

Season Notes

During the season, there were 15 girls' school records broken and 13 boys' records. Rob Jiggetts became the first boy to qualify for the State Meet of Champions in program history, and Nick Lachman became the first boy to win a championship (sectionals). Amber Scott and Megan Flynn became the first girls to win state group championships, and the girls' team finished 2nd at sectionals and 3rd at the state group championship.

Megan Flynn and the 4 by mile relay (Megan Flynn, Erin Hayes, Gina Norato, and Meagan Lesniak) qualified for the indoor national championship meet in New York in March.

Athletes

Boys

Brian	Alston
Timothy	Brazelton
Matthew	Festa
Brian	Flynn
Michael	Giesler
Anthony	Gother
Jonathan	Harmon*
Benjamin	Huynh
Robert	Jiggetts*
Jack	Katzbach
Daniel	Killeen
Andrew	Kurzeja
Nicholas	Lachman
Ryan	Lee
Michael	Mahoney
Zachary	Matuzsan*
Andrew	Matyas
Kyle	McMullen
Tyler	Muir
Charlie	Nocera
Daniel	Orlak
Michael	Schindewolf
Ali	Soroush
Christopher	Woidill

Girls

Carol	Archer
Angie	Avellaneda
Rachel	Balint
Ashley	Carfagno
Alexandra	Demetriades
Amanda	Douglass
Megan	Flynn
Renee	Francisco
Laura	Greb
Allyson	Guieb
Taylor	Harmon
Erin	Hayes
Kristen	Hughes
Angelika	Janiga
Meagan	Lesniak
Holly	Lovering
Casey	McGuigan
Jenna	Miller
Alicia	Norato
Gina	Norato*
Karoline	Panes
Amber	Rylak
Amber	Scott
Elizabeth	Shapiro
Jacqueline	Sikora
Silpa	Srinivasulu
Kellye	Statz

* captains

Meet Results

Inaugural Robbinsville Polar Bear Open

at Robbinsville High School

vs. Bordentown, Allentown, Hightstown, Nottingham, Lawrence

12/15/07

30 degrees, breezy

Distance Medley relay – 3rd

Zach Matuzsan	3:48
Mike Geisler	69
Chris Woidill	2:35
Dan Orlak	5:48
Team time	13:20.6

Distance Medley relay

Ben Huynh	4:11
Andrew Kurzeja	76
Tim Brazelton	2:29
Mike Mahoney	5:55
Team time	13:51.9

4 x 200 meter relay – 2nd

Rob Jiggetts	24
Chalie Nocera	26
Ryan Lee	26
Kyle McMullen	24
Team time	1:40.9

3200 meter

Nick Lachman – 1 st	11:18.4
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55 meter

Anthony Gother	8.2
Matt Festa	8.8

4 x 800 meter relay – 1st

Brian Flynn	2:19
Mike Schindewolf	2:24
Tim Brazelton	2:31
Tyler Muir	2:27
Team time	9:41.3

4 x 800 meter relay

Zach Matuzsan	2:31
Dan Orlak	2:41
Chris Woidill	2:35
Mike Geisler	3:26
Team time	11:13.5

55 HH

Sipla Srinivasulu – 3 rd	10.2
Allyson Guieb	11.5
Kellye Statz	11.9

Distance Medley relay – 2nd

Erin Hayes	4:35
Amanda Douglass	68
Rachel Balint	2:48
Angelika Janiga	6:40
Team time	15:10.8

4 x 200 meter relay – 2nd

Renee Francisco	32
Laura Greb	31
Silpa Srinivasulu	33
Amanda Douglass	29
Team time	2:05.2

3200 meter

Meagan Lesniak – 1 st	13:25.7
Gina Norato – 2 nd	13:25.7

55 meter

Kristen Hughes – 3 rd	8.1
Jackie Sikora	8.4
Kellye Statz	9.1

4 x 800 meter relay

Mike Mahoney	2:50
Ben Huynh	2:54
Andrew Kurzeja	3:08
Ryan Lee	2:32
Team time	11:24.4

4 x 400 meter relay – 1st

Kyle McMullen	56
Brian Flynn	59
Nick Lachman	59
Rob Jiggetts	52
Team time	3:48.7

Shot Put

Chalie Nocera	32' 11-1/2"
Andrew Matyas	32' 9-3/4"

