

5 Star Conference Fr/So Meet - 3/28/2006

Hosted by: Flagler Palm Coast HS

Bunnell, Florida

Results - 5StarFrSo

Girls 100 Meter Dash

Name	Yr	School	Finals	
1 227 Caquias, Miranda	10	Seabreeze	13.10	10
2 204 Cotton, Anisha	10	Seabreeze	13.70	8
3 239 Hightower, Shari	10	Mainland	14.10	6
4 73 Davis, Trenice	09	Pine Ridge	14.18	5
5 238 Myles, Jerrica	09	Mainland	14.34	4
6 127 Dooley, Rose	10	Spruce Creek Hig	14.41	3
7 108 Jackson, Jessika	11	Flagler Palm Coa	14.52	2
8 124 Frassetto, Julia	10	Spruce Creek Hig	14.58	1
9 8 Richardson, Jaylan	09	Deltona	14.66	
10 200 Godbey, Chelsey	09	Seabreeze	14.83	
11 197 Storms, Lauren	10	Seabreeze	14.90	
12 168 Georgio, Andrea	09	Spruce Creek Hig	14.91	
13 118 Hoover, Megan	09	Spruce Creek Hig	15.02	
14 71 Holland, Lorell	10	Pine Ridge	15.14	
15 82 Anderson, Michelle	11	Flagler Palm Coa	15.47	
16 179 Sahai, Ziara	09	Spruce Creek Hig	15.54	
17 130 Soehnel, Erin	09	Spruce Creek Hig	15.72	
18 198 Snell, Maris	10	Seabreeze	15.82	
19 77 Parker, Keasha	09	Pine Ridge	16.51	

Girls 200 Meter Dash

Name	Yr	School	Finals	
1 244 Parks, Tayanna	09	Mainland	26.81	10
2 232 Adams, Anquenet	09	Mainland	27.86	8
3 188 Nebel, Brooke	09	Spruce Creek Hig	27.93	6
4 204 Cotton, Anisha	10	Seabreeze	28.25	5
5 161 Mathis, Brenna	09	Spruce Creek Hig	28.60	4
6 190 Rockwell, Chelsea	10	Spruce Creek Hig	29.16	3
7 127 Dooley, Rose	10	Spruce Creek Hig	29.47	2
8 160 Calhoun, Alexis	10	Spruce Creek Hig	29.66	1
9 9 Bradley, Mila	10	Deltona	29.81	
10 73 Davis, Trenice	09	Pine Ridge	29.84	
11 110 Urban, Samantha	10	Flagler Palm Coa	30.03	
12 8 Richardson, Jaylan	09	Deltona	30.13	
13 83 Kutsyshina, Marina	10	Flagler Palm Coa	30.21	
14 146 Cummins, Courtney	10	Spruce Creek Hig	30.46	
15 153 Kiernan, Haley	09	Spruce Creek Hig	30.66	
16 118 Hoover, Megan	09	Spruce Creek Hig	30.77	
17 107 Alter, Tessa	09	Flagler Palm Coa	31.37	
18 215 Virkler, Julia	09	Seabreeze	31.43	
19 71 Holland, Lorell	10	Pine Ridge	31.52	
20 10 Winant, Lauren	09	Deltona	31.71	
21 226 Hart, Sara	09	Seabreeze	31.72	
22 200 Godbey, Chelsey	09	Seabreeze	31.77	
23 168 Georgio, Andrea	09	Spruce Creek Hig	31.81	
24 90 Hurtado, Ivanna	10	Flagler Palm Coa	31.98	
25 138 Oskandy, Emily	10	Spruce Creek Hig	32.00	
26 171 Marine, Jessica	10	Spruce Creek Hig	32.07	
27 179 Sahai, Ziara	09	Spruce Creek Hig	32.58	
28 61 Back, Heather	10	Atlantic HS	33.01	
29 198 Snell, Maris	10	Seabreeze	33.02	
30 82 Anderson, Michelle	11	Flagler Palm Coa	34.02	

31 167 Ehrhart, Diana	09	Spruce Creek Hig	34.22
32 77 Parker, Keasha	09	Pine Ridge	34.75
33 220 Sheets, Sam	09	Seabreeze	35.47
34 81 Snyder, Katherine	09	Flagler Palm Coa	36.08

