

TRACK & FIELD COACHES ASSO. OF GREATER PHILADELPHIA

Dec 6 2008

Lehigh University

| | | | |
|----------------------------------|------------------------------|-------------------------|----------|
| Frosh / Soph 4 X 400 | Demetris McCary 60.4 | Brian Hetherington 71.0 | 4:23.28 |
| | Odin Boppell 69.3 | Alex Pantelidis 71.0 | |
| 60m Hurdles | Charles Smith 9.65/ 9.22 | | |
| 60m Dash | Julius Brewington 7.41/ 7.33 | | |
| 200 meters | John-Henry Jarwood 25.32 | | |
| 800 meters | Mark McDevitt 2:11.72 | | |
| Mile | Adrian Reist 4:59.23 | | |
| 4 X 800 meter Relay | Shama Pierre 2:22.6 | Ephreme Teshome 2:22.2 | 9:30.75 |
| | Andrew Nitz 2:24.4 | Dagmawi Teshome 2:21.5 | |
| Distance Medley Relay | Dave Batchelor 3:44.7 | Jimmy Peifer 66.9 | 12:35.11 |
| | Abdul Ali 2:37.3 | Abdul Hamid 5:06.1 | |
| 4 X 200 meter Relay | Chris Davis 26.4 | Dan Halpin 28.8 | 1:51.00 |
| | Yovanys Dominguez 26.9 | Kirsly Alce 28.8 | |
| 4 X400 meter Relay | Jon Skuback 61.2 | Avery Harris 55.1 | 3:51.87 |
| | Cleon Brown 56.8 | Andre Henry 58.8 | |
| Shot Put | Andrew Perry 37' 9" | | |
| Pole Vault | Ian Hunter NH | | |

TRACK & FIELD COACHES ASSO. OF GREATER PHILADELPHIA

| | | | seed time |
|----------------------------------|------------------------|----------------------|-----------|
| Frosh / Soph 4 X 800 | Demetris McCary 2:27 | Abdul Ali 2:27 | 9:43.02 |
| | Yovanys Dominguez 2:24 | Andrew Nitz 2:23 | |
| 55m Hurdles | Chris Davis | | 10.50 |
| 55m Dash | John-Henry Jarwood | | 7.0 |
| 200 meters | Kirsly Alce | | DQ |
| 800 meters | Jimmy Peifer | | 2:32.29 |
| Mile | Ephreme Teshome | | 5:02.83 |
| 3000 meters | Daqmawi Teshome | | 10:18.67 |
| 4 X 800 meter Relay | Shama Pierre 2:16 | Abdul Hamid 2:16 | 8:57.96 |
| | Dave Batchelor 2:14 | Adrian Reist 2:11 | |
| Distance Medley Relay | John King 3:30 | Charles Smith 55.5 | 11:17.9 |
| | Mark McDevitt 2:08.1 | Amar Ali 4:43.4 | |
| 4 X 200 meter Relay | Cleon Brown 24.5 | Avery Harris 24.3 | 1:39.32 |
| | Andre Henry 24.8 | Hakeem Padgett 25.7 | |
| 4 X400 meter Relay | Tony Pearson 62.8 | Dan Halpin 64.1 | 4:14.04 |
| | Kavon Smith 62.9 | Alex Pantelidis 64.1 | |
| Shot Put | Rob Margus | | 29' 6" |
| Long Jump | Duchen Hodge | | Foul |