Indian Hills Invitational

at New Balance Armory, New York City

1/4/08

55 HH

Ryan Lee	9.7
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55 m

Brian Alston	7.1
Chalie Nocera	7.3
Tony Gother	8.0
Matt Festa	8.6

1600 m

Nick Lachman	4:50.7
Jon Harmon	5:04.7
Zach Matuzsan	5:08.9
Dan Orlak	5:28.3
Chris Woidill	5:34.7
Ben Huynh	5:48.4

400 m

Rob Jiggetts	52.7
Kyle McMullen	57.3
Mike Giesler	69.1
Andrew Kurzeja	71.0

4 x 400 meter relay – 2nd

Team time	4:47.8

High Jump

Taylor Harmon	4' 4"
Kristen Hughes	4' 4"

Shot Put

Carol Archer	23' 8-1/4"
Ashley Carfagno	21' 2"
Ana Starovoyt	19' 11-3/4"
Karoline Panes	18' 9-1/4"
Lizzy Shapiro	13' 11-1/2"

55 HH

Amber Scott	8.8
Sipla Srinivasulu	10.2
Allyson Guieb	10.6
Kellye Statz	12.3

55 m

Jenna Miller	8.2
Angie Avellaneda	8.3
Laura Greb	8.7

1600 m

Angelika Janiga	6:37.0
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400 m

Allyson Guieb	68.7
Amanda Douglass	68.9
Jackie Sikora	70.4
Amber Scott	71.9
Alicia Norato	74.0

800 m

Brian Flynn	2:15.8
Tim Brazelton	2:18.2
Mike Schindewolf	2:20.0
Ryan Lee	2:21.8
Tyler Muir	2:25.4
Ali Soroush	2:48.9
Dan Killeen	2:55.3
Jack Katzbach	2:57.3

200 m

Rob Jiggetts	23.1
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3000 m

Mike Mahoney	11:29.2
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Shot Put

Chalie Nocera	38' 7"
Andrew Matyas	37' 9"

CVC Relays

at Lawrenceville Prep School

400 m

Mike Giesler	66.6
Andrew Kurzeja	69.7
Anthony Gother	70.1
Matt Festa	80.7

1600 m

Tyler Muir	5:16.6
Chris Woidill	5:25.0
Dan Orlak	5:35.0
Mike Mahoney	5:49.6
Ben Huynh	6:07.7

800 m

Gina Norato	2:40.9
Rachel Balint	2:44.8
Amber Rylak	2:55.1
Erin Hayes	2:57.2
Holly Lovering	3:04.9

High Jump

Taylor Harmon	4' 8"
Jackie Sikora	4' 4"

Triple Jump

Amber Scott	34' 3 1/2"
Gina Norato	28' 11"

Shot Put

Ashley Carfagno	22' 9"
Carol Archer	22' 3"
Karoline Panes	21' 0"
Alex Demitriades	20' 4"

1/9/08

400 m

Amber Scott	67.5
Allyson Guieb	68.9

1600 m

Angelika Janiga	6:36.9
Holly Lovering	6:45.8

55 HH – 4th

Gina Norato	10.2
Silpa Srinivasulu	9.8
Allyson Guieb	10.1
Amber Scott	8.1
Team time	38.9

4 x 200 meter relay

Rob Jiggetts	23.6
Kyle McMullen	25.2
Chalie Nocera	25.3
Brian Alston	25.1
Team time	1:39.2

4 x 200 meter relay

Mike Giesler	29.1
Andrew Kurzeja	31.3
Anthony Gother	30.4
Matt Festa	32.4
Team time	2:02.8

4 x 800 meter relay

Tyler Muir	2:31.5
Ali Soroush	2:41.4
Dan Killeen	3:00.1
Jack Katzback	2:57.7
Team time	11:11.0

4 x 400 meter relay

Angie Avellaneda	70.0
Laura Greb	74.4
Renee Francisco	69.0
Jackie Sikora	68.9
Team time	4:42.3

4 x 200 meter relay

Renee Francisco	30.8
Kellye Statz	33.2
Jenna Miller	30.9
Laura Greb	31.4
Team time	2:06.2

4 x 200 meter relay

Angie Avellaneda	31.8
Silpa Srinivasulu	31.0
Amanda Douglass	30.5
Alicia Norato	32.8
Team time	2:06.4

4 x 800 meter relay

Rachel Balint	2:41.9
Amber Rylak	2:47.1
Amanda Douglass	2:43.2
Alicia Norato	2:55.7
Team time	11:07.4