Girls 400 Meter Dash

Name	Yr	School	Finals	
1 244 Parks, Tayanna	09	Mainland	1:01.59	10
2 227 Caquias, Miranda	10	Seabreeze	1:02.43	8
3 188 Nebel, Brooke	09	Spruce Creek Hig	1:02.47	6
4 161 Mathis, Brenna	09	Spruce Creek Hig	1:03.76	5
5 232 Adams, Anquenet	09	Mainland	1:05.30	4
6 190 Rockwell, Chelsea	10	Spruce Creek Hig	1:06.38	3
7 125 Brown, Heather	10	Spruce Creek Hig	1:08.33	2
8 197 Storms, Lauren	10	Seabreeze	1:09.55	1
9 18 Stearns, Alexis	10	DeLand	1:10.17	
10 73 Davis, Trenice	09	Pine Ridge	1:10.26	
11 163 Hartman, Pam	09	Spruce Creek Hig	1:10.73	
12 150 Schecter, Leah	09	Spruce Creek Hig	1:11.24	
13 215 Virkler, Julia	09	Seabreeze	1:11.27	
14 226 Hart, Sara	09	Seabreeze	1:11.36	
15 107 Alter, Tessa	09	Flagler Palm Coa	1:11.40	
16 10 Winant, Lauren	09	Deltona	1:11.73	
17 90 Hurtado, Ivanna	10	Flagler Palm Coa	1:12.34	
18 69 Holland, Ashton	09	Pine Ridge	1:13.14	
19 151 Duggin, kalee	10	Spruce Creek Hig	1:14.93	
20 198 Snell, Maris	10	Seabreeze	1:17.41	
21 177 Whalen, Megan	09	Spruce Creek Hig	1:17.98	
22 210 Nixon, Stephanie	09	Seabreeze	1:19.80	
23 221 Lemin, Amanda	09	Seabreeze	1:21.57	
24 81 Snyder, Katherine	09	Flagler Palm Coa	1:22.67	
25 220 Sheets, Sam	09	Seabreeze	1:23.79	

Girls 800 Meter Run

Name	Yr	School	Finals	
1 20 Baumann, Brooke	10	DeLand	2:24.88	10
2 157 Perkins, Mandy	09	Spruce Creek Hig	2:28.13	8
3 152 Wyckoff, Kalyn	10	Spruce Creek Hig	2:46.73	6
4 95 Kirschner, Ashley	09	Flagler Palm Coa	2:49.82	5
5 69 Holland, Ashton	09	Pine Ridge	3:02.09	4
6 143 Garrow, Heather	09	Spruce Creek Hig	3:07.38	3
7 104 Fundora, Kristy	10	Flagler Palm Coa	3:09.88	2
8 86 Eitzen, Emily	10	Flagler Palm Coa	3:13.54	1
9 92 Emerson, Victoria	10	Flagler Palm Coa	3:14.37	
10 114 Cabrey, Colleen	09	Flagler Palm Coa	3:24.65	

Girls 1600 Meter Run

Name	Yr	School	Finals	
1 157 Perkins, Mandy	09	Spruce Creek Hig	5:16.48	10
2 20 Baumann, Brooke	10	DeLand	5:20.18	8
3 115 Ravikumar, Raksha	10	Spruce Creek Hig	5:57.37	6
4 139 Abadia, Rachel	09	Spruce Creek Hig	6:15.68	5
5 17 Epifanio, Melissa	10	DeLand	6:21.10	4
6 89 Smith, Audrey	09	Flagler Palm Coa	6:32.87	3
7 104 Fundora, Kristy	10	Flagler Palm Coa	6:41.46	2
8 143 Garrow, Heather	09	Spruce Creek Hig	6:44.82	1

5 Star Conference Fr/So Meet - 3/28/2006**Hosted by: Flagler Palm Coast HS****Bunnell, Florida****Results - 5StarFrSo****(Girls 1600 Meter Run)**

Name	Yr	School	Finals
9 92 Emerson, Victoria	10	Flagler Palm Coa	6:46.59
10 194 Ivis, Natalie	10	Seabreeze	6:47.94
11 86 Eitzen, Emily	10	Flagler Palm Coa	7:05.67
12 114 Cabrey, Colleen	09	Flagler Palm Coa	7:18.74
13 205 Stewart, Amanda	10	Seabreeze	7:20.70

Girls 3200 Meter Run

Name	Yr	School	Finals
1 20 Baumann, Brooke	10	DeLand	12:14.18 10
2 152 Wyckoff, Kalyn	10	Spruce Creek Hig	13:10.96 8
3 89 Smith, Audrey	09	Flagler Palm Coa	13:38.69 6
4 17 Epifanio, Melissa	10	DeLand	13:41.54 5
5 205 Stewart, Amanda	10	Seabreeze	16:08.78 4

