

## 2006 FHSAA Track &amp; Field Championships - 4/19/2006

## Class 4A District2

## Flagler Palm Coast High School

## Results - Wednesday

## Girls 100 Meter Dash

National: 11.14 % 1990 Marion Jones, Thousand Oaks  
 State: 11.40 \* 1989 Zundra Feagin, Cocoa (4A)

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	346	Bellamy, Marcia	10 Lake Mary 12.61Q
2	314	Fisher, Roberta	10 Lake Mary 12.70Q
3	397	Bellamy, Dan'Elle	12 Winter Springs 12.77Q
4	151	Felix, Rebecca	09 Oviedo High 12.78Q
5	315	Parodi, Michelle	11 Lake Mary 13.15q
6	32	Rouse, Ayerial	09 Sanford-Seminole 13.17q
7	343	Orr, Chrissy	10 Lake Mary 13.26q
8	117	Gayle, Stephanie	10 Pine Ridge 13.39q
9	49	Richardson, Jasmine	11 Deltona High Sch 13.49
10	278	Cowart, Nichole	12 Flagler Palm Coa 13.49
11	365	Ewing, Kaleenna	10 Winter Springs 13.54
12	106	Davis, Trenice	09 Pine Ridge 13.56
13	266	Buffin, Shanese	12 Flagler Palm Coa 13.85
14	286	Kearse, Christine	10 Flagler Palm Coa 13.86
15	227	McCalla, Shayna	11 Spruce Creek Hig 13.87
16	43	Zaudike, Megan	10 Deltona High Sch 13.94
17	46	Richardson, Jaylan	09 Deltona High Sch 14.10
18	188	Snyder, Katy	12 Spruce Creek Hig 14.10
19	36	Howard, Janay	09 Sanford-Seminole 14.21
20	148	Germer-Smith,	10 Oviedo High 14.25
21	68	Gilbert, Tekevia	09 Deland High 14.25
22	217	Mayfield, Ashley	11 Spruce Creek Hig 14.27
23	306	Guerrero, Natasha	12 Flagler Palm Coa 14.29
24	127	Prentice, Jenna	10 Oviedo High 14.38
25	203	O'Conner, Christina	11 Spruce Creek Hig 15.23
26	122	Parker, Keasha	09 Pine Ridge 16.63
---	29	Jenkins, Devin	10 Sanford-Seminole FS
---	139	Aurelus, Pephania	12 Oviedo High DNF

## Girls 100 Meter Dash

National: 11.14 % 1990 Marion Jones, Thousand Oaks  
 State: 11.40 \* 1989 Zundra Feagin, Cocoa (4A)

Name	Yr	School	Finals
<b>Finals</b>			
1	314	Fisher, Roberta	10 Lake Mary 12.61 10
2	346	Bellamy, Marcia	10 Lake Mary 12.63 8
3	151	Felix, Rebecca	09 Oviedo High 12.80 6
4	315	Parodi, Michelle	11 Lake Mary 13.17 5
5	343	Orr, Chrissy	10 Lake Mary 13.19 4
6	32	Rouse, Ayerial	09 Sanford-Seminole 13.20 3
7	117	Gayle, Stephanie	10 Pine Ridge 13.42 2
---	397	Bellamy, Dan'Elle	12 Winter Springs DNF

## Girls 200 Meter Dash

National: 22.52 % 2003 Allyson Felix, LA Baptist (CA)  
 State: 23.36 \* 2001 Erica Whipple, Palm Beach

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	362	Anderson, Nia	09 Lake Mary 26.32Q
2	405	George, Yvonne	12 Winter Springs 26.68Q
3	315	Parodi, Michelle	11 Lake Mary 27.00Q
4	343	Orr, Chrissy	10 Lake Mary 27.21Q
5	117	Gayle, Stephanie	10 Pine Ridge 27.27q
6	32	Rouse, Ayerial	09 Sanford-Seminole 27.40q
7	29	Jenkins, Devin	10 Sanford-Seminole 27.82q
8	106	Davis, Trenice	09 Pine Ridge 28.27q
9	49	Richardson, Jasmine	11 Deltona High Sch 28.46
10	365	Ewing, Kaleenna	10 Winter Springs 28.67
11	203	O'Conner, Christina	11 Spruce Creek Hig 28.82
12	142	Douglass, Paige	10 Oviedo High 28.86
13	351	Maxwell, Ariel	10 Lake Mary 28.88
14	46	Richardson, Jaylan	09 Deltona High Sch 28.95
15	293	Dorimain, Vanessa	11 Flagler Palm Coa 29.05
16	136	Hanratty, Kristen	10 Oviedo High 29.57
17	124	Hodges, Ashley	11 Pine Ridge 29.59
18	217	Mayfield, Ashley	11 Spruce Creek Hig 29.65
19	36	Howard, Janay	09 Sanford-Seminole 29.88
20	43	Zaudike, Megan	10 Deltona High Sch 29.93
21	188	Snyder, Katy	12 Spruce Creek Hig 30.07
22	307	Orban, Samantha	10 Flagler Palm Coa 30.34
23	148	Germer-Smith,	10 Oviedo High 30.73
24	232	Migliaccio,	11 Spruce Creek Hig 30.91
25	122	Parker, Keasha	09 Pine Ridge 34.57

## Girls 200 Meter Dash

National: 22.52 % 2003 Allyson Felix, LA Baptist (CA)  
 State: 23.36 \* 2001 Erica Whipple, Palm Beach

Name	Yr	School	Finals
<b>Finals</b>			
1	362	Anderson, Nia	09 Lake Mary 26.06 10
2	405	George, Yvonne	12 Winter Springs 26.25 8
3	343	Orr, Chrissy	10 Lake Mary 26.94 6
4	315	Parodi, Michelle	11 Lake Mary 27.15 5
5	117	Gayle, Stephanie	10 Pine Ridge 27.59 4
6	32	Rouse, Ayerial	09 Sanford-Seminole 27.99 3
7	29	Jenkins, Devin	10 Sanford-Seminole 28.03 2
8	106	Davis, Trenice	09 Pine Ridge 28.32 1

## Girls 400 Meter Dash

National: 50.74 % 2000 Monique Henderson, Morse  
 State: 52.51 \* 2002 Sanya Richards, St. Thomas

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	362	Anderson, Nia	09 Lake Mary 1:00.04Q
2	392	Jones, Martika	10 Winter Springs 1:00.83Q

2006 FHSAA Track & Field Championships - 4/19/2006

Class 4A District2

Flagler Palm Coast High School

Results - Wednesday

**Preliminaries ... (Girls 400 Meter Dash)**

Name	Yr	School	Prelims
3 397 Bellamy, Dan'Elle	12	Winter Springs	1:01.72Q
4 361 Coleman, Jordan	10	Lake Mary	1:00.98q
5 124 Hodges, Ashley	11	Pine Ridge	1:01.04q
6 329 Robinson, KellyAnn	11	Lake Mary	1:02.03q
7 250 Nebel, Brooke	09	Spruce Creek Hig	1:02.21q
8 278 Cowart, Nichole	12	Flagler Palm Coa	1:02.75q
9 238 Mathis, Brenna	09	Spruce Creek Hig	1:02.85
10 351 Maxwell, Ariel	10	Lake Mary	1:02.91
11 216 Rockwell, Chelsea	10	Spruce Creek Hig	1:04.50
12 197 Abadia, Raquel	09	Spruce Creek Hig	1:05.79
13 26 Bhatia, Serena	09	Sanford-Seminole	1:06.92
14 266 Buffin, Shanese	12	Flagler Palm Coa	1:08.01
15 143 Jones, Shawn-Ta	11	Oviedo High	1:08.26
16 33 Bush, Brittney	10	Sanford-Seminole	1:08.46
17 127 Prentice, Jenna	10	Oviedo High	1:09.06
18 276 Alter, Tessa	09	Flagler Palm Coa	1:10.90
19 83 Strawder, Chelsea	09	Deland High	1:12.11
20 140 Roman, Alyssa	10	Oviedo High	1:12.17

**Girls 400 Meter Dash**

National: 50.74 % 2000 Monique Henderson, Morse  
 State: 52.51 \* 2002 Sanya Richards, St. Thomas

Name	Yr	School	Finals
1 397 Bellamy, Dan'Elle	12	Winter Springs	58.13 10
2 362 Anderson, Nia	09	Lake Mary	59.55 8
3 124 Hodges, Ashley	11	Pine Ridge	1:00.64 6
4 392 Jones, Martika	10	Winter Springs	1:01.11 5
5 250 Nebel, Brooke	09	Spruce Creek Hig	1:01.73 4
6 278 Cowart, Nichole	12	Flagler Palm Coa	1:02.65 3
7 329 Robinson, KellyAnn	11	Lake Mary	1:02.70 2
8 361 Coleman, Jordan	10	Lake Mary	1:02.74 1

**Girls 800 Meter Run**

National: 2:04.50 % 1980 Joetta Clark, Maplewood  
 State: 2:09.90 \* 2001 Lavera Morris, Oak Ridge