Group I State Relay Championship

at Jersey City Armory

1/13/08

4 x 200 meter relay – 8th

Rob Jiggetts	23.8
Chalie Nocera	26.4
Kyle McMullen	25.2
Brian Alston	25.3
Team time	1:41.00

4 x 400 meter relay

Brian Alston	58.2
Kyle McMullen	57.3
Brian Flynn	60.9
Rob Jiggetts	56.4
Team time	3:53.04

4 x 800 meter relay

Mike Schindewolf	2:17.7
Ryan Lee	2:19.7
Zach Matuzsan	2:20.7
Tim Brazelton	2:17.3
Team time	9:16.32

4 x 200 meter relay

Allyson Guieb	30.2
Silpa Srinivasulu	31.4
Angie Avellaneda	30.9
Amber Scott	29.6
Team time	2:02.07

4 x 400 meter relay

Renee Francisco	71.4
Allyson Guieb	68.1
Jackie Sikora	70.4
Amber Scott	67.8
Team time	4:37.91

4 x 800 meter relay – 9th

Rachel Balint	2:41.5
Amber Rylak	2:47.8
Amanda Douglass	2:48.1
Alicia Norato	2:48.2
Team time	11:05.98

Distance Medley relay – 9th

Jon Harmon	3:34.6
Rob Jiggetts	53.9
Brian Flynn	2:19.1
Nick Lachman	4:49.8
Team time	11:35.78

Shot Put relay

Chalie Nocera	36' 1 ¼"
Andrew Matyas	35' 5 ½"
Combined distance	71' 6 ¾"

New Balance Games

at New Balance Armory, NYC

1/19/08

4 x 200 meter relay

Rob Jiggetts	23.4
Ryan Lee	25.0
Kyle McMullen	24.4
Brian Alston	24.4
Team time	1:37.32

4 x 800 meter relay

Nick Lachman	2:06.8
Mike Schindewolf	2:17.3
Brian Flynn	2:17.9
Jon Harmon	2:12.4
Team time	8:54.58

Distance Medley relay – 7th

Erin Hayes	4:27.6
Amanda Douglass	67.5
Gina Norato	2:42.3
Megan Flynn	5:33.1
Team time	13:50.73

Sprint Medley relay

Angie Avellaneda	72.5
Jenna Miller	30.7
Laura Greb	31.7
Gina Norato	2:46.1
Team time	5:02.03

55 HH – 3rd

Gina Norato	9.2
Silpa Srinivasulu	9.3
Allyson Guieb	9.6
Amber Scott	7.6
Team time	36.32

Shot Put

Carol Archer	23' 7 ½"
Karoline Panes	19' 4 ¾"
Combined distance	43' ¼"

High Jump

Jackie Sikora	4' 6"
Amber Scott	4'
Combined distance	8' 6"

4 x 200 meter relay

Renee Francisco	30.7
Alicia Norato	30.6
Jackie Sikora	29.7
Amber Scott	27.6
Team time	1:58.76

4 x 800 meter relay

Rachel Balint	2:39.1
Gina Norato	2:47.2
Erin Hayes	2:51.8
Megan Flynn	2:33.4
Team time	10:51.5

High Jump

Jackie Sikora	4' 6"
Taylor Harmon	4' 8"
Combined distance	9' 2"

Triple Jump

Amber Scott	33' 9 ½"
Gina Norato	29' 4"
Combined distance	63' 1 ½"

Shot Put relay

Chalie Nocera	38' 4"
Andrew Matyas	35' 5"
Combined distance	71' 9"

SJTCA Small Schools

at John Bennett Indoor Sports Complex, Toms River

1/22/08

4 x 800 meter relay

Tim Brazelton	2:17.6
Tyler Muir	2:21.0
Chris Woidill	2:30.5
Ali Soroush	2:34.8
Team time	9:44.15

55 HH

Ryan Lee	9.88
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55 m

Rob Jiggetts	6.99
Brian Alston	7.26

1600 m

Zach Matuzsan	5:00.41
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400 m

Rob Jiggetts – 4 th	53.34
Kyle McMullen	55.19

800 m

Brian Flynn	2:12.11
Mike Schindewolf	2:20.23

3200 m

Nick Lachman – 5 th	10:12.89
Jon Harmon	10:43.64

4 x 400 meter relay

Kyle McMullen	55.9
Ryan Lee	58.1
Brian Flynn	59.3
Brian Alston	57.9
Team time	3:51.59