TRACK & FIELD COACHES ASSO. OF GREATER PHILADELPHIA

Lehigh University
20-Dec

| Seed time is the time you will run today; do not put fast or slow. Must have a time | | | seed time |
|---|------------------------|-------------------------|-----------|
| Frosh / Soph 4 X 200 | Chris Davis 26.9 | Yovanys Dominguez 26.5 | 1:45.87 |
| | Duchen Hodge 26.7 | James Pham 25.7 | |
| 60m Hurdles | Neo Nikoi | | 10.20 |
| 60m Dash | Eddie Towah | | 7.82 |
| 400 meters | Jake Luciano | | 68.17 |
| 800 meters | John King | | 2:02.58 |
| Mile | Andrew Nitz | | 5:11.98 |
| 3000 meters | Ephrem Teshome | | 10:23.2 |
| 4 X 800 meter Relay | Dagmawi Teshome 2:22.7 | Demetrius McCary 2:25.0 | 9:48.71 |
| | Abdul Ali 2:31.5 | Mark Attwood 2:29.5 | |
| Distance Medley Relay | Adrian Reist 3:33.9 | Tony Pearson 63.1 | 11:53.52 |
| | Abdul Hamid 2:14.3 | Dave Batchelor 5:02.1 | |
| 4 X 200 meter Relay | Julius Brewington 23.8 | Morlai Bangura 24.8 | 1:38.35 |
| | Niyi Adewole 24.1 | Reggie Johnson 25.6 | |
| 4 X400 meter Relay | Amar Ali 54.5 | Mark McDevitt 55.1 | 3:41.08 |
| | Andre Henry 56.2 | John Henry Jarwood 55.2 | |
| Shot Put | Chris Flores | | 37' 5.25" |

TRACK & FIELD COACHES ASSO. OF GREATER PHILADELPHIA

Lehigh University

1/3/09

| Seed time is the time you will run today; do not put fast or slow. Must have a time | | | seed time |
|---|-------------------------|-------------------------|-----------|
| Frosh / Soph 4 X 400 | Yovanys Domiguez 61.4 | Brian Hetherington 70.1 | 4:27.07 |
| | Steve Tamba 69.5 | Abdul Ali 66.1 | |
| 200 meters | Niyi Adewole | | 24.81 |
| 400 meters | John King | | 53.39 |
| 800 meters | Ephrem Teshome | | 2:14.74 |
| Mile | Andrew Nitz | | 5:10.85 |
| 4 X 800 meter Relay | Stephen Pohlig 2:12.3 | Dagmawi Teshome 2:17.7 | 9:23.31 |
| | Andre Henry 2:27.4 | Mark Attwood 2:25.8 | |
| Distance Medley Relay | Mark McDevitt 3:38.9 | Demetrius McCary 57.0 | 11:45.64 |
| | Amar Ali 2:09.3 | Abdul Hamid 5:00.1 | |
| 4 X 200 meter Relay | Duchen Hodge 26.0 | Hakeem Padgett 25.7 | 1:45.09 |
| | Neo Nikoi 26.5 | Kavon Smith 26.6 | |
| 4 X400 meter Relay | John Henry Jarwood 55.7 | Morlai Bangura 57.0 | 3:49.11 |
| | Shama Pierre 57.2 | Chris Davis 59.0 | |
| Shot Put | Rob Magrus | | 27' 9" |
| Pole Vault | Ian Hunter | | 9' 6" |

Burdette Classic
12/27/08
Lehigh University

Splits will be put up later this week

| | | | | | | |
|--------------|--------------------------|---------|---------|--------------------|--------------|----------|
| SMR | James Pham | | | Triple Jump | Neo Nikoi | 37' 7" |
| | 2248 Duchon Hodge | | | Pole Vault | Ian Hunter | 9' 6" |
| | Hakeem Padgett | | | Shot Put | Andrew Perry | 39' 1.5" |
| | Demetrius McCary | 4:05.62 | | | | |
| 60HH | John King | 8.90 | | | | |
| 60M | Molari Bangura | 7.61 | | | | |
| Mile | Amar Ali | 4:50.08 | | | | |
| 400M | Jon Skuback | 58.58 | | | | |
| 800M | Yovanys Dominguez | 2:20.66 | | | | |
| 200M | Eddie Towah | 25.25 | | | | |
| 4x200 | Molari Bangura | 24.6 | | | | |
| | John Henry Jarwood | 24.5 | | | | |
| | Niyi Odewole | 23.7 | | | | |
| | Chris Green | 23.6 | 1:36.60 | | | |
| 4x800 | Shama Pierre | 2:15.4 | | | | |
| | Dave Batchelor | 2:18.8 | | | | |
| | Abdul Hamid | 2:12.5 | | | | |
| | Ephrem Teshome | 2:16.9 | 9:03.93 | | | |
| 4x400 | Niyi Odewole | 54.2 | | | | |
| | Mark McDevitt | 54.1 | | | | |
| | Andre Henry | 57.9 | | | | |
| | John King | 52.4 | 3:36.84 | | | |