Girls 100 Meter Hurdles

Name	Yr	School	Finals
1 244 Parks, Tayanna	09	Mainland	17.81 10
2 9 Bradley, Mila	10	Deltona	18.59 8
3 108 Jackson, Jessika	11	Flagler Palm Coa	18.91 6
4 180 Christy, Julie	09	Spruce Creek Hig	19.05 5
5 49 Thyng, Brooke	09	DeLand	19.16 4
6 178 Pecoraro, Robin	10	Spruce Creek Hig	19.55 3
7 19 Drinks, Nieshia	09	DeLand	20.03 2
8 203 Mentor, Ashley	10	Seabreeze	20.10 1
9 189 Santos, Adriana	10	Spruce Creek Hig	20.24
10 126 Patel, Sima	10	Spruce Creek Hig	20.37
11 159 Rose, Katie	10	Spruce Creek Hig	21.01
12 45 Kratina, Lauren	09	DeLand	21.21
13 93 Gabbert, Emily	10	Flagler Palm Coa	21.57
14 24 Worden, Abbey	09	DeLand	21.58
15 60 Schaefer, Lynn	11	Atlantic HS	21.59
16 169 Barrios-Malabad, Mia	10	Spruce Creek Hig	21.60
17 80 Osorio, Lucia	10	Pine Ridge	21.73
18 184 Williams,	09	Spruce Creek Hig	25.69

Girls 300 Meter Hurdles

Name	Yr	School	Finals
1 178 Pecoraro, Robin	10	Spruce Creek Hig	50.33 10
2 169 Barrios-Malabad, Mia	10	Spruce Creek Hig	53.45 8
3 115 Ravikumar, Raksha	10	Spruce Creek Hig	55.00 6
4 180 Christy, Julie	09	Spruce Creek Hig	55.32 5
5 189 Santos, Adriana	10	Spruce Creek Hig	56.82 4
6 83 Kutsyshina, Marina	10	Flagler Palm Coa	56.94 3
7 110 Orban, Samantha	10	Flagler Palm Coa	57.30 2
8 126 Patel, Sima	10	Spruce Creek Hig	57.62 1
9 159 Rose, Katie	10	Spruce Creek Hig	57.90
10 49 Thyng, Brooke	09	DeLand	58.10
11 93 Gabbert, Emily	10	Flagler Palm Coa	58.96
12 80 Osorio, Lucia	10	Pine Ridge	1:03.68
13 62 Favor, Shayla	11	Atlantic HS	1:04.74
14 184 Williams,	09	Spruce Creek Hig	1:04.75
15 60 Schaefer, Lynn	11	Atlantic HS	1:09.38

Girls 4x100 Meter Relay

Team	Relay	Finals
1 DeLand High School	A	56.41 10
1) 24 Worden, Abbey 09	2) 45 Kratina, Lauren 09	
3) 19 Drinks, Nieshia 09	4) 33 Gilbert, Tekevia 09	
2 Spruce Creek High	A	56.83 8
1) 130 Soehnel, Erin 09	2) 179 Sahai, Ziara 09	
3) 118 Hoover, Megan 09	4) 124 Frassetto, Julia 10	

Girls 4x400 Meter Relay

Team	Relay	Finals
1 Spruce Creek High	A	4:18.58 10
1) 188 Nebel, Brooke 09	2) 161 Mathis, Brenna 09	
3) 190 Rockwell, Chelsea 10	4) 178 Pecoraro, Robin 10	
2 Seabreeze High School	A	4:40.37 8
1) 227 Caquias, Miranda 10	2) 226 Hart, Sara 09	
3) 215 Virkler, Julia 09	4) 197 Storms, Lauren 10	
3 Flagler Palm Coa	A	4:44.36 6
1) 107 Alter, Tessa 09	2) 83 Kutsyshina, Marina 10	
3) 110 Orban, Samantha 10	4) 95 Kirschner, Ashley 09	
4 DeLand High School	A	5:07.99 5
1) 49 Thyng, Brooke 09	2) 18 Stearns, Alexis 10	
3) 21 Strawder, Chelsea 09	4) 24 Worden, Abbey 09	

Girls 4x800 Meter Relay

Team	Relay	Finals
1 Spruce Creek High	A	10:37.38 10
1) 115 Ravikumar, Raksha 10	2) 157 Perkins, Mandy 09	
3) 139 Abadia, Rachel 09	4) 152 Wyckoff, Kalyn 10	
2 Flagler Palm Coa	A	11:41.62 8
1) 114 Cabrey, Colleen 09	2) 92 Emerson, Victoria 10	
3) 89 Smith, Audrey 09	4) 95 Kirschner, Ashley 09	

Girls High Jump

Name	Yr	School	Finals
1 227 Caquias, Miranda	10	Seabreeze	5-04.00 10
2 93 Gabbert, Emily	10	Flagler Palm Coa	4-10.00 8
3 19 Drinks, Nieshia	09	DeLand	4-06.00 5.5
3 22 Opisso, Alexis	10	DeLand	4-06.00 5.5
5 238 Myles, Jerrica	09	Mainland	4-06.00 4
6 146 Cummins, Courtney	10	Spruce Creek Hig	4-06.00 3
7 107 Alter, Tessa	09	Flagler Palm Coa	4-06.00 2
8 108 Jackson, Jessika	11	Flagler Palm Coa	4-04.00 1
9 124 Frassetto, Julia	10	Spruce Creek Hig	4-00.00
10 21 Strawder, Chelsea	09	DeLand	4-00.00
11 110 Orban, Samantha	10	Flagler Palm Coa	4-00.00
--- 49 Thyng, Brooke	09	DeLand	NH
--- 151 Duggin, kalee	10	Spruce Creek Hig	NH

