

Season Notes and Highlights

New school records:

4 x 400 meter relay: Noel Jancewicz, Paris Hughes, Kelly Koss, Katie Koss
Sprint Medley relay: Katie Koss, Myana Morris-Bullock, Noel Jancewicz, Paris Hughes
Frosh 4 x 400 meter relay: Jill Testa, Lauren Skarupsky, Chloe Hoag, Caitlyn Krueger
Shot Put relay: Myana Morris-Bullock, Andin Fosam
60 m: Myana Morris-Bullock
200 m: Noel Jancewicz
400 m: Noel Jancewicz
Shot Put: Noel Jancewicz
*Pentathlon: Noel Jancewicz (new Mercer County record)
Frosh Long Jump: Chloe Hoag

Athletes

Helen Baran	Kathleen Lekko
Makenzie Bayless	Jacqueline Levering
Hope Beyer	Andrea Maldonado
*Hannah Binder	Gabby Manto
Rebecca Block	Emily Martin
Rebecca Caplinger	Lauren Miller
Annalise Celano	Molly Moore
*Courtney Chenkus	Myana Morris-Bullock
Cassandra Condit	Joanna Norcini
Julia Fahey	Maggie O'Toole
Annalisa Fama	Julia Perhacs
Carly Fiorello	Lauren Piccione
Andin Fosam	Sarah Pieslak
Jennie Gosselin	*Casey Reca
Alexia Guiducci	Brielle Sailor
Chloe Hoag	Lauren Skarupsky
Kellie Hodson	Courtney Stahlbrand
Erin Holzbaur	Alexis Stringfellow
Paris Hughes	Jillian Testa
*Noel Jancewicz	Lauren Thompson
Julianna King	Brigid Tonry
Rithika Korrapolu	Christie Tully
Kaitlyn Koss	Marissa Vargas
Kelly Koss	Amanda Weigand
Emily Kratz	Mikayla Weigand
Caitlyn Krueger	
Emily Langsdorf	Manager: <i>Lara Cauwels</i>
Jamie Lazzaro	<i>Cara Piazza</i>

* captains

Meet Results**Polar Bear (vs. Pinelands)**
at Robbinsville High School12/15/12
45, sunny, nice**55 m hurdles**

Emily Langsdorf	10.7
Kellie Hodson	10.8
Andrea Maldonado	10.8

800 m

Caitlyn Krueger	2:43.9
Gabby Manto	2:44.2
Rithika Korrapolu	2:53.0
Jennie Gosselin	2:55.6
Lauren Miller	2:57.5

400 m

Katie Koss	1:04.5
Lauren Skarupsky	1:12.3
Annalisa Fama	1:16.1
Brigid Tonry	1:17.5

High Jump

Emily Martin	4' 6"
Nellie Baran	4' 4"

55 m

Kelly Koss	8.1
Lauren Thompson	8.1
Kellie Hodson	8.2
Becca Caplinger	8.8
Nellie Baran	8.9
Kat Lekko	8.9
Emily Katz	9.0

1600 m

Erin Holzbaur	5:53.3
Paris Hughes	5:53.4
Maggie O'Toole	6:29.9
Alexia Guiducci	6:31.1

Shot Put

Noel Jancewicz	32' 6"
Andin Fosam	28' 1"
Casey Reca	25' 2.5"
Kat Lekko	21' 6"
Joanna Norcini	20' 4.5"
Carly Fiorello	19' 2.5"

***400 m (relay splits)**

Paris Hughes	68.3
Kelly Koss	69.0
Lauren Thompson	71.0
Emily Martin	72.8
Gabby Manto	74.4
Caitlyn Krueger	75.2
Andrea Maldonado	76.0
Jenny Gosselin	76.2
Rithika Korrapolu	76.9
Brigid Tonry	77.0
Annalisa Fama	???
Lauren Skarupsky	???
Emily Langsdorf	???
Lauren Miller	77.1
Becca Caplinger	79.7
Emily Kratz	81.0

