

Nassau Coaches Invitational Indoor - 12/5/2014 5:02:22 PM  
 Armory, , NY

Varsity Girls 55 Meter Dash

Name	Yr Team	Time
1 Joelle Wright	11 New Hyde Park	7.30
2 Micah Forehand	12 Uniondale	7.40 .400
2 Vanessa Yu	11 Oyster Bay	7.40 .400
4 Kiesha Hoskins	12 VS Central	7.50 .500
4 Cailleen O'Keefe	12 Oyster Bay	7.50 .500
4 Shaday Lawrence	11 Roosevelt	7.50 .500
7 E Metia	Copiague	7.60
8 M Angel	Copiague	7.70 .700
8 Chelsea Davis	10 VS Central	7.70 .700
10 Raven Jones	12 Roosevelt	7.80 .800
10 Nataly Aguirre	11 VS Central	7.80 .800
10 Michelle Yu	10 Oyster Bay	7.80 .800
13 Debra Archer	12 MacArthur	8.00 .0
13 L Rosario	Port Jefferson	8.00 .0
13 S Greer	Copiague	8.00 .0
16 Samantha Green	10 East Meadow	8.10 .100
16 Rachel Wesley	12 Oyster Bay	8.10 .100
16 Jessica Selitto	12 South Side	8.10 .100
19 Tasnova Osmani	9 VS Central	8.20
20 Jasmine Middleton	10 VS Central	8.30 .300
20 Gabby McLeod	10 East Meadow	8.30 .300
22 Michaela Grillo	12 VS Central	8.50
23 Sienna Natale	10 East Meadow	8.60

Varsity Girls 55 Meter Hurdles

Name	Yr Team	Time
1 Neena Reddy	11 East Meadow	9.90
2 Kate Baumstein	10 MacArthur	10.00
3 Gracie Eisman	11 Seaford	10.10 .100
3 A Madden	Copiague	10.10 .100
5 T Buchaman	Copiague	10.20 .200
5 Apolonia Cabrera	11 VS Central	10.20 .200
7 Erica Forrest	11 Jericho	10.30 .300
7 Kendall Jones	12 VS Central	10.30 .300
9 Claudia Rutley	11 Island Trees	10.50 .500
9 Natasha Hargrove	11 Glen Cove	10.50 .500
11 Megan Conroy	11 MacArthur	10.70 .700
11 Alexa Ortega	12 VS Central	10.70 .700
11 Carmen Recio	12 Roslyn	10.70 .700
14 Bailey Lopez	12 South Side	10.80 .800
14 Stephanie Burchell	10 VS Central	10.80 .800
16 Meaghan Adams	10 VS Central	10.90 .900

16 Megan Derold	9 MacArthur	10.90 .900
18 Rosalie Coschignano	10 Oyster Bay	11.00 .0
18 Juliana Chiarelli	10 Seaford	11.00 .0
18 Tania Velin	11 New Hyde Park	11.00 .0
21 E Burke	Port Jefferson	11.10
22 Melissa Rivas	12 Glen Cove	11.20
23 S Waickman	VS Central	11.30
24 Samantha Brunie	10 Island Trees	11.40
25 Sarah Schneider	11 Mepham	11.50 .500
25 Anna Rodriguez	10 South Side	11.50 .500
25 Rachel Bottarini	9 Seaford	11.50 .500
28 Rebecca Tan	9 Glen Cove	11.90 .900
28 Madison Seniuk	11 MacArthur	11.90 .900
30 Eleonora Recio	10 Roslyn	12.10
31 M Tavares	Copiague	12.20
32 Julianna Palazzolo	9 Seaford	12.30
33 Emma Wasson	10 Mepham	12.60
34 J Sims	Copiague	12.90

