

AI Relays

**I FIELD AND TRACK RELAY  
BOYS RESULTS**

**AI FIELD AND TRACK RELAYS  
GIRLS RESULTS**

**4x1600m A**

Nick Giroux	4:59
Harry McKenney	5:19
Chris Sims	5:03
Ben Gotthold	5:17

Liz Williams	6:27
Christine Hakes	6:23
Sarabeth Opperman	6:36
Emily Stowell	6:42

**4x1600m B**

Ryan McCarthy	5:26
Pat McBrearty	5:59
Shephen Choi	5:59
Skylar Shockley	5:22

**Shuttle Hurdles**

Tim Kane	17.92
Dan Mason	19.81
Rashawn Harris	20.6
Josh Mason	19.01

Chitom Henry	20.09
Jamie Tan	21.89
Lindsay Talley	19.91
Christine Hakes	20.4

**Swedish Medley**

Rahsan Terrell	11.98
Nate McCoy	22.72
Zack Perry	36.38
Ty'rell Williams	52.62

100m	Nyair Jeffers	13.54
200m	Shanee Smith	26.87
300m	Tyonna Brooks	42.81
400m	Courtney Markow	61.4

**4x800m A**

Chris Wiker	02:16.4
Byron Harvey	02:16.4
Quincey Lowery	02:15.1
Tim Kane	02:30.4

Cassidy Kemp	3:14
Maria Hernandez	3:31
Janie Klosiewicz	3:26
Emily Anania	3:06

AI Relays

**4x800m B**

Rashawn Harris	02:20.4
Jordan New	02:24.9
Ethan Toro	02:43.3
Pat McBrearty	02:35.1

**4x200m**

Zack Perry	24.09
Nate McCoy	22.55
Ty'rell Williams	23.75
Rahsan Terrell	22.74

Jaci Sheets	28.89
Shanee Smith	24.5
Tyonna Brooks	27.81
Courtney Markow	26.91

**DMR A**

800m	Liz Williams	02:54.3
400m	Asata Beeks	01:13.5
1200m	Emily Stowell	04:45.3
1600m	Sarabeth Opperman	06:37.6

**DMR B**

**4x100m**

Rahsan Terrell
Tim Kane
Rashawn Harris
Jerome

Jaci Sheets	14.11
Tyonna Brooks	12.98
Jess Burton	14
Tori Burton	14.27

**SMR**

Chris Wiker	57.73
Willy Annan	25.68
Quincey Lowery	24.48

400m	Shanee Smith	62.76
200m	Jaci Sheets	29.04
200m	Tori Burton	29.52

AI Relays

Byron Harvey	02:18.6	800m	Cat Horstmann	02:26.2
		<b>4x400m</b>		
Tim Kane	61.28		Tyonna Brooks	64.36
Ty'rell Williams	53.27		Jaci Sheets	63.73
Zack Perry	52		Cat Horstmann	66.2
Nate McCoy	52.8		Courtney Markow	62.6

vs Chris Del

Meet vs. Christiana and Delcastle

Boys Results

Girls Results

**4x800m**

Nick Giroux		Cat Horstmann	02:29.2
Chris Wiker		Liz Williams	02:49.8
Chris Sims		Jaci Sheets	02:41.2
Byron Harvey		Tyonna Brooks	02:58.1
Jordan New		Emily Anania	03:13.4
CJ Shockley		Maria Hernandez	03:31.4
Ethan Toro		Haley Engenbretson	03:48.9
Dan Kane		Emily Stowell	02:56.1

**100/110 Hurdles**

Josh Mason	17.45	Courtney Markow	17.48
Tim Kane	17.89	Lindsay Talley	20.41
Dan Mason	20.09	Chitom Henry	20.8
		Erica Rathie	21.45
		Jamie Tan	21.95

**100m**

CJ Jones	11.16	Shanee Smith	13.7
Jerome	13.16	Tori Burton	15.61
		Kari Piatt	18.42
		Janie Klosiwicz	17.92

