

Rush-Henrietta Winter Track and Field 2007-2008
Girls Royal Comet Leader Board
Updated 2/14/08

45 meter:	6.64 Sectional Auto	7.04 Provisional / Varsity
6.92	Alison Massaro, 9	Jim Cleveland Sub Varsity 2/8/08
7.11	Kerianne Palavecchin, 10	Jim Cleveland Sub Varsity 2/8/08
7.87	Yvonne Harden, 10	Jim Cleveland Sub Varsity 2/8/08

50 meter:	Sectional Auto	Provisional / Varsity
6.48	Crystal Hercules, 11	NY Chiropractic College 1/25/08
6.99	Alison Massaro, 9	NY Chiropractic College 1/25/08
7.22	Kerianne Parlavecchin, 11	NY Chiropractic College 1/25/08
8.11	Yvonne Harden, 9	NY Chiropractic College 1/25/08

55 meter:	7.74 Sectional Auto	8.04 Provisional / Varsity
7.59	Crystal Hercules, 11	Section V Class A @ RIT 2/13/08
7.86	Dominique Richardson, 12	Hobart/Wm Smith 1/18/08
8.34	Alison Massaro, 9	Hobart/Wm Smith 12/22/07
8.46	Jillian Cole, 12	Hobart/Wm Smith 12/22/07
8.50	Laura Varble, 12	Hobart/Wm Smith 12/15/07
8.3	Rebecca Yuhas, 10	Brighton Sports Zone 1/21/08
8.56	Erica Sterns, 11	Hobart/Wm Smith 12/22/07
8.59	Jamie Varble, 12	Hobart/Wm Smith 12/15/07
8.74	Kerianne Parlavecchin, 11	Hobart/Wm Smith 1/18/08
8.98	Denise Nguyen, 10	Hobart/Wm Smith 12/15/07
9.04	Stephanie Wierzba, 9	University of Rochester 12/29/07
9.44	Yvonne Harden, 9	Brighton Sports Zone 1/12/08
9.85	Shaina St John, 11	Hobart/Wm Smith 12/22/07
11.7	Brianna Smith, 11	Brighton Sports Zone 1/21/08

40 meter hurdles:	7.64 Sectional Auto	7.94 Provisional / Varsity
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50 meter hurdles:	Sectional Auto	Provisional / Varsity
11.10	Erin Johnstone, 11	NY Chiropractic College 1/25/08
11:16	Kirsten Molinari, 10	Jim Cleveland Sub Varsity 2/8/08
12.43	Olivia Dioguardi, 9	Jim Cleveland Sub Varsity 2/8/08
13.02	Denise Nguyen, 10	Jim Cleveland Sub Varsity 2/8/08

55 meter hurdles:	10.14 Sectional Auto	10.84 Provisional / Varsity
10.12	Jillian Cole, 12	RIT Tiger HS Invitational 2/2/08
11.27	Denise Nguyen, 10	Hobart/Wm Smith 1/18/08
11.77	Erin Johnstone, 11	RIT Tiger HS Invitational 2/2/08
12.19	Kirsten Molinari, 10	RIT 1/12/08
12.74	Stephanie Wierzba, 9	RIT 2/5/08

300 meters:	45.54 Sectional Auto	48.24 Provisional / Varsity	
44.38	Laura Varble, 12	RIT	2/5/08
44.88	Crystal Hercules, 11	Section V Class A @ RIT	2/13/08
45.36	Jamie Varble, 12	RIT	2/5/08
47.30	Jodi Robinson, 10	Hobart/Wm Smith	12/22/07
47.40	Dominique Richardson, 12	Hobart/Wm Smith	1/18/08
50.01	Zarah Quinn, 11	Hobart/Wm Smith	12/22/07
50.30	Erin Johnstone, 11	RIT Tiger HS Invitational	2/2/08
51.42	Alison Massaro, 9	RIT	1/12/08
51.50	Brianna Smith, 11	Jim Cleveland Sub Varsity	2/8/08
52.01	Melissa Ingram, 9	Hobart/Wm Smith	12/22/07
52.36	Lea Paris, 11	Jim Cleveland Sub Varsity	2/8/08
53.05	Rebecca Yuhas, 10	University of Rochester	12/29/07
53.20	Kerianne Parlavecchin, 11	RIT	1/12/08
54.61	Denise Nguyen, 10	Hobart/Wm Smith	12/22/07
56.95	Stephanie Wierzba, 9	Hobart/Wm Smith	12/22/07
57.71	Laura Bartemus, 11	Hobart/Wm Smith	12/22/07
58.97	Yvonne Harden, 9	Jim Cleveland Sub Varsity	2/8/08
59.13	Ashley Binnert, 10	Hobart/Wm Smith	12/22/07
1:03.14	Shaina St John, 11	RIT	12/5/07
1:04.37	Olivia Dioguardi, 9	RIT	12/5/07

