

RANDOLPH GIRLS SPRING TRACK

2005 Individual Top Marks

Girls Open 100m Dash

1	12.80	F	Hashemi, Pari	5/3/2005	Roxbury Dual Meet
2	12.90	F	Guerrini, Erin	5/27/2005	State Sectionals
3	13.10	F	Going, Laura	5/3/2005	Roxbury Dual Meet
4	13.40	F	Gabet, Sara	5/21/2005	Frosh - Soph Championships
5	13.70	F	Ameye, Justine	4/12/2005	Morris Knolls-Morristown Tri Meet
6	13.80	F	Gabet, Joelle	5/3/2005	Roxbury Dual Meet
7	13.90	F	Rich, Melissa	5/21/2005	Frosh - Soph Championships
8	14.00	F	Ambrogi, Lexi	5/21/2005	Frosh - Soph Championships
8	14.00	F	Lee, Sharon	4/26/2005	East Orange Dual Meet
10	14.40	F	Rimarenko, Lisa	4/19/2005	Livingston Dual Meet
11	14.60	F	Barrett, Nikki	5/3/2005	Roxbury Dual Meet
12	14.90	F	LaScola, Brittany	5/3/2005	Roxbury Dual Meet
12	14.90	F	Baum, Alison	4/12/2005	Morris Knolls-Morristown Tri Meet
14	15.00	F	Niranjan, Sumedha	5/21/2005	Frosh - Soph Championships
15	15.10	F	Frost, Stephanie	4/12/2005	Morris Knolls-Morristown Tri Meet
16	15.20	F	Cavaliere, Susie	5/21/2005	Frosh - Soph Championships
17	15.90	F	Kneis, Cailey	4/19/2005	Livingston Dual Meet

Girls Open 100m Dash Splits

1	11.50	F	Hashemi, Pari	4/28/2005	Penn Relays
2	12.60	F	Guerrini, Erin	5/6/2005	Morris County Relay Championships
2	12.60	F	Capsouras, Alexi	4/28/2005	Penn Relays
4	12.90	F	Going, Laura	4/28/2005	Penn Relays
5	13.50	F	Gabet, Sara	4/30/2005	Relays
6	13.70	F	Ameye, Justine	4/16/2005	Morris Hills Relays
6	13.70	F	Gabet, Joelle	4/30/2005	Relays
8	13.90	F	Fiscus, Shannon	4/30/2005	Relays
8	13.90	F	Strenk, Amy	4/9/2005	Walkkill Valey Relays
10	14.30	F	Rich, Melissa	4/30/2005	Relays
10	14.30	F	Rimarenko, Lisa	4/30/2005	Relays
12	14.40	F	Hadley, Kara	4/30/2005	Relays
13	14.50	F	Baum, Alison	4/30/2005	Relays
13	14.50	F	Lee, Sharon	4/30/2005	Relays
15	14.60	F	Barrett, Nikki	4/30/2005	Relays
16	15.00	F	Niranjan, Sumedha	4/30/2005	Relays
16	15.00	F	Cavaliere, Susie	4/16/2005	Morris Hills Relays
16	15.00	F	Kneis, Cailey	4/30/2005	Relays

Girls Open 200m Dash

1	25.80	F	Hashemi, Pari	5/17/2005	Morris County Championships
2	26.70	F	Guerrini, Erin	5/27/2005	State Sectionals
3	26.90	F	Going, Laura	5/27/2005	State Sectionals
4	28.70	F	Ameye, Justine	4/19/2005	Livingston Dual Meet
5	28.90	F	Rich, Melissa	5/17/2005	Morris County Championships
6	29.20	F	Ambrogi, Lexi	5/21/2005	Frosh - Soph Championships
7	30.40	F	Barrett, Nikki	4/19/2005	Livingston Dual Meet
7	30.40	F	Frost, Stephanie	4/12/2005	Morris Knolls-Morristown Tri Meet
9	31.00	F	Cavaliere, Susie	4/19/2005	Livingston Dual Meet
10	31.10	F	Kovary, Julianne	5/21/2005	Frosh - Soph Championships
11	31.20	F	MacDonald, Kelly	4/1/2005	Columbia-Mount Olive Tri Meet
11	31.20	F	Baum, Alison	5/21/2005	Frosh - Soph Championships
13	31.80	F	Christopher, Catherine	5/21/2005	Frosh - Soph Championships
14	32.70	F	LaScola, Brittany	5/3/2005	Roxbury Dual Meet
15	33.50	F	Kneis, Cailey	4/12/2005	Morris Knolls-Morristown Tri Meet
15	33.50	F	Niranjan, Sumedha	5/3/2005	Roxbury Dual Meet