Name	Yr	School	Finals
1 59 Baumann, Brooke	10	Deland High	2:22.31 10
2 235 Perkins, Mandy	09	Spruce Creek Hig	2:24.93 8
3 150 Langhauser, Erika	11	Oviedo High	2:25.22 6
4 202 Darrioosh, Roya	11	Spruce Creek Hig	2:25.93 5
5 371 Phillips, Virgilia S	11	Winter Springs	2:30.69 4
6 278 Cowart, Nichole	12	Flagler Palm Coa	2:36.64 3
7 206 Spertus, Chloe	11	Spruce Creek Hig	2:36.95 2
8 333 Gumtow, Rebecca	09	Lake Mary	2:37.11 1
9 197 Abadia, Raquel	09	Spruce Creek Hig	2:37.59
10 352 Dreyer, Allison	10	Lake Mary	2:39.23
11 137 Germ, Amanda	11	Oviedo High	2:42.14
12 370 Gillespie, Megan	12	Winter Springs	2:42.17
13 152 Cummins, Kathryn	11	Oviedo High	2:42.55
14 379 Roach, Stephanie	12	Winter Springs	2:43.91
15 138 Carpenter, Victoria	11	Oviedo High	2:45.03
16 84 Stoll, Sam	11	Deland High	2:46.45

17 37 Warren, Elizabeth	12	Sanford-Seminole	2:47.08
18 265 Kirschner, Ashley	09	Flagler Palm Coa	2:48.49
19 55 Futch, Michelle	09	Deltona High Sch	2:51.72
20 261 Emerson, Victoria	10	Flagler Palm Coa	2:52.56
21 25 Arsha, Amal	09	Sanford-Seminole	2:53.86
22 334 Incera, Cathalina	12	Lake Mary	2:54.02
23 348 Lisenbee, Karina	09	Lake Mary	2:55.61
24 114 Greene, Corrine	12	Pine Ridge	3:01.38
25 111 Osorio, Lucia	10	Pine Ridge	3:17.83

**Girls 1600 Meter Run**

National: 4:39.40 % 1985 Laura Matson, Hills-Andover  
 State: 4:48.90 \* 2004 Jennifer Barringer, Oviedo

Name	Yr	School	Finals
1 235 Perkins, Mandy	09	Spruce Creek Hig	5:13.47 10
2 59 Baumann, Brooke	10	Deland High	5:18.54 8
3 150 Langhauser, Erika	11	Oviedo High	5:20.44 6
4 226 Garrow, Laura	12	Spruce Creek Hig	5:22.24 5
5 134 Schlueb, Krystie	10	Oviedo High	5:46.66 4
6 313 Goldsmith, Abby	10	Lake Mary	5:47.88 3
7 287 Drysdale, Florence	11	Flagler Palm Coa	5:48.23 2
8 296 Kowsh, Dana	12	Flagler Palm Coa	5:51.43 1
9 400 Adams, Elizabeth	09	Winter Springs	5:52.40
10 303 Bentley, Sara	11	Flagler Palm Coa	5:57.97
11 209 Rogers, Christina	11	Spruce Creek Hig	5:59.26
12 340 Taltos, Erica	10	Lake Mary	6:06.74
13 96 Rodriguez, Sarah	10	Deland High	6:06.76
14 128 Amoros, Alexis	10	Oviedo High	6:10.28
15 334 Incera, Cathalina	12	Lake Mary	6:13.72
16 55 Futch, Michelle	09	Deltona High Sch	6:15.61
17 348 Lisenbee, Karina	09	Lake Mary	6:21.47
18 265 Kirschner, Ashley	09	Flagler Palm Coa	6:24.14
19 114 Greene, Corrine	12	Pine Ridge	6:28.48
20 243 Boulmetis, Katie	11	Spruce Creek Hig	6:33.94
21 135 Miller, Mary	12	Oviedo High	6:56.18
22 80 Pennington, Tiffany	12	Deland High	7:02.39
--- 28 Hartmeyer, Mary	12	Sanford-Seminole	DNF
--- 104 Hughes, Ashley	12	Pine Ridge	DNF

**Girls 3200 Meter Run**

National: 9:48.59 % 1996 Kimberly Mortensen,  
 State: 10:35.36 \* 2004 Jennifer Barringer, Oviedo

Name	Yr	School	Finals
1 226 Garrow, Laura	12	Spruce Creek Hig	11:54.19 10
2 327 Goldsmith, Emily	10	Lake Mary	12:26.48 8
3 209 Rogers, Christina	11	Spruce Creek Hig	12:36.61 6
4 382 Loupos, Arielle	09	Winter Springs	12:36.82 5
5 368 Keeter, Emily	09	Winter Springs	12:44.50 4
6 125 Ankli, Margaret	10	Oviedo High	12:45.30 3
7 287 Drysdale, Florence	11	Flagler Palm Coa	13:08.49 2
8 241 Rogers, Danielle	11	Spruce Creek Hig	13:15.64 1
9 366 Sapp, Julia	09	Winter Springs	13:16.71
10 296 Kowsh, Dana	12	Flagler Palm Coa	13:17.16
11 230 Wyckoff, Kalyn	10	Spruce Creek Hig	13:21.93
12 303 Bentley, Sara	11	Flagler Palm Coa	13:23.60

2006 FHSA Track & Field Championships - 4/19/2006

Class 4A District2

Flagler Palm Coast High School

Results - Wednesday

**(Girls 3200 Meter Run)**

Name	Yr	School	Finals
13 81 Epifanio, Melissa	10	Deland High	13:28.29
--- 104 Hughes, Ashley	12	Pine Ridge	DNF
--- 28 Hartmeyer, Mary	12	Sanford-Seminole	DNF
--- 80 Pennington, Tiffany	12	Deland High	DNF
--- 126 Siudmak, Olivette	10	Oviedo High	DNF
--- 132 Nielsen, Kirsten	11	Oviedo High	DNF
--- 260 Smith, Audrey	09	Flagler Palm Coa	DNF

**Girls 100 Meter Hurdles**

National: 13.20 % 2000 Nicole Denby, Riverside John  
 State: 13.53 \* 2004 P. James, MNthwstn / S.

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 93 McCoy, LuQunda	12	Deland High	16.93Q
2 88 Worden, Ashley	11	Deland High	17.43Q
3 328 Hall, Ashley	12	Lake Mary	17.52Q
4 47 Bradley, Mila	10	Deltona High Sch	17.49q
5 155 Anderson, Shannon	12	Oviedo High	17.59q
6 402 Ernest, Michelle	12	Winter Springs	17.95q
7 393 Adolphe, Charlene	11	Winter Springs	18.18q
8 305 Jackson, Jessika	11	Flagler Palm Coa	18.49q
9 101 Thyng, Brooke	09	Deland High	18.70
10 94 Adkins, Makinsie	12	Deland High	18.80
11 213 Christy, Julie	09	Spruce Creek Hig	19.23
11 193 Patel, Sima	10	Spruce Creek Hig	19.23
13 263 Fontany, Dimaris	11	Flagler Palm Coa	19.33
14 364 Prewette, Brittany	11	Lake Mary	19.43
15 141 Gonzalez, Erica	11	Oviedo High	19.62
16 277 Harris, Anjorie	12	Flagler Palm Coa	19.86
17 133 Lee, Kristan	09	Oviedo High	20.02
18 324 Martinez, Natalia	10	Lake Mary	20.72
19 207 Rose, Katie	10	Spruce Creek Hig	21.44
20 111 Osorio, Lucia	10	Pine Ridge	21.67
--- 312 James, Allison	10	Lake Mary	DNF
--- 153 Williams, Krysten	10	Oviedo High	DQ

**Girls 100 Meter Hurdles**

National: 13.20 % 2000 Nicole Denby, Riverside John  
 State: 13.53 \* 2004 P. James, MNthwstn / S.

Name	Yr	School	Finals
<b>Finals</b>			
1 93 McCoy, LuQunda	12	Deland High	16.83 10
2 328 Hall, Ashley	12	Lake Mary	17.01 8
3 88 Worden, Ashley	11	Deland High	17.02 6
4 155 Anderson, Shannon	12	Oviedo High	17.48 5
5 47 Bradley, Mila	10	Deltona High Sch	17.56 4
6 402 Ernest, Michelle	12	Winter Springs	17.75 3
7 393 Adolphe, Charlene	11	Winter Springs	18.00 2
8 305 Jackson, Jessika	11	Flagler Palm Coa	18.67 1

**Girls 300 Meter Hurdles**

National: 39.98 % 2001 Lashinda Demus, Long Beach  
 State: 41.34 \* 2000 Tiffany Ross, Miami

