

RANDOLPH GIRLS SPRING TRACK

2005 Relay Top Marks

Girls Open 4x100m Relay

1	50.20	F	A Relay RANDOLPH	4/28/2005	Penn Relays	
	Laura Going		Erin Guerrini		Alexi Capsouras	Pari Hashemi
2	50.70	F	A Relay RANDOLPH	5/6/2005	Morris County Relay Championships	
	Laura Going		Alexi Capsouras		Erin Guerrini	Pari Hashemi
3	51.00	F	A Relay RANDOLPH	4/30/2005	Randolph Relays	
	Laura Going		Erin Guerrini		Alexi Capsouras	Pari Hashemi
4	52.70	F	A Relay RANDOLPH	4/16/2005	Morris Hills Relays	
	Laura Going		Justine Ameye		Alexi Capsouras	Pari Hashemi
5	53.00	F	A Relay RANDOLPH	4/9/2005	Wallkill Valey Relays	
	Amy Strenk		Sara Gabet		Alexi Capsouras	Pari Hashemi
6	54.90	F	B Relay RANDOLPH	4/30/2005	Randolph Relays	
	Justine Ameye		Shannon Fiscus		Joelle Gabet	Sara Gabet
6	54.90	F	A Relay RANDOLPH	4/30/2005	Randolph Relays	
8	57.60	F	C Relay RANDOLPH	4/30/2005	Randolph Relays	
	Sharon Lee		Lisa Rimarenko		Alison Baum	Melissa Rich
9	58.00	F	A Relay RANDOLPH	4/9/2005	Wallkill Valey Relays	
	Sharon Lee		Lisa Rimarenko		Stephanie Frost	Nikki Barrett
10	58.50	F	B Relay RANDOLPH	4/16/2005	Morris Hills Relays	
	Susie Cavaliere		Stephanie Frost		Nikki Barrett	Shannon Fiscus
11	59.00	F	D Relay RANDOLPH	4/30/2005	Randolph Relays	
	Nikki Barrett		Cailey Kneis		Sumedha Niranjana	Kara Hadley

Girls Open 4x200m Relay

1	1:44.50	F	A Relay RANDOLPH	5/23/2005	East Coast Relays	
	Laura Going		Erin Guerrini		Alexi Capsouras	Pari Hashemi
2	1:45.90	F	A Relay RANDOLPH	5/6/2005	Morris County Relay Championships	
	Laura Going		Amy Strenk		Erin Guerrini	Pari Hashemi
3	1:48.20	F	A Relay RANDOLPH	4/30/2005	Randolph Relays	
	Laura Going		Erin Guerrini		Alexi Capsouras	Pari Hashemi
4	1:51.20	F	A Relay RANDOLPH	4/16/2005	Morris Hills Relays	
	Laura Going		Erin Guerrini		Shannon Fiscus	Sara Gabet
5	1:56.30	F	B Relay RANDOLPH	4/30/2005	Randolph Relays	
	Justine Ameye		Shannon Fiscus		Joelle Gabet	Sara Gabet
6	1:57.50	F	A Relay RANDOLPH	4/9/2005	Wallkill Valey Relays	
	Joelle Gabet		Stephanie Frost		Sara Gabet	Shannon Fiscus
7	2:02.20	F	C Relay RANDOLPH	4/30/2005	Randolph Relays	
	Sharon Lee		Lisa Rimarenko		Alison Baum	Melissa Rich
8	2:07.40	F	D Relay RANDOLPH	4/30/2005	Randolph Relays	
	Nikki Barrett		Cailey Kneis		Sumedha Niranjana	Kara Hadley
9	2:09.50	F	A Relay RANDOLPH	4/9/2005	Wallkill Valey Relays	
	Sharon Lee		Sumedha Niranjana		Cailey Kneis	Nikki Barrett