TRACK & FIELD COACHES ASSO. OF GREATER PHILADELPHIA

Haverford College 1-10-09

| | | | |
|------------------------|-----------------------|--------------------------|---------------------|
| Frosh / Soph | Andrew Nitz 3:43.6 | Dan Halpin 64.2 | |
| | DMR | Nahom Walelinge 2:32.4 | Abdul Ali 5:21.9 |
| | | | 12:42.10 |
| 60m Hurdles | John King | | 8.85/ 8.80 |
| 60m Dash | Avery Harris | | 7.45/ 7.47 |
| 200 meters | Morlai Bangura | | 24.84 |
| 400 meters | Niyi Adewole | | 55.21 |
| 800 meters | Dagmawi Teshome | | 2:17.92 |
| Mile | Mark McDevitt | | 4:59.34 |
| 4 X 800 meter | Abdul Hamid 2:08.8 | Demetrius McCary 2:17.2 | |
| | Relay | Reggie Johnson 2:15.4 | Andre Henry 2:22.2 |
| | | | 9:03.50 |
| Distance Medley | Dave Batchelor 3:36.4 | Amar Ali 54.1 | |
| | Relay | Yovanyz Dominquez 2:19.8 | Adrian Reist 4:48.8 |
| | | | 11:39.20 |
| 4 X 200 meter | Neo Nikoi 26.1 | Duchen Hodge 25.6 | |
| | Relay | Shama Pierre 25.1 | Jon Skuback 25.2 |
| | | | 1:42.15 |
| 4 X400 meter | Rafeek Smith 58.5 | Kavon Smith 61.0 | |
| | Relay | Cleon Brown 55.2 | Chris Davis 62.1 |
| | | | 3:56.92 |
| Shot Put | Nick Langille | | 27' 11.5" |
| Long Jump | Chris Green | | 20' 9.5" |

TFCAofGP
17-Jan
Lehigh University

| | | | |
|-------------------|---|--------------------------------------|---------------------|
| F/S 4x200 | Alex Pantelidis Anthony Kerkula Andrew Nitz Odin Boppell | sorry I missed it | 1:53.48 |
| 60HH | Charles Smith | 9.28 | |
| 60M | Chris Green | 7.48/ 7.32 | 1st |
| 200M | Dan Halpin | 28.21 | |
| 400M | Demetrius McCary | 56.67 | |
| 800M | Stephen Pohlig | 2:10.55 | |
| Mile | Dagmawi Teshome | 5:04.47 | |
| 3000M | Adrian Reist | 10:01.76 | |
| 4x800 | Abdul Hamid Reggie Johnson Ephrem Teshome Dave Batchelor | 2:09.9 2:07.5 2:15.4 2:17.7 | 8:50.93 6th |
| DMR | John King Niyi Adelowe Mark McDevitt Amar Ali | 3:23.0 54.0 2:06.3 4:42.0 | 11:05.63 4th |
| 4x200 | Neo Nikoi Chris Davis Andre Smith Duchen Hodge | 26.5 26.5 27.3 25.7 | 1:46.17 |
| 4x400 | Andre Henry Hakeem Padgett Jon Skuback Cleon Brown | 57.0 56.5 57.6 55.7 | 3:46.93 |
| Shot Put | Ayitey Kwei | 30' 7.25" | |
| Pole Vault | Ian Hunter | 9' 6" | |
| Long Jump | Avery Harris | 18' 8" | |

Delcos
22-Jan
Glen Mills HS

DMR Dave Batchelor 3:40.0
Stephen Pohlig 57.9
Demetrius McCary 2:16.8
Abdul Hamid 5:00.0 11:54.5

55HH John King 7.8/ 7.9 **3rd**
Charles Smith 8.2
Chris Davis 9.5

55M Chris Green 6.5/ 6.4 **2nd**
Avery Harris 6.7

1600M Amar Ali 4:50.2
Adrian Reist 4:57.5
Ephrem Teshome 5:04.7

4x200 Morlai Bangura 25.0
Andre Henry 24.3
Hakeem Padgett 25.0
Avery Harris 23.5 1:37.9 **5th**