4 x 800 meter relay

Alicia Norato	2:47.9
Amber Rylak	2:46.5
Holly Lovering	3:07.8
Angelika Janiga	2:57.9
Team time	11:40.46

55 HH

Amber Scott – 3 rd	9.04
Sipla Srinivasulu	10.25
Kellye Statz	12.45

55 m

Angie Avellaneda	8.65
Jenna Miller	8.53
Jackie Sikora	8.55

1600 m

Gina Norato	5:54.41
Erin Hayes	6:05.82

400 m

Amber Scott	1:06.72
Renee Francisco	1:13.21

800 m

Rachel Balint	2:38.43
Silpa Srinivasulu	2:52.90

3200 m

Megan Flynn – 1 st	11:42.94
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Shot Put

Chalie Nocera	38' 7"
Andrew Matyas	33' 0"

CVC field event meet
 at Allentown High School
Shot Put

Chalie Nocera	37' 9"
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CVC batch meet #2
 at Peddie Prep School
DMR

Ali Soroush	4:18.4
Jack Katzback	1:20.0
Dan Killeen	2:51.2
Ben Huynh	5:43.9
Team time	14:13.3

4 x 1 lap relay

Mike Giesler	22.1
Andrew Kurzeja	24.4
Matt Festa	25.4
Anthony Gother	23.4
Team time	1:36.5

1600 m

Tim Brazelton – 4 th	5:07.1
Tyler Muir	5:12.5
Chris Woidill	5:47.4
Dan Orlak	5:32.0
Mike Mahoney	DNF

4 x 400 m relay

Mike Giesler	66.8
Andrew Kurzeja	72.5
Matt Festa	75.1
Anthony Gother	68.9
Team time	4:43.2

High Jump

Jackie Sikora – 5 th	4' 6"
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Shot Put

Carol Archer	24' 0"
Ashley Carfagno	24' ½"

1/24/08

Shot Put

Carol Archer	24' 4 ¾"
Karoline Panes	20' 3 ¾"

1/25/08

45 m HH

Silpa Srinivasulu	8.5
Allyson Guieb	8.8
Kellye Statz	9.4

DMR

Rachel Balint	4:23.9
Alicia Norato	1:10.4
Amber Rylak	2:48.6
Meagan Lesniak	6:03.3
Team time – 5th	14:26.2

4 x 1 lap relay

Jenna Miller	24.8
Laura Greb	25.7
Kellye Statz	26.9
Rachel Balint	25.5
Team time	1:42.8

1600 m

Holly Lovering	6:45.1
Angelika Janiga	6:34.7

4 x 400 m relay

Amanda Douglass	73.8
Silpa Srinivasulu	74.7
Allyson Guieb	70.4
Jackie Sikora	67.2
Team time	4:45.9

High Jump

Jackie Sikora	4' 6"
Taylor Harmon	4' 8"

Mercer County Championships

at John Bennett Indoor Sports Complex, Toms River

2/3/08

Girls finished in 7th place with 14 points
Boys finished in 12th place with 5 points

55 HH

Ryan Lee	10.20
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55 m

Rob Jiggetts – 4 th	6.79 / 6.76
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1600 m

Nick Lachman	4:38.20
Jon Harmon	4:50.55
Zach Matuzsan	4:54.94

400 m

Kyle McMullen	54.64
Ryan Lee	57.90

800 m

Brian Flynn	2:11.83
Mike Schindewolf	2:19.20
Tim Brazelton	DQ

200 m

Rob Jiggetts – 6 th	23.55
Kyle McMullen	25.51

Shot Put

Chalie Nocera	39' 4 ¼"
Andrew Matyas	33' 7 ½"

55 HH

Amber Scott – 3 rd	8.89 / 8.82
Sipla Srinivasulu	10.08
Allyson Guieb	10.62

55 m

Angie Avellaneda	8.69
Jenna Miller	8.81

1600 m

Megan Flynn – 5 th	5:16.45
Gina Norato	5:46.31
Erin Hayes	5:55.50

400 m

Amanda Douglass	1:06.16
Allyson Guieb	1:06.55
Jackie Sikora	1:07.14

800 m

Rachel Balint	2:35.87
Amber Rylak	2:40.66
Alicia Norato	2:46.25

200 m

Amber Scott – 3 rd	27.13
Renee Francisco	31.47
Angie Avellaneda	31.56

3200 m

Meagan Lesniak	12:43.28
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4 x 400 meter relay

Amanda Douglass	68.9
Alicia Norato	68.9
Megan Flynn	67.4
Jackie Sikora	67.1
Team time	4:32.32