Girls Open 200m Dash Splits

1	25.10	F	Hashemi, Pari	5/23/2005	East Coast Relays
2	26.00	F	Capsouras, Alexi	5/23/2005	East Coast Relays
3	26.40	F	Going, Laura	4/16/2005	Morris Hills Relays
3	26.40	F	Strenk, Amy	5/6/2005	Morris County Relay Championships
5	26.50	F	Guerrini, Erin	5/6/2005	Morris County Relay Championships
6	27.70	F	Gabet, Sara	4/16/2005	Morris Hills Relays
7	28.20	F	Fiscus, Shannon	4/9/2005	Walkkill Valey Relays
8	28.40	F	Gabet, Joelle	4/16/2005	Morris Hills Relays
9	28.90	F	Ameye, Justine	4/16/2005	Morris Hills Relays
10	29.10	F	Hadley, Kara	4/30/2005	Relays
11	29.30	F	Rich, Melissa	4/30/2005	Relays
12	29.80	F	Lee, Sharon	4/30/2005	Relays
12	29.80	F	Rimarenko, Lisa	4/30/2005	Relays
14	31.20	F	Frost, Stephanie	4/9/2005	Walkkill Valey Relays
15	31.50	F	Barrett, Nikki	4/30/2005	Relays
16	32.90	F	Kneis, Cailey	4/9/2005	Walkkill Valey Relays

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2005 Individual Top Marks

17	33.30	F	Baum, Alison	4/30/2005	Relays
18	33.40	F	Niranjan, Sumedha	4/30/2005	Relays
Girls Open 400m Dash					
1	59.00	F	Hashemi, Pari	5/17/2005	Morris County Championships
2	1:00.40	F	Going, Laura	5/27/2005	State Sectionals
3	1:01.20	F	Standridge, Kimberly	4/26/2005	East Orange Dual Meet
4	1:02.10	F	Strenk, Amy	5/10/2005	Iron Hills Conference Championships
5	1:03.80	F	Fiscus, Shannon	5/21/2005	Frosh - Soph Championships
6	1:04.10	F	Ambrogi, Lexi	4/19/2005	Livingston Dual Meet
7	1:05.90	F	Frost, Stephanie	4/19/2005	Livingston Dual Meet
8	1:07.50	F	MacDonald, Kelly	4/1/2005	Columbia-Mount Olive Tri Meet
9	1:10.60	F	Kovary, Julianne	5/21/2005	Frosh - Soph Championships
Girls Open 400m Dash Splits					
1	58.50	F	Capsouras, Alexi	6/8/2005	Meet of Champions
1	58.50	F	Hashemi, Pari	6/3/2005	State Group 4 Championships
3	58.60	F	Standridge, Kimberly	6/8/2005	Meet of Champions
4	59.50	F	Going, Laura	6/8/2005	Meet of Champions
5	1:00.20	F	Strenk, Amy	5/6/2005	Morris County Relay Championships
6	1:02.90	F	Fiscus, Shannon	5/21/2005	Frosh - Soph Championships
7	1:04.20	F	Ambrogi, Lexi	5/6/2005	Morris County Relay Championships
8	1:05.40	F	Gabet, Sara	4/9/2005	Walkkill Valey Relays
9	1:05.90	F	Christopher, Catherine	4/12/2005	Morris Knolls-Morristown Tri Meet
10	1:06.50	F	Ameye, Justine	5/21/2005	Frosh - Soph Championships
11	1:06.80	F	Gabet, Joelle	4/7/2005	West Morris Dual Meet
11	1:06.80	F	Guerrini, Erin	4/1/2005	Columbia-Mount Olive Tri Meet
13	1:07.10	F	MacDonald, Kelly	5/21/2005	Frosh - Soph Championships
14	1:07.20	F	Frost, Stephanie	5/21/2005	Frosh - Soph Championships
15	1:08.20	F	Guglielmo, Katie	4/7/2005	West Morris Dual Meet
15	1:08.20	F	Rimarenko, Lisa	5/21/2005	Frosh - Soph Championships
17	1:11.00	F	Gorman, Casey	4/7/2005	West Morris Dual Meet
18	1:12.40	F	Durso, Alex	5/21/2005	Frosh - Soph Championships
Girls Open 800m Run					
1	2:17.70	F	Standridge, Kimberly	5/17/2005	Morris County Championships
2	2:26.80	F	Ambrogi, Lexi	5/17/2005	Morris County Championships
3	2:32.70	F	Guglielmo, Katie	5/27/2005	State Sectionals
4	2:37.00	F	Christopher, Catherine	5/17/2005	Morris County Championships
5	2:37.60	F	Guerrini, Lauren	5/17/2005	Morris County Championships
6	2:39.90	F	MacDonald, Kelly	5/21/2005	Frosh - Soph Championships
7	2:42.80	F	Frost, Stephanie	5/21/2005	Frosh - Soph Championships
8	2:44.00	F	Durso, Alex	4/19/2005	Livingston Dual Meet
9	2:45.20	F	Gorman, Casey	5/3/2005	Roxbury Dual Meet
10	2:48.90	F	Kusik, Lauren	5/21/2005	Frosh - Soph Championships
Girls Open 800m Run Splits					
1	2:17.00	F	Standridge, Kimberly	5/6/2005	Morris County Relay Championships
2	2:30.00	F	Ambrogi, Lexi	5/6/2005	Morris County Relay Championships
3	2:36.00	F	Guglielmo, Katie	5/6/2005	Morris County Relay Championships
4	2:37.00	F	MacDonald, Kelly	4/30/2005	Relays
4	2:37.00	F	Guerrini, Lauren	4/30/2005	Relays
4	2:37.00	F	Christopher, Catherine	4/9/2005	Walkkill Valey Relays
7	2:38.00	F	Durso, Alex	4/9/2005	Walkkill Valey Relays
8	2:41.00	F	Gorman, Casey	4/30/2005	Relays
9	2:45.00	F	Frost, Stephanie	4/30/2005	Relays
10	2:46.00	F	Kusik, Lauren	4/9/2005	Walkkill Valey Relays
Girls Open 1200m Run Splits					
1	4:01.00	F	Ambrogi, Lexi	4/30/2005	Relays
2	4:32.00	F	Kusik, Lauren	4/16/2005	Morris Hills Relays
Girls Open 1600m Run					
1	4:58.90	F	Standridge, Kimberly	6/8/2005	Meet of Champions
2	5:39.20	F	Ambrogi, Lexi	5/17/2005	Morris County Championships
3	5:54.40	F	Gorman, Casey	5/27/2005	State Sectionals
4	5:58.40	F	Durso, Alex	4/26/2005	East Orange Dual Meet
5	6:00.40	F	Christopher, Catherine	4/7/2005	West Morris Dual Meet
6	6:19.10	F	Kusik, Lauren	5/3/2005	Roxbury Dual Meet
7	6:21.70	F	Guerrini, Lauren	4/19/2005	Livingston Dual Meet
8	6:34.50	F	Hinkel, Kelly	4/1/2005	Columbia-Mount Olive Tri Meet
Girls Open 1600m Run Splits					
1	5:14.00	F	Standridge, Kimberly	4/30/2005	Relays
2	5:38.00	F	Ambrogi, Lexi	5/6/2005	Morris County Relay Championships
3	6:01.00	F	Gorman, Casey	5/6/2005	Morris County Relay Championships
4	6:04.00	F	Durso, Alex	5/6/2005	Morris County Relay Championships

