutheran	2: 11.90	4
11 W. Tresper Clarke	2: 12.40	2
12 Wellington C. Mepham	2: 13.70	3
13 Long Island Lutheran	2: 14.50	3
14 Wellington C. Mepham	2: 14.80	4
15 Wellington C. Mepham	2: 19.10	3
16 Carle Place	2: 19.50	3
17 Locust Valley	2: 20.00	1
18 Locust Valley	2: 22.20	2
19 Long Island Lutheran	2: 24.30	4
20 Great Neck North	2: 26.70	4
21 Cold Spring Harbor	2: 26.90	4
22 East Meadow	2: 28.00	3
23 Wellington C. Mepham	2: 31.00	5
24 Great Neck North	2: 36.30	4
25 Long Island Lutheran	2: 38.70	5
26 Great Neck North	2: 38.80	5
DQ East Meadow	NT	2

Varsity Boys 800 Meter Sprint Medley Relay

Team	Time	H#
------	------	----

Seahawk Invitational Results 2016

1 Cold Spring Harbor	1: 41.50	1
2 Locust Valley	1: 44.70	1
3 Long Island Lutheran	1: 47.40	1
4 Wellington C. Mepham	1: 49.80	1
5 Long Island Lutheran	1: 50.50	2
6 Great Neck North	1: 51.60	2
7 Cold Spring Harbor	1: 53.10	3
8 Carle Place	1: 54.40	2
9 Locust Valley	1: 55.60	1
10 Locust Valley	1: 56.30	1
11 Long Island Lutheran	1: 57.30	3
12 Carle Place	1: 57.80	2
13 Carle Place	1: 57.90	3
14 Wellington C. Mepham	1: 59.40	3
15 Great Neck North	2: 00.10	4
16 Wellington C. Mepham	2: 00.40	2
17 Long Island Lutheran	2: 03.80	4
18 Wellington C. Mepham	2: 08.40	2
19 Great Neck North	2: 12.90	3
DQ Great Neck North	NT	3

Varsity Girls 1600 Meter Sprint Medley Relay

Team	Time	H#
1 Great Neck North	4: 25.10	1
2 Wellington C. Mepham	4: 33.00	1
3 Smithtown West	4: 38.00	1
4 Cold Spring Harbor	4: 38.70	1
5 Kellenberg Memorial	4: 39.00	1
6 East Meadow	4: 41.80	1
7 East Meadow	4: 44.50	3
8 Locust Valley	4: 49.20	2
9 Wellington C. Mepham	4: 55.90	2
10 Cold Spring Harbor	4: 56.20	2
11 Locust Valley	4: 59.50	2
12 Carle Place	5: 01.50	3
13 East Meadow	5: 02.00	2
14 Locust Valley	5: 11.30	3
15 Carle Place	5: 13.90	4
16 Cold Spring Harbor	5: 14.10	3
17 Carle Place	5: 16.80	4
18 Wellington C. Mepham	5: 18.30	2
19 Long Island Lutheran	5: 18.80	4
20 Locust Valley	5: 23.00	3
21 East Meadow	5: 24.50	4
22 Great Neck North	5: 32.30	5
23 Cold Spring Harbor	5: 34.00	4
24 Long Island Lutheran	5: 35.90	5
25 East Meadow	5: 40.30	5
26 Long Island Lutheran	5: 43.80	5
27 Carle Place	5: 50.20	6
28 Locust Valley	5: 51.50	4
29 Great Neck North	6: 04.20	6
30 Great Neck North	6: 04.80	6
31 Long Island Lutheran	6: 07.40	6
DQ W. Tresper Clarke	NT	3

Varsity Boys 1600 Meter Sprint Medley Relay

Team	Time	H#
1 Wellington C. Mepham	3: 44.80	1

Seahawk Invitational Results 2016

2	Wellington C. Mepham	3: 55. 50	1
3	Cold Spring Harbor	3: 56. 20	1
4	Carle Place	4: 10. 60	1
5	Long Island Lutheran	4: 10. 80	2
6	Long Island Lutheran	4: 12. 10	1
7	Cold Spring Harbor	4: 14. 00	2
8	Locust Valley	4: 21. 50	1
9	Carle Place	4: 26. 70	3
10	Great Neck North	4: 27. 00	2
11	Long Island Lutheran	4: 28. 50	2
12	Wellington C. Mepham	4: 30. 80	2
13	Locust Valley	4: 31. 40	3
14	Wellington C. Mepham	4: 33. 80	2
15	Carle Place	4: 34. 50	2
16	Wellington C. Mepham	4: 35. 90	3
17	Locust Valley	4: 41. 60	3
18	Great Neck North	4: 44. 90	3
19	Long Island Lutheran	4: 56. 60	3

Varsity Girls 800 Meter Race Walk

Name	Yr Team	Time
1	Sophia Santos 11 Smithtown West	4: 19. 50
2	Ariel Oge Smithtown West	5: 24. 80
3	Kerri Goldfuss 11 W. Tresper Clarke	5: 45. 00
4	Pragna Krishnamurthy Carle Place	5: 45. 30
5	Carly Boccone 10 Wellington C. Mepham	5: 51. 30
6	Rachel Skidmore 10 Wellington C. Mepham	5: 51. 50
7	Emily Cotter Carle Place	6: 16. 80
8	Abby Pineda 10 W. Tresper Clarke	6: 20. 90

Varsity Boys 4x1600 Meter Relay

Team	Time
1	Great Neck North 19: 35. 60
2	Cold Spring Harbor 20: 28. 80
3	Wellington C. Mepham 20: 58. 20
4	Locust Valley 21: 33. 20
5	Wellington C. Mepham 23: 14. 80