600 meters:	1:48.24 Sectional Auto	1:53.24 Provisional / Varsity	
1:40.42	Cassie DiMarino, 12	RIT	2/5/08
1:41.43	Laura Varble, 12	Section V Class A @ RIT	2/13/08
1:42.94	Jodi Robinson, 10	RIT	2/5/08
1:44.79	Jamie Varble, 12	Section V Class A @ RIT	2/13/08
1:49.72	Zarah Quinn, 11	Hobart/Wm Smith	12/22/07
1:52.48	Melissa Ingram, 9	NY Chiropractic College	1/25/08
1:54.47	Rachel Zoyhofski, 11	Hobart/Wm Smith	12/22/07
2:02.16	Erin Johnstone, 11	Hobart/Wm Smith	12/22/07
2:02.43	Kristen Cronmiller, 10	University of Rochester	12/29/07
2:03.04	Rebecca Yuhas, 10	Hobart/Wm Smith	12/22/07
2:04.83	Brianna Smith, 11	Jim Cleveland Sub Varsity	2/8/08
2:05.76	Meggie Crandall, 11	RIT	2/5/08
2:06.60	Ashley Binnert, 10	Jim Cleveland Sub Varsity	2/8/08
2:08.87	Alison Massaro, 9	RIT	12/5/07
2:14.5	Laura Bartemus, 11	Brighton Sports Zone	1/21/08
2:21.51	Carley DeFranco, 11	RIT	12/5/07
2:29.47	Yvonne Harden, 10	NY Chiropractic College	1/25/08

1000 meters: 3:23.24 Sectional Auto 3:33.24 Provisional / Varsity

3:03.95	Cassie DiMarino, 12	Section V Class A @ RIT	2/13/08
3:14.69	Jodi Robinson, 10	Hobart/Wm Smith	1/18/08
3:14.96	Laura Varble, 12	RIT	1/12/08
3:15.21	Zarah Quinn, 11	RIT	2/5/08
3:23.20	Jamie Varble, 12	RIT	1/12/08
3:31.5	Melissa Ingram, 9	Brighton Sports Zone	1/21/08
3:34.78	Lauren Tomkinson, 10	RIT Tiger HS Invitational	2/2/08
3:40.14	Kristen Cronmiller, 10	Hobart/Wm Smith	1/18/08
3:42.20	Meggie Crandall, 11	Jim Cleveland Sub Varsity	2/8/08
3:46.60	Rebecca Yuhas, 10	RIT	12/5/07
3:59.89	Ashley Binnert, 10	RIT	12/5/07
4:00.25	Erin Johnstone, 11	Hobart/Wm Smith	12/15/07
4:01.03	Jessica Vay, 11	Hobart/Wm Smith	12/15/07
4:11.51	Seyhan Sagcan, 10	RIT	12/5/07

1500 meters: 5:24.24 Sectional Auto 5:34.24 Provisional / Varsity

4:58.88*	Jodi Robinson, 10	RIT Tiger HS Invitational	2/2/08
*Converted Mile time of 5:22.80			
5:18.08	Rachel Zoyhofski, 11	NY Chiropractic College	1/25/08
5:18.54	Laura Varble, 12	NY Chiropractic College	1/25/08
5:40.67	Kristen Cronmiller, 10	Hobart/Wm Smith	12/22/07
6:12.14	Jessica Vay, 11	Hobart/Wm Smith	12/22/07
6:40.55	Ashley Binnert, 10	University of Rochester	12/29/07

