

Upper Darby Relays

Upper Darby High School; Drexel Hill, PA
Saturday, March 26, 2022

Weather: 40's with 20-30 mph winds

Track Events:

2x300M Intermediate Hurdles

| | | | |
|----------------|------------------|-----------|--|
| 1:31.47 | 3rd of 13 | | |
| Owen Bush | 43.48 | 4th of 29 | |
| Abato Dantonka | 48.00 | 17th | |

Distance Medley Relay (1200, 400, 800, 1600)

| | | | |
|-----------------|------------------|--|--|
| 10:41.93 | 1st of 23 | | |
| Quentin Ryan | 3:14.4 | | |
| Gabe Zwilling | 54.4 | | |
| Patrick Lawson | 2:05.0 | | |
| Ethan Fingerhut | 4:27.99 | | |

Sprint Medley Relay (200-200-400-800)

| | | | |
|----------------|------------------|------------------|-------------|
| 3:55.34 | 9th of 38 | 4:10.98 | 18th |
| Noah Hilbmann | | Abato Dantonka | |
| Sam Appelbaum | | Ryan Steigerwalt | |
| Sean Kane | 54.6 | Owen Bush | 57.7 |
| Logan Eagles | 2:11.9 | Tiernan O'Neill | 2:20.3 |

4x800M Relay

| | | | |
|----------------|-------------------|----------------|-------------|
| 9:13.84 | 13th of 35 | 9:32.41 | 21st |
| Rob Vollbrecht | 2:15.1 | Josh Mintzer | 2:25.0 |
| Remy Dufresne | 2:15.1 | Joe McGuire | 2:25.3 |
| Carlo Buibviri | 2:27.0 | Gabe Zwilling | 2:19.2 |
| Andrew Fedako | 2:16.4 | Ronan Badovick | 2:22.7 |

4x200M Relay

| | | | |
|----------------|-------------------|----------------|-------------|
| 1:43.06 | 13th of 35 | 2:00.09 | 35th |
| Sam Appelbaum | | Danny Tran | |
| Logan Eagles | | Kwaiming Chow | |
| Matt Hasson | | Levan Thompson | |
| Sean Kane | | Johnny Bencker | |

4x100M Relay

| | | | |
|---------------|-------------------|--|--|
| 48.08 | 18th of 31 | | |
| Collin Nimi | | | |
| Chris Lin | | | |
| Gavin Devise | | | |
| Noah Hilbmann | | | |

4x400M Relay

| | | | |
|-----------------|-------------------|------------------|-------------|
| 3:56.55 | 22nd of 44 | 4:51.17 | 44th |
| Collin Nimi | 54.0 | Ryan Steigerwalt | 69.0 |
| Chris Lin | 61.4 | Alex Tran | 75.9 |
| Bryan Hecht | 64.0 | Evan Strzelec | 66.7 |
| Tiernan O'Neill | 56.9 | Anthony Campese | 69.3 |

4x1600M

| | | | |
|--|---|--|--|
| 18:15.90 | 1st Place of 18 *Meet Record* PA#1 | | |
| **SCHOOL RECORD, Betters 18:19.11 from 2009** | | | |
| Gabe Zwilling | 4:36.5 | | |
| Patrick Lawson | 4:30.3 | | |
| Quentin Ryan | 4:39.1 | | |
| Ethan Fingerhut | 4:29.7 | | |

Field Events:

Shot Put

| | | | |
|-----------------|------------------|--|--|
| 87-11.00 | 1st of 27 | | |
| Mike Powel | 54-05.00 | 1st of 55 *District Qualifier* PA#2 | |
| Colin Corkery | 33-06.00 | 30th | |

Javelin

| | | | |
|------------------|------------------|------------|--|
| 201-08.00 | 9th of 21 | | |
| Frankie Kober | 103-01 | 16th of 45 | |
| Sean Leahy | 98-07 | 21st | |

Discus

| | | | |
|---------------|------------------|-----------|--|
| 206-06 | 6th of 24 | | |
| Mike Powel | 122-01 | 3rd of 49 | |
| Sean Leahy | 84-05 | 27th | |

High Jump

| | | | |
|------------------|------|------------|--|
| | | | |
| Ryan Steigerwalt | 5-02 | 16th of 19 | |
| Bryan Hecht | NH | | |

Central League Meet #1

Radnor, Ridley, Penncrest (Garnet Valley & Marple Newtown)

At Haverford Twp. High School; Havertown, PA

Wednesday, March 30, 2022

Weather: mid 40's, partly cloudy

Track Events:

