

Upper Darby v. Conestoga
Upper Darby v. Garnet Valley
Conestoga

300IH	John King	40.4
	Charles Smith	42.4
	Mark McDevitt	44.5
	Neo Nikoi	45.4
	Rory Pitter	52.3

4x800	Abdul Hamid	2:10.3
	Demetrius McCary	2:13.7
	Jon Skuback	2:08.7
	Stephen Pohlig	2:13.7

100M	Avery Harris	11.7
	Morlai Bangura	11.7
	Niyi Adewole	11.7
	Parlay Blay	11.9
	John Townsend	12.1

1600M	Dan Edgar	4:36.8
	Amar Ali	4:46
	Ephrem Teshome	5:03
	Abdul Ali	5:20
	Caleb Livingston	5:24

400M	Mark McDevitt	54.0
	Jon Skuback	54.9
	Reggie Johnson	55.1
	Demetrius McCary	56.4

4x100	Morlai Bangura	
	Niyi Adewole	
	Cory Harrison	
	Avery Harris	45.2

110HH	Charles Smith	16.1
	Neo Nikoi	17.6
	Chris Davis	19.5
	Rory Pitter	20.3
	John Townsend	21.4
	Emmanuel Fields	DQ

800M	John King	2:02.0
	Amar Ali	2:04.0
	Dan Edgar	2:14.0
	Stephen Pohlig	2:15.0
	Shama Pierre	2:16.0
	Abdul Hamid	2:20.0
	Abdul Ali	2:29.0
	Caleb Livingston	2:31.0

200M	Niyi Adewole	23.5
	Avery Harris	24.6
	Morlai Bangura	24.7
	John Townsend	25.5
	Rory Pitter	26.1
	Emmanuel Fields	27.5

3200M	Dagmawi Teshome	10:31.3
	Ephrem Teshome	11:12.9

4x400	John King	51.7
	Amar Ali	54.3
	Mark McDevitt	53.9
	Reggie Johnson	54.0
	Charles Smith	53.7
	Niyi Adewole	52.7
	Demetrius McCary	55.4

8:46.0

Pole Vault	Ian Hunter	10' 0"
	Chris Davis	7' 6"
	Dan Halpin	7' 6"
	Tom Ficco	7' 6"

Long Jump	Parlay Blay	19' 6.25"
	Avery Harris	19' 4"
	Cory Harrison	17' 8.75"
	Morlai Bangura	16' 9"
	Neo Nikoi	16' 4.5"

Triple Jump	Cory Harrison	39' 1.5"
	Charles Smith	38' 4"
	Neo Nikoi	36' 8.75"
	Chris Davis	29' 0"

Shot Put	Andrew Perry	39' 11"
	Chris Flores	38' 2"
	Rob Margus	33' 9"
	Nick Perotti	33' 7"
	Will Walsh	23' 6"

Javelin	TJ Quinn	134' 0"
	Chris Chase	116' 4"
	Larry Dupree	106' 4"
	Vincent Tavella	104' 3"
	Luke Landmesser	101' 6"
	Rob Robinson	100' 0"

Discus	Andrew Perry	121' 3"
	TJ Quinn	102' 2"
	Rob Margus	91' 1"
	Chris Flores	85' 5"
	Will Walsh	76' 4"
	Nick Perotti	75' 10"

High Jump	Larry Dupree	5' 8"
	Chase Peterson	5' 6"
	Abiola Ajibola	NH
	Reggie Johnson	NH