Girls Open 4x400m Relay

1	3:55.50	F	A Relay RANDOLPH	6/8/2005	Meet of Champions	
	Laura Going		Kimberly Standridge		Alexi Capsouras	Pari Hashemi
2	3:57.50	F	A Relay RANDOLPH	6/3/2005	State Group 4 Championships	
	Laura Going		Pari Hashemi		Kimberly Standridge	Alexi Capsouras
3	4:01.30	F	A Relay RANDOLPH	5/27/2005	State Sectionals	
	Laura Going		Amy Strenk		Kimberly Standridge	Alexi Capsouras
3	4:01.30	F	A Relay RANDOLPH	5/17/2005	Morris County Championships	
	Amy Strenk		Laura Going		Kimberly Standridge	Alexi Capsouras
5	4:01.65	F	A Relay RANDOLPH	5/17/2005	Morris County Championships	
	Amy Strenk		Laura Going		Kimberly Standridge	Alexi Capsouras
6	4:02.00	F	A Relay RANDOLPH	4/28/2005	Penn Relays	
	Laura Going		Kimberly Standridge		Alexi Capsouras	Pari Hashemi
7	4:02.40	F	A Relay RANDOLPH	5/10/2005	Iron Hills Conference Championships	
	Amy Strenk		Kimberly Standridge		Laura Going	Alexi Capsouras
8	4:02.70	F	A Relay RANDOLPH	5/6/2005	Morris County Relay Championships	
	Laura Going		Alexi Capsouras		Amy Strenk	Pari Hashemi
9	4:04.70	F	A Relay RANDOLPH	4/16/2005	Morris Hills Relays	
	Laura Going		Kimberly Standridge		Alexi Capsouras	Pari Hashemi