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2005 Individual Top Marks

Girls Open 3200m Run

1	12:05.40	F	Standridge, Kimberly	4/7/2005	West Morris Dual Meet
2	12:35.00	F	Ambrogi, Lexi	4/12/2005	Morris Knolls-Morristown Tri Meet
3	12:57.90	F	Durso, Alex	5/17/2005	Morris County Championships
4	13:46.20	F	Guerrini, Lauren	4/7/2005	West Morris Dual Meet
5	13:49.50	F	Gorman, Casey	4/26/2005	East Orange Dual Meet
6	14:45.20	F	Kusik, Lauren	4/26/2005	East Orange Dual Meet

Girls Open 100m Hurdles

1	14.90	F	Capsouras, Alexi	5/17/2005	Morris County Championships
2	15.60	F	Hashemi, Pari	5/17/2005	Morris County Championships
3	16.30	F	Strenk, Amy	5/27/2005	State Sectionals
4	17.60	F	Lee, Sharon	5/17/2005	Morris County Championships
5	18.40	F	Rimarenko, Lisa	4/19/2005	Livingston Dual Meet
6	19.80	F	Kovary, Julianne	5/21/2005	Frosh - Soph Championships
7	20.60	F	Niranjan, Sumedha	5/21/2005	Frosh - Soph Championships

Girls Open 100m Hurdles Splits

1	14.60	F	Capsouras, Alexi	5/23/2005	East Coast Relays
2	15.60	F	Hashemi, Pari	5/23/2005	East Coast Relays
3	16.40	F	Strenk, Amy	4/30/2005	Relays
4	16.80	F	Lee, Sharon	5/23/2005	East Coast Relays
5	18.20	F	Rimarenko, Lisa	5/6/2005	Morris County Relay Championships