**Bro Jerome Inv.
St. Basil's Academy
28-Mar**

300IH	John King Charles Smith	40.6 41.8		Long Jump	Cory Harrison	16' 10.25"
4x800	Amar Ali Mark McDevitt Abdul Hamid Reggie Johnson	2:03.9 2:07.1 2:08.9 2:06.3	8:25.2	Triple Jump	Cory Harrison Neo Nikoi	35' 11" 36' 5"
Mile	Daniel Edgar Dagmawi Teshome	4:45.0 5:03.5		Shot Put	Chris Flores Nick Perotti	39' 4.75" 31' 10.5"
400m	Stephen Pohlig	54.3		Discus	Rob Margus TJ Quinn	89' 6" 95' 10"
110HH	Charles Smith Neo Nikoi	15.6 17.3		High Jump	Larry Dupree	5' 10"
800m	Caleb Livingston Abdul Ali	2:21.0 2:23.0		Javelin	Chris Chase TJ Quinn	? ?
4x200	Morlai Bangura Niyi Adewole John King Chris Davis	24.6 23.0 23.5 26.2	1:37.3			
DMR	Adrian Reist Demetrius McCary Jon Skuback Ephrem Teshome	splits were missed sorry	11:43.4			
	Abdul Hamid Daniel Edgar Dagmawi Teshome Andrew Nitz	3:36.6 57 2:23.2 5:00.9	11:57.6			
Throwers	Chris Chase Chris Flores Rob Margus TJ Quinn					
4x100		54.1				
4x400	Mark McDevitt Niyi Adewole Reggie Johnson John King	53.6 51.7 53.4 50.2	3:29.0			
	Charles Smith Morlai Bangura Amar Ali Stephen Pohlig	54.1 55.5 53.5 56.2	3:39.1			

Golden Ram Inv
West Chester University
21-Mar

DMR	Andrew Nitz	3:44.1	
	Demetrius McCary	58.1	
	Reggie Johnson	2:10	
	Dagmawi Teshome	5:04	11:56.13

4x800	Caleb Livingston	2:25.5	
	John Sneh	2:17.1	
	Abdul Ali	2:24.9	
	Jon Skuback	2:10.7	9:18.38

110HH	Chris Davis	18.56
	Charles Smith	16.50

100M	Morlai Bangura	11.99
-------------	----------------	-------

1600M	Adrian Reist	4:48.80
	Amar Ali	4:44.15
	Ephrem Teshome	5:00.62

400M	Caleb Livingston	64.42
	John Sneh	57.42

300IH	John King	41.41
	Charles Smith	Tinman strikes again

800M	Abdul Hamid	2:06.98
	Amar Ali	2:04.33
	Stephen Pohlig	2:09.92

200M	Morlai Bangura	24.85
-------------	----------------	-------

3200M	Dagmawi Teshome	10:37.71
	Ephrem Teshome	11:32.15

4x400	John King	52.2	
	Demetrius McCary	53.3	
	Amar Ali	52.4	
	Reggie Johnson	52.6	3:30.70

	Abdul Hamid	56.4	
	Jon Skuback	54.7	
	Andrew Nitz	58.8	
	Adrian Reist	58.1	3:48.27

Pole Vault	Dan Halpin	NH
	Tom Ficco	NH

High Jump	Larry Dupree	5' 8"
	Chase Peterson	5' 8"
	Reggie Johnson	NH

Triple Jump	Chris Davis	29' 4"
--------------------	-------------	--------

Shot Put	Andrew Perry	40' 2.25"
	Chris Flores	39' 11"

Discus	Andrew Perry	105' 11"
	TJ Quinn	101' 11"
	Chris Flores	83' 2"

Javelin	Chris Chase	120' 7"
	Larry Dupree	113' 6"
	TJ Quinn	105' 9"