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10	4:07.40	F	A Relay RANDOLPH	4/30/2005	Randolph Relays	
	Laura Going		Kimberly Standridge		Alexi Capsouras	Pari Hashemi
11	4:17.00	F	A Relay RANDOLPH	4/12/2005	Morris Knolls-Morristown Tri Meet	
	Kimberly Standridge		Shannon Fiscus		Catherine Christopher	Alexi Capsouras
12	4:18.50	F	A Relay RANDOLPH	4/19/2005	Livingston Dual Meet	
	Amy Strenk		Erin Guerrini		Lexi Ambrogi	Alexi Capsouras
13	4:19.90	F	A Relay RANDOLPH	4/1/2005	Columbia-Mount Olive Tri Meet	
	Erin Guerrini		Alexi Capsouras		Sara Gabet	Pari Hashemi
14	4:21.80	F	A Relay RANDOLPH	5/3/2005	Roxbury Dual Meet	
	Amy Strenk		Sara Gabet		Shannon Fiscus	Alexi Capsouras
15	4:23.80	F	A Relay RANDOLPH	5/21/2005	Frosh - Soph Championships	
	Stephanie Frost		Justine Ameye		Kelly MacDonald	Shannon Fiscus
16	4:27.20	F	A Relay RANDOLPH	4/26/2005	East Orange Dual Meet	
	Amy Strenk		Shannon Fiscus		Stephanie Frost	Lexi Ambrogi
17	4:28.50	F	A Relay RANDOLPH	4/7/2005	West Morris Dual Meet	
	Shannon Fiscus		Joelle Gabet		Sara Gabet	Kelly MacDonald
18	4:35.50	F	B Relay RANDOLPH	4/30/2005	Randolph Relays	
	Stephanie Frost		Shannon Fiscus		Joelle Gabet	Sara Gabet
Girls Open 4x400m Relay NOV						
1	4:35.50	F	A Relay RANDOLPH	4/30/2005	Randolph Relays	
	Laura Going		Kimberly Standridge		Alexi Capsouras	Pari Hashemi
Girls Open 4x400m Relay						
1	4:37.80	F	B Relay RANDOLPH	5/21/2005	Frosh - Soph Championships	
	Joelle Gabet		Lisa Rimarenko		Alex Durso	Sara Gabet
2	4:39.80	F	B Relay RANDOLPH	4/7/2005	West Morris Dual Meet	
	Lexi Ambrogi		Katie Guglielmo		Casey Gorman	Alex Durso
Girls Open 4x800m Relay						
1	10:13.90	F	A Relay RANDOLPH	5/6/2005	Morris County Relay Championships	
	Lexi Ambrogi		Lauren Guerrini		Katie Guglielmo	Kimberly Standridge
2	10:22.00	F	A Relay RANDOLPH	4/30/2005	Randolph Relays	
	Lexi Ambrogi		Casey Gorman		Katie Guglielmo	Kimberly Standridge
3	10:46.60	F	B Relay RANDOLPH	4/30/2005	Randolph Relays	
	Lauren Guerrini		Lauren Kusik		Kelly MacDonald	Stephanie Frost
Girls Open 4x800m Relay NOV						
1	10:46.60	F	A Relay RANDOLPH	4/30/2005	Randolph Relays	
	Lexi Ambrogi		Casey Gorman		Katie Guglielmo	Kimberly Standridge
Girls Open 4x800m Relay						
1	10:47.50	F	A Relay RANDOLPH	4/16/2005	Morris Hills Relays	
	Catherine Christopher		Casey Gorman		Katie Guglielmo	Lauren Guerrini
2	10:55.10	F	A Relay RANDOLPH	4/9/2005	Wallkill Valey Relays	
	Alex Durso		Casey Gorman		Lauren Guerrini	Lauren Kusik
Girls Open 4x1600m Relay						
1	22:59.00	F	A Relay RANDOLPH	5/6/2005	Morris County Relay Championships	
	Kimberly Standridge		Casey Gorman		Lexi Ambrogi	Alex Durso
Girls Open 1600m Sprint Medley Relay						
1	4:16.10	F	A Relay RANDOLPH	5/6/2005	Morris County Relay Championships	
	Sara Gabet		Lexi Ambrogi		Erin Guerrini	Kimberly Standridge
2	4:24.00	F	A Relay RANDOLPH	4/16/2005	Morris Hills Relays	
	Lexi Ambrogi		Justine Ameye		Joelle Gabet	Kimberly Standridge
Girls Open 1600y Sprint Medley Relay						
1	4:25.40	F	A Relay RANDOLPH	4/9/2005	Wallkill Valey Relays	
	Lexi Ambrogi		Sara Gabet		Joelle Gabet	Kimberly Standridge
Girls Open 4000m Distance Medley Relay Jack Webb						
1	13:01.20	F	A Relay RANDOLPH	4/30/2005	Randolph Relays	
	Lexi Ambrogi		Amy Strenk		Alex Durso	Kimberly Standridge
Girls Open 4000m Distance Medley Relay						
1	13:14.00	F	A Relay RANDOLPH	4/9/2005	Wallkill Valey Relays	
	Lexi Ambrogi		Sara Gabet		Catherine Christopher	Kimberly Standridge

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2	14:15.90	F	A Relay RANDOLPH Katie Guglielmo	4/16/2005	Morris Hills Relays Lexi Ambrogi	Casey Gorman
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Girls Open 4x100m Shuttle Hurdle Relay

1	1:04.00	F	A Relay RANDOLPH Sharon Lee	5/23/2005	East Coast Relays Amy Strenk	Alexi Capsouras
2	1:05.50	F	A Relay RANDOLPH Sharon Lee	4/30/2005	Randolph Relays Amy Strenk	Alexi Capsouras
3	1:06.50	F	A Relay RANDOLPH Amy Strenk	4/9/2005	Wallkill Valey Relays Lisa Rimarenko	Alexi Capsouras
4	1:07.10	F	A Relay RANDOLPH Sharon Lee	4/16/2005	Morris Hills Relays Amy Strenk	Alexi Capsouras
5	1:07.30	F	A Relay RANDOLPH Lisa Rimarenko	5/6/2005	Morris County Relay Championships Sharon Lee	Alexi Capsouras