Girls Open 400m Hurdles

1	1:03.70	F	Hashemi, Pari	5/27/2005	State Sectionals
2	1:05.40	F	Capsouras, Alexi	5/10/2005	Iron Hills Conference Championships
3	1:05.70	F	Strenk, Amy	5/27/2005	State Sectionals
4	1:16.30	F	Lee, Sharon	5/3/2005	Roxbury Dual Meet
5	1:17.30	F	Rimarenko, Lisa	4/7/2005	West Morris Dual Meet

Girls Open High Jump

1	4-08.00	1.42m	F	Capsouras, Alexi	4/7/2005	West Morris Dual Meet
2	4-06.00	1.37m	F	Kovary, Julianne	5/3/2005	Roxbury Dual Meet
3	4-04.00	1.32m	F	Hinkel, Kelly	4/1/2005	Columbia-Mount Olive Tri Meet
4	4-02.00	1.27m	F	Durso, Alex	5/3/2005	Roxbury Dual Meet
5	4-00.00	1.21m	F	Strenk, Amy	4/7/2005	West Morris Dual Meet

Girls Open Pole Vault

1	9-00.00	2.74m	F	Hinkel, Kelly	5/17/2005	Morris County Championships
2	8-06.00	2.59m	F	Gabet, Sara	5/27/2005	State Sectionals
3	7-06.00	2.28m	F	LaScola, Brittany	4/26/2005	East Orange Dual Meet
4	6-06.00	1.98m	F	Cavaliere, Susie	5/17/2005	Morris County Championships
4	6-06.00	1.98m	F	Gabet, Joelle	4/26/2005	East Orange Dual Meet

Girls Open Long Jump

1	18-01.00	5.51m	F	Hashemi, Pari	5/27/2005	State Sectionals
2	15-10.00	4.82m	F	Going, Laura	4/26/2005	East Orange Dual Meet
3	15-07.00	4.75m	F	Hadley, Kara	4/26/2005	East Orange Dual Meet
4	13-07.00	4.14m	F	Lee, Sharon	4/19/2005	Livingston Dual Meet
5	11-10.00	3.60m	F	Niranjan, Sumedha	4/19/2005	Livingston Dual Meet

Girls Open Triple Jump

1	33-00.00	10.05m	F	Hadley, Kara	4/26/2005	East Orange Dual Meet
2	30-10.00	9.39m	F	Going, Laura	4/26/2005	East Orange Dual Meet
3	29-05.75	8.98m	F	Guerrini, Erin	5/6/2005	Morris County Relay Championships

Girls Open Shot Put

1	25-04.50	7.73m	F	Fiscus, Shannon	4/7/2005	West Morris Dual Meet
2	24-11.50	7.60m	F	Hadley, Kara	5/3/2005	Roxbury Dual Meet
3	23-06.50	7.17m	F	Ameye, Justine	5/3/2005	Roxbury Dual Meet
4	19-04.00	5.89m	F	Guglielmo, Katie	4/16/2005	Morris Hills Relays

Girls Open Discus

1	82-02.00	25.04m	F	Ameye, Justine	5/17/2005	Morris County Championships
2	80-00.00	24.38m	F	Hadley, Kara	5/3/2005	Roxbury Dual Meet
3	76-11.00	23.44m	F	Ambrogi, Lexi	5/21/2005	Frosh - Soph Championships
4	76-06.00	23.31m	F	Fiscus, Shannon	5/21/2005	Frosh - Soph Championships
5	63-05.00	19.32m	F	Kneis, Cailey	4/26/2005	East Orange Dual Meet
6	56-10.00	17.32m	F	Baum, Alison	5/21/2005	Frosh - Soph Championships

Girls Open Javelin

1	70-07.00	21.51m	F	Baum, Alison	5/6/2005	Morris County Relay Championships
2	62-03.00	18.97m	F	Gabet, Joelle	5/6/2005	Morris County Relay Championships
3	62-02.00	18.94m	F	Gabet, Sara	4/19/2005	Livingston Dual Meet
4	61-04.00	18.69m	F	Frost, Stephanie	4/26/2005	East Orange Dual Meet
5	61-00.00	18.59m	F	Fiscus, Shannon	5/21/2005	Frosh - Soph Championships
6	54-02.00	16.51m	F	Cavaliere, Susie	4/7/2005	West Morris Dual Meet
7	50-03.00	15.31m	F	Barrett, Nikki	5/21/2005	Frosh - Soph Championships

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2005 Individual Top Marks