**Upper Darby v. Penncrest
Upper Darby v. Radnor
Penncrest**

300IH	John King	40.1	200M	Niyi Adewole	24.1	
	Charles Smith	43.0		Avery Harris	24.8	
	Neo Nikoi	45.8		Van Johnson	25.0	
	Chris Davis	46.1		Morlai Bangura	25.4	
	Rory Pitter	48.8		John Townsend	25.8	
			3200M	Dagmawi Teshome	10:42.5	
4x800	Abdul Hamid			Ephrem Teshome	11:20.8	
	Mark McDevitt			Abdul Ali	11:37.2	
	Jon Skuback		4x400	John King		
	Adrian Reist		8:40.4	Niyi Adewole		
				Mark McDevitt		
100M	Niyi Adewole	11.8		Reggie Johnson		3:37.1
	Morlai Bangura	12.0				
	Avery Harris	12.3	Pole Vault	Ian Hunter	9' 6"	
	John Townsend	12.4		Chris Davis	NH	
				Jerry Murphy	NH	
1600M	Dan Edgar	4:40.0		Tom Ficco	NH	
	Amar Ali	4:42.4	Long Jump	Larry Dupree	18' 7"	
	Andrew Nitz	5:01.9		Avery Harris	18' 2"	
	Caleb Livingston	5:23.8		Parlay Blay	18' 0.75"	
				Neo Nikoi	17' 1.5"	
400M	Jon Skuback	54.8	Triple Jump	Neo Nikoi	38' 3.25"	
	Reggie Johnson	55.0		Charles Smith	38' 0"	
	Van Johnson	55.3		Larry Dupree	37' 1.75"	
	Stephen Pohlig	55.6		Abiola Ajibola	36' 2.5"	
	Mark McDevitt	56.6				
	Demetrius McCary	57.3				
4x100	Morlai Bangura		Shot Put	Andrew Perry	39' 3"	
	Avery Harris			Chris Flores	36' 10"	
	John Townsend			Nick Perotti	33' 1"	
	Niyi Adewole	46.0		Rob Margus	31' 9"	
				Will Walsh	25' 9"	
110HH	Charles Smith	15.8	Javelin	Rob Robinson	118' 4"	
	Neo Nikoi	17.9		TJ Quinn	116' 11"	
	Chris Davis	19.0		Chris Chase	106' 9"	
				Luke Landmesser	93' 11"	
800M	John King	2:01.4	Discus	Andrew Perry	131' 7"	
	Amar Ali	2:09.9		TJ Quinn	93' 3"	
	Dan Edgar	2:12.0		Chris Flores	83' 2"	
	Adrian Reist	2:14.3		Rob Margus	80' 7"	
	Abdul Hamid	2:14.4		Nick Perotti	78' 8"	
	Stephen Pohlig	2:17.4		Will Walsh	67' 7"	
	Andrew Nitz	2:29.3	High Jump	Larry Dupree	5' 8"	
	Caleb Livingston	2:37.7		Chase Peterson	5' 6"	
				Abiola Ajibola	NH	

Central League Relays
Haverford HS
4-Apr

Shuttle Hurdle	John King Charles Smith Neo Nikoi Chris Davis	1:07.6	2nd	Shot Put	Andrew Perry Will Walsh	37' 2" 26' 8.5"	
DMR	Adrian Reist Van Johnson Mark McDevitt Daniel Edgar	3:29.1 54.3 2:06.7 4:36.3	11:06.2 3rd	Discus	Andrew Perry TJ Quinn	115' 7" 98' 10"	
	Dagmawi Teshome Tony Pearson Demetrius McCary Ephrem Teshome	3:35.9 60.6 2:18 5:18	11:54	Javelin	Andrew Perry TJ Quinn	74' 3" 129' 11"	
4x200	John Townsend Chris Davis Neo Nikoi Morlai Bangura	times screwed up by Gilbert -- HAHA	1:37.6	Pole Vault	Ian Hunter Tom Ficco	10' 0" 8' 6"	
SMR	Mark McDevitt Charles Smith Van Johnson Abdul Hamid	52.6 23.7 24.0 2:05.7	3:45.8 3rd	Long Jump	Parlay Blay Avery Harris	19' 3.75" 17' 2"	3rd
4x800	John King Jon Skuback Reggie Johnson Amar Ali	2:01.8 2:07.7 2:06.4 2:05.7	8:21.4 2nd	High Jump	Chase Peterson Larry Dupree	5' 6" 5' 10"	2nd
	Abdul Ali Yousef Mohamed Aiaz Ansari Jimmy Peifer	2:27.5 2:30.6 2:41.4 2:41.4	10:08.2	Triple Jump	Larry Dupree Charles Smith	39' 3.5" 37' 11.5"	3rd
4x400	Avery Harris John King Amar Ali Reggie Johnson	52.1 52.0 52.5 53.0	3:29.4 2nd				
	Abdul Hamid Demetrius McCary Morlai Bangura Jon Skuback	55.3 54.4 55.5 53.8	3:39.1				

**TFCA of GP Inv
Upper Darby HS
11-Apr**

no splits -- the paper did not make it!