1500M Racewalk: 9:05.24 Sectional Auto 9:38.24 Provisional / Varsity

7:34.66	Rachel Zoyhofski, 11	RIT	1/12/08
8:16.68	Carley DeFranco, 11	Section V Class A @ RIT	2/13/08
8:30.03	Seyhan Sagcan, 10	RIT	2/5/08

3000 meters: 12:00.24 Sectional Auto 12:40.24 Provisional / Varsity

11:35.51	Jodi Robinson, 10	Hobart/Wm Smith	12/15/07
11:41.03	Melissa Ingram, 9	Jim Cleveland Sub Varsity	2/8/08
11:54.29	Zarah Quinn, 11	Hobart/Wm Smith	1/18/08
12:18.68	Kristen Cronmiller, 10	RIT	1/12/08
13:19.62	Meggie Crandall, 11	Hobart/Wm Smith	1/18/08
13:33.85	Jessica Vay, 11	Rochester Relays @ RIT	1/5/08

4x200 relay: 1:56.24 Varsity

1:50.64	C. Hercules, J. Varble, D. Richardson, L. Varble	Sectionals	2/13/08
1:50.79	C. Hercules, J. Varble, D. Richardson, L. Varble	RIT	2/5/08
1:54.70	C. Hercules, L. Varble, J. Varble, J. Robinson	RIT	1/12/08
1:55.4	C.Hercules, L. Varble, J. Varble, D. Richardson	Hobart	12/22/07

4x400 relay: **4:25.24 Varsity**
 4:15.50 J. Varble, C. DiMarino, J. Robinson, L. Varble Hobart 1/18/08
 4:19.98 D. Richardson, J. Varble, L. Varble, J. Robinson RIT Invite 2/2/08
 4:26.38 Z. Quinn, C. DiMarino, J. Robinson, R. Zoyhofski RIT 2/5/08

4x800 relay: **10:35.24 Varsity**
 9:42.45 Z. Quinn, J. Varble, J. Robinson, C. DiMarino RIT Invite 2/2/08
 10:04.88 Z. Quinn, R. Zoyhofski, J. Robinson, C. DiMarino Sectionals 2/13/08
 10:27.39 Z. Quinn, R. Zoyhofski, L. Varble, J. Robinson NY Chiro 1/25/08
 10:37.23 R. Zoyhofski, J. Robinson, Z. Quinn, C. DiMarino U of R 12/29/07
 11:43.55****JV CHAMPS**** J. Vay, K. Cronmiller, M. Crandall, M. Ingram NYChiro 2/8

High Jump: **4' 8" Sectional Auto** **4' 2" Provisional / Varsity**
 4' 3" Dominique Richardson, 12 NY Chiropractic College 1/25/08
 4' 0" Dennis Nguyen, 10 Rochester Relays @ RIT 1/5/08
 3' 10" Kirsten Molinari, 10 Hobart/Wm Smith 12/22/07
 3' 10" Stephanie Wierzba, 9 Hobart/Wm Smith 12/22/07
 3' 6" Olivia Dioguardi, 9 Hobart/Wm Smith 12/22/07

Long Jump: **14' 8" Sectional Auto** **12' 6" Provisional / Varsity**
 16' 1" Dominique Richardson, 12 Rochester Relays @ RIT 1/5/08
 14' 3.75" Ericka Sterns, 11 Rochester Relays @ RIT 1/5/08
 13' 8" Crystal Hercules, 11 Rochester Relays @ RIT 1/5/08
 12' 3" Denise Nguyen, 10 Hobart/Wm Smith 1/18/08

Triple Jump: **31' 0" Sectional Auto** **28' 0" Provisional / Varsity**
 32' 8.25" Dominique Richardson, 12 Rochester Relays @ RIT 1/5/08
 30' 2.5" Ericka Sterns, 11 RIT 1/12/08
 27' 4.25 Cassie DiMarino, 12 Rochester Relays @ RIT 1/5/08

Shot Put: **28' 0" Sectional Auto** **25' 0" Provisional / Varsity**
 26' 3.5" Tierra Rance, 11 Hobart/Wm Smith 12/22/07
 23' 5.5" Jillian Cole, 12 Hobart/Wm Smith 12/22/07
 20' 10" Lauren Dellastua, 10 RIT 2/5/08

Pole Vault: **7' 6" Sectional Auto** **6' 9" Provisional / Varsity**