300M Hurdles

| | | |
|----------------|--------------|-----------|
| Owen Bush | 45.58 | 6th of 21 |
| Abato Dantonka | 47.05 | 10th |
| Bryan Hect | 55.10 | 18th |

4x800m Relay A

| | |
|----------------|------------------|
| 8:52.38 | 5th of 12 |
| Logan Eagles | 2:07.8 |
| Ronan Badovick | 2:12.4 |
| Harley Burko | 2:20.4 |
| Andrew Fedako | 2:11.6 |

4x800m Relay B

| | |
|-----------------|-------------|
| 10:21.83 | 10th |
| Blake Device | 2:31.3 |
| Ben McVeigh | 2:46.4 |
| Michael Park | 2:41.2 |
| Maxim Markiw | 2:22.7 |

100m Dash

| | | |
|------------------|--------------|-----------|
| Sam Appelbaum | 11.98 | 7th of 31 |
| Noah Hilbmann | 12.51 | 16th |
| Collin Niimi | 12.58 | 17th |
| Ryan Steigerwalt | 12.83 | 22nd |

1600m Run

| | | |
|--------------|----------------|------------|
| Joe McGuire | 5:08.17 | 16th of 28 |
| Nick Fitti | 5:18.79 | 19th |
| Jack Baldwin | 5:30.06 | 23rd |
| Aiden Cron | 5:37.30 | 24th |
| Caleb Uy | 5:48.23 | 26th |

4x100m Relay

| | |
|---------------|------------------|
| 45.76 | 2nd of 11 |
| Noah Hilbmann | |
| Sean Kane | |
| Collin Niimi | |
| Sam Appelbaum | |

400m Dash

| | | |
|-----------------|--------------|-----------|
| Sean Kane | 54.31 | 5th of 25 |
| Tiernan O'Neill | 56.19 | 12th |

110m Hurdles

| | | |
|----------------|--------------|-----------|
| Abato Dantonka | 19.50 | 8th of 16 |
|----------------|--------------|-----------|

800m Run

| | | |
|------------------|----------------|------------|
| Andrew Fedako | 2:16.14 | 12th of 26 |
| Thomas Stromberg | 2:22.43 | 19th |
| Julian Roy | 2:43.72 | 25th |
| Rudi Timme | 2:47.79 | 26th |
| Jackson Prange | DNS | |

200m Dash

| | | |
|----------------|--------------|------------|
| Noah Hilbmann | | |
| Chris Lin | 27.42 | 21st of 26 |
| Levan Thompson | 28.01 | 22nd |
| Danny Tran | 28.59 | 25th |
| Alex Tran | 31.00 | 26th |

Track Events: cont.

3200m Run

| | | |
|----------------|-----------------|-----------|
| Josh Mintzer | 11:38.08 | 21st |
| Carlo Buonviri | 10:43.39 | 6th of 22 |
| Evan Taddeo | 11:10.49 | 19th |

4x400m Relay

| | |
|-----------------|-----------------|
| 3:40.95 | 2nd of 6 |
| Collin Niimi | 55.2 |
| Logan Eagles | 55.9 |
| Ryan Sweeney | 54.6 |
| Sean Kane | |
| 3:44.73 | |
| Alex Roth | 54.2 |
| Sam Appelbaum | 57.4 |
| Owen Bush | 55.7 |
| Tiernan O'Neill | 57.2 |

Field Events:

Shot Put

| | | |
|---------------|-----------------|-----------|
| Mike Powel | 54-00.50 | 1st of 16 |
| Colin Corkery | 33-10 | 9th |
| Sean Leahy | 32-00 | 12th |

Discus

| | | |
|---------------|---------------|-----------|
| Mike Powel | 131-07 | 1st of 15 |
| Sean Leahy | 82-04 | 10th |
| Colin Corkery | 81-03 | 13th |

Javelin

| | | |
|---------------|--------------|------------|
| Frankie Kober | 86-06 | 12th of 16 |
| Connor Schiff | 68-04 | 15th |
| Brendan Fabry | 65-01 | 16th |

Triple Jump

| | | |
|-----------------|--------------|------------|
| Tiernan O'Neill | 33-02 | 10th of 13 |
|-----------------|--------------|------------|

High Jump

| | | |
|------------------|------------|-------|
| Bryan Hect | 5-2 | 5th |
| Ryan Steigerwalt | 5-0 | t-6th |
| Aboto Dantonka | 5-0 | t-6th |