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 31 Bond, Channing	12	Sanford-Seminole	49.10Q
2 119 Gibson, Britney	12	Pine Ridge	49.21Q
3 328 Hall, Ashley	12	Lake Mary	49.35Q
4 185 Ravikumar, Raksha	10	Spruce Creek Hig	49.61Q
5 245 Pecoraro, Robin	10	Spruce Creek Hig	50.01q
6 329 Robinson, KellyAnn	11	Lake Mary	50.19q
7 42 Bradley, Mia	12	Deltona High Sch	50.72q
8 153 Williams, Krysten	10	Oviedo High	50.91q
9 402 Ernest, Michelle	12	Winter Springs	51.38
10 395 Szewc, Brittany	10	Winter Springs	51.50
11 364 Prewette, Brittany	11	Lake Mary	51.75
12 94 Adkins, Makinsie	12	Deland High	52.40
13 56 Casura, Heidi	11	Deltona High Sch	53.00
14 210 Barrios-Malabad, Mia	10	Spruce Creek Hig	53.18
15 30 Parker, Sarah	09	Sanford-Seminole	53.47
16 155 Anderson, Shannon	12	Oviedo High	53.69
17 393 Adolphe, Charlene	11	Winter Springs	54.02
18 251 Kutsyshina, Marina	10	Flagler Palm Coa	54.46
19 133 Lee, Kristan	09	Oviedo High	54.71
20 263 Fontany, Dimaris	11	Flagler Palm Coa	55.36
21 129 Berganini, Alyssa	09	Oviedo High	55.90
22 307 Orban, Samantha	10	Flagler Palm Coa	56.92
23 38 Shirley, Kameeka	09	Sanford-Seminole	57.23
24 101 Thyng, Brooke	09	Deland High	58.18
25 324 Martinez, Natalia	10	Lake Mary	58.63
26 111 Osorio, Lucia	10	Pine Ridge	1:00.70
27 277 Harris, Anjorie	12	Flagler Palm Coa	1:00.74

**Girls 300 Meter Hurdles**

National: 39.98 % 2001 Lashinda Demus, Long Beach  
 State: 41.34 \* 2000 Tiffany Ross, Miami

Name	Yr	School	Finals
<b>Finals</b>			
1 328 Hall, Ashley	12	Lake Mary	47.97 10
2 31 Bond, Channing	12	Sanford-Seminole	49.00 8
3 185 Ravikumar, Raksha	10	Spruce Creek Hig	49.24 6
4 119 Gibson, Britney	12	Pine Ridge	50.21 5
5 245 Pecoraro, Robin	10	Spruce Creek Hig	50.64 4
6 153 Williams, Krysten	10	Oviedo High	51.82 3
7 42 Bradley, Mia	12	Deltona High Sch	56.36 2
8 329 Robinson, KellyAnn	11	Lake Mary	1:02.19 1

2006 FHSA Track & Field Championships - 4/19/2006

Class 4A District2

Flagler Palm Coast High School

Results - Wednesday

**Girls 4x100 Meter Relay**

National: 44.50 % 2004 Long Beach Poly (CA)  
 State: 45.80 \* 2000 St. Thomas Aquinas (3A)

Team	Relay	Finals
1 Lake Mary High School	A	48.52 10
1) 346 Bellamy, Marcia 10	2) 314 Fisher, Roberta 10	
3) 315 Parodi, Michelle 11	4) 343 Orr, Chrissy 10	
2 Sanford-Seminole	A	51.68 8
1) 29 Jenkins, Devin 10	2) 32 Rouse, Ayerial 09	
3) 36 Howard, Janay 09	4) 31 Bond, Channing 12	
3 Oviedo High Schhol	A	52.29 6
1) 142 Douglass, Paige 10	2) 136 Hanratty, Kristen 10	
3) 131 Hawkesworth, Lauren	4) 151 Felix, Rebecca 09	
4 Deltona High School	A	52.83 5
1) 49 Richardson, Jasmine 11	2) 46 Richardson, Jaylan 09	
3) 43 Zaudike, Megan 10	4) 42 Bradley, Mia 12	
5 Spruce Creek High	A	53.75 4
1) 216 Rockwell, Chelsea 10	2) 194 Dooley, Rose 10	
3) 203 O'Conner, Christina 11	4) 227 McCalla, Shayna 11	
6 Flagler Palm Coa	A	54.02 3
1) 305 Jackson, Jessika 11	2) 251 Kutsyshina, Marina 10	
3) 263 Fontany, Dimaris 11	4) 266 Buffin, Shanese 12	

**Girls 4x400 Meter Relay**

National: 3:35.49 % 2004 Long Beach Poly (CA)  
 State: 3:43.84 \* 2004 Miami Northwestern (4)

Team	Relay	Finals
1 Winter Springs	A	4:01.65 10
1) 371 Phillips, Virgilia S 11	2) 374 Jones, Jamie 11	
3) 405 George, Yvonne 12	4) 397 Bellamy, Dan'Elle 12	
2 Lake Mary High School	A	4:03.70 8
1) 351 Maxwell, Ariel 10	2) 314 Fisher, Roberta 10	
3) 361 Coleman, Jordan 10	4) 362 Anderson, Nia 09	
3 Spruce Creek High	A	4:16.02 6
1) 250 Nebel, Brooke 09	2) 202 Darrioosh, Roya 11	
3) 238 Mathis, Brenna 09	4) 245 Pecoraro, Robin 10	
4 Oviedo High Schhol	A	4:24.32 5
1) 153 Williams, Krysten 10	2) 136 Hanratty, Kristen 10	
3) 131 Hawkesworth, Lauren	4) 151 Felix, Rebecca 09	
5 Deltona High School	A	4:38.94 4
1) 42 Bradley, Mia 12	2) 47 Bradley, Mila 10	
3) 56 Casura, Heidi 11	4) 55 Futch, Michelle 09	
6 Flagler Palm Coa	A	4:43.34 3
1) 289 Gabbert, Emily 10	2) 276 Alter, Tessa 09	
3) 307 Orban, Samantha 10	4) 251 Kutsyshina, Marina 10	

**Girls 4x800 Meter Relay**

National: 8:58.43 % 1982 Ft. Washington Upper Dublin  
 State: 9:11.10 \* 2000 Winter Springs (4A)

Team	Relay	Finals
1 Spruce Creek High	A	9:59.53 10
1) 202 Darrioosh, Roya 11	2) 235 Perkins, Mandy 09	
3) 226 Garrow, Laura 12	4) 197 Abadia, Raquel 09	

2 Oviedo High Schhol	A	10:20.59 8
1) 152 Cummins, Kathryn 11	2) 134 Schlueb, Krystie 10	
3) 125 Ankli, Margaret 10	4) 150 Langhauser, Erika 11	
3 Deland High School	A	10:27.50 6
1) 78 Corbyons, Cassie 12	2) 96 Rodriguez, Sarah 10	
3) 84 Stoll, Sam 11	4) 59 Baumann, Brooke 10	
4 Winter Springs	A	10:42.04 5
1) 379 Roach, Stephanie 12	2) 400 Adams, Elizabeth 09	
3) 382 Loupos, Arielle 09	4) 370 Gillespie, Megan 12	
5 Lake Mary High School	A	10:49.64 4
1) 313 Goldsmith, Abby 10	2) 340 Taltos, Erica 10	
3) 327 Goldsmith, Emily 10	4) 352 Dreyer, Allison 10	
6 Flagler Palm Coa	A	12:20.50 3
1) 309 Cabrey, Colleen 09	2) 261 Emerson, Victoria 10	
3) 282 Eitzen, Emily 10	4) 260 Smith, Audrey 09	

**Girls High Jump**

National: 6-03 % 1992 Amy Acuff, Calallen (TX)  
 State: 6-00 \* 2004 Viktoria Andonova, Coral

Name	Yr	School	Finals
1 371 Phillips, Virgilia S	11	Winter Springs	4-10.00 10
2 145 Anderson, Adriana	12	Oviedo High	4-10.00 8
3 351 Maxwell, Ariel	10	Lake Mary	4-10.00 6
4 201 Cummins, Courtney	10	Spruce Creek Hig	4-10.00 5
5 305 Jackson, Jessika	11	Flagler Palm Coa	4-08.00 3.5
5 289 Gabbert, Emily	10	Flagler Palm Coa	4-08.00 3.5
7 364 Prewette, Brittany	11	Lake Mary	4-06.00 2
8 136 Hanratty, Kristen	10	Oviedo High	4-06.00 1
9 61 Opisso, Alexis	10	Deland High	4-06.00
9 192 Kaye, Stephanie	12	Spruce Creek Hig	4-06.00
11 236 Dougherty, Shannon	11	Spruce Creek Hig	4-04.00
12 148 Germer-Smith,	10	Oviedo High	4-04.00
13 187 Suah, Rebecca	11	Spruce Creek Hig	4-04.00
14 276 Alter, Tessa	09	Flagler Palm Coa	4-00.00
--- 278 Cowart, Nichole	12	Flagler Palm Coa	NH

**Girls Pole Vault**

National: 13-08 % 2001 Shayla Balentine, Morro Bay  
 State: 12-08 \* 1998 Deanna Shuler, Dwyer (5A)

Name	Yr	School	Finals
1 336 Martin, Meagan	10	Lake Mary	11-01.00 10
2 292 Alter, Taylor	11	Flagler Palm Coa	8-00.00 8
3 289 Gabbert, Emily	10	Flagler Palm Coa	7-06.00 6
4 61 Opisso, Alexis	10	Deland High	7-00.00 5
5 154 Pagels, Bailey	09	Oviedo High	6-06.00 4
6 83 Strawder, Chelsea	09	Deland High	6-00.00 1.5
6 37 Warren, Elizabeth	12	Sanford-Seminole	6-00.00 1.5
6 141 Gonzalez, Erica	11	Oviedo High	6-00.00 1.5
6 99 Kratina, Lauren	09	Deland High	6-00.00 1.5