Girls Pole Vault

Name	Yr	School	Finals
1 93 Gabbert, Emily	10	Flagler Palm Coa	7-06.00 10
2 45 Kratina, Lauren	09	DeLand	6-06.00 8
3 213 Bruinberg, Danielle	09	Seabreeze	6-06.00 6
4 22 Opisso, Alexis	10	DeLand	6-00.00 5
5 21 Strawder, Chelsea	09	DeLand	5-00.00 4

5 Star Conference Fr/So Meet - 3/28/2006**Hosted by: Flagler Palm Coast HS****Bunnell, Florida****Results - 5StarFrSo****(Girls Pole Vault)**

Name	Yr	School	Finals
--- 18 Stearns, Alexis	10	DeLand	NH

Girls Long Jump

Name	Yr	School	Finals
1 244 Parks, Tayanna	09	Mainland	15-06.75 10
2 238 Myles, Jerrica	09	Mainland	14-04.75 8
3 146 Cummins, Courtney	10	Spruce Creek Hig	14-04.50 6
4 232 Adams, Anquenette	09	Mainland	14-03.75 5
5 124 Frassetto, Julia	10	Spruce Creek Hig	14-00.50 4
6 22 Opisso, Alexis	10	DeLand	13-09.00 2.5
6 200 Godbey, Chelsey	09	Seabreeze	13-09.00 2.5
8 166 Michaels, Jackie	10	Spruce Creek Hig	13-07.25 1
9 153 Kiernan, Haley	09	Spruce Creek Hig	13-05.50
9 160 Calhoun, Alexis	10	Spruce Creek Hig	13-05.50
11 197 Storms, Lauren	10	Seabreeze	13-03.50
12 33 Gilbert, Tekevia	09	DeLand	13-02.75
13 215 Virkler, Julia	09	Seabreeze	12-09.00
14 198 Snell, Maris	10	Seabreeze	11-08.25
15 226 Hart, Sara	09	Seabreeze	10-11.00
16 220 Sheets, Sam	09	Seabreeze	10-02.50

Girls Triple Jump

Name	Yr	School	Finals
1 108 Jackson, Jessika	11	Flagler Palm Coa	30-10.00 10
2 33 Gilbert, Tekevia	09	DeLand	30-05.00 8
3 124 Frassetto, Julia	10	Spruce Creek Hig	30-02.00 6
4 83 Kutsyshina, Marina	10	Flagler Palm Coa	28-02.50 5
5 232 Adams, Anquenette	09	Mainland	28-01.50 4

Girls Shot Put

Name	Yr	School	Finals
1 155 Howard, Dacia	10	Spruce Creek Hig	35-03.00 10
2 103 Lucien, Hannah	11	Flagler Palm Coa	29-00.00 8
3 116 Adamak, Brittany	10	Spruce Creek Hig	28-02.00 6
4 55 Clopton, Ashley	10	Atlantic HS	27-03.00 5
5 164 Fuller, M.E.	10	Spruce Creek Hig	26-01.00 4
6 225 DeVane, Stephany	10	Seabreeze	24-07.00 3
7 121 Slater, Angel	10	Spruce Creek Hig	24-04.00 2
8 187 Horner, Ashley	10	Spruce Creek Hig	24-03.00 1
9 48 Hickman, Armetta	10	DeLand	21-09.00
10 105 Penny, Breanna	11	Flagler Palm Coa	19-01.00
11 206 Bruinberg, Michelle	10	Seabreeze	15-06.50

Boys 100 Meter Dash

Name	Yr	School	Finals
1 54 Pinckney, Lewis	10	Atlantic HS	11.22 10
2 241 King, Dwaun	10	Mainland	11.61 8
3 99 Steward, Jeremy	10	Flagler Palm Coa	11.71 6
4 243 Bell, Antonio	10	Mainland	11.75 5
5 85 Mitchell, Marcus	10	Flagler Palm Coa	11.76 4
6 158 McGinley, Steven	10	Spruce Creek Hig	11.84 3
7 7 Heath, David	09	Deltona	11.92 2
8 234 Blair, Andre	09	Mainland	11.96 1
9 59 Green, James	10	Atlantic HS	12.03