Merli Invitational - Small Schools

at John Bennett Indoor Sports Complex, Toms River

12/29/13

*Girls team finished 3rd place with 32 points***400 m**

Jillian Testa	1:12.36
Chloe Hoag	1:13.42
Lauren Skarupsky	1:13.51
Amanda Weigand	1:18.28
Courtney Chenkus	1:21.98

800 m

Gabby Manto	2:42.94
Rithika Korrapolu	2:47.60
Caitlyn Krueger	2:50.76
Lauren Miller	2:57.06
Rebecca Block	3:13.53

55 m

Myana Morris-Bullock	7.91	-
Kellie Hodson	8.31	-
Lauren Thompson	8.36	-
Rebecca Caplinger	8.82	-
Emily Kratz	9.18	-

1600 m

Erin Holzbaur - 4 th	5:52.34
Annalise Celano	5:57.81
Jennie Gosselin	6:37.86

Shot Put

Myana Morris-Bullock-2 nd	30' 10.75"
Andin Fosam	27' 0.75"
Casey Reca	24' 3.5"
Joanna Norcini	20' 0"
Kat Lekko	19' 0"

55 m hurdles

Amanda Maldonado	11.02	-
Julia Fahey	11.18	-
Emily Langsdorf	16.02	-

4 x 400 meter relay

Noel Jancewicz	1:02.2
Paris Hughes	1:05.7
Kelly Koss	1:05.8
Katie Koss	1:01.9
Team Time - 1st	4:15.72

High Jump

Noel Jancewicz - 1 st	5' 5"
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CVC Relays meet at Lawrenceville Prep School

1/3/13

Shuttle Hurdles relay

Kellie Hodson	9.4
Andrea Maldonado	10.1
Julie Fahey	9.5
Emily Langsdorf	9.8
Team Time	38.3

Distance Medley relay

Erin Holzbaur	4:08.9
Kelly Koss	1:05.6
Gabby Manto	2:44.7
Annalise Celano	5:47.8
Team Time	13:46.9

Distance Medley relay

Lauren Piccione	4:32.8
Brigid Tonry	1:16.7
Alexia Guiducci	3:03.3
Jamie Lazzaro	6:24.8
Team Time	15:17.9

4 x 200 meter relay

Lauren Thompson	30.2
Kellie Hodson	31.0
Courtney Stahlbrand	28.3
Andin Fosam	31.7
Team Time	2:01.1

4 x 200 meter relay

Julia Perhacs	31.1
Cassie Condit	31.0
Rebecca Caplinger	32.2
Amanda Weigand	33.2
Team Time	2:07.4

4 x 800 meter relay

Rithika Korrapolu	2:47.7
Sarah Pieslak	3:05.3
Jennie Gosselin	3:05.0
Alexis Stringfellow	2:54.3
Team Time	11:52.1

Sprint Medley relay

Katie Koss	1:03.1
Myana Morris-Bullock	28.7
Noel Jancewicz	26.4
Paris Hughes	2:26.2
Team Time - 1st	4:24.3

Sprint Medley relay

Courtney Chenkus	1:20.7
Emily Martin	30.5
Christie Tully	33.1
Rebecca Block	3:11.7
Team Time	5:36.3

4 x 400 meter relay

Jill Testa	1:10.3
Lauren Skarupsky	1:12.9
Chloe Hoag	1:10.1
Caitlyn Krueger	1:10.7
Team Time	4:43.8

Shot Put

Andin Fosam - 2 nd	32' 1.5"
Myana Morris-Bullock	29' 8"
Casey Recca	23' 6"
Kat Lekko	20' 8.25"
Joanna Norcini	20' 2.5"

High Jump

Noel Jancewicz	5' 2"
Emily Martin	4' 8"
Nellie Baran	4' 0"

400 meter

Annalisa Fama	1:16.0
Mikayla Weigand	1:28.0

NJSIAA Group 2 State Relay Championships at John Bennett Indoor Sports Complex, Toms River

1/13/13

Girls team finished in 7th place with 15 points

Distance Medley relay

Erin Holzbaur	4:10.5
Jill Testa	1:10.8
Gabby Manto	2:36.6
Annalise Celano	5:47.8
Team Time	13:46.11