DMR	Dagmawi Teshome John Townsend Stephen Pohlig Ephrem Teshome	11:58.84
300IH	John King Charles Smith	40.13 42.18
100M	Morali Bangura Niyi Adewole	11.71 12.14
1600M	Amar Ali Dan Edgar	4:41.92 4:34.03
400M	Van Johnson Steve Willis	55.52 60.23
110HH	Charles Smith Neo Nikoi	16.14 17.50
800M	Adrian Reist Stephen Pohlig	2:10.04 2:15.58
200M	Morlai Bangura John Townsend	24.23 24.66
4x800M	Abdul Hamid Jon Skuback Mark McDevitt Reggie Johnson	8:36.70
FR SMR 4-2-2-8	Demetrius McCary Yousef Mohammed Aiaz Ansari Abdul Ali	4:17.39
4x400	Amar Ali Niyi Adewole Jon Skuback John King	3:32.74
Shot Put	Chris Flores	39' 9"
Discus	Rob Margus	89' 3"
Javelin	Chris Chase	127' 5"

Upper Darby 109 v. Lower Merion 40
Upper Darby 127 v. Marple Newtown 25
Upper Darby 110 v. Harrition 39
Upper Darby

300IH	John King	39.3
	Charles Smith	40.7
	Rory Pitter	45.7

4x800	Adrian Reist	2:10.2	8:33.5
	Demetrius McCary	2:12.0	
	Jon Skuback	2:05.6	
	Mark McDevitt	2:05.8	

100M	Morlai Bangura	11.1
	Niyi Adewole	11.1
	Avery Harris	11.8
	John Townsend	11.8
	Anthony Kerkula	12.2
	Moses Adenaike	12.3
	Steve Willis	12.3
	Alex Pantelidis	13.2

1600M	Dan Edgar	4:31.6
	Andrew Nitz	5:00.6
	Caleb Livingston	5:07.0
	Abdul Ali	5:09.3
	Yousef Mohamed	5:30.6

400M	John King	50.7
	Mark McDevitt	52.9
	Van Johnson	53.4
	Jon Skuback	53.7
	John Henry Jarwood	53.9
	Demetrius McCary	54.5
	Andre Smith	58.7
	Jorge Cayasso	61.6
	Preston Kagiri	62.7
Anderson Paulose	69.8	

4x100	Morlai Bangura	
	Niyi Adewole	
	John Townsend	
	Avery Harris	45.0

110HH	John King	15.1
	Charles Smith	15.4
	Chris Davis	17.4
	Rory Pitter	18.8

800M	Amar Ali	2:02.6
	Stephen Pohlig	2:05.4
	Dan Edgar	2:07.0
	Adrian Reist	2:11.4
	Caleb Livingston	2:21.8
	Jimmy Peifer	2:25.5
	Andrew Nitz	2:29.2
	Aiaz Ansari	2:33.8

200M	Niyi Adewole	22.5
	Avery Harris	23.1
	Van Johnson	23.2
	Morlai Bangura	23.5
	Rory Pitter	24.3
	John Townsend	24.4
	Steve Willis	24.5
	Moses Adenaike	24.8
	Anthony Kerkula	25.3
	Andre Smith	25.5
	Kwame Akuffo	25.7
	Travon Erwin	26.0
	Jorge Cayasso	26.5
Keon Ward	27.0	
Alex Pantelidis	27.5	
Tokpah Gongloe	27.6	

3200M	Dagmawi Teshome	10:32.5
	Ephrem Teshome	11:06.2

4x400	John King	51.6
	Niyi Adewole	52.5
	Mark McDevitt	53.3
	Amar Ali	54.4

Pole Vault	Dan Halpin	9' 0"
	Ian Hunter	9' 6"
	Jerry Murphy	9' 6"
	Tom Ficco	8' 0"

Long Jump	Cory Harrison	19' 7"
	Larry Dupree	19' 3"

Triple Jump	Charles Smith	39' 1"
	Cory Harrison	38' 6"
	Larry Dupree	37' 10"

Shot Put	Chris Flores	41' 11"
	Andrew Perry	40' 8.75"
	Nick Perotti	36' 1"
	Rob Margus	33' 10"
	Ayitey Kwei	29' 2"
	Will Walsh	27' 8.5"

Javelin	Chris Chase	128' 9"
	Rob Robinson	116' 10"
	Ben Batchelor	114' 0"
	Luke Landmesser	105' 0"
	Odin Boppell	96' 1"