Varsity Girls 1000 Meter Run

Name	Yr Team	Time
1 Nicolette Agostinacch	11 MacArthur	3:09.50
2 Linda Cameron	12 Oyster Bay	3:11.40
3 Matthews	Copiague	3:16.30
4 Grace Blinkoff	11 Glen Cove	3:16.40
5 Juliette Milman	11 Jericho	3:23.90
6 Carissa Kahn	10 Mepham	3:25.30
7 Taylor Held	12 Mepham	3:25.50
8 Alyssa Neo	11 Roslyn	3:30.20
9 Brittany Jenkofsky	10 Island Trees	3:38.70
10 Emily Rosenberger	11 South Side	3:42.30
11 Diana Testa	10 MacArthur	3:48.60
12 Elisabeth McCarthy	10 South Side	3:56.90
13 Emily Nyman	10 Lawrence	4:31.70

Varsity Girls 600 Meter Run

Name	Yr Team	Time
1 Natalie Sopchak	12 MacArthur	1:40.30
2 Sydney Sopchak	12 MacArthur	1:42.40
3 Briana Noto	11 Mepham	1:46.80
4 Farred	Jericho	1:47.60
5 Emma Devereaux	12 Oyster Bay	1:50.40
6 Sarah Morgan	11 Floral Park	1:50.60
7 Sarah Carbonaro	10 Roslyn	1:53.10
8 Sam Coppola	11 Mepham	1:59.00
9 Angela Brocco	12 Island Trees	1:59.50
10 Jaclyn Sieb	11 Jericho	2:00.60
11 Christelle Julien	10 Sewanhaka	2:03.90
12 Defrosiers	10 Westbury	2:11.60

Varsity Girls 4x400 Meter Relay

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Team	Time
1 Uniondale A	4:11.30
2 Uniondale B A	4:13.20
3 VS North B	4:19.90
4 Cold Spring Harbor B	4:20.00
5 Copiague	4:21.30
6 Calhoun A	4:28.70
7 VS North B B	4:36.80
8 VS Central A	4:38.40
9 Westbury A	4:39.50
10 Floral Park B	4:40.40
11 Sewanhaka A	4:41.30
12 Clarke B	4:43.20
13 East Meadow A	4:46.10
14 South Side B	4:53.00
15 Roslyn B	4:54.60
16 Glen Cove B	4:56.20
17 Cold Spring Harbor B B	5:00.50
18 Herricks A	5:02.80
19 Calhoun B A	5:03.50
20 Mepham A	5:05.80
21 New Hyde Park A	5:19.80
22 Lawrence B	5:50.00
23 New Hyde Park B A	6:10.00
SCR Calhoun C	NT

Frosh/Soph Girls 4x400 Meter Relay

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Team	Time
1 MacArthur A	4:29.70
2 Uniondale A	4:35.80
3 Cold Spring Harbor B	4:37.00
4 South Side B	4:45.80
5 Long Beach A	4:49.80
6 Uniondale B A	4:52.50
7 Cold Spring Harbor B B	4:59.60
8 Copiague	5:01.00
9 East Meadow A	5:10.40
10 South Side B B	5:12.40
11 Mepham A	5:17.90
12 Cold Spring Harbor C B	5:34.20
13 Copiague B	5:36.50
14 Long Beach C A	6:00.10
15 Long Beach B A	6:00.30

Varsity Girls Distance Medley Relay

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Team	Time
1 Cold Spring Harbor B	13:16.80
2 Mepham A	13:46.20
3 MacArthur A	14:05.80
4 South Side B	14:18.10
5 Clarke B	15:04.20
6 Island Trees B	15:48.30
DQ VS Central A	NT