400M Niyi Adewole 54.7
Jon Skuback 60.6
Mark Attwood 67.1

800M John King 2:03.2 **3rd**
Mark McDevitt 2:12.3
Reggie Johnson 2:15.8

200M Morlai Bangura 24.6
Hakeem Padgett 25.3

3000M Dagmawi Teshome 9:55.4 **5th**

4x800 Amar Ali 2:10.3
Dave Batchelor 2:18.6
Adrian Reist 2:14.2
Stephen Pohlig 2:10.4 8:53.3 **1st**

Charles Smith 2:15.5
Andrew Nitz 2:19.4
Demetrius McCary 2:28.4
Abdul Ali 2:24.7 9:28.7

4x400 Avery Harris 54.8
Mark McDevitt 54.9
Andre Henry 56.0
Niyi Adewole 54.6 3:40.2 **5th**

Brian Hetherington 68.4
Jimmy Peifer 70.4
Andre Smith 62.8
Duchen Hodge 61.5 4:23.0

Long Jump Chris Green 20' 4.5" **2nd**
Neo Nikio 17' 11"
Duchen Hodge F

Triple Jump Neo Nikio F

Shot Put Andrew Perry 40' 11"
Chris Flores 38' 6"
Rob Margus 30' 0"

High Jump Larry Dupree 5' 8" **2nd**

Pole Vault Ian Hunter 9' 6"

TRACK & FIELD COACHES ASSO. OF GREATER PHILADELPHIA**1/31/09****Glen Mills**

| | | | |
|----------------------|-----------------------|----------------------|-----------|
| 55m Hurdles | Neo Nikio | | 10.59 |
| 55m Dash | Anthony Kerkula | | 7.83 |
| 200 meters | Ephrem Teshome | | 27.95 |
| 400 meters | Adrian Reist | | 58.76 |
| 800 meters | Andrew Nitz | | 2:18.22 |
| Mile | Dave Batchelor | | 5:06.82 |
| 3000 meters | Abdul Ali | | 10:49.1 |
| 4 X 800 meter | John King 2:02.7 | Mark McDevitt 2:10.5 | |
| Relay | Abdul Hamid 2:08.9 | Amar Ali 2:05.2 | 8:27.34 |
| 4 X 200 meter | Tony Pearson 27.5 | Alex Pantelidis 28.5 | |
| Relay | Jimmy Peifer 29.1 | Jon Skuback 25.0 | 1:50.26 |
| 4 X400 meter | Demetrius McCary 57.1 | Hakeem Padgett 57.0 | |
| Relay | Morlai Bangura 55.6 | Avery Harris 55.0 | 3:44.91 |
| Shot Put | Chris Flores | | 39' 11.5" |
| High Jump | Charles Smith | | NH |
| Long Jump | Duchen Hodge | | 15' 11.5" |
| Triple Jump | Chris Davis | | FOUL |
| Pole Vault | Ian Hunter | | 10' 0" |

New Balance Games
24-Jan
NYC Armory

| | | | |
|-----------------------------|---|--------------------------------------|------------|
| Shuttle Hurdle Relay | John King Charles Smith Neo Nikoi Chris Davis | 33.38 | 9th |
| 4x200 | Morlai Bangura Andre Henry Hakeem Padgett Niyi Adewole | 23.8 23.8 24.5 23.2 | 1:35.50 |
| 4x400 | John King Charles Smith Andre Henry Niyi Adewole | 52.0 54.7 54.1 52.6 | 3:34.31 |
| 4x800 | Amar Ali Mark McDevitt Adrian Reist Reggie Johnson | 2:06.5 2:06.0 2:10.3 2:07.0 | 8:30.01 |
| SMR | Morlai Bangura Chris Davis Mark McDevitt Abdul Hamid | 25.1 25.9 53.8 2:08.8 | 3:53.5 |

PTFCA Track Carnival
7-Feb
Lehigh University

| | | | |
|-------------------|----------------|--------------|---------|
| 60HH T | John King | 8.78 | |
| 4x200 | Chris Green | 23.2 | |
| | Niyi Adewole | 23.7 | |
| | Morlai Bangura | 24.3 | |
| | Avery Harris | 23.8 | 1:35.40 |
| 4x800 | Amar Ali | 2:06.5 | |
| | Mark McDevitt | 2:06.8 | |
| | Adrian Reist | 2:10.1 | |
| | Reggie Johnson | 2:11.0 | 8:34.64 |
| 4x400 | John King | 52.3 | |
| | Niyi Adewole | 53.2 | |
| | Andre Henry | 59.6 tripped | |
| | Amar Ali | 54.2 | 3:39.38 |
| Pole Vault | Ian Hunter | 10' 0" | |
| Shot Put | Andrew Perry | 39' 3.25" | |