10 233 Theodore, John	10	Mainland	12.13
11 39 Clark, Kendall	09	DeLand	12.14
12 43 Watkins, Vic	09	DeLand	12.18
13 35 Mikell, Alex	10	DeLand	12.24
14 75 Gardner, Antwan	10	Pine Ridge	12.30
15 137 Wilson, Adrian	10	Spruce Creek Hig	12.50
16 183 McGirt, Christopher	09	Spruce Creek Hig	12.52
17 12 Edwards, Demetro	09	Deltona	12.54
18 142 Hemingway,	10	Spruce Creek Hig	12.55
19 192 Augustine, Steno	10	Seabreeze	12.62
20 231 Steward, James	12	Mainland	12.74
21 64 Cue, Anthony	11	Atlantic HS	12.87
22 38 Deviva, Stuart	09	DeLand	13.05
23 207 Troung, Ryan	10	Seabreeze	13.28
24 141 Burt, Matthew	10	Spruce Creek Hig	13.59
25 191 Furman, Sam	10	Spruce Creek Hig	13.65
26 212 Berry, Greg	09	Seabreeze	14.02
27 214 Weber, Paul	11	Seabreeze	14.08
28 219 McGrath, Mitchel	09	Seabreeze	14.22
29 145 Snyder, Eric	10	Spruce Creek Hig	14.24

Boys 200 Meter Dash

Name	Yr	School	Finals
1 54 Pinckney, Lewis	10	Atlantic HS	22.70 10
2 211 Schwarz, Richard	10	Seabreeze	23.63 8
3 241 King, Dwaun	10	Mainland	23.67 6
4 85 Mitchell, Marcus	10	Flagler Palm Coa	23.71 5
5 158 McGinley, Steven	10	Spruce Creek Hig	23.93 4
6 7 Heath, David	09	Deltona	24.02 3
7 99 Steward, Jeremy	10	Flagler Palm Coa	24.27 2
8 233 Theodore, John	10	Mainland	24.30 1
9 59 Green, James	10	Atlantic HS	24.50
10 234 Blair, Andre	09	Mainland	24.91
11 11 Abremenko, Stan	10	Deltona	25.23
12 142 Hemingway,	10	Spruce Creek Hig	25.31
13 12 Edwards, Demetro	09	Deltona	25.72
14 183 McGirt, Christopher	09	Spruce Creek Hig	25.79
15 58 turner, Eric	10	Atlantic HS	25.80
16 75 Gardner, Antwan	10	Pine Ridge	25.84
17 26 Pough, Brad	10	DeLand	25.91
18 39 Clark, Kendall	09	DeLand	26.00
19 192 Augustine, Steno	10	Seabreeze	26.05
20 175 Robbins, Joshua	10	Spruce Creek Hig	26.06
21 137 Wilson, Adrian	10	Spruce Creek Hig	26.07
22 37 Martella, Mike	09	DeLand	26.81
23 231 Steward, James	12	Mainland	26.82
24 2 Marin, Humberto	09	Deltona	26.86
25 223 Gaskins, Reggie	10	Seabreeze	27.24
26 51 Lopez, Miquel	10	Atlantic HS	27.51
27 53 Johnson, Emanuel	09	Atlantic HS	27.73
28 40 Skaggs, Matt	09	DeLand	27.96
29 212 Berry, Greg	09	Seabreeze	28.57
30 191 Furman, Sam	10	Spruce Creek Hig	29.47
31 141 Burt, Matthew	10	Spruce Creek Hig	29.72
32 46 Grimes, Camden	09	DeLand	31.45

5 Star Conference Fr/So Meet - 3/28/2006**Hosted by: Flagler Palm Coast HS****Bunnell, Florida****Results - 5StarFrSo****Boys 400 Meter Dash**

Name	Yr	School	Finals	
1 211 Schwarz, Richard	10	Seabreeze	51.82	10
2 35 Mikell, Alex	10	DeLand	55.34	8
3 11 Abremenko, Stan	10	Deltona	55.45	6
4 96 Lockhart, CJ	09	Flagler Palm Coa	57.09	5
5 217 Morelli, Kyle	09	Seabreeze	57.36	4
6 58 turner, Eric	10	Atlantic HS	58.32	3
7 235 McNair, Lakarl	09	Mainland	59.76	2
8 175 Robbins, Joshua	10	Spruce Creek Hig	59.83	1
9 3 Monk, Mike	10	Deltona	1:00.61	
10 147 Hannabass, Kyle	09	Spruce Creek Hig	1:00.72	
11 72 Knight, Mau	09	Pine Ridge	1:01.26	
12 1 Kennedy, Dwayne	09	Deltona	1:01.28	
13 30 Mendez, Carson	09	DeLand	1:01.52	
14 2 Marin, Humberto	09	Deltona	1:02.32	
15 53 Johnson, Emanuel	09	Atlantic HS	1:02.88	
16 223 Gaskins, Reggie	10	Seabreeze	1:04.01	
17 4 Pass, Tyler	09	Deltona	1:04.27	
18 51 Lopez, Miquel	10	Atlantic HS	1:05.34	
19 40 Skaggs, Matt	09	DeLand	1:05.40	
20 38 Deviva, Stuart	09	DeLand	1:07.96	