High Jump

Jackie Sikora	4' 6"
Taylor Harmon	4' 8"

Shot Put

Carol Archer	23' 10 ¼"
Ashley Carfagno	20' 11"
Karoline Panes	19' 0 ¾"

Group I Central New Jersey Sectional Championships

2/10/08

at John Bennett Indoor Sports Complex, Toms River

*Girls finished in 2nd place with 51 points**Boys finished in 5th place with 29 points***55 m**

Rob Jiggetts – 2 nd	6.68 / 6.70
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400 m

Rob Jiggetts – 4 th	52.92
Kyle McMullen – 6 th	53.50

800 m

Brian Flynn	2:11.02
Tim Brazelton	2:16.57

1600 m

Jon Harmon – 6 th	4:45.60
Zach Matuzsan	5:00.21

3200 m

Nick Lachman – 1 st	10:01.82
Jon Harmon – 6 th	10:36.40

55 HH

Ryan Lee	9.90
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4 x 400 meter relay

Kyle McMullen	53.9
Ryan Lee	57.4
Brian Flynn	59.5
Rob Jiggetts	58.1
Team time – 6th	3:49.06

Shot Put

Chalie Nocera – 5 th	39' 2 1/2"
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55 m

Amber Scott – 1 st	7.52 / 7.50
Angie Avellaneda	8.69

400 m

Amanda Douglass	1:05.83
Allyson Guieb	1:06.25

800 m

Rachel Balint – 5 th	2:31.86
Amber Rylak	2:40.62

1600 m

Gina Norato – 3 rd	5:37.43
Erin Hayes	5:51.80

3200 m

Megan Flynn – 1 st	11:32.34
Meagan Lesniak – 3 rd	12:27.94

55 HH

Amber Scott – 4 th	8.85 / 9.52
Sipla Srinivasulu – 6 th	9.88 / 9.89

4 x 400 meter relay

Amber Scott	65.3
Allyson Guieb	66.4
Amanda Douglass	66.1
Jackie Sikora	65.2
Team time – 4th	4:23.14

High Jump

Taylor Harmon – T2 nd	4' 8"
Jackie Sikora – 5 th	4' 6"

Shot Put

Ashley Carfagno	24' 3 1/2"
Carol Archer	22' 4"

Group I New Jersey State Group Championships

2/16/08

at John Bennett Indoor Sports Complex, Toms River

*Girls finished in 3rd place with 30 points**Boys finished in 16th place with 7 points***55 m**

Rob Jiggetts – 3 rd	6.74 / 6.64
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400 m

Rob Jiggetts – 6 th	52.44
Kyle McMullen	53.70

1600 m

Jon Harmon	4:45.96
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3200 m

Nick Lachman	9:53.65
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4 x 400 meter relay

Kyle McMullen	54.6
Ryan Lee	55.9
Brian Flynn	57.7
Rob Jiggetts	53.5
Team time	3:41.89

Shot Put

Chalie Nocera	38' 5 1/2"
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New Jersey State Championships

2/23/08

at John Bennett Indoor Sports Complex, Toms River

55 m

Rob Jiggetts	6.68
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55 m

Amber Scott – 2 nd	7.58 / 7.57
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800 m

Rachel Balint	2:34.70
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1600 m

Gina Norato	5:50.61
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3200 m

Megan Flynn – 1 st	11:25.83
Meagan Lesniak	12:23.18

55 HH

Amber Scott – 1 st	8.88 / 8.62
Sipla Srinivasulu	9.93

4 x 400 meter relay

Amber Scott	66.4
Allyson Guieb	65.7
Amanda Douglass	66.6
Jackie Sikora	66.1
Team time	4:24.98

High Jump

Taylor Harmon – 5 th	4' 10"
Jackie Sikora	4' 4"

3200 m

Megan Flynn	11:27.26
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55 HH

Amber Scott – 9 th	8.55
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High Jump

Taylor Harmon	NH
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Eastern State Championships
at New Balance Armory, New York City

2/26/08

55 H

Amber Scott	FS
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Triple jump

Amber Scott	32' 7 1/2"
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1 mile

Megan Flynn	5:27.79
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National Scholastic Indoor Championships
at New Balance Armory, New York City

3/14-16/08

4 x mile relay

Megan Flynn	
Erin Hayes	
Gina Norato	
Meagan Lesniak	
Team time	

2 mile

Megan Flynn	
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