Discus	Andrew Perry	109' 0"
	Chris Flores	94' 2"
	Rob Margus	85' 10.5"
	Nick Perotti	82' 0"
	Ayitey Kwei	79' 6.5"
	Will Walsh	78' 0.5"

High Jump	Larry Dupree	5' 8"
------------------	--------------	-------

CAL JV Meet #1
Conestoga

300IH Rory Pitter 46.8

1600M Caleb Livingston 5:03.7
 Abdul Ali 5:07.6
 Yousef Mohamed 5:30.1
 Preston Kagiri 5:35.9

400M Kwame Akuffo 54.2
 Steven Willis 56.8
 Andre Smith 58.5
 Anthony Kerkula 59.1
 Moses Adenaike 61.1
 Alex Pantelidis 61.9
 Tokpah Gongloe 63.5
 Jorge Cayasso 63.9
 Keon Ward 65.0
 Travon Erwin 65.2
 Ira Etzweiler 68.3
 Anderson Paulose 68.5

110HH Rory Pitter 18.9

800M Caleb Livingston 2:21.3
 Yousef Mohamed 2:27.7
 Jimmy Peifer 2:29.5
 Abdul Ali 2:30.5
 Preston Kagiri 2:31.7

200M Kwame Akuffo 24.2
 Moses Adenaike 25.0
 Steven Willis 25.0
 Anthony Kerkula 25.8
 Andre Smith 25.9
 Travon Erwin 26.7
 Tokpah Gongloe 27.0
 Jorge Cayasso 27.8
 Keon Ward 28.3
 Anderson Paulose 29.9
 Ira Etzweiler DQ
 Alex Pantelidis ?

Pole Vault Dan Halpin 9' 6"
 Jerry Murphy 9' 0"
 Tom Ficco 8' 0"

Shot Put Rob Margus 36' 9"
 Nick Perotti 34' 10"
 Ayitey Kwei 32' 2"
 Will Walsh 27' 10"

Javelin Ben Batchelor 119' 1"
 Luke Landmes: 104' 9"
 Vincent Tarvell 104' 6"
 Matt Robinson 93' 0"
 Odin Boppell 85' 2"

Discus Rob Margus 88' 10"
 Nick Perotti 82' 2"
 Ayitey Kwei 77' 7"
 Will Walsh 74' 0"

Long Jump Abiola Ajibola 16' 10"

Triple Jump Abiola Ajibola 35' 0.5"

High Jump Abiola Ajibola 5' 2"

Great Valley Relays
Great Valley HS

4x1600	Ephrem Teshome	4:52.6	19:48.78
	Abdul Hamid	4:53.0	
	Andrew Nitz	5:12.0	
	Dagmawi Teshome	4:51.0	
4x800m	John King	1:58.4	8:17.20
	Reggie Johnson	2:05.7	
	Jon Skuback	2:07.8	
	Amar Ali	2:05.3	
4x200m	Morlai Bangura	23.5	1:39.36
	John Townsend	24.7	
	Neo Nikoi	25.3	
	Chris Davis	25.8	
DMR	Adrian Reist	3:28.4	11:03.52
	Van Johnson	53.2	
	Mark McDevitt	2:07.2	
	Daniel Edgar	4:34.8	
SMR	Van Johnson	23.6	3:49.66
	2248 Jon Skuback	24.2	
	Abdul Hamid	56.0	
	Stephen Pohlig	2:05.8	
4x100m	Morlai Bangura	45.12	
	Niyi Adewole		
	John Townsend		
	John Henry Jarwood		
Weight 4x100	Rob Margus	52.95	
	Chris Flores		
	Rob Robinson		
	Chris Chase		
4x400m	Amar Ali	53.6	3:28.95
	Niyi Adewole	52.1	
	Reggie Johnson	53.0	
	John King	50.3	

Shot Put	Nick Perotti	34' 7"
	Chris Flores	42' 11"
Javelin	Chris Chase	138' 4"
	Rob Robinson	118' 7"
Pole Vault	Ian Hunter	10' 6"
	Jerry Murphy	9' 0"
Long Jump	Cory Harrison	18' 7.5"
	Larry Dupree	18' 11"
Discus	Chris Flores	83' 10"
	Rob Margus	88' 8"
High Jump	Larry Dupree	5' 10"
	Cory Harrison	NH
Triple Jump	Neo Nikoi	37' 6.75"
	Cory Harrison	36' 8.5"