Varsity Girls 4x200 Meter Relay

Team	Time
1 Uniondale	1:45.20
2 MacArthur	1:50.70
3 Copiague	1:50.80
4 VS Central	1:53.60
5 Clarke	1:54.80
6 Oyster Bay	1:57.70
7 Uniondale B	1:58.20
8 Westbury	2:01.90
9 New Hyde Park	2:04.60
10 Long Beach	2:05.20
11 Uniondale C	2:05.30
12 East Meadow	2:05.70
13 VS Central B	2:06.30
14 Herricks	2:06.50
15 Sewanhaka B	2:08.10
16 Glen Cove B	2:09.80
17 Mepham	2:09.90
18 Seaford	2:12.50
19 Calhoun B	2:14.90
20 Seaford	2:18.50
21 East Meadow	2:18.90
22 Long Beach	2:21.80
23 Calhoun C	2:23.20
24 Glen Cove	2:25.20
25 Island Trees	2:25.70
26 Roslyn B	2:31.10
DQ Roosevelt	NT
DQ Roslyn	NT
DQ Sewanhaka	NT
DQ Calhoun	NT

Frosh/Soph Girls 4x200 Meter Relay

Team	Time
1 MacArthur A	1:55.00
2 Copiague	2:02.00
3 MacArthur B A	2:03.60
4 Port Jefferson	2:05.80

5 South Side B	2:06.50
6 Cold Spring Harbor B B	2:07.00
7 Copiague B	2:08.20
8 Long Beach A	2:09.60
9 East Meadow A	2:09.70
10 East Meadow B A	2:10.40
11 Cold Spring Harbor B B	2:11.00
12 Seaford B	2:12.90
13 Port Jefferson	2:13.50
14 Herricks B A	2:17.70
15 Herricks A	2:19.50
16 Lawrence B	2:23.90

Varsity Girls 4x800 Meter Relay

Team	Time
1 Roslyn B	11:06.80
2 South Side B	11:07.80
3 New Hyde Park A	11:25.10
4 Calhoun A	11:50.50
5 Mepham A	11:52.30
6 MacArthur A	11:57.30
7 Glen Cove B	12:08.30
8 Port Jefferson	12:29.40
9 Long Beach A	12:37.80

Frosh/Soph Girls 4x800 Meter Relay

Team	Time
1 East Meadow A	11:27.50
2 South Side B	11:48.60
3 Cold Spring Harbor B	11:52.40
4 Clarke B	11:59.50
5 East Meadow B A	12:00.20
6 East Meadow C A	12:13.10
7 Mepham A	12:27.50
8 VS Central A	14:01.00

Varsity Girls Pole Vault

Name	Yr Team	Mark
1 Brittany Hurst	12 Long Beach	8-06.00
2 Briana Noto	11 Mepham	7-00.00
NH Joleen Roberti	12 Calhoun	NH
NH Victoria Librizzi	10 Calhoun	NH
NH Sara Samir	10 Calhoun	NH
NH Nicole Basile	12 Calhoun	NH
NH Mavet Arellano	10 Lawrence	NH
NH Katherine Cameron	10 Lawrence	NH

### Varsity Girls Shot Put

Name	Yr Team	Mark
1 Almanzar	Copiague	31-01.00
2 Lola Animashaun	9 Westbury	30-02.00
3 Ashley Searing	11 Seaford	28-10.50
4 Tejada	Copiague	28-07.50
5 Ovellette	Calhoun	28-04.00
6 Jess Drascote	Long Beach	27-11.25
7 Evelin Gilbert	10 Westbury	26-04.75
8 Danielle Valentino	12 Mepham	26-02.50
9 Mageline Janvier	10 Westbury	26-00.00
10 Kayling Benitez	11 Westbury	25-08.25
11 T Buchaman	Copiague	25-05.00
12 Moore	Copiague	24-07.25
13 Anaise Cyriouque	12 Sewanhaka	23-10.50
14 Gabrielle Jean	11 Sewanhaka	23-01.00
15 Hailey Abbott	11 Long Beach	21-01.25
16 Jennifer Diognardi	12 Island Trees	21-00.25
17 Leanna Donahue	12 Island Trees	20-02.50
18 Katie Corona	9 Calhoun	19-10.75
19 Nicolette Agostinacch	11 MacArthur	19-02.25
20 Emily Feingold	11 Roslyn	19-00.00
21 Nathalia Spence	10 Calhoun	16-07.75
F Emani York	12 Uniondale	ND
F Tanishia Souffrant	11 Uniondale	ND
F Christina Adams	9 Lawrence	ND