**Girls Long Jump**

National: 22-01.75 % 1976 Kathy McMillan, Hoke County  
 State: 20-02.75 \* 1991 Nicole Irving, Nova (5A)

Name	Yr	School	Finals
1 405 George, Yvonne	12	Winter Springs	18-07.00 10
2 361 Coleman, Jordan	10	Lake Mary	16-10.00 8

**2006 FHSA Track & Field Championships - 4/19/2006**

**Class 4A District2**

**Flagler Palm Coast High School**

**Results - Wednesday**

**(Girls Long Jump)**

Name	Yr	School	Finals
3 362 Anderson, Nia	09	Lake Mary	16-09.75 6
4 119 Gibson, Britney	12	Pine Ridge	16-06.50 5
5 325 Cooks, Senea	12	Lake Mary	16-03.00 4
6 142 Douglass, Paige	10	Oviedo High	15-00.00 3
7 201 Cummins, Courtney	10	Spruce Creek Hig	14-06.00 2
8 127 Prentice, Jenna	10	Oviedo High	13-11.75 1
9 231 Delong, Alia	11	Spruce Creek Hig	13-10.75
10 204 Kiernan, Haley	09	Spruce Creek Hig	13-00.00
11 307 Orban, Samantha	10	Flagler Palm Coa	12-00.50
12 277 Harris, Anjorie	12	Flagler Palm Coa	10-00.50
--- 190 Herwald, Trisha	11	Spruce Creek Hig	FOUL

**Girls Triple Jump**

**National: 44-02.25 % 2001 Ychindria Spears, Luling (TX)**  
**State: 41-07.50 \* 1998 Shanell McMiller, Miami**

Name	Yr	School	Finals
1 361 Coleman, Jordan	10	Lake Mary	37-03.00 10
2 405 George, Yvonne	12	Winter Springs	36-10.00 8
3 119 Gibson, Britney	12	Pine Ridge	35-10.50 6
4 325 Cooks, Senea	12	Lake Mary	35-07.50 5
5 131 Hawkesworth, Lauren	11	Oviedo High	32-04.50 4
6 151 Felix, Rebecca	09	Oviedo High	31-08.25 3
7 93 McCoy, LuQunda	12	Deland High	31-04.50 2
8 305 Jackson, Jessika	11	Flagler Palm Coa	31-01.25 1
9 142 Douglass, Paige	10	Oviedo High	30-06.50
10 42 Bradley, Mia	12	Deltona High Sch	30-03.25
11 47 Bradley, Mila	10	Deltona High Sch	29-08.50
12 364 Pretwette, Brittany	11	Lake Mary	29-07.50
13 204 Kiernan, Haley	09	Spruce Creek Hig	29-02.00
14 190 Herwald, Trisha	11	Spruce Creek Hig	28-05.00
15 201 Cummins, Courtney	10	Spruce Creek Hig	28-04.00
16 251 Kutsyshina, Marina	10	Flagler Palm Coa	27-11.00
17 289 Gabbert, Emily	10	Flagler Palm Coa	27-02.75
18 24 Goff, Brieon	10	Sanford-Seminole	27-02.00
19 140 Roman, Alyssa	10	Oviedo High	25-00.75

**Girls Shot Put**

**National: 54-10.75 % 2003 Michelle Carter, Red Oak**  
**State: 49-07.50 \* 2004 Misti Barber, Miami Carol**

Name	Yr	School	Finals
1 234 Howard, Dacia	10	Spruce Creek Hig	35-10.50 10
2 380 Ewing, Nerrissa	12	Winter Springs	32-06.25 8
3 317 Kirkpatrick, Ashley	12	Lake Mary	31-03.50 6
4 396 Evans, Ashley	09	Winter Springs	30-06.00 5
5 35 Fossitt, Jessica	12	Sanford-Seminole	29-09.00 4
6 301 Lucien, Hannah	11	Flagler Palm Coa	29-07.50 3
7 365 Ewing, Kaleenna	10	Winter Springs	29-01.50 2
8 218 Adamak, Brittany	10	Spruce Creek Hig	28-07.75 1
9 240 Fuller, Mary	10	Spruce Creek Hig	26-11.50
10 109 Gregory, Sashann	09	Pine Ridge	25-06.75
11 332 Moore, Ashley	11	Lake Mary	25-04.50
12 149 Lehrer, Jessica	09	Oviedo High	25-01.00
13 27 Mclean, Shebana	12	Sanford-Seminole	24-11.50

14 359 McGee, Jade	11	Lake Mary	24-09.25
15 322 Olan, Julia	11	Lake Mary	24-01.50
15 306 Guerrero, Natasha	12	Flagler Palm Coa	24-01.50
17 249 Horner, Ashley	10	Spruce Creek Hig	23-04.00
18 144 Ashman, Tiffani	12	Oviedo High	22-05.00
19 268 Dempsey, Cassandra	11	Flagler Palm Coa	22-04.00
20 146 Correa, Cristina	09	Oviedo High	21-07.00
21 147 Julien, Abigaelle	11	Oviedo High	21-06.00
22 77 Hickman, Armetta	10	Deland High	20-11.00

**Girls Discus Throw**

**National: 188-04 % 1994 Suzy Powell, Downey (CA)**  
**State: 185-09 \* 1996 Seilala Sua, St. Thomas**

Name	Yr	School	Finals
1 234 Howard, Dacia	10	Spruce Creek Hig	108-07 10
2 317 Kirkpatrick, Ashley	12	Lake Mary	107-01 8
3 88 Worden, Ashley	11	Deland High	105-09 6
4 301 Lucien, Hannah	11	Flagler Palm Coa	96-04 5
5 218 Adamak, Brittany	10	Spruce Creek Hig	88-06 4
6 380 Ewing, Nerrissa	12	Winter Springs	82-11 3
7 359 McGee, Jade	11	Lake Mary	80-00 2
8 306 Guerrero, Natasha	12	Flagler Palm Coa	79-10 1
9 322 Olan, Julia	11	Lake Mary	76-06
10 249 Horner, Ashley	10	Spruce Creek Hig	76-00
11 27 Mclean, Shebana	12	Sanford-Seminole	75-07
12 205 Jaeger, Christina	11	Spruce Creek Hig	73-09
13 268 Dempsey, Cassandra	11	Flagler Palm Coa	69-07
14 149 Lehrer, Jessica	09	Oviedo High	68-11
15 332 Moore, Ashley	11	Lake Mary	68-07
16 109 Gregory, Sashann	09	Pine Ridge	65-02
17 90 Snowberger, Nicole	10	Deland High	64-10
18 144 Ashman, Tiffani	12	Oviedo High	61-09
19 146 Correa, Cristina	09	Oviedo High	55-09
20 62 Worden, Abbey	09	Deland High	54-09
21 147 Julien, Abigaelle	11	Oviedo High	40-03

**Boys 100 Meter Dash**

**National: 10.15 % 1990 Henry Neal, Greenville (TX)**  
**State: 10.38 \* 2004 T. McCall, Forest / W. Dix,**

Name	Yr	School	Prelims
1 64 Leonard, Montari	11	Deland High	11.17Q
2 288 Grier, Daniel	12	Flagler Palm Coa	11.20Q
3 69 Williams, Eric	12	Deland High	11.20Q
4 92 Patrick, Johnny	12	Deland High	11.21Q
5 9 Johnson, Eric	11	Seminole Sanford	11.33Q
6 298 Davis, Charles	11	Flagler Palm Coa	11.37q
7 290 Mott, Brandon	11	Flagler Palm Coa	11.37q
8 237 McGinley, Steven	10	Spruce Creek Hig	11.42q
9 60 Miller, Jared	11	Deland High	11.55
10 281 Mitchell, Marcus	11	Flagler Palm Coa	11.56
11 388 McBurse, Al-Terek	09	Winter Springs	11.58
12 2 Washington, Brandon A	11	Seminole Sanford	11.61
13 349 Robinson, Reginald	10	Lake Mary	11.64

2006 FHSA Track & Field Championships - 4/19/2006

Class 4A District2

Flagler Palm Coast High School

Results - Wednesday

**Preliminaries ... (Boys 100 Meter Dash)**

Name	Yr	School	Prelims
14 51 Heath, David	09	Deltona High Sch	11.65
15 399 Richardson, Ashuwa	12	Winter Springs	11.70
16 53 Ramseyer, Adam	12	Deltona High Sch	11.76
17 40 Burrison, Tyrone	12	Deltona High Sch	11.82
18 3 Bryant, Rodney	09	Seminole Sanford	11.82
19 394 Rudolph, Jamaal	10	Winter Springs	11.89
20 178 Smith, Justin	11	Oviedo	11.93
21 339 McMillian, Harley	12	Lake Mary	11.94
22 171 McGinnis, Xavier	10	Oviedo	11.97
23 121 Taylor, Mike	12	Pine Ridge	12.07
24 181 Tanzi, Christopher	10	Oviedo	12.07
25 48 Farrell, Kenny	12	Deltona High Sch	12.15
26 220 Branham, Patrick	11	Spruce Creek Hig	12.15
27 208 Ybanez, Daniel	11	Spruce Creek Hig	12.38
28 167 Julien, Manfred	12	Oviedo	12.44
29 112 Taylor, Hennard	09	Pine Ridge	12.76
30 354 Velez, Anthony	10	Lake Mary	13.10
31 385 Tran, Randall	11	Winter Springs	13.27
32 316 Williamson, Robert	11	Lake Mary	13.87
--- 200 Hughes, Scott	12	Spruce Creek Hig	DNF