Upper Darby 79.5 v. Springfield 70.5
Upper Darby 72 v. Strath Haven 78
Springfield

300IH	John King	40.1
	Charles Smith	41.4
	Rory Pitter	44.7
	Chris Davis	45.8

4x800	Abdul Hamid	2:04.5
	Mark McDevitt	2:05.6
	Jon Skuback	2:05.5
	Stephen Pohlig	2:09.7

100M	Morlai Bangura	11.1
	John Henry Jarwood	11.4
	Niyi Adewole	11.6
	John Townsend	12.0

1600M	Dan Edgar	4:29.6
	Adrian Reist	4:45.5
	Andrew Nitz	4:55.6
	Caleb Livingston	5:06.9

400M	John King	50.0
	Van Johnson	53.7
	Mark McDevitt	53.8
	Demetrius McCary	53.9
	Jon Skuback	54.0
	Reggie Johnson	54.0

4x100	Morlai Bangura	
	Niyi Adewole	
	John Townsend	
	John Henry Jarwood	DQ

110HH	Charles Smith	15.7
	John King	15.4
	Neo Nikoi	17.2
	Chris Davis	FS

800M	Amar Ali	2:03.0
	Dan Edgar	2:06.7
	Stephen Pohlig	2:09.1
	Adrian Reist	2:09.8
	Abdul Hamid	2:13.9
	Andrew Nitz	2:24.5
	Caleb Livingston	2:25.4

200M	John Henry Jarwood	23.6
	Niyi Adewole	23.4
	Morlai Bangura	23.7
	Van Johnson	23.8
	John Townsend	25.0
	Rory Pitter	25.3

3200M	Dagmawi Teshome	10:22.6
	Ephrem Teshome	10:48.3
	Abdul Ali	11:22.5

8:25.2 4x400	John King	51.4
	Niyi Adewole	51.8
	Mark McDevitt	53.4
	Reggie Johnson	53.5

3:30.1

Pole Vault	Dan Halpin	10' 6"
	Ian Hunter	10' 0"
	Chris Davis	9' 0"
	Jerry Murphy	9' 0"
	Tom Ficco	8' 6"

Long Jump	Cory Harrison	18' 6"
	Abiola Ajibola	17' 6.5"
	Larry Dupree	17' 4"
	Neo Nikoi	17' 2"

Triple Jump	Charles Smith	38' 8"
	Abiola Ajibola	38' 2"
	Cory Harrison	36' 7.75"
	Larry Dupree	36' 6.25"
	Neo Nikoi	35' 4.5"

Shot Put	Andrew Perry	42' 2"
	Chris Flores	40' 10.5"
	Nick Perotti	34' 1.5"
	Rob Margus	33' 9.5"
	Ayitey Kwei	28' 5.5"
	Will Walsh	25' 6"

Javelin	Rob Robinson	120' ?
	Chris Chase	118' ?
	Luke Landmesser	104' ?
	Odin Boppell	95' ?
	Ben Batchelor	?

Discus	Andrew Perry	119' 7"
	Chris Flores	85' 6"
	Rob Margus	83' 2"
	Nick Perotti	74' 1"
	Ayitey Kwei	67' 3"
	Will Walsh	64' 3"

High Jump	Larry Dupree	5' 6"
	Cory Harrison	5' 6"
	Abiola Ajibola	5' 4"

**Unionville Inv.
Unionville HS
25-Apr**

2 inv.
1 relay

100M trials Morlai Bangura 11.27/ 11.51 4th
John Townsend 12.00

Shot Put Andrew Perry 38' 10"
Chris Flores 42' 5" 6th

1600M (novice) Andrew Nitz
Abdul Ali

Discus Andrew Perry 130' 7" 3rd

110HH trials Chris Davis DQ

Javelin Rob Robinson 120' 7"

High Jump Larry Dupree 5' 8"

