

Highlights: League qualifiers, personal records, oh-my!

BIG win for both the Boys and Girls Varsity Track and Field program - both teams BEAT Warwick tonight! And what a night it was for the throwers.

In the GIRLS JAVELIN, co-captain and senior CARENNA NEELY took FIRST with a new personal best of 96'9" Junior SARAH CONNER took THIRD with a throw of 77' 4" Sophomore Karla Mylin had a personal record of 76' 5" and made it to finals Senior Becca Conner threw a season best of 86' 1" – this would have placed second if Becca was throwing varsity.

In the BOYS SHOT, junior TEON LEE placed SECOND with a personal record of 43' 9.5" – just missing first place by 4 inches! (Senior/Waltman from Warwick threw 44' 1.5") Senior Justin Diffenbaugh had a personal record of 39' 1.5" and made it to finals.

In the GIRLS SHOT, junior SARAH CONNER took SECOND with a new personal record and league-qualifying throw of 33' 6" Sophomore LAURA WISSLER took THIRD with a new personal record and league-qualifying throw of 33' 3.75" Other noteworthy throws: senior Becca Conner with a personal record of 32' 3" (just 5" from league-qualifications) and sophomore Kami Mylin with a personal record of 30' 5.25"

In the BOYS DISCUS, senior JUSTIN DIFFENBAUGH took SECOND with a throw of 116' 2" Junior QUINN NADU took THIRD with a throw of 115' 1" Senior Erik Klugh threw a personal best 105' 6" and was in finals.

In the GIRLS DISCUS – Well, eh-hem...this was AMAZING! Senior/co-captain CARENNA NEELY took FIRST with a new personal record and league-qualifying throw of 114' 3" This is a ten foot improvement from last year. AND IT QUALIFIES HER FOR DISTRICTS! Sophomore KAMI MYLIN took SECOND with a personal record and league-qualifying throw of 107' 5" Junior HELEN DOOLITTLE took THIRD with a new personal record and league-qualifying throw of 107' and junior Sarah Conner threw a league-qualifying throw of 100' 5" – just two inches off her scrimmage PR. FOUR GIRLS QUALIFIED FOR LEAGUES!! AND THEY SWEEPED THE DISCUS. Other noteworthy throws include sophomore Megan Haines with a new personal record of 95' 9"

In the BOYS JAV, senior AARON FREDERICK took SECOND with a throw of 152' 8" Senior ERIK KLUGH placed THIRD with a throw of 140' 7"

NICE JOB THROWERS! As of 3/31, we have some of the BEST throwers in the league – including the TOP FOUR FEMALE DISCUS THROWERS – from bobtrump.com *the astericks represent scrimmage-meets

Shot Put	Kyle Felpel	COC	51' 4.5"	Sarah Conner	PM	33' 6.0"	
	Mike Sypnewski	GS	45' 0.0"	Laura Wissler	PM	33' 3.75"	
	Drahosky	CC	44' 7.0"	S. Fairbanks	ET	32' 5.5"	
	Teon Lee	PM	43' 9.5"	Johnson	JPM	32' 4.75"	
	Justin Gilbert	ELCO	43' 1.0"	Becca Conner	PM	32' 3.0"	
	Carr	DON	42' 9.5"	S. Hernley	NL	31' 5.5"	
	Ascencio	JPM	42' 1.0"	A. Melhorn	DON	30' 5.5"	
	C. Stehman	JPM	42' 1.0"	Kami Mylin	PM	30' 5.25"	
	Sweitzer	CV	41' 11.5"	Natasha Earhart	ELCO	29' 5.0"	
	Joel Logan	ELCO	40' 8.5"	Garloff	CC	29' 2.0"	
	Ande Oslon	PM	45' 7.25"*	O. Moyer	GS	28'10.0"	
	J. Wysock	HEMP	46' 4.0"*				
	Jimmy Forgrave	HEMP	43' 4.0"*	Kelli Farris	HEMP	31' 5.0"*	
Kyle Long	HEMP	43' 3.0"*	Kaylsa Soders	HEMP	30' 7.0"*		
Discus	J. Ascencio	JPM	157' 3"	Carena Neely	PM	114' 3"	
	Mike Sypnewski	GS	154' 8"	Kami Mylin	PM	107' 5"	
	Kyle Felpel	COC	141' 8"	Helen Doolittle	PM	107' 0"	
	C. Iwuagwu	NL	136' 0"	Sarah Conner	PM	100' 5"	
	A. Bixler	AC	128' 10"	S. Fairbanks	ET	95' 10"	
	Folmer	CC	124' 10"	T. Wimer	LS	91' 8"	
				C. Prozzillo	CV	91' 1"	
				Natasha Earhart	ELCO	87' 9"	
				Veronica Brito	LC	88:5"	
	Kyle Long	HEMP	138' 4"*	A. Melhorn	DON	84' 7"	

	Kyle Haldeman	HEMP	132' 8"*	Kelli Farris	HEMP	88' 8"*		
	Justin Wysock	HEMP	120'6"*	Kayla Soders	HEMP	85' 4"*		
Javelin	Mike Sypnewski	GS	182' 7"	O. Leaman	DON	111' 0"		
	Kyle Smith	LC	182' 6"	Victoria Brito	LC	106' 2"		
	Gristick	CC	165' 9"	T. Wimer	LS	106' 0"		
	Aaron Achey	ELCO	159' 5"	Liz Martin	GS	103' 7"		
	Kyle Felpel	COC	156' 3"	Natasha Earhart	ELCO	99' 4"		
	J. Ascencio	JPM	152' 10"	Carena Neely	PM	96' 9"		
	Colon	DON	152' 0"	S. Skees	ET	92' 8"		
	R. Boyer	NL	139' 7"	Johnson	JPM	88' 10.0"		
		Aaron Frederick	PM	167' 8"*				
		Justin Diffenbaugh	PM	154' 2"*				