Glen Mills Inv.**5-Feb****Glen Mills HS**

| | | | | |
|--------------------|------------------|------------|-----------------|---------|
| 55M | Morlai Bangura | 7.18 | | |
| | Niyi Adewole | 7.07 | | |
| 55HH | Chris Davis | 10.16 | | |
| | Neo Nikio | 8.99/ 9.22 | | |
| | Charles Smith | 8.56/ 8.76 | | |
| 1600m | Ephrem Teshome | 4:59.93 | | |
| | Nahom Walelinge | 5:33.63 | | |
| | Abdul Ali | 5:33.80 | | |
| 800m | Adrian Reist | 2:09.76 | | |
| | Mark McDevitt | 2:09.51 | | |
| | Kavon Smith | 2:26.20 | | |
| 4x200 | Odin Boppell | | Alex Pantelidis | 28.5 |
| | Dan Halpin | | Tony Pearson | 27.2 |
| | Anthony Kerkula | | Jimmy Peifer | 28.5 |
| | Jake Luciano | 1:50.17 | Chris Davis | 25.8 |
| | | | | 1:49.29 |
| 400m | Hakeem Padgett | 57.6 | | |
| | Andre Henry | 54.7 | | |
| | Charles Smith | 55.9 | | |
| 200m | Mark McDevitt | 25.53 | | |
| | Amar Ali | 25.84 | | |
| 3200m | Dagmawi Teshome | 10:52.49 | | |
| 4x400 | Demetrius McCary | 54.9 | Andre Smith | 62.5 |
| | Jon Skuback | 56.0 | Tony Pearson | 60.6 |
| | Reggie Johnson | 55.8 | Kavon Smith | 62.9 |
| | Hakeem Padgett | 57.1 | Duchen Hodge | 61.1 |
| Pole Vault | Ian Hunter | 10' 0" | | |
| Shot Put | Andrew Perry | 39' 11.5" | | |
| | Chris Flores | 40' 10" | | |
| | Ayetiy Kwei | 28' 10.75" | | |
| Long Jump | Duchen Hodge | 13' 9.25" | | |
| | Neo Nikio | 18' 10.5" | | |
| Triple Jump | Neo Nikio | 35' 8.5" | | |
| | Chris Davis | 33' 3.5" | | |

Meet of Champs
14-Feb
Lehigh University

| | | | |
|--------------|----------------|------|---------|
| 4x200 | Chris Green | 23.7 | |
| | Niyi Adewole | 23.6 | |
| | Morlai Bangura | 24.0 | |
| | Andre Henry | 24.2 | 1:35.59 |

| | | | |
|---------------|-----------|------------|------------|
| 60HH T | John King | 8.72/ 8.62 | 6th |
|---------------|-----------|------------|------------|

| | | | |
|--------------|-------------|------|--|
| 60M T | Chris Green | 7.27 | |
|--------------|-------------|------|--|

| | | | |
|--------------|----------------|--------|---------|
| 4x800 | Amar Ali | 2:07.2 | |
| | Mark McDevitt | 2:06.6 | |
| | Abdul Hamid | 2:14.1 | |
| | Ephrem Teshome | 2:12.1 | 8:40.18 |

| | | | |
|--------------|----------------|------|---------|
| 4x400 | John King | 51.7 | |
| | Andre Henry | 55.1 | |
| | Reggie Johnson | 53.4 | |
| | Niyi Adewole | 53.1 | 3:33.31 |

| | | | |
|------------------|-------------|----------|------------|
| Long Jump | Chris Green | 21' 8.5" | 5th |
|------------------|-------------|----------|------------|

PTFCA States
PSU
21-Feb

| | | | |
|------------|-------------|------------|--|
| 60m | Chris Green | 7.27/ 7.17 | |
|------------|-------------|------------|--|

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|-------------|-----------|---------|--|
| 800m | John King | 1:59.60 | |
|-------------|-----------|---------|--|