200M trials Van Johnson 24.43
Anthony Kerkula 25.45

Pole Vault Ian Hunter 10' 0" 5th

4x800 Jon Skuback
Abdul Hamid
Daniel Edgar
Stephen Pohlig 8:12.60 1st

1600M Adrian Reist 4:39.00
Dagmawi Teshome 4:53.20

400M Reggie Johnson 53.38
Demetrius McCary 52.73

4x100 Morlai Bangura
John Townsend
Van Johnson
Reggie Johnson 45.99

300IH Chris Davis 45.06

800M Ephrem Teshome 2:10.00
Adrian Reist 2:08.01 6th

3200M Daniel Edgar 10:15.10 6th

4x400 Reggie Johnson
Jon Skuback
Abdul Hamid
Demetrius McCary 3:32.55 1st

**Penn Relays
Univ. of Penn**

4x100M Morlai Bangura
Niyi Adewole
John Townsend
John Henry Jarwood 44.58

4x400M John King 50.0
Niyi Adewole 50.80
Charles Smith 52.50
Amar Ali 52.10 3:25.96

**Penn Relays
Univ. of Penn**

4x100M	Morlai Bangura		
	Niyi Adewole		
	John Townsend		
	John Henry Jarwood	44.58	
4x400M	John King	50.0	
	Niyi Adewole	50.80	
	Charles Smith	52.50	
	Amar Ali	52.10	3:25.96

**CAL JV Meet #2
Upper Darby**

100M	Devon Grose	12.2
	Jon Seals	12.3
	Steven Willis	12.4
	Andre Smith	12.6
	Anthony Kerkula	12.6
	Surprise Gbain	12.6
	Moses Adenaike	12.8
	Tokpah Gongloe	12.9
	Keon Ward	13.2
	Alex Pantelidis	13.7
Anderson Paulose	14.3	
1600M	Andrew Nitz	4:53.3
	Abdul Ali	5:01.3
	Caleb Livingston	5:04.2
	Preston Kagiri	5:18.5
	Yousef Mohamed	5:19.8
400M	Kwame Akuffo	53.8
4x100	Moses Adenaike	
	Anthony Kerkula	
	Andre Smith	
	Alex Pantelidis	48.4
800M	Dag Teshome	2:15.8
	Preston Kagiri	2:25.3
	Andrew Nitz	2:27.5
	Jimmy Peifer	2:29.0
	Abdul Ali	2:29.1
	Caleb Livingston	2:34.2
	Aiaz Ansari	2:34.5
200M	Alex Pantelidis	
	Anderson Paulose	27.60
	Andre Smith	25.80
	Anthony Kerkula	25.70
	Devon Grose	25.80
	Jon Seals	26.50
	Keon Ward	27.80
	Kwame Akuffo	24.50
	Moses Adenaike	24.60
	Steven Willis	25.40
	Surprise Gbain	26.10
	Tokpah Gongloe	
Travon Erwin	27.30	

Pole Vault	Chris Davis	10'6"
	Jerry Murphy	9'6"
	Tom Ficco	9'
Shot Put	Nick Perotti	?
	Rob Margus	?
	Will Walsh	?
Javelin	Mark McDevitt	116' 9"
	Rob Robinson	114' 2"
	Odin Boppell	98' 7"
	Matt Robinson	98' 5"
	Luke Landmesser	88' 6"
Discus	Rob Margus	103'7"
	Rob Robinson	102'3"
	Nick Perotti	101'2"
Long Jump	Neo Nikoi	21' 3"
	Abiola Ajibola	20' 4.5"
Triple Jump	Abiola Ajibola	40'1"
High Jump	Abiola Ajibola	5'4"