Shuttle Hurdles relay

Kellie Hodson	10.2
Andrea Maldonado	9.7
Julie Fahey	9.7
Emily Langsdorf	9.8
Team Time	39.69

4 x 200 meter relay

Lauren Thompson	29.3
Emily Martin	31.4
Julia Perhacs	30.5
Courtney Stahlbrand	28.5
Team Time	1:59.76

4 x 800 meter relay

Alexis Stringfellow	2:48.5
Lauren Piccione	2:45.8
Caitlyn Krueger	2:44.0
Erin Holzbaur	2:41.6
Team Time	11:00.26

Sprint Medley relay

Lauren Skarupsky	1:10.9
Myana Morris-Bullock	29.6
Cassie Condit	30.6
Chloe Hoag	2:41.2
Team Time	4:52.46

4 x 400 meter relay

Noel Jancewicz	0:59.5
Paris Hughes	1:05.5
Kelly Koss	1:04.9
Katie Koss	1:02.1
Team Time - 1st	4:12.36

Shot Put relay

Myana Morris-Bullock	31' 9.5"
Andin Fosam	31' 1.75"
Total Distance - 6th	54' 2"

High Jump relay

Noel Jancewicz	5' 4"
Jackie Levering	4' 2"
Total Height - 4th	9' 6"

CVC Open Meet
at Peddie Prep

1/16/13

1600 m

Maggie O'Toole	6:14.9
Alexia Guiducci	6:23.0

400 m

Brigid Tonry	1:18.3
Courtney Chenkus	1:22.6

High Jump

Noel Jancewicz	5' 2"
Jackie Levering	4' 8"
Emily Martin	4' 6"
Nellie Baran	4' 0"

800 m

Jennie Gosselin	3:03.5
Lauren Miller	3:04.0
Sarah Pieslak	3:05.1
Rebecca Block	3:06.9
Mikayla Weigand	3:38.6

4 x 1 lap

Christie Tully	26.1
Brigid Tonry	26.8
Amanda Weigand	25.8
Julianna King	25.6
Team Time	1:44.1

4 x 1 lap

Julia Perhacs	25.6
Emily Kratz	25.4
Jackie Levering	25.5
Emily Martin	25.1
Team Time	1:41.5

South Jersey Throw Down #2
at Cherokee High School

1/17/13

Shot Put

Noel Jancewicz - 1 st	35' 10.25"
Andin Fosam	31' 5.5"
Myana Morris-Bullock	31' 1.5"
Casey Reca	26' 11.75"
Kat Lekko	21' 2.5"
Joanna Norcini	20' 11"
Carly Fiorello	19' 11.5"

Kevin Dare Invitational
at Pennsylvania State University

1/19/13

60 m

Myana Morris-Bullock	8.42	-
Courtney Stahlbrand	8.47	-

200 m

Julie Fahey	29.53
Lauren Thompson	29.97

400 m

Katie Koss	1:01.19
Jill Testa	1:09.16

60 m hurdles

Noel Jancewicz	9.75	-
Andrea Maldonado	11.47	-

800 m

Paris Hughes	2:25.88
Erin Holzbaur	2:33.93

1 mile

Hannah Binder	5:54.81
Alexis Stringfellow	6:00.99

3000 m

Annalise Celano	11:24.10
Jamie Lazzaro	12:30.77

Shot Put

Andin Fosam	32' 1"
Casey Reca	25' 10"

Long Jump

Kellie Hodson	ND
Brigid Tonry	ND

4 x 200 meter relay

Chloe Hoag	29.9
Emily Langsdorf	29.5
Cassie Condit	30.1
Lauren Skarupsky	29.5
Team Time	1:59.61

4 x 400 meter relay

Noel Jancewicz	59.5
Paris Hughes	64.6
Kelly Koss	64.3
Katie Koss	61.9
Team Time	4:10.54

4 x 800 meter relay

Gabby Manto	2:41.2
Makenzie Bayless	2:49.8
Lauren Piccione	2:44.8
Caitlyn Krueger	2:51.9
Team Time	11:07.71