Boys 800 Meter Run

Name	Yr	School	Finals	
1 193 Vandoorn, Kyle	10	Seabreeze	2:08.56	10
2 97 Earle, Andrew	10	Flagler Palm Coa	2:12.55	8
3 78 Burk, Shane	10	Pine Ridge	2:13.48	6
4 5 Janssen, Cameron	10	Deltona	2:16.09	5
5 195 Huckleby, Todd	11	Seabreeze	2:17.78	4
6 29 Sirutis, Doug	09	DeLand	2:18.53	3
7 242 Gardner, Kentrail	09	Mainland	2:20.68	2
8 229 Miller, Clifford	09	Mainland	2:24.37	1
9 94 Velasquez, Roberto	10	Flagler Palm Coa	2:24.58	
10 182 Rendon, Michael	10	Spruce Creek Hig	2:27.73	
11 144 Kung, Johnson	10	Spruce Creek Hig	2:29.06	
12 122 Bowling, Nick	10	Spruce Creek Hig	2:31.01	
13 176 Moody, Christopher	10	Spruce Creek Hig	2:32.00	
14 132 Alkorek, Omar	10	Spruce Creek Hig	2:32.86	
15 47 Johnson, Joe	10	DeLand	2:33.30	
16 3 Monk, Mike	10	Deltona	2:33.52	
17 129 Parker, Jacob	09	Spruce Creek Hig	2:34.02	
18 16 LaPlante, Ryan	09	DeLand	2:34.08	
19 72 Knight, Mau	09	Pine Ridge	2:38.37	
20 67 Cruz, Ricky	09	Pine Ridge	2:43.92	
21 15 Gingras, Darin	09	DeLand	2:45.03	
22 68 Lewis, Joseph	09	Pine Ridge	3:00.31	
23 74 Berard, Christian	09	Pine Ridge	3:01.31	

Boys 1600 Meter Run

Name	Yr	School	Finals	
1 117 Frazier, Alex	10	Spruce Creek Hig	4:51.97	10
2 78 Burk, Shane	10	Pine Ridge	4:58.33	8
3 165 Gaines, Ryan	10	Spruce Creek Hig	5:02.30	6
4 5 Janssen, Cameron	10	Deltona	5:03.04	5

5 23 Holyoke, Dylan	11	DeLand	5:03.71	4
6 94 Velasquez, Roberto	10	Flagler Palm Coa	5:08.73	3
7 182 Rendon, Michael	10	Spruce Creek Hig	5:16.69	2
8 109 Howes, Matt	09	Flagler Palm Coa	5:17.18	1
9 195 Huckleby, Todd	11	Seabreeze	5:18.31	
10 176 Moody, Christopher	10	Spruce Creek Hig	5:20.29	
11 144 Kung, Johnson	10	Spruce Creek Hig	5:23.08	
12 122 Bowling, Nick	10	Spruce Creek Hig	5:23.16	
13 131 Miller, Zachary	09	Spruce Creek Hig	5:34.43	
14 132 Alkorek, Omar	10	Spruce Creek Hig	5:38.90	
15 129 Parker, Jacob	09	Spruce Creek Hig	5:41.99	
16 113 Roberts, Mark	10	Flagler Palm Coa	5:42.35	
17 196 McKernan, Kevin	10	Seabreeze	5:45.68	
18 224 Skelley, Chris	10	Seabreeze	5:46.93	
19 65 Mabry, Allan	10	Atlantic HS	5:48.52	
20 133 Poulson, Mark	09	Spruce Creek Hig	5:49.06	
21 47 Johnson, Joe	10	DeLand	5:50.46	
22 16 LaPlante, Ryan	09	DeLand	5:53.07	
23 128 Whitaker, Brian	09	Spruce Creek Hig	6:00.21	
24 98 Pagello, Chris	09	Flagler Palm Coa	6:04.27	
25 67 Cruz, Ricky	09	Pine Ridge	6:14.69	
26 63 Black, Jake	11	Atlantic HS	6:24.37	
27 74 Berard, Christian	09	Pine Ridge	6:31.08	
28 68 Lewis, Joseph	09	Pine Ridge	6:59.93	

Boys 3200 Meter Run

Name	Yr	School	Finals	
1 101 Shott, Aaron	10	Flagler Palm Coa	10:53.53	10
2 117 Frazier, Alex	10	Spruce Creek Hig	11:00.32	8
3 23 Holyoke, Dylan	11	DeLand	11:17.43	6
4 165 Gaines, Ryan	10	Spruce Creek Hig	11:31.92	5
5 176 Moody, Christopher	10	Spruce Creek Hig	11:41.96	4
6 109 Howes, Matt	09	Flagler Palm Coa	11:46.99	3
7 122 Bowling, Nick	10	Spruce Creek Hig	12:06.46	2
8 113 Roberts, Mark	10	Flagler Palm Coa	12:11.29	1
9 224 Skelley, Chris	10	Seabreeze	12:39.83	
10 98 Pagello, Chris	09	Flagler Palm Coa	13:16.80	