**Delco Champs
Interboro HS
5/1 - 5/2**

300IH T	John King Charles Smith	39.1/ 39.92 40.3/ 40.94	
100M T	Morlai Bangura John Henry Jarwood	11.71/ 11.3 11.4/ 12.4	
3200M Final	Dagmawi Teshome Ephrem Teshome	10:05.24 10:36.04	
4x100 T	Morlai Bangura Van Johnson John Townsend John Henry Jarwood	45.53/ 45.18	
400M T	Mark McDevitt Demetrius McCary	53.55 53.03	
110HH T	Charles Smith Chris Davis	16.20/ 15.76 17.92/ 18.76	
800M T	Amar Ali Abdul Hamid	2:03.06/ 2:02.18 2:02.81/ 2:03.11	
200M T	Morlai Bangura Van Johnson John Henry Jarwood	24.54 24.26 hurt	
1600M T	Daniel Edgar Adrian Reist	4:40.50/ 4:24.07 4:48.06/ 4:33.13	
4x400 T	John King Mark McDevitt Amar Ali Reggie Johnson		DQ
Javelin	Chris Chase Rob Robinson	129' 0" 114' 0"	
Triple Jump	Charles Smith	41' 9"	
Discus	Andrew Perry Chris Flores	123' 5" 93' 4"	
High Jump	Larry Dupree	5' 4"	
4x800	Abdul Hamid Stephen Pohlig Reggie Johnson Jon Skuback		8:20.00
JV 4x400M	Moses Adenaike Anthony Kerkula Andre Smith Alex Pantelidis		4:03.5
Shot Put	Andrew Perry Chris Flores	FOUL 41' 5"	
Pole Vault	Ian Hunter Dan Halpin	11' 0" 10' 0"	
JV 4x800	Caleb Livingston Preston Kagiri Yousef Mohamed Jimmy Peifer		9:24.78
JV 4x100	Moses Adenaike Anthony Kerkula Andre Smith Rory Pitter		49.50
JV 1600M	Andrew Nitz Abdul Ali	4:51.7 5:00.3	

**District One
Coatesville HS**

4x800	Amar Ali	2:00.6	8:13.00
	Abdul Hamid	2:01.3	
	Jon Skuback	2:03.0	
	Stephen Pohlig	2:06.5	

110HH Charles Smith

1600M Dan Edgar 4:32.61

300IH	John King	39.61/ 38.86	2nd
	Charles Smith	40.53	

4x400	John King	49.9	3:24.04
	Niyi Adewole	51.5	
	Charles Smith	51.3	
	Amar Ali	51.0	

Discus Andrew Perry 131' 11

**Central League Champs
Lower Merion
6-May**

300IH	Chris Davis	44.5	Long Jump	Neo Nikoi	19-01.50
100M T	Morlai Bangura	11.5	Triple Jump	Charles Smith Larry Dupree	39-10.00 39-05.50
4x800M	Mark McDevitt Daniel Edgar Jon Skuback Stephen Pohlig	8:14.9	High Jump	Larry Dupree	5-08.00
110HH T	Chris Davis Charles Smith	17.3 15.2	Shot Put	Andrew Perry Chris Flores	40-06.00 42-01.50
100M F	Morlai Bangura	11.5	Discus	Andrew Perry Chris Flores	108-01.00 FOUL
1600M	Adrian Reist Ephrem Teshome	4:38.6 4:51.3	Javelin	Chris Chase Rob Robinson	127-05 118-06
110HH F	Charles Smith	15.30	Pole Vault	Dan Halpin Ian Hunter	11-00.00 10-06.00
400M	John King Demetrius McCary	49.4 52.2			
4x100M	Morlai Bangura Van Johnson John Townsend Niyi Adewole	44.9			
800M	Amar Ali Abdul Hamid	2:00.6 2:01.5			
200M	Niyi Adewole Van Johnson	23.2 23.5			
3200M	Dagmawi Teshome	10:05.6			
4x400M	John King Mark McDevitt Jon Skuback Demetrius McCary	3:25.8			

Upper Darby v. Haverford
Upper Darby v. Ridley
Upper Darby

300IH	John King	39.9
	Charles Smith	40.7
	Chris Davis	45.0
	Neo Nikoi	45.0
4x800	Abdul Hamid	2:03.6
	Reggie Johnson	2:06.2
	Jon Skuback	2:08.0
	Stephen Pohlig	2:03.2
100M	John Henry Jarwood	11.2
	Morlai Bangura	11.4
	Avery Harris	11.7
	Van Johnson	11.7
	Moses Adenaike	11.9
	Anthony Kerkula	12.0
	John Townsend	12.0
	Surprise Gbain	12.6
	Jon Seals	12.8
1600M	Dan Edgar	4:33.5
	Adrian Reist	