High Jump

Noel Jancewicz - 3 rd	5' 4"
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Triple Jump

Courtney Chenkus	ND
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Frosh / Novice Championships

at New Balance Armory, New York City

1/23/13

55 m

Lauren Thompson	8.2	-
Julianna King	8.4	-
Christie Tully	8.5	-
Amanda Weigand	8.7	-

55 m hurdles

Emily Langsdorf	9.7	9.8
Julie Fahey	10.2	-

4 x 400 meter relay

Jill Testa	1:11.0
Lauren Skarupsky	1:11.5
Caitlyn Krueger	1:10.8
Chloe Hoag	1:10.9
Team Time - 2nd	4:44.1

1600 m

Caitlyn Krueger	6:11.1
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200 m

Emily Langsdorf	30.0
Julia Fahey	30.9
Christie Tully	30.9
Julianna King	31.5
Amanda Weigand	33.3

Long Jump

Lauren Thompson	11' 11"
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Shot Put

Carly Fiorello	19' 11.5"
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400 m

Jill Testa	1:09.0
Lauren Skarupsky	1:09.6
Chloe Hoag	1:11.5
Annalisa Fama	1:18.8

800 m

Hope Beyer	2:55.9
Lauren Miller	2:59.5
Jennie Gosselin	2:59.9
Rebecca Block	3:04.0
Sarah Pieslak	3:06.5
Amanda Weigand	3:25.5

Duals vs. Lawrenceville Prep / Archbishop Ryan

at Lavino Field House, Lawrenceville Prep

1/26/13

Scores: Lawrenceville Prep 109 - Robbinsville 2; Archbishop Ryan 94 - Robbinsville 14

55 m hurdles

Kellie Hodson	10.74
Chloe Hoag	10.84

55 m

Julia Perhacs	8.48
Julianna King	8.64
Christie Tully	8.79
Amanda Weigand	9.16
Nellie Baran	9.28
Molly Moore	10.30

1600 m

Makenzie Bayless - ,1 st	5:58.34
Maggie O'Toole	6:15.25

400 m

Chloe Hoag 3 rd , 2 nd	1:09.08
Courtney Chenkus	1:18.55

800 m

Alexia Guiducci - , 3 rd	2:47.64
Lauren Miller	2:54.37
Jennie Gosselin	2:54.49
Hope Beyer	2:58.45
Rebecca Block	3:03.20
Mikayla Weigand	3:32.14

200 m

Julia Perhacs	30.22
Julianna King	31.26
Amanda Weigand	32.49

4 x 400 meter relay

Chloe Hoag	1:07.5
Lauren Miller	1:13.3
Jennie Gosselin	1:15.8
Alexia Guducci	1:12.0
Team Time	4:48.76

High Jump

Emily Martin 3 rd , 1 st	4' 10"
Jackie Levering	4' 8"
Nellie Baran	4' 0"

Shot Put

Kat Lekko	22' 6.5"
Carly Fiorello	21' 6.25"
Joanna Norcini	20' 4"

Long Jump

Chloe Hoag	14' 3.75"
Lauren Thompson	14' 3"

Triple Jump

Courtney Chenkus	ND
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Mercer County Championship
at Lavino Field House, Lawrenceville Prep

1/27/13

Girls team finished 3rd place with 57 points

Shot Put

Noel Jancewicz - 2 nd	35' 2.5"
Andin Fosam - 4 th	32' 10"
Casey Reca	25' 4"

1600 m

Erin Holzbaur	5:31.97
Alexis Stringfellow	5:47.50
Lauren Piccione	6:03.08

55 m Hurdles

Emily Langsdorf	10.05	-
Amanda Maldonado	10.69	-
Julia Fahey	10.73	-

400 m

Katie Koss - 1 st	1:00.73
Lauren Skarupsky	1:10.06
Kelly Koss	DQ

800 m

Paris Hughes - 4 th	2:26.09
Gabby Manto	2:28.92
Caitlyn Krueger	2:39.29

55 m

Noel Jancewicz - 1 st	7.45	7.41
Kellie Hodson	8.13	-
Lauren Thompson	8.20	-

200 m

Noel Jancewicz - 1 st	26.08
Julia Fahey	30.11
Emily Langsdorf	31.07

3200 m

Annalise Celano - 6 th	12:08.25
Jamie Lazzaro	13:35.66

4 x 400 meter relay

Kelly Koss	1:05.8
Erin Holzbaur	1:08.7
Gabby Manto	1:07.0
Paris Hughes	1:03.4
Team Time	4:24.96