Boys 110 Meter Hurdles

Name	Yr	School	Finals	
1 140 Howard, David	10	Spruce Creek Hig	16.33	10
2 174 Peacock, Roscoe	09	Spruce Creek Hig	20.15	8
3 84 Jones, Chase	10	Flagler Palm Coa	20.75	6
4 6 Lewis, Roberto	10	Deltona	21.36	5
5 119 Mallory, Matthew	09	Spruce Creek Hig	21.56	4

Boys 300 Meter Hurdles

Name	Yr	School	Finals	
1 140 Howard, David	10	Spruce Creek Hig	44.25	10
2 185 Antonopoulos, Chris	10	Spruce Creek Hig	47.98	8
3 84 Jones, Chase	10	Flagler Palm Coa	48.20	6
4 174 Peacock, Roscoe	09	Spruce Creek Hig	48.91	5
5 119 Mallory, Matthew	09	Spruce Creek Hig	52.81	4
6 128 Whitaker, Brian	09	Spruce Creek Hig	56.94	3
7 6 Lewis, Roberto	10	Deltona	58.04	2

5 Star Conference Fr/So Meet - 3/28/2006**Hosted by: Flagler Palm Coast HS****Bunnell, Florida****Results - 5StarFrSo****Boys 4x100 Meter Relay**

Team	Relay	Finals
1 Flagler Palm Coa	A	46.39 10
1) 84 Jones, Chase 10	2) 85 Mitchell, Marcus 10	
3) 100 Ndum, Rodney 09	4) 99 Steward, Jeremy 10	
2 Spruce Creek High	A	47.88 8
1) 137 Wilson, Adrian 10	2) 170 Williamson, Demetrius	
3) 158 McGinley, Steven 10	4) 183 McGirt, Christopher 09	
3 Deltona High School	A	48.34 6
1) 12 Edwards, Demetro 09	2) 6 Lewis, Roberto 10	
3) 1 Kennedy, Dwayne 09	4) 7 Heath, David 09	
--- Atlantic HS	A	DNF
1) 64 Cue, Anthony 11	2) 51 Lopez, Miquel 10	
3) 54 Pinckney, Lewis 10	4) 58 turner, Eric 10	

Boys 4x400 Meter Relay

Team	Relay	Finals
1 Seabreeze High School	A	3:50.43 10
2 Mainland High School	A	3:51.55 8
1) 242 Gardner, Kentrail 09	2) 235 McNair, Lakarl 09	
3) 229 Miller, Clifford 09	4) 240 Ward, Matt 09	
3 Deltona High School	A	3:55.93 6
1) 11 Abremenko, Stan 10	2) 5 Janssen, Cameron 10	
3) 1 Kennedy, Dwayne 09	4) 2 Marin, Humberto 09	
4 Spruce Creek High	A	4:00.84 5
1) 140 Howard, David 10	2) 185 Antonopoulos, Chris 10	
3) 175 Robbins, Joshua 10	4) 147 Hannabass, Kyle 09	
5 DeLand High School	A	4:10.45 4
1) 30 Mendez, Carson 09	2) 25 Woodard, Alec 11	
3) 35 Mikell, Alex 10	4) 29 Sirutis, Doug 09	
6 Atlantic HS	A	4:12.35 3
1) 63 Black, Jake 11	2) 53 Johnson, Emanuel 09	
3) 51 Lopez, Miquel 10	4) 58 turner, Eric 10	
7 Flagler Palm Coa	A	4:32.23 2
1) 101 Shott, Aaron 10	2) 94 Velasquez, Roberto 10	
3) 112 Mole, Gerald 10	4) 88 Young, Ben 09	

Boys 4x800 Meter Relay

Team	Relay	Finals
1 Spruce Creek High	A	9:07.60 10
1) 117 Frazier, Alex 10	2) 144 Kung, Johnson 10	
3) 165 Gaines, Ryan 10	4) 185 Antonopoulos, Chris 10	
2 DeLand High School	A	9:36.45 8
1) 29 Sirutis, Doug 09	2) 15 Gingras, Darin 09	
3) 23 Holyoke, Dylan 11	4) 25 Woodard, Alec 11	
3 Seabreeze High School	A	9:41.74 6
4 Pine Ridge	A	10:22.99 5
1) 74 Berard, Christian 09	2) 67 Cruz, Ricky 09	
3) 68 Lewis, Joseph 09	4) 72 Knight, Mau 09	
5 Flagler Palm Coa	A	10:28.63 4
1) 109 Howes, Matt 09	2) 91 Leciejewski, Wojtek 10	
3) 113 Roberts, Mark 10	4) 87 Lind, Skyler 10	