**4x200m**

A	26.4
A	26.6
A	27.8
A	28.4

vs Chris Del

B	Jessica Burton	28.1
B	Tori Burton	34.1
B		30.8
B		32.7

**4x100m**

		13.66
	Tori Burton	14.18
	Jaci Sheets	12.88
	Tyonna Brooks	13.72

**400m**

Ty'rell Williams	53.7	Nyaire Jeffers	62.4
Quincy Lowery	55.4		

**300 Hurdles**

Tim Kane	49.2	Courtney Markow	50.7
Dan Mason		Jamie Tan	60
		Erica Rathie	59.8

**200m**

	Shanee Smith	24.81
	Jessica Burton	28.95

**3200m**

Ben Gotthold	11:34	Emily Stowell	14:18
Harry McKenney		Christine Hakes	14:51
Ryan McCarthy		Elise Stewart	14:58
Skylar Shockley			

**4x400m**

vs Chris Del

Quincy Lowery	55.8
Rahsan Terrell	59.3
Nate McCoy	55.6
Ty'rell Williams	54.9

Jess Burton	73
Liz Williams	75
Lindsay Talley	76
Abby Barber	75

Diamond State Relays

**Boys Splits**

**Girls Splits**

**Shuttle Hurdles**

Tim Kane	19.11
Dan Mason	18.98
Rashawn Harris	21.3
Josh Mason	16.77

Lindsay Talley	19.89
Jamie Tan	20.17
Erica Rathie	21.2
Courtney Markow	16.56

**DMR**

Quincey Lowery	02:13.3
Kyle Gordon	56.25
Chris Sims	03:39.0
Nick Giroux	05:08.1

**A 800m**  
**A 400m**  
**A 1200m**  
**A 1600m**

SaraBeth Opperman	06:18.4
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Tyler Aikman	02:40.8
Pat McBrearty	48:00.0
Harry McKenney	03:57.8
Skylar Shockley	05:37.5

**B**  
**B**  
**B**  
**B**

Jabre Sands	59.9
CJ Shockley	4:04
Dan	06:37.5

**C**  
**C**  
**C**  
**C**

**4x 200m**

Ty'rell Williams	24.3	25.01
Nate McCoy	23	23.06
CJ Jones	24.4	25.02
Rahsan Terrell	24.3	24.25

**A**

Nyairé Jeffers	28.09
Shanee Smith	24.3
Jaci Sheets	27.53
Courtney Markow	26.47

Diamond State Relays

Tim Kane	26.09	<b>B</b>	Tori Burton	30.57
Jerome Richardson	26.11		Lindsay Talley	30.91
Rashawn Harris	25.28		Erica Rathie	33.61
Quincey Lowery	24.78		Jessica Burton	28.2
Willy Annan	26.73	<b>C</b>	Stephanie Williams	30.8
Derek Frisccisio	27.97		Kari Piatt	33.97
DJ Price	27.36		Jamie Tan	33.68
Josh Mason	25.76		Charday LeMon	28.91
		<b>D</b>	Abby Barber	34.06
			Janie Klosiewicz	33.7
			Emily Anania	36.22
			Lilly Mento	32.82
		<b>4x800m</b>		
Ty'rell Williams	02:04.5	<b>A</b>	Cat Horstmann	2:27
Chris Wiker	02:18.2			
Chris Sims	02:20.2			
Quincey Lowery	02:21.6			
Jordan New	02:27.1	<b>B</b>	Sam Cilia	
Skylar Shockley	2:30		Janie Klosiewicz	
Ryan McCarthy	02:26.7		Emily Anania	
Rashawn Harris	02:25.2		Cassidy Kemp	
Pat McBrearty	02:32.5	<b>C</b>		
CJ Shockley	2:25			