**Boys 100 Meter Dash**

National: 10.15 % 1990 Henry Neal, Greenville (TX)  
 State: 10.38 \* 2004 T. McCall, Forest / W. Dix,

Name	Yr	School	Finals
------	----	--------	--------

**Finals**

1 92 Patrick, Johnny	12	Deland High	10.69	10
2 69 Williams, Eric	12	Deland High	11.05	8
3 288 Grier, Daniel	12	Flagler Palm Coa	11.08	6
4 64 Leonard, Montari	11	Deland High	11.09	5
5 290 Mott, Brandon	11	Flagler Palm Coa	11.27	4
6 9 Johnson, Eric	11	Seminole Sanford	11.28	3
7 237 McGinley, Steven	10	Spruce Creek Hig	11.40	2
8 298 Davis, Charles	11	Flagler Palm Coa	11.43	1

**Boys 200 Meter Dash**

National: 20.13 % 1985 Roy Martin, Dallas Roosevelt (  
 State: 20.62 \* 2004 Walter Dix, Coral Springs

Name	Yr	School	Prelims
------	----	--------	---------

**Preliminaries**

1 288 Grier, Daniel	12	Flagler Palm Coa	22.47Q
2 337 Idehen, Bowen	10	Lake Mary	22.49Q
3 257 Grier, Alex	11	Flagler Palm Coa	22.77Q
4 92 Patrick, Johnny	12	Deland High	22.95Q
5 347 Anderson, Greg	11	Lake Mary	23.33Q
6 12 Collier, Irvin	11	Seminole Sanford	22.63q
7 290 Mott, Brandon	11	Flagler Palm Coa	22.82q
8 298 Davis, Charles	11	Flagler Palm Coa	23.18q
9 388 McBurse, Al-Terek	09	Winter Springs	23.44
10 349 Robinson, Reginald	10	Lake Mary	23.45
11 237 McGinley, Steven	10	Spruce Creek Hig	23.45
12 399 Richardson, Ashuwa	12	Winter Springs	23.61

13 409 Rivera, John	10	Winter Springs	23.64
14 51 Heath, David	09	Deltona High Sch	23.70
15 10 Johnson, Alphonso	11	Seminole Sanford	23.75
16 53 Ramseyer, Adam	12	Deltona High Sch	23.80
17 19 Sherman, Daniel	12	Seminole Sanford	23.89
18 98 Watkins, Victor	09	Deland High	24.15
19 339 McMillian, Harley	12	Lake Mary	24.27
20 121 Taylor, Mike	12	Pine Ridge	24.49
21 171 McGinnis, Xavier	10	Oviedo	24.66
22 208 Ybanez, Daniel	11	Spruce Creek Hig	24.70
23 95 Clark, Kendall	09	Deland High	24.80
24 177 Camy, Joerico	10	Oviedo	24.81
25 220 Branham, Patrick	11	Spruce Creek Hig	25.13
26 48 Farrell, Kenny	12	Deltona High Sch	25.15
27 178 Smith, Justin	11	Oviedo	25.31
28 112 Taylor, Hennard	09	Pine Ridge	26.07
29 390 Prosser, Cody	09	Winter Springs	29.60
30 165 Wilkins, Garrett	10	Oviedo	30.68
--- 200 Hughes, Scott	12	Spruce Creek Hig	DNF

**Boys 200 Meter Dash**

National: 20.13 % 1985 Roy Martin, Dallas Roosevelt (  
 State: 20.62 \* 2004 Walter Dix, Coral Springs

Name	Yr	School	Finals
------	----	--------	--------

**Finals**

1 92 Patrick, Johnny	12	Deland High	21.98	10
2 288 Grier, Daniel	12	Flagler Palm Coa	22.18	8
3 337 Idehen, Bowen	10	Lake Mary	22.19	6
4 12 Collier, Irvin	11	Seminole Sanford	22.37	5
5 257 Grier, Alex	11	Flagler Palm Coa	22.51	4
6 347 Anderson, Greg	11	Lake Mary	22.59	3
7 290 Mott, Brandon	11	Flagler Palm Coa	22.87	2
8 298 Davis, Charles	11	Flagler Palm Coa	23.23	1

**Boys 400 Meter Dash**

National: 45.25 % 1993 Calvin Harrison, Salinas North  
 State: 45.44 \* 2004 Xavier Carter, Palm Bay (3A)

Name	Yr	School	Prelims
------	----	--------	---------

**Preliminaries**

1 337 Idehen, Bowen	10	Lake Mary	49.88Q
2 347 Anderson, Greg	11	Lake Mary	51.00Q
3 386 Aubry, Jean-Philippi	12	Winter Springs	51.59Q
4 308 Solomon, Marcel	11	Flagler Palm Coa	53.93Q
5 316 Williamson, Robert	11	Lake Mary	51.75q
6 229 West, Troy	11	Spruce Creek Hig	52.68q
7 269 Barriteau, Josiah	11	Flagler Palm Coa	54.04q
8 15 Gilley, Jewon	12	Seminole Sanford	54.08q
9 54 Abremenko, Stan	10	Deltona High Sch	54.14
10 283 Cunningham, Oswald	11	Flagler Palm Coa	54.16
11 222 Erwin, Phillip	12	Spruce Creek Hig	54.86
12 166 Weise, Chance	12	Oviedo	56.04
13 66 Bischoff, Justin	12	Deland High	56.59
14 39 Kennedy, Dwayne	09	Deltona High Sch	56.69
15 45 Lewis, Roberto	10	Deltona High Sch	56.87

**2006 FHSA Track & Field Championships - 4/19/2006**

**Class 4A District2**

**Flagler Palm Coast High School**

**Results - Wednesday**

**Preliminaries ... (Boys 400 Meter Dash)**

Name	Yr	School	Prelims
16 215 Campbell, Shawn	11	Spruce Creek Hig	57.02
17 13 Mills, Joel	11	Seminole Sanford	57.27
18 401 Black, Greg	09	Winter Springs	58.90
19 118 Knight, Mau	09	Pine Ridge	59.46
20 7 Richemond, Elkhana	10	Seminole Sanford	59.88
21 159 Simons, Sean	10	Oviedo	1:00.20
22 184 Stueber, Bryon	11	Oviedo	1:00.39
23 398 Rhody, Mike	10	Winter Springs	1:00.40
24 87 Wathen, Kevin	12	Deland High	1:00.61
25 367 Lehenbauer, Jacob	09	Winter Springs	1:07.16
--- 158 Waitt, Justin	11	Oviedo	DNF
--- 72 Mikell, Alex	10	Deland High	DNF
--- 357 Connolly, Sean	11	Lake Mary	DNF
--- 189 Powell, Tommie	11	Spruce Creek Hig	DNF

**Boys 400 Meter Dash**

**National: 45.25 % 1993 Calvin Harrison, Salinas North**  
**State: 45.44 \* 2004 Xavier Carter, Palm Bay (3A)**

Name	Yr	School	Finals
1 337 Idehen, Bowen	10	Lake Mary	49.78 10
2 347 Anderson, Greg	11	Lake Mary	50.31 8
3 316 Williamson, Robert	11	Lake Mary	51.81 6
4 386 Aubry, Jean-Philippi	12	Winter Springs	52.70 5
5 269 Barriteau, Josiah	11	Flagler Palm Coa	53.89 4
6 229 West, Troy	11	Spruce Creek Hig	54.28 3
7 308 Solomon, Marcel	11	Flagler Palm Coa	54.96 2
8 15 Gilley, Jewon	12	Seminole Sanford	55.19 1

**Boys 800 Meter Run**

**National: 1:46.45 % 1996 Michael Granville, Bell**  
**State: 1:49.75 \* 2004 Timothy Harris, BT**

Name	Yr	School	Finals
1 264 Harbor, Justin	12	Flagler Palm Coa	1:55.29 10
2 378 Walker, Andrew	12	Winter Springs	1:58.06 8
3 246 Weaver, Leemen	12	Spruce Creek Hig	1:59.20 6
4 272 Earle, Andrew	10	Flagler Palm Coa	2:01.05 5
5 105 Bravo, Mario	11	Pine Ridge	2:02.56 4
6 162 Maciong-Licari,	11	Oviedo	2:03.20 3
7 406 Hinds, Brett	10	Winter Springs	2:05.45 2
8 383 Duby, Nathan	10	Winter Springs	2:05.80 1
9 14 Norfleet, Blake	09	Seminole Sanford	2:07.17
10 285 Morales, Anthony	11	Flagler Palm Coa	2:07.43
11 377 Meadows, Tim	12	Winter Springs	2:07.85
12 50 Janssen, Cameron	10	Deltona High Sch	2:08.75
13 363 Sherman, Jason	12	Lake Mary	2:09.28
14 335 Lisenbee, Cory	10	Lake Mary	2:09.39
15 338 Swan, Jeremy	12	Lake Mary	2:09.55
16 100 Phillips, Ronald B	12	Deland High	2:09.97
17 20 Hall, Raymond	11	Seminole Sanford	2:11.23
18 16 Hicks, Aldrin	11	Seminole Sanford	2:11.73
19 164 Guider, Eric	12	Oviedo	2:13.46
20 310 Gourlay, Ross	11	Lake Mary	2:15.77