Boys High Jump

Name	Yr	School	Finals
1 102 Williams, Shereife	09	Flagler Palm Coa	5-06.00 9
1 199 McDonald, Travis	10	Seabreeze	5-06.00 9
3 162 Lucas, David	10	Spruce Creek Hig	5-02.00 6
4 101 Shott, Aaron	10	Flagler Palm Coa	5-00.00 5
--- 174 Peacock, Roscoe	09	Spruce Creek Hig	NH
--- 100 Ndum, Rodney	09	Flagler Palm Coa	NH
--- 154 Dallarosa, John	10	Spruce Creek Hig	NH

Boys Pole Vault

Name	Yr	School	Finals
1 94 Velasquez, Roberto	10	Flagler Palm Coa	9-00.00 10
2 208 Reider, Austin	10	Seabreeze	9-00.00 8
3 37 Martella, Mike	09	DeLand	8-00.00 6
4 46 Grimes, Camden	09	DeLand	7-06.00 5
--- 209 Buckley, Brad	09	Seabreeze	NH
--- 26 Pough, Brad	10	DeLand	NH

Boys Long Jump

Name	Yr	School	Finals
1 85 Mitchell, Marcus	10	Flagler Palm Coa	19-07.50 10
2 43 Watkins, Vic	09	DeLand	19-03.00 8
3 140 Howard, David	10	Spruce Creek Hig	19-01.00 6
4 7 Heath, David	09	Deltona	19-00.50 4.5
4 243 Bell, Antonio	10	Mainland	19-00.50 4.5
6 100 Ndum, Rodney	09	Flagler Palm Coa	18-08.00 3
7 233 Theodore, John	10	Mainland	18-07.25 2
8 162 Lucas, David	10	Spruce Creek Hig	18-07.00 1
9 102 Williams, Shereife	09	Flagler Palm Coa	17-10.25
10 39 Clark, Kendall	09	DeLand	17-06.50
11 234 Blair, Andre	09	Mainland	17-03.50
12 30 Mendez, Carson	09	DeLand	17-01.00
13 59 Green, James	10	Atlantic HS	16-10.50
14 175 Robbins, Joshua	10	Spruce Creek Hig	16-10.00
15 182 Rendon, Michael	10	Spruce Creek Hig	14-09.00
16 154 Dallarosa, John	10	Spruce Creek Hig	14-05.00

Boys Triple Jump

Name	Yr	School	Finals
1 243 Bell, Antonio	10	Mainland	42-10.75 10
2 100 Ndum, Rodney	09	Flagler Palm Coa	39-11.50 8
3 102 Williams, Shereife	09	Flagler Palm Coa	38-03.50 6
4 185 Antonopoulos, Chris	10	Spruce Creek Hig	35-09.50 5
5 242 Gardner, Kentrail	09	Mainland	34-00.50 4
--- 182 Rendon, Michael	10	Spruce Creek Hig	FOUL

Boys Shot Put

Name	Yr	School	Finals
1 13 Berry, Clayton	10	Deltona	43-07.00 10
2 123 Lickfield,	09	Spruce Creek Hig	41-02.00 8
3 56 Barnes, Terrance	11	Atlantic HS	39-09.50 6
4 209 Buckley, Brad	09	Seabreeze	34-03.50 5
5 50 Sault, Nick	10	Atlantic HS	33-07.00 4
6 42 Fox, Alex	10	DeLand	31-09.00 3
7 106 Paxia, Robert	10	Flagler Palm Coa	31-08.50 2

5 Star Conference Fr/So Meet - 3/28/2006**Hosted by: Flagler Palm Coast HS****Bunnell, Florida****Results - 5StarFrSo****(Boys Shot Put)**

	Name	Yr	School	Finals	
8	120 Hunt, Matthew	09	Spruce Creek Hig	29-03.00	1
9	27 Atkins, Tyler	09	DeLand	28-08.00	
10	149 Mount, Josh	09	Spruce Creek Hig	28-06.00	

Women - Team Rankings - 17 Events Scored

1)	Spruce Creek High	196
2)	DeLand High School	96.5
3)	Flagler Palm Coast High School	90
4)	Mainland High School	83
5)	Seabreeze High School	66.5
6)	Pine Ridge High School	9
7)	Deltona High School	8
8)	Atlantic HS	5

Men - Team Rankings - 17 Events Scored

1)	Spruce Creek High	147
2)	Flagler Palm Coast High School	129
3)	Seabreeze High School	74
4)	DeLand High School	55
5)	Mainland High School	54.5
5)	Deltona High School	54.5
7)	Atlantic HS	36
8)	Pine Ridge High School	19