High Jump

Noel Jancewicz - 1 st	5' 6"
Jackie Levering	4' 8"
Emily Martin	4' 8"

Long Jump

Lauren Thompson	14' 8"
Chloe Hoag	14' 4.5"
Kellie Hodson	14' 3.25"

* Noel Jancewicz was named meet MVP

NJSIAA Group 2 Central Sectional Championship
at John Bennett Indoor Sports Complex, Toms River

2/6/13

Girls team finished 3rd place with 52 points

400 m

Noel Jancewicz - 1 st	58.23
Katie Koss - 2 nd	1:00.77
Lauren Skarupsky	1:12.24

1600 m

Erin Holzbaur	5:30.89
Alexis Stringfellow	5:46.11
Makenzie Bayless	5:52.62

55 m Hurdles

Emily Langsdorf	10.06	-
Julia Fahey	10.55	-
Amanda Maldonado	10.69	-

800 m

Paris Hughes - 5 th	2:26.26
Gabby Manto	2:37.59
Caitlyn Krueger	2:39.41

3200 m

Annalise Celano	12:28.47
Hannah Binder	12:51.58
Jamie Lazzaro	13:36.52

55 m

Noel Jancewicz - 3 rd	7.51	7.45
Myana Morris-Bullock	7.67	7.75
Kellie Hodson	8.12	-

4 x 400 meter relay

Noel Jancewicz	0:59.8
Kelly Koss	1:04.4
Paris Hughes	1:03.2
Katie Koss	1:03.4
Team Time - 1st	4:10.79

Shot Put

Andin Fosam - 4 th	32' 8"
Myana Morris-Bullock-5 th	32' 2"
Casey Reca	26' 8.75"

High Jump

Noel Jancewicz - 1 st	5' 2"
Emily Martin	4' 8"
Jackie Levering	4' 6"

NJSIAA Group 2 State Championship
at John Bennett Indoor Sports Complex, Toms River

2/16/13

Girls team finished 3rd place with 28 points

400 m

Noel Jancewicz - 1 st	58.11
Katie Koss	1:01.86

4 x 400 meter relay

Noel Jancewicz	1:00.3
Paris Hughes	1:02.7
Kelly Koss	1:02.6
Katie Koss	0:59.9
Team Time – 2nd	4:05.55

Shot Put

Andin Fosam	33' 6.75"
Myana Morris-Bullock	33' 2.25"

High Jump

Noel Jancewicz - 1 st	5' 4"
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Bergen County Track and Field Championships
at New Balance Armory, New York City

2/19/13

Pentathlon

Noel Jancewicz	55 m hurdles	Shot Put	High Jump	Long Jump	800 m
Marks	8.6	10.51 m	5' 6"	5.02 m	2:24.2
Points	748	563	818	565	767
TOTAL POINTS – 1st	3461				

* New Mercer County record

NJSIAA State Championship (Meet of Champions)
at John Bennett Indoor Sports Complex, Toms River

2/23/13

4 x 400 meter relay

Paris Hughes	1:02.5
Kelly Koss	1:02.4
Chloe Hoag	1:07.5
Katie Koss	1:00.8
Team Time	4:13.45

High Jump

Noel Jancewicz – 2 nd	5' 6"
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Eastern States Indoor Track and Field Championship
at John Bennett Indoor Sports Complex, Toms River

2/25/13

4 x 400 meter relay

Noel Jancewicz	0:58.7
Paris Hughes	1:01.8
Kelly Koss	1:03.1
Katie Koss	0:59.9
Team Time - 4th	4:03.22

High Jump

Noel Jancewicz – 2 nd	5' 6"
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