

APRIL 28, 2018 @ Cohoes Relays - Non-Scoring

The High Jump relay of Darcy (Lily) Zwanka (5'0 feet) & Emma Golden (4'3 feet) finished 1st OVERALL with a total height of 9'3 feet".

Darcy (Lily) Zwanka was the OVERALL WINNER in the High Jump.

The frosh/soph 4x400 relay team of Emily Seely, Katjah Stevens, Meghan Sambrook, & Xeshelle Taveras finished 1st OVERALL.

The Triple Jump relay of Darcy (Lily) Zwanka (33-07.50) & Ifeoluwa (Ife) Epebinuade (32-00.50) finished 1st OVERALL with a jump of 65-08.00 feet.

The frosh/soph 4x100 relay team of Katjah Stevens, Hannah Grill, Xeshelle Taveras, & Emily Seely finished 2nd OVERALL in a time of 56.0.

The 3x400 hurdle relay of Lauren Bednarczyk (76.6), McKenna Erwell (86.8), & Keelin Needham (78.9) finished 2nd OVERALL with a total time of 4:02.3.

The 3x100 hurdle relay of Lauren Bednarczyk (18.2), McKenna Erwell (18.7), & Keelin Needham (18.5) finished 3rd OVERALL with a total time of 55.4.

Molly Kane finished 3rd OVERALL in the 2000 meter steeplechase with a personal best time of 8:49.3.

The frosh/sophomore 3x400 hurdle relay of Alexis Bertrand (84.1), Michaela Needham (94.0), & Samantha (Sami) Digman (96.4) finished 3rd OVERALL with a total time of 4:34.5.

The 4x800 relay team of Nicole Orcutt, Gabriella (Gabby) Broga, Devyn Jenks, Madelyne (Maddie) Knapp finished 3rd OVERALL.

The Distance Medley Relay team of Gabriella (Gabby) Broga, Nicole Orcutt, Madelyne (Maddie) Knapp, & Devyn Jenks finished 3rd OVERALL.

Many, Many other girls placed at this meet too ☺
Way to Go Lady Track & Field Devils.... :-)

Varsity 3x100 hurdle relay

Bednarczyk 18.2
 Erwell 18.7
 Needham, K. 18.5
 TOTAL TIME: 55.4

Frosh/Soph 3x100 hurdle relay

Bertrand 19.2
 Needham, M. 21.7
 Digman 22.5
 TOTAL TIME: 63.4

Varsity 3x400 hurdle relay

Bednarczyk 76.6
 Erwell 86.8
 Needham, K. 78.9
 TOTAL TIME: 4:02.3

Frosh/Soph 3x400 hurdle relay

Bertrand 84.1
 Needham, M. 94.0
 Digman 96.4
 TOTAL TIME: 4:34.5

Long Jump relay

Epebinuade 15-03.50
 Zeyak 15-01.00
 TOTAL JUMP: 30-04.50

Triple Jump relay

Zwanka 33-07.50
 Epebinuade 32-00.50
 TOTAL JUMP: 65-08.00

High Jump relay

Zwanka 5-00.00
 Golden 4-03.00
 TOTAL JUMP: 9-03.00

Shot Put relay

Salway 25-06.00
 Russo 22-07.00
 Arensmeyer 22-02.00
 TOTAL THROW: 70-03.25

Discus relay

Russo 75-10.00
 Salway 63-05.00
 Paxton 58-05.00
 TOTAL THROW: 197-08.00

DISTANCE MEDLAY RELAY SPLITS

NAME	400	800	1200	1600
Broga, G	81.4	87.2	85.4 (4:13.9)	
Orcutt	64.7			
Knapp	81.9	86.0 (3:47.8)		
Jenks	86.6	90.2	92.5	98.0 (5:57.1)
Total Time				14:03.5

4X800 RELAY SPLITS

NAME	400	800
Orcutt	74.4	86.4 (2:40.7)
Broga, G.	76.3	83.6 (2:39.5)
Jenks	79.2	82.0 (2:41.2)
Knapp	80.4	86.6 (2:47.0)
Total Time		10:48.4