Pole Vault

| | | |
|--------------|------------|------------------|
| Jackson Litz | 9-0 | 5th of 10 |
|--------------|------------|------------------|

Dual Meet Score

| | |
|------------------|--------------|
| Radnor | 92.33 |
| Haverford Twp. | 52.66 |
| Ridley | 94.5 |
| Haverford Twp. | 55 |
| Penncrest | 119.5 |
| Haverford Twp. | 30.5 |

10th Haverford Invitational

Haverford Twp. High School; Havertown, PA

Saturday April 2, 2022

Weather: low 50's, slight breeze, nice

Track Events:

300m Intermediate Hurdles

Owen Bush **43.98** 3rd of 22
Abato Dantonka **47.65** 15th

4x800m Relay

7:57.92 **PA #1 *District Qualifier***
Gabe Zwilling 2:02.8 (58)
Quentin Ryan 1:58.7 (58)
Patrick Lawson 1:58.6 (58)
Ethan Fingerhut 1:57.6 (58)

100m Dash

Sam Appelbaum **12.04** 15th of 43
Tree Zewdie **12.62** 34th

1600m Run

Remy Dufresne **4:41.56** (68, 69, 71, 72) 7th of 30
Rob Vollbrecht **4:43.15** (68, 69, 71, 73) 8th

4x100m Relay

45.95 6th of 15
Alex Roth
Sean Kane
Ryan Sweeney
Sam Appelbaum

400m Dash

Collin Niimi **54.18** 10th of 33
Tiernan O'Neill **54.97** 12th

110m Hurdles

Abato Dantonka **18.71** 9th of 21

800m Run

Gabe Zwilling **1:59.90** (57.6, 62.2) 3rd of 42
Logan Eagles **2:06.44** (58.7, 67.7) 11th

200m Dash

Sam Appelbaum **24.76** 17th of 41
Tiernan O'Neill **25.69** 29th

3200m Run

Patrick Lawson **9:26.29** (4:45) **1st of 19 PA #4 *District Qualifier***
Quentin Ryan **9:35.00** (4:47) 4th **PA#9 *District Qualifier***
Ethan Fingerhut **9:35.07** (4:47) 5th **PA #10 *District Qualifier***
Alexander DiMatteo **11:12.72** (5:21) 18th

4x400m Relay (3 turn stagger)

3:37.00 6th of 15
Collin Niimi na
Sean Kane na
Ryan Sweeney 54.09
Owen Bush na

Field Events:

Shot Put

Mike Powel **52-2** 1st of 37
Colin Corkery **39-1** 7th

Discus

Sean Leahy **90-0** 12th of 39
Mike Powel **F**

Javelin

Frankie Kober **76-9** 31st of 35

Long Jump

Tiernan O'Neill **17-01.75** 18th of 28

Triple Jump

Tree Zewdie **33-01** 16th of 20
Tiernan O'Neill **32-2** 20th

High Jump

Ryan Steigerwalt **5-0** t8th
Abato Dantonka **5-0** t8th

Pole Vault

Jackson Litz **10-6** 4th of 14

Central League Meet #2

Upper Darby, Harriton, Springfield (Garnet Valley & Marple Newtown)

At Springfield DELCO; Springfield, PA

Wednesday, April 6, 2022

Weather: Cloudy, high 40's

Track Events:

300M Hurdles

Owen Bush **44.95** 2nd
Abato Dantonka **48.90** 9th
Bryan Hecht **49.64** 12th

4x800m Relay **9:33.45** 4th

Andrew Fedako 2:24.45
Maxim Markiw 2:12.37
Nick Fitti 2:32.40
Ben McVeigh 2:24.22

100m Dash

Ryan Sweeney **12.09** 7th
Gavin Device **12.55** 13th
Alex Roth **12.58** 15th
Alex Tran **14.71** 31st
Johnny Bencker **15.22** 32nd
Kwaiming Chow **15.51** 33rd

1600m Run

Alexander DiMatteo **5:05.18** 8th
Josh Mintzer **5:23.04** 10th
Gideon Dayo **5:38.49** 14th
Aidan Cron **5:40.09** 15th
Caleb Uj **5:42.35** 16th

4x100m Relay **45.76** 1st

Sean Kane
Gavin Device
Ryan Sweeney
Sam Appelbaum

400m Dash

Ethan Fries **57.46** 12th
Levan Thompson **61.80** 21st
Evan Strelec **66.13** 27th
Danny Tran **66.93** 28th
Anthony Campese **72.38** 29th

110m Hurdles

Abato Dantonka **19.14** 3rd
Bryan Hecht **22.74** 12th

800m Run

Jack Baldwin **2:24.55** 9th
Michael Park **2:37.08** 14th
Jullian Roy **2:39.19** 15th
Jackson Prange **2:44.57** 20th
Blake Device **2:52.96** 23rd

Track Events Cont.