Diamond State Relays

DJ Price  
 Dan Kane 02:51.1

Jerome Richardson 02:31.0 **D**  
 Jack Fisher 2:43  
 Charles Collison 2:44  
 Stephen Choi 02:37.5

**4x100m**

**A** Shanee Smith 12.26  
 Nyaire Jaffers 13.38  
 Jaci Sheets 12.58  
 Courtney Markow 12.72

**B** Chitom Henry 14.6  
 Jess Burton 14.9  
 Lindsay Talley 14.25  
 Tori Burton 14.06

**C** Stephanie Williams 15.64  
 Jamie Tan 15.18  
 Kari Piatt 16.54  
 Ashley Seeny 15.41

**4x400m**

CJ Jones	52.54	52.4	<b>A</b>	Shanee Smith	62.41
Kyle Gordon	55.91	55.8		Tyonna Brooks	64.04
Rahsan Terrell	56.06	56.4		Courtney Markow	63.41
Ty'rell Williams	52	51.88		Nyaire Jeffers	65.65

Diamond State Relays

Mike Kuehn	66.76	<b>B</b>	Jaci Sheets	63.7
Willy Annan	64.06		Cat Horstmann	65.59
Jordan New	61.72		Jess Burton	70.6
Tyler Aikman	64.19		Liz Williams	71.62
Time Kane	62.85	<b>C</b>	Emily Stowell	73.82
Dan Mason	67.24		Erica Rathie	73.41
Chris Wiker	60.26		Emily Rathie	82.88
Rashawn Harris	60.19		Tori Burton	77.56
		<b>D</b>	Lilly Mento	72.92
			Amy Henretty	79.28
			Ashley Seeny	81.87
			Sharday Lemon	71.79

vs NewWmPn

## Boys Splits

## Girls Splits

### 4x800m

Nick Giroux	02:18.5
Byron Harvey	02:16.8
Chris Sims	02:14.9
Kyle Gordon	02:19.1

Cat Horstmann	2:26
Liz Williams	2:55
Christine Hakes	2:54
Tyonna Brooks	2:40

### 100/110 Hurdles

Josh Mason	17.01
Dan Mason	19.89
Rashawn Harris	20.98

Courtney Markow	16.92
Lindsay Talley	19.22
Erica Rathie	20.95
Jamie Tan	20.61
Chitom Henry	19.73

### 100m

Jerome Richardson	12.95
CJ Jones	11.13

Shanee Smith	12.29
Tori Burton	14.01
Janie Klosiewicz	15.7
Asata Beeks	14.61
Chitom Henry	14.95

### 4x200m

CJ Jones	22.6
Brett Coldiron	24.2
Ty'rell Williams	23.7
Nate McCoy	22.98

**A**

Nyair Jeffers	27.1
Shanee Smith	26.7
Jaci Sheets	27.2
Courtney Markow	28.1

Jerome Richardson	26.16
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**B**

Stephanie Williams	32.51
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vs NewWmPn

Jack Fisher	29.1	Lindsay Talley	30.06
Jordan New	27.88	Melissa Sterner	31.66
Jabre Sands	24.22	Jess Burton	28.97

**C**

Alex Warren	35.73
Abby Barber	32.94
Sam Cilia	34.72
Ashley Seeny	32.37

**1600m**

Nick Giroux	05:07.4	Cat Horstmann	06:01.5
Skyler Shockley	05:25.7	Liz Williams	06:38.5
Chris Sims	5:02		

**4x100m**

Quincey Lowery	13.06	Tori Burton	15.01
Josh LeMon	12.74	Lindsay Talley	14.53
Willy Annan	11.4	Chitom Henry	14.47
Jabre Sands	12.12	Jess Burton	13.63

**400m**

Ty'rell Williams	52.76	Jaci Sheets	64.95
Quincey Lowery	55.73	Nyaire Jeffers	63.64
		Lilly Mento	73.32