21 279 Millman, Brandon	11	Flagler Palm Coa	2:15.94
22 65 Sirutis, Douglas	09	Deland High	2:16.33
23 214 Antonopoulos, Chris	10	Spruce Creek Hig	2:20.22
24 191 Bowling, Nick	10	Spruce Creek Hig	2:20.25
25 118 Knight, Mau	09	Pine Ridge	2:21.56
26 180 Aguilar, Evans	11	Oviedo	2:22.16
27 224 Lee, Alex	10	Spruce Creek Hig	2:22.19
28 103 Cruz, Ricky	09	Pine Ridge	2:39.37
--- 115 Lewis, Joseph	09	Pine Ridge	DNF

**Boys 1600 Meter Run**

**National: 3:59.51 % 2001 Alan Webb, Reston South**  
**State: 4:09.44 \* 2002 Sam Vasquez, Flagler Palm**

Name	Yr	School	Finals
1 264 Harbor, Justin	12	Flagler Palm Coa	4:23.11 10
2 285 Morales, Anthony	11	Flagler Palm Coa	4:25.26 8
3 246 Weaver, Leemen	12	Spruce Creek Hig	4:28.95 6
4 387 Goodman, Tommy	11	Winter Springs	4:37.09 5
5 291 Duffy, Marcus	11	Flagler Palm Coa	4:46.49 4
6 219 Frazier, Alex	10	Spruce Creek Hig	4:47.59 3
7 20 Hall, Raymond	11	Seminole Sanford	4:49.79 2
8 160 Benson, Richard	12	Oviedo	4:50.81 1
9 110 Burk, Shane	10	Pine Ridge	4:52.88
10 353 Agnello, Anthony	11	Lake Mary	4:55.59
11 157 Welday, Philip	11	Oviedo	4:57.28
12 242 Gaines, Ryan	10	Spruce Creek Hig	4:57.65
13 85 Holyoke, Dylan	11	Deland High	5:00.25
14 248 Rendon, Michael	10	Spruce Creek Hig	5:02.27
15 391 Borger, Richie	11	Winter Springs	5:03.69
16 407 Kamaka, Richard	10	Winter Springs	5:03.89
17 331 Partick, Jackson	11	Lake Mary	5:08.59
18 74 James, Justin	12	Deland High	5:08.63
19 262 Velasquez, Roberto	10	Flagler Palm Coa	5:13.18
20 91 Epifanio, Christopher	12	Deland High	5:14.61
21 182 Welday, Jason	09	Oviedo	5:18.48
22 375 Nelson, Micah	10	Winter Springs	5:18.97
23 86 Strouse, Elliot	12	Deland High	5:23.82
24 350 Lamb, Jamie	12	Lake Mary	5:43.81
--- 115 Lewis, Joseph	09	Pine Ridge	DNF
--- 120 Berard, Christian	09	Pine Ridge	DNF
--- 318 Benjamin, Terrell	10	Lake Mary	DNF
--- 103 Cruz, Ricky	09	Pine Ridge	DNF

**Boys 3200 Meter Run**

**National: 8:41.10 % 2000 Dathan Ritzenhein, Rockford**  
**State: 8:59.03 \* 2001 Sean Jefferson, Atlantic-Delra**

Name	Yr	School	Finals
1 264 Harbor, Justin	12	Flagler Palm Coa	9:50.17 10
2 330 Staunton, Sean	12	Lake Mary	9:58.33 8
3 179 Palmer, Samuel	11	Oviedo	10:00.47 6
4 302 Russell, Alex	12	Flagler Palm Coa	10:39.65 5
5 219 Frazier, Alex	10	Spruce Creek Hig	10:46.72 4
6 242 Gaines, Ryan	10	Spruce Creek Hig	10:48.74 3
7 299 Shott, Aaron	10	Flagler Palm Coa	10:51.48 2
8 183 Hogan, Tyler	09	Oviedo	10:56.16 1

2006 FHSAA Track & Field Championships - 4/19/2006

Class 4A District2

Flagler Palm Coast High School

Results - Wednesday

**(Boys 3200 Meter Run)**

Name	Yr	School	Finals
9 369 Mees, William	11	Winter Springs	10:57.90
10 291 Duffy, Marcus	11	Flagler Palm Coa	11:05.28
11 353 Agnello, Anthony	11	Lake Mary	11:10.46
--- 356 Perezluha, Steven	09	Lake Mary	DNF
--- 326 Simpson, Chad	10	Lake Mary	DNF
--- 86 Strouse, Elliot	12	Deland High	DNF
--- 105 Bravo, Mario	11	Pine Ridge	DNF
--- 74 James, Justin	12	Deland High	DNF
--- 85 Holyoke, Dylan	11	Deland High	DNF
--- 212 Moody, Christopher	10	Spruce Creek Hig	DNF
--- 223 Parker, Jacob	09	Spruce Creek Hig	DNF
--- 120 Berard, Christian	09	Pine Ridge	DNF
--- 174 Williams, Mark	09	Oviedo	DNF

**Boys 110 Meter Hurdles**

National: 13.30 % 1990 Chris Nelloms, Dunbar (OH)  
 State: 13.59 \* 1989 Philip Riley, Jones (4A)

Name	Yr	School	Prelims
1 256 Cooper, Jarius	11	Flagler Palm Coa	15.35Q
2 198 Howard, David	10	Spruce Creek Hig	15.48Q
3 22 Brown, Ja'vion	11	Seminole Sanford	15.66Q
4 311 Scott, Garrett	12	Lake Mary	15.98q
5 21 Sessions, Demetrius	11	Seminole Sanford	16.15q
6 102 Norwood, Dion	12	Deland High	16.34q
7 255 Solomon, Zavier	11	Flagler Palm Coa	16.39q
8 225 Brown, Kyle	11	Spruce Creek Hig	16.48q
9 186 Crooks, Dustin	12	Spruce Creek Hig	16.80
10 1 Lawrence, DeShawn	11	Seminole Sanford	16.86
11 108 Zarzycki, Lucas	10	Pine Ridge	16.98
12 294 Wilkes, James	11	Flagler Palm Coa	17.23
13 233 Mulcahy, Jimmy	12	Spruce Creek Hig	17.59
14 8 Neal, Myler	10	Seminole Sanford	17.62
15 323 Baucom, Mike	10	Lake Mary	17.63
16 168 Bogle, Mark	11	Oviedo	17.64
17 376 Le, Alan	11	Winter Springs	17.93
18 410 King, Alex	12	Winter Springs	18.25
19 360 Smith, Marlon	12	Lake Mary	18.27
20 253 Jones, Chase	10	Flagler Palm Coa	19.68
21 321 Miner, Calvin	10	Lake Mary	20.18
22 408 Dougherty, Radley	11	Winter Springs	20.36
23 169 Little, Brent	10	Oviedo	21.23

**Boys 110 Meter Hurdles**

National: 13.30 % 1990 Chris Nelloms, Dunbar (OH)  
 State: 13.59 \* 1989 Philip Riley, Jones (4A)

Name	Yr	School	Finals
1 256 Cooper, Jarius	11	Flagler Palm Coa	14.57 10
2 198 Howard, David	10	Spruce Creek Hig	15.39 8
3 311 Scott, Garrett	12	Lake Mary	15.44 6
4 22 Brown, Ja'vion	11	Seminole Sanford	15.53 5

5 255 Solomon, Zavier	11	Flagler Palm Coa	15.89 4
6 225 Brown, Kyle	11	Spruce Creek Hig	16.21 3
7 102 Norwood, Dion	12	Deland High	16.52 2
8 21 Sessions, Demetrius	11	Seminole Sanford	17.42 1

**Boys 300 Meter Hurdles**

National: 35.32 % 1985 George Porter, Lompoc  
 State: 36.01 \* 2002 Bershawn Johnson, Miami

Name	Yr	School	Prelims
1 186 Crooks, Dustin	12	Spruce Creek Hig	40.40Q
2 22 Brown, Ja'vion	11	Seminole Sanford	40.63Q
3 294 Wilkes, James	11	Flagler Palm Coa	40.87Q
4 256 Cooper, Jarius	11	Flagler Palm Coa	40.48q
5 311 Scott, Garrett	12	Lake Mary	41.54q
6 233 Mulcahy, Jimmy	12	Spruce Creek Hig	41.75q
7 225 Brown, Kyle	11	Spruce Creek Hig	42.09q
8 284 Harris, Marshaun	11	Flagler Palm Coa	42.51q
9 198 Howard, David	10	Spruce Creek Hig	42.73
10 21 Sessions, Demetrius	11	Seminole Sanford	42.77
11 102 Norwood, Dion	12	Deland High	43.10
12 255 Solomon, Zavier	11	Flagler Palm Coa	43.12
13 168 Bogle, Mark	11	Oviedo	43.91
14 17 Lemois, Joseph	11	Seminole Sanford	43.95
15 376 Le, Alan	11	Winter Springs	44.64
16 1 Lawrence, DeShawn	11	Seminole Sanford	45.42
17 410 King, Alex	12	Winter Springs	46.11
18 323 Baucom, Mike	10	Lake Mary	46.64
19 360 Smith, Marlon	12	Lake Mary	46.74
20 108 Zarzycki, Lucas	10	Pine Ridge	47.76
21 321 Miner, Calvin	10	Lake Mary	49.02
22 169 Little, Brent	10	Oviedo	49.46
23 173 Jenkins, Stephon	09	Oviedo	49.71
24 408 Dougherty, Radley	11	Winter Springs	49.95