### Varsity Girls Long Jump

Name	Yr Team	Mark
1 Alyssa Mustafa	12 Island Trees	16-03.50
2 Allegra Flishame	Port Jefferson	15-11.00
3 Micah Forehand	12 Uniondale	15-04.00
4 Lauren Carlson	12 Calhoun	14-07.00
5 Lauren Keller	12 Clarke	14-05.00
6 Lauren Bower	12 Clarke	14-01.00
7 Megan Su	9 Jericho	14-00.00
8 Andrea D'Sa	12 Mepham	13-07.00
9 Raquel Shadan	10 Roslyn	13-06.00
10 Josephine Pinnock	12 Oyster Bay	12-09.50
11 Telisa Washington	Copiague	12-09.00
12 Jaclyn Sieb	11 Jericho	12-08.00
13 Apolonia Cabrera	11 VS Central	12-07.00
14 Semora Handy	Copiague	12-06.00
14 Avni Amin	11 Roslyn	12-06.00
16 Aurora Namnum	12 South Side	12-05.75
17 Francine Levine	Port Jefferson	12-05.00
18 Brittany Goldstein	12 Jericho	11-11.00
19 Cassie Peppe	11 Long Beach	11-09.00
20 Payton Quarterman	9 Long Beach	11-07.00

21 Dana Wagner	9 Roslyn	11-05.00
22 Colby Green	9 Uniondale	11-03.00
23 Emily Reilly	11 Long Beach	11-00.00
24 Bonnie Prashad	12 VS Central	9-02.00
Fou Madeline Anderson	12 Clarke	ND
Fou Olivia Huckemeyer	12 Calhoun	ND
Fou Hayley Glover	11 New Hyde Park	ND
Fou Andrea Salmeron	11 New Hyde Park	ND

Varsity Girls Triple Jump

Name	Yr Team	Mark
1 Julie Mercer	11 Uniondale	34-06.25
2 Alyssa Mustafa	12 Island Trees	34-04.25
3 Allegra Fics-Aime	Port Jefferson	33-09.00
4 Austine Nickeela	Copiague	32-05.00
5 Olivia Huckemeyer	12 Calhoun	30-09.50
6 Annmarie Hagarty	9 Mepham	30-00.25
7 Melissa Braun	9 Lynbrook	29-08.00
8 Emily Amato	10 Mepham	29-04.25
9 Tonianne Larson	10 Long Beach	28-02.75
10 Lauren Carlson	12 Calhoun	27-05.24
11 Emily Gordin	10 MacArthur	27-03.00
12 Aurora Namnum	12 South Side	26-10.25
13 Ashley Tejadac	Copiague	26-06.50
14 Emily Rubbino	10 MacArthur	25-05.50
15 Gennelle Forest		24-04.50
16 Maddy Fischer	11 Long Beach	22-06.25
F Asia Jinks	10 Uniondale	ND

Varsity Girls High Jump

Name	Yr Team	Mark
1 Alanna Hallahan	10 MacArthur	4-10.00
1 Lyndsey Wilson	Copiague	4-10.00
3 Laura Tynan	11 East Meadow	4-08.00
3 Madison Seniuk	11 MacArthur	4-08.00
3 Taylor Brantley	11 Long Beach	4-08.00
6 Rebecca Yackel	Copiague	4-06.00
6 Yosmery Rodrigues	Copiague	4-06.00
8 Kendall Jones	12 VS Central	4-04.00
9 Emily Gordin	10 MacArthur	4-02.00
NH Olivia Wilson	11 East Meadow	NH
NH Brianna Custodio	10 VS Central	NH
NH Hannah Werner	11 Roslyn	NH
NH Annmarie Hagarty	9 Mepham	NH