**300m Hurdles**

Josh Mason	46.11	Jamie Tan	60.39
Rashawn Harris	51.67	Courtney Markow	50.7
Dan Mason	52.16		

vs NewWmPn

		<b>800m</b>		
CJ Shockley	02:26.5		Tyonna Brooks	02:31.6
Byron Harvey	02:14.7		Emily Stowell	02:49.0
Ryan Quigley	03:05.7			
Chris Sims	02:16.3			
		<b>200m</b>		
CJ Jones	22.11		Shanee Smith	25.67
			Jess Burton	30.4
			Lindsay Talley	30.86
		<b>3200m</b>		
Harry McKenney	11:30		Cat Horstmann	11:51.4
Ryan McCarthy	11:46		Sarabeth Oppermann	14:21.2
		<b>4x400m</b>		
		<b>A</b>	Jaci Sheets	64.48
CJ Jones	53.3		Tyonna Brooks	62.72
Quincey Lowery	55.6		Jess Burton	72.96
Nate McCoy	53.9		Nyaire Jeffers	63.54
Ty'rell Williams	51.5			
		<b>B</b>		
Chris Wiker	58.2			
Jordan New	61			
Kyle Gordon	60.02			
Rashawn Harris	60.78			
		<b>C</b>		
Skylar Shockley	65.8			
Cj Shockley	62			

vs NewWmPn

Pat McBrearty

68.3

Josh LeMon

58.16

**Boys Splits**

**Girls Splits**

**4x800m**

Chris Wiker	02:13.9
Jordan New	02:20.5
Skylar Shockley	02:26.2
Rashawn Harris	02:20.5

Sarabeth Opperman	2:44
Emily Stowell	2:53
Emily Anania	3:18
Erica Rathie	2:59

**100 Hurdles**

Courtney Markow	17.12
Chitom Henry	19.09

**100 m**

Rahsan Terrell	11.92
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Shanee Smith	12.32
Lindsay Talley	14.86

**4x200m**

CJ Jones	22.41	22.66
Ty'rell Williams	23.26	23.47
Brett Coldiron	24.41	23.62
Rahsan Terrell	23.37	23.38

Nyair Jeffers	26.5	26.92
Jaci Sheets	28.04	27.9
Courtney Markow	27.02	27
Shanee Smith	25.24	25.16

**1600m**

CJ Shockley	5:22
Ryan McCarthy	5:13

Emily Stowell	06:30.5
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Caravel Inv

**4x100m**

Rahsan Terrell	12.13	Nyaire Jeffers	14.22
Nate McCoy	11.23	Jess Burton	13.39
Brett Coldiron	11.62	Jaci Sheets	13.12
CJ Jones	10.91	Tyonna Brooks	13.22

**400m**

Nyaire Jeffers	63.88
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**300m Hurdles**

Courtney Markow	49.23
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**200m**

Shanee Smith	26.32
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**800m**

Ty'rell Williams	2:07	Tyonna Brooks	02:35.4
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**4x400m**

Tyonna Brooks	64.94	65.7
Shanee Smith	67.8	67.5
Nyaire Jeffers	74.48	74.16
Jess Burton	72.3	71.18

Twilight Relays

**Boys Splits**

**Girls Splits**

**4x1600m**

Nick Giroux	
Chris Sims	04:53.1
Harry McKenney	05:27.3
Skylar Shockley	5:20

Emily Stowell	
Amy Henretty	
Christine Hakes	
Sarabeth Opperman	

**Shuttle Hurdles**

Josh Mason	16.23
Rashawn Harris	21.69
Jabre Sands	19.81
Dan Mason	19.78

Lindsay Talley	20.8
Chitom Henry	19.15
Erica Rathie	21.13
Christine Hakes	20.21

**Swedish Medley**

Brett Coldiron	11.91	<b>100</b>
Nate McCoy	23.83	<b>200</b>
CJ Jones	34.91	<b>300</b>
Ty'Rell Williams	50.87	<b>400</b>