**Boys 300 Meter Hurdles**

National: 35.32 % 1985 George Porter, Lompoc  
 State: 36.01 \* 2002 Bershawn Johnson, Miami

Name	Yr	School	Finals
1 186 Crooks, Dustin	12	Spruce Creek Hig	40.03 10
2 22 Brown, Ja'vion	11	Seminole Sanford	40.29 8
3 294 Wilkes, James	11	Flagler Palm Coa	40.96 6
4 256 Cooper, Jarius	11	Flagler Palm Coa	41.36 5
5 311 Scott, Garrett	12	Lake Mary	42.33 4
6 225 Brown, Kyle	11	Spruce Creek Hig	42.63 3
7 233 Mulcahy, Jimmy	12	Spruce Creek Hig	43.09 2
8 284 Harris, Marshaun	11	Flagler Palm Coa	43.69 1



**2006 FHSAA Track & Field Championships - 4/19/2006**

**Class 4A District2**

**Flagler Palm Coast High School**

**Results - Wednesday**

**Boys 4x100 Meter Relay**

**National: 39.76 % 1998 Fort Worth O.D. Wyatt (TX)**  
**State: 40.60 \* 1998 Boyd Anderson (6A)**

Team	Relay	Finals
1 Flagler Palm Coa	A	42.30 10
1) 290 Mott, Brandon 11	2) 288 Grier, Daniel 12	
3) 298 Davis, Charles 11	4) 257 Grier, Alex 11	
2 Deland High School	A	42.32 8
1) 64 Leonard, Montari 11	2) 92 Patrick, Johnny 12	
3) 69 Williams, Eric 12	4) 60 Miller, Jared 11	
3 Seminole Sanford	A	42.60 6
1) 10 Johnson, Alphonso 11	2) 12 Collier, Irvin 11	
3) 2 Washington, Brandon A	4) 9 Johnson, Eric 11	
4 Winter Springs	A	43.78 5
1) 394 Rudolph, Jamaal 10	2) 386 Aubry, Jean-Philippi 12	
3) 409 Rivera, John 10	4) 399 Richardson, Ashuwa 12	
5 Deltona High School	A	44.73 4
1) 53 Ramseyer, Adam 12	2) 51 Heath, David 09	
3) 48 Farrell, Kenny 12	4) 40 Burrison, Tyrone 12	
6 Lake Mary High School	A	44.94 3
1) 360 Smith, Marlon 12	2) 320 Gamble, Eric 09	
3) 358 Portaro, Kevin 10	4) 339 McMillian, Harley 12	
7 Spruce Creek High	A	45.10 2
1) 229 West, Troy 11	2) 222 Erwin, Phillip 12	
3) 195 Cogle, Aaron 12	4) 237 McGinley, Steven 10	
8 Oviedo	A	45.64 1
1) 178 Smith, Justin 11	2) 171 McGinnis, Xavier 10	
3) 181 Tanzi, Christopher 10	4) 165 Wilkins, Garrett 10	

**Boys 4x400 Meter Relay**

**National: 3:07.40 % 1985 Hawthorne (CA)**  
**State: 3:12.78 \* 1998 Raines (6A)**

Team	Relay	Finals
1 Lake Mary High School	A	3:20.67 10
1) 316 Williamson, Robert 11	2) 337 Idehen, Bowen 10	
3) 349 Robinson, Reginald 10	4) 347 Anderson, Greg 11	
2 Seminole Sanford	A	3:21.22 8
1) 10 Johnson, Alphonso 11	2) 11 Kedrierski, Alan 12	
3) 9 Johnson, Eric 11	4) 12 Collier, Irvin 11	
3 Winter Springs	A	3:28.21 6
1) 409 Rivera, John 10	2) 406 Hinds, Brett 10	
3) 404 Prawl, Jonathan J 11	4) 386 Aubry, Jean-Philippi 12	
4 Flagler Palm Coa	A	3:28.62 5
1) 281 Mitchell, Marcus 11	2) 294 Wilkes, James 11	
3) 256 Cooper, Jarius 11	4) 257 Grier, Alex 11	
5 Spruce Creek High	A	3:39.63 4
1) 215 Campbell, Shawn 11	2) 222 Erwin, Phillip 12	
3) 229 West, Troy 11	4) 233 Mulcahy, Jimmy 12	
6 Oviedo	A	3:46.15 3
1) 162 Maciong-Licari,	2) 166 Weise, Chance 12	
3) 181 Tanzi, Christopher 10	4) 159 Simons, Sean 10	
7 Deltona High School	A	3:47.32 2
1) 45 Lewis, Roberto 10	2) 39 Kennedy, Dwayne 09	
3) 50 Janssen, Cameron 10	4) 54 Abremenko, Stan 10	

8 Deland High School	A	3:47.56 1
1) 66 Bischoff, Justin 12	2) 102 Norwood, Dion 12	
3) 87 Wathen, Kevin 12	4) 100 Phillips, Ronald B 12	

**Boys 4x800 Meter Relay**

**National: 7:36.24 % 1982 Ambler Wissahickon (PA)**  
**State: 7:37.76 \* 2001 Atlantic (4A)**

Team	Relay	Finals
1 Winter Springs	A	8:14.18 10
1) 383 Duby, Nathan 10	2) 404 Prawl, Jonathan J 11	
3) 387 Goodman, Tommy 11	4) 378 Walker, Andrew 12	
2 Seminole Sanford	A	8:25.21 8
1) 11 Kedrierski, Alan 12	2) 15 Gilley, Jewon 12	
3) 16 Hicks, Aldrin 11	4) 20 Hall, Raymond 11	
3 Oviedo	A	8:26.22 6
1) 162 Maciong-Licari,	2) 179 Palmer, Samuel 11	
3) 160 Benson, Richard 12	4) 164 Guider, Eric 12	
4 Spruce Creek High	A	8:27.63 5
1) 246 Weaver, Leemen 12	2) 219 Frazier, Alex 10	
3) 214 Antonopoulos, Chris 10	4) 242 Gaines, Ryan 10	
5 Deland High School	A	9:28.73 4
1) 65 Sirutis, Douglas 09	2) 76 Cary, Benjamin 11	
3) 75 Johnson, Joe 10	4) 79 LaPlante, Ryan 09	
6 Flagler Palm Coa	A	9:34.75 3
1) 269 Barriteau, Josiah 11	2) 252 Rivera, Chris 12	
3) 279 Millman, Brandon 11	4) 262 Velasquez, Roberto 10	
7 Pine Ridge	A	9:55.02 2
1) 120 Berard, Christian 09	2) 103 Cruz, Ricky 09	
3) 118 Knight, Mau 09	4) 115 Lewis, Joseph 09	
--- Lake Mary High School	A	DQ
1) 335 Lisenbee, Cory 10	2) 363 Sherman, Jason 12	
3) 310 Gourlay, Ross 11	4) 338 Swan, Jeremy 12	

**Boys High Jump**

**National: 7-05.25 % 1984 Dothel Edwards, Cedar Shoals**  
**State: 7-02 \* 2000 T. James; J. Baxter; J. Squitt**

Name	Yr	School	Finals
1 195 Cogle, Aaron	12	Spruce Creek Hig	6-00.00 10
2 196 Walker, Benjamin	12	Spruce Creek Hig	5-10.00 7
2 341 Turner, Joel	12	Lake Mary	5-10.00 7
4 244 Dallarosa, Matthew	12	Spruce Creek Hig	5-10.00 5
5 295 Shine, Curtis	11	Flagler Palm Coa	5-06.00 4
6 258 Boney', Bryant	11	Flagler Palm Coa	5-06.00 3
7 220 Branham, Patrick	11	Spruce Creek Hig	5-04.00 2
8 275 Williams, Shereife	09	Flagler Palm Coa	5-02.00 1
9 163 Martinez, Riccardo	12	Oviedo	5-00.00
--- 350 Lamb, Jamie	12	Lake Mary	NH
--- 408 Dougherty, Radley	11	Winter Springs	NH
--- 8 Neal, Myler	10	Seminole Sanford	NH

**Boys Pole Vault**

**National: 18-02.25 % 1999 Eric Eshback, Orangefield**  
**State: 15-09.50 \* 2004 Ben Dickens, Douglas (4A)**

Name	Yr	School	Finals
1 63 Woodard, Alec	11	Deland High	11-06.00 10
2 271 Velez, Jose	12	Flagler Palm Coa	11-00.00 7