200m Dash

Sean Kane **24.15** 5th
Ryan Steigerwalt **26.96** 26th
Chris Lin **26.98** 28th
Bryan Hecht **27.12** 29th
Abato Dantonka **27.32** 30th

3200m Run

Evan Taddeo **11:04.63** 7th
Joseph McGuire **11:11.60** 8th

4x400m Relay **3:40.14** 2nd

Owen Bush 55.36
Tiernan O'Neill 56.97
Ryan Sweeney 55.05
Sean Kane 52.75

Field Events:

Shot Put

Mike Powel **54-6** 1st
Colin Corkery **38-10** 6th
Sean Leahy **33-2** 12th

Triple Jump

Tree Zewdie **35-10.75** 7th

High Jump

Ryan Steigerwalt **5-4** 4th
Bryan Hecht **5-2** 10th
Abato Dantonka **5-0** 11th

Pole Vault

Jackson Litz **10-0** 4th

Dual Meet Scores:

Haverford: 59

Harriton: 69

Haverford: 60

Marple Newtown 81

Haverford: 63

Upper Darbey 73

The John Heins Invitational

Upper Moreland H.S. Willow Grove, PA

Friday, April 8, 2022

Weather: Windy, 50's

Track Events:

1600m Run

| | |
|-----------------|---|
| Patrick Lawson | 4:18.43 (63, 66, 64, 63) 1st of 54 * District Qualifier * |
| Ethan Fingerhut | 4:21.47 (63, 67, 67, 62) 2nd |
| Quentin Ryan | 4:21.84 (64, 67, 66, 63) 3rd |

*** All three broke the meet record!**

Coatesville Invitational

Coatesville Area High School, Coatesville, PA

Saturday, April 9, 2022

Weather: windy, high 40's

Track Events:

110m Hurdles

Abato Dantonka 18.11 14th of 20

100m Dash

Sam Appelbaum 12.15 26th of 72

1600m Run (Frosh/Soph)

Carlo Bonvuri 5:01.75 (71, 77, 77, 73) 10th of 44

1600m Run

Gabe Zwilling 4:32.88 (64, 67, 70, 69) 2nd of 45

Rob Vollbercht 4:47.17 (67, 73, 74, 72) 12th

Remy Dufresne 4:58.89 (67, 74, 77, 78) 22nd

4x100m Relay

45.50 10th of 15

Sean Kane

Gavin Device

Collin Niimi

Sam Appelbaum

400m Dash

Sean Kane 52.51 9th of 61

Tiernan O'Neill 56.08 35th

Matt Hasson 56.98 39th

300m Hurdles

Owen Bush 45.16 11th of 37

Abato Dantonka 48.48 27th

200m Dash

Sam Appelbaum 25.19 29th of 68

Alex Roth 25.93 45th

Gavin Device NT

4x400m Relay

3:37.86 7th of 14

Collin Niimi 55.1

Gabe Zwilling 54.4

Tiernan O'Neill 56.20

Sean Kane 52.10

Field Events:

High Jump

Abato Dantonka NH

Ryan Steigerwalt NH

Triple Jump

Tree Zewdie 34-3.50 27th of 31

Shot Put

Mike Powel 53-05.50 2nd of 55

Colin Corkery 40-08 14th

Discus

Mike Powel 132-07 3rd of 56

Colin Corkery 91-11 34th

Javelin

Frankie Kober 96-3 32nd of 43

Ryan Horn 87-3 37th

Rustin Invitational

W.C. Bayard Rustin HS; West Chester, PA
Wednesday, April 13, 2022

Weather: Nice, mid 70's

Track Events:

400m Dash

| | | |
|-----------------|--------------|-------------|
| Ethan Fingerhut | 52.66 | T-6th of 50 |
| Patrick Lawson | 53.75 | 10th |
| Quentin Ryan | 53.83 | 12th |

3200m Run

| | | |
|-----------------|-----------------|-----------|
| Patrick Lawson | 9:30.61 | 1st of 16 |
| Quentin Ryan | 9:45.40 | 3rd |
| Ethan Fingerhut | 10:10.81 | 5th |