

MAY 5, 2018 - @Colonie Relays

Finished 12th OVERALL out of 17 total girls teams

The High Jump relay of Darcy (Lily) Zwanka, Emma Golden, & Paige Alaxanian finished 4th OVERALL with a total team height of 13-05.00”.

Darcy (Lily) Zwanka finished 2nd OVERALL in the High Jump with a personal best jump of 5-02.00.

The Triple Jump relay of Darcy (Lily) Zwanka, Ifeoluwa (Ife) Epebinuade, & Emily Zeyak, finished 4th OVERALL with a total team jump of 95-06.00”.

The 3x100 shuttle hurdle relay of Lauren Bednarczyk, McKenna Erwell, & Keelin Needham finished 5th overall in a season best time of 52.71 FAT.

The Long Jump relay of Emily Zeyak, Ifeoluwa (Ife) Epebinuade, & Darcy (Lily) Zwanka, finished 6th OVERALL with a total team jump of 43-07.50”.

The 4x200 relay team of Cidnee Cornwall, Deanna Zoch, Emma Golden, & Hannah Grill, finished 7th OVERALL in a season best time of 1:52.88 FAT.

The 4x800 relay team of Nicole Orcutt, Gabriella (Gabby) Broga, Madelyne (Maddie) Knapp, & Kiley Matthews, finished 7th OVERALL.

The Sprint Medley relay team of Cidnee Cornwall, Nicole Piusiensi, Hannah Grill, & Devyn Jenks finished 8th OVERALL.

McKenna Salway set a season best in the Shot Put with a throw of 26-08.00.

Darcy (Lily) Zwanka sets a season best in the triple jump with a jump of 34-01.00.

3x100 hurdle relay

Bednarczyk 17.5 hand time
 Erwell 17.8 hand time
 Needham, K. 17.41 FAT (Fully Automatic Timing)
TOTAL TIME: 52.71 FAT (Fully Automatic Timing) (5th)

Long Jump relay

Zeyak 15-03.00
 Epebinuade 14-06.00
 Zwanka 13-10.50
TOTAL JUMP: 43-07.50 (6th)

Triple Jump relay

Zwanka 34-01.00
 Epebinuade 32-10.50
 Zeyak 28-06.50
TOTAL JUMP: 95-06.00 (3rd)

High Jump relay

Zwanka 5-02.00
 Golden 4-06.00
 Alaxanian 3-09.00
TOTAL JUMP: 13-05.00 (4th)

Shot Put relay

Salway 26-08.00
 Russo 21-04.00
 Paxton 21-00.00
TOTAL THROW: 69-00.00 (11th)

Discus relay

Russo 64-07.00
 Salway 63-07.00
 Paxton 58-11.00
TOTAL THROW: 187-03.00 (10th)

FAT= Fully Automatic Timing

SPLITS**4x800 Relay**

NAME	400	800	TOTAL
Orcutt	74.3	81.1	2:35.4 hand time
Broga, G.	76.5	84.2	2:40.7 hand time
Knapp	79.5	85.6	2:45.1 hand time
Matthews	76.6	83.39	2:39.99 FAT
			10:41.19 FAT

400 Hurdles

NAME	200	400	TOTAL
Bednarczyk	34.6	38.33 FAT	72.93 FAT