Jaci Sheets	14.09
Shanee Smith	25.2
Courtney Markow	43.41
Nyaire Jeffers	61.84

**4x800m**

Nick Giroux	02:16.0
Harry McKenney	02:23.6
Chris Sims	02:18.4
Rashawn Harris	02:19.8

**4x200m**

Nate McCoy	24.12
Ty'rell Williams	22.29

Nyaire Jeffers	26.74
Courtney Markow	26.67

Twilight Relays

Rahsan Terrell  
CJ Jones

24.19  
22.1

Jaci Sheets  
Shanee Smith

27.86  
25.36

vs Charter

## Boys Splits

## Girls Splits

### 4x800m

Nick Giroux	02:15.7	<b>A</b>	Cat Horstmann	02:25.9
Chris Wiker	02:14.3		Tyonna Brooks	02:32.3
Chris Sims	02:12.2		Jaci Sheets	02:34.8
Kyle Gordon	02:18.3		Courtney Markow	02:33.4

Eddie Riveria	02:19.4	<b>B</b>		
CJ Shockley	02:24.8			
Harry McKenney	02:26.0			
Ryan McCarthy	02:29.4			

### 100/110m H

Josh Mason	16.64		Onya Boyd	15.2
Dan Mason	19.3		Erica Rathie	21.62
Tim Kane	17.8		Lindsay Talley	19.4
Rashawn Harris	20.8		Jamie Tan	19.87
			Chitom Henry	18.93

### 100m

CJ Jones	10.83	10.86	Nyaire Jeffers	12.89
Rahsan Terrell	11.37	11.42	Shanee Smith	12.29
Jerome Richardson	12.41	12.32		

### 4x200m

Nate McCoy	24.62	<b>A</b>	Nyaire Jeffers	26.74
Ty'rell Williams	22.93		Jess Burton	29.2
Rahsan Terrell	23.99		Jaci Sheets	28.96

vs Charter

CJ Jones	21.51		Tyonna Brooks	27.96
Tim Kane	24.67	<b>B</b>	Maria Hernandez	33.82
Jerome Richardson	29.59		Kari Piatt	33.47
Jordan New	26.15		Abby Barber	32.25
Jabre Sands	24.88		Charday Lemon	29.75
Josh LeMon	25.54	<b>C</b>		
Dan Kane	27.6			
	27.9			
Terrick Smith	26.68			
		<b>1600m</b>		
Chris Sims	0		Cat Horstmann	05:54.0
Ryan McCarthy	0		Liz Williams	6:43:00
Skylar Shockley	0		Emily Stowell	06:30.1
			Elise Stewart	6:36:00
		<b>4x100m</b>		
Rahsan Terrell	12.27	<b>A</b>	Nyaire Jeffers	13.28
Brett Coldiron	11.16		Courtney Markow	13.75
Jabre Sands	11.19		Jess Burton	13.35
Quincey Lowery	11.65		Onya Boyd	11.86
Willy Annan	13.57	<b>B</b>	Tori Burton	14.39
Darryl Jones	11.44		Maria Hernandez	15.06
Tyler Aikman	13.22		Janie Kosiewicz	15.87
Jerome Richardson	12.93		Kari Piatt	18.22

vs Charter

**400m**

Ty'rell Williams	52.1	52.39	Shanee Smith	60.19	60.26
Quincey Lowery	55.1	55.32	Jaci Sheets	62.93	62.95
Jordan New	59.4	59.86	Liz Williams	78.29	78.57
Josh LeMon	62	61.48	Charday LeMon	72.4	72.32
			Stephanie Williams	73.5	73.26

**300IH**

Josh Mason	44.32	44.27	Onya Boyd	47.45	47.23
Rashawn Harris	51.86	51.8	Jamie Tan	58.45	58.41
Tim Kane	49.45	49.48	Chitom Henry	61.92	62.46
Dan Mason	52.7	52.48	Erica Rathie	59.64	59.61