**2006 FHSA Track & Field Championships - 4/19/2006**

**Class 4A District2**

**Flagler Palm Coast High School**

**Results - Wednesday**

**(Boys Pole Vault)**

Name	Yr	School	Finals
2 161 Blair, Victor	10	Oviedo	11-00.00 7
4 70 Mitchell, Matthew	12	Deland High	10-00.00 5
5 345 Woodruff, Grant	09	Lake Mary	9-06.00 4
6 262 Velasquez, Roberto	10	Flagler Palm Coa	9-06.00 3
7 71 Estalilla, Mychal	12	Deland High	9-00.00 2
8 156 Pardo, Frankie	09	Oviedo	7-00.00 1
--- 19 Sherman, Daniel	12	Seminole Sanford	NH

**Boys Long Jump**

**National: 26-04.75 % 1989 James Stallworth, Tulare (CA)**  
**State: 25-05 \* 2002 Kevin Marion, Dixie Hollins**

Name	Yr	School	Finals
1 347 Anderson, Greg	11	Lake Mary	21-06.00 10
2 195 Cogle, Aaron	12	Spruce Creek Hig	20-08.50 8
3 349 Robinson, Reginald	10	Lake Mary	20-03.25 6
4 258 Boney', Bryant	11	Flagler Palm Coa	20-02.75 5
5 9 Johnson, Eric	11	Seminole Sanford	20-01.50 4
6 341 Turner, Joel	12	Lake Mary	19-09.50 3
7 18 Washington, Brandon	09	Seminole Sanford	19-07.00 2
8 60 Miller, Jared	11	Deland High	19-05.00 1
9 15 Gilley, Jewon	12	Seminole Sanford	19-03.25
10 198 Howard, David	10	Spruce Creek Hig	19-02.25
11 281 Mitchell, Marcus	11	Flagler Palm Coa	19-01.00
12 358 Portaro, Kevin	10	Lake Mary	18-10.50
13 40 Burrison, Tyrone	12	Deltona High Sch	18-07.25
14 409 Rivera, John	10	Winter Springs	18-04.00
15 295 Shine, Curtis	11	Flagler Palm Coa	18-00.50
16 121 Taylor, Mike	12	Pine Ridge	17-09.25
17 51 Heath, David	09	Deltona High Sch	17-04.75
18 274 Washington, William	12	Flagler Palm Coa	16-06.00
19 108 Zarzycki, Lucas	10	Pine Ridge	16-05.00
20 184 Stueber, Bryon	11	Oviedo	16-03.50
21 167 Julien, Manfred	12	Oviedo	16-03.50
22 163 Martinez, Riccardo	12	Oviedo	15-03.50
23 189 Powell, Tommie	11	Spruce Creek Hig	15-00.50

**Boys Triple Jump**

**National: 52-10.50 % 1980 Charles Mayfield, Muir (CA)**  
**State: 52-05.50 \* 1994 Andre Scott, Seminole**

Name	Yr	School	Finals
1 274 Washington, William	12	Flagler Palm Coa	44-02.50 10
2 195 Cogle, Aaron	12	Spruce Creek Hig	43-02.00 8
3 12 Collier, Irvin	11	Seminole Sanford	42-03.00 6
4 5 D'Alessandro, Alex	11	Seminole Sanford	41-10.00 5
5 196 Walker, Benjamin	12	Spruce Creek Hig	41-09.50 4
6 10 Johnson, Alphonso	11	Seminole Sanford	41-06.00 3
7 273 Ndum, Rodney	09	Flagler Palm Coa	41-01.00 2
8 311 Scott, Garrett	12	Lake Mary	40-07.50 1
9 258 Boney', Bryant	11	Flagler Palm Coa	40-04.00
10 341 Turner, Joel	12	Lake Mary	39-10.75
11 18 Washington, Brandon	09	Seminole Sanford	39-06.75
12 40 Burrison, Tyrone	12	Deltona High Sch	39-00.75
13 386 Aubry, Jean-Philippi	12	Winter Springs	37-05.00

14 275 Williams, Shereife	09	Flagler Palm Coa	36-11.50
15 220 Branham, Patrick	11	Spruce Creek Hig	35-02.25
16 410 King, Alex	12	Winter Springs	34-11.00
17 214 Antonopoulos, Chris	10	Spruce Creek Hig	34-00.00
--- 163 Martinez, Riccardo	12	Oviedo	FOUL

**Boys Shot Put**

**National: 77-00 % 1979 Michael Carter, Jefferson (TX)**  
**State: 65-08.25 \* 2004 Westley Stockbarger,**

Name	Yr	School	Finals
1 44 Thomas, Bobby	12	Deltona High Sch	54-09.75 10
2 199 Moore, Shawn	12	Spruce Creek Hig	48-08.00 8
3 411 Krack, Chris	12	Winter Springs	45-06.25 6
4 57 Berry, Clayton	10	Deltona High Sch	44-07.00 5
5 259 Zhamukhanov, Adam	11	Flagler Palm Coa	43-02.00 4
6 239 Pellicer, Cody	11	Spruce Creek Hig	42-11.00 3
7 344 Tucker, Jamaal	10	Lake Mary	41-06.00 2
8 228 Jaworski, Dave	11	Spruce Creek Hig	41-00.00 1
9 6 Fuller, Adrian	12	Seminole Sanford	40-11.50
10 319 Daniels, Sean	11	Lake Mary	40-02.00
11 175 Faison, Ron	10	Oviedo	38-06.50
12 384 Ramos, Jason	11	Winter Springs	38-05.25
13 342 Besaw, Cameron	10	Lake Mary	38-04.25
14 221 Lickfield,	09	Spruce Creek Hig	37-10.00
15 107 Saramento, Jeff	12	Pine Ridge	37-00.50
16 372 Cox, Addison	11	Winter Springs	36-05.00
17 355 Wright, Mathew	11	Lake Mary	36-02.50
18 254 Robinson, Jon	12	Flagler Palm Coa	32-05.00
19 300 Hersey, Trevor	11	Flagler Palm Coa	32-01.50
20 113 Tavenner, Chad	11	Pine Ridge	31-08.00
21 4 Ball, Darryl	09	Seminole Sanford	29-11.00

**Boys Discus Throw**

**National: 234-03 % 2001 Niklas Arrhenius, Oram Mt.**  
**State: 203-06 \* 2004 Westley Stockbarger,**

Name	Yr	School	Finals
1 355 Wright, Mathew	11	Lake Mary	148-06 10
2 44 Thomas, Bobby	12	Deltona High Sch	143-04 8
3 411 Krack, Chris	12	Winter Springs	140-06 6
4 239 Pellicer, Cody	11	Spruce Creek Hig	131-06 5
5 41 Bixby, Zach	11	Deltona High Sch	128-07 4
6 221 Lickfield,	09	Spruce Creek Hig	121-00 3
7 373 Hosken, Dan	12	Winter Springs	117-04 2
8 389 Gregory, John	11	Winter Springs	116-02 1
9 254 Robinson, Jon	12	Flagler Palm Coa	116-00
10 57 Berry, Clayton	10	Deltona High Sch	110-01
11 6 Fuller, Adrian	12	Seminole Sanford	108-00
12 199 Moore, Shawn	12	Spruce Creek Hig	104-07
13 259 Zhamukhanov, Adam	11	Flagler Palm Coa	104-02
14 175 Faison, Ron	10	Oviedo	103-03
15 228 Jaworski, Dave	11	Spruce Creek Hig	102-09
16 319 Daniels, Sean	11	Lake Mary	99-05
17 166 Weise, Chance	12	Oviedo	95-03
18 107 Saramento, Jeff	12	Pine Ridge	93-07
19 344 Tucker, Jamaal	10	Lake Mary	91-02

**2006 FHSAA Track & Field Championships - 4/19/2006****Class 4A District2****Flagler Palm Coast High School****Results - Wednesday****(Boys Discus Throw)**

<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals</b>
20 403 Myburgh, Chris	11	Winter Springs	91-00
21 97 Fox, Michael A	10	Deland High	85-06
22 4 Ball, Darryl	09	Seminole Sanford	77-08
23 304 Paxia, Robert	10	Flagler Palm Coa	74-08
24 113 Tavenner, Chad	11	Pine Ridge	74-04
--- 342 Besaw, Cameron	10	Lake Mary	FOUL
<b>National:</b>	<b>13.20 % 2000</b>	<b>Nicole Denby, Riverside John</b>	
<b>State:</b>	<b>13.53 * 2004</b>	<b>P. James, MNthwstn / S.</b>	

**Women - Team Rankings - 17 Events Scored**

1) Lake Mary High School	179
2) Spruce Creek High	113
3) Winter Springs High School	102
4) Oviedo High Schhol	77.5
5) Deland High School	56
6) Flagler Palm Coast High School	52
7) Sanford-Seminole High School	29.5
8) Pine Ridge High School	29
9) Deltona High School	15

**Men - Team Rankings - 17 Events Scored**

1) Flagler Palm Coast High School	169
2) Spruce Creek High	128
3) Lake Mary High School	107
4) Seminole High School Sanford	67
5) Deland High School	66
6) Winter Springs High School	57
7) Deltona High School	33
8) Oviedo	29
9) Pine Ridge High School	6