**800m**

Nick Giroux	02:12.8		Tyonna Brooks	02:34.4
Eddie Riviera	02:22.1		Sarabeth Opperman	02:40.8
Ethan Toro	02:49.9		Liz Williams	03:06.6
			Erica Rathie	03:10.7

**200m**

CJ Jones	22.13		Onya Boyd	27.1
Jerome Richardson	27.87		Shanee Smith	27.1
Ty'rell Williams			Jess Burton	30.36

**3200m**

Harry McKenney	11:51		Cat Horstmann	12:36
CJ Shockley	12:02		Christine Hakes	14:04
			Emily Stowell	13:47
			Elise Stewart	15:34

vs Charter

**4x400m**

Nate McCoy	54.86	<b>A</b>	Courtney Markow	70.12
Rahsan Terrell	56.98		Nyaire Jeffers	66.21
CJ Jones	51.63		Tyonna Brooks	62.63
Ty'rell Williams	51.38		Tori Burton	75.94

Tim Kane	61.8	<b>B</b>		
Terrick Smith	61.5			
Willy Annan	60.78			
Josh LeMon				

**Boys Splits**

**Girls Splits**

	PRELIM	FINAL	100m
Jabre Sands		12.2	
Rahsan Terrell		11.22	
Josh LeMon		12.16	

	PRELIM	FINAL
Tori Burton	14.05	
Shanee Smith	12.26	12.37

**4x800m**

Ty'rell Williams	02:03.0
Chris Wiker	02:10.4
Chris Sims	02:08.8
Nick Giroux	02:12.6

Tyonna Brooks	02:28.8
Sarabeth Opperman	02:44.2
Liz Williams	02:47.5
Cat Horstmann	02:29.0

**100/110 Hurdles**

Josh Mason	16.55
Tim Kane	17.26
Rashawn Harris	19.87

Onya Boyd	15.03	14.83
Chitom Henry	18.91	
Lindsay Talley	18.78	

**3200m**

CJ Shockley	11:56.8
Skylar Shockley	11:30
Harry McKenney	11:18

**200m**

CJ Jones	22.23	21.72
Rahsan Terrell	23.98	
Darryl Price	26.22	

Jess Burton	30.19	
Shanee Smith	25.51	25.14
Nyaire Jeffers	26.16	26.32

**4x200m**

BHC

Nate McCoy	24.07	Nyaire Jeffers	27.46
Ty'rell Williams	23.18	Courtney Markow	26.85
Rahsan Terrell	24.51	Onya Boyd	25.77
CJ Jones	21.44	Shanee Smith	24.74

**1600m**

Nick Giroux	5:00	Elise Stewart	06:27.7
Chris Sims	4:52	Emily Stowell	06:26.6
		Cat Horstmann	05:29.9

**4x100m**

Rahsan Terrell	12.12	Nyaire Jeffers	13.05
Jerome Richardson	11.66	Tyonna Brooks	12.85
Quincey Lowery	11.37	Courtney Markow	13.49
Nate McCoy	10.57	Charday LeMon	13.33

**400m**

CJ Jones	50.11	Courtney Markow	63.1
Quincey Lowery	54.39	Charday LeMon	66.41
		Ashley Seeny	87.8

**300m Hurdles**

Tim Kane	46.45	Erica Rathie	61.8
Josh Mason	44.83	Jamie Tan	58.19
Dan Mason	50.54	Onya Boyd	46.01

**800m**

Ty'rell Williams	02:00.3	Liz Williams	02:42.7
Chris Sims	02:14.7	Cat Horstmann	02:25.6

BHC

Chris Wiker 02:12.0

Tyonna Brooks 02:28.9

**3200m**

Emily Stowell 13:48.4

**4x400m**

Nate McCoy 53.66

Onya Boyd 59.09

CJ Jones 51.16

Tyonna Brooks 62.23

Quincey Lowery 54.81

Nyair Jeffers 63.38

Ty'rell Williams 52.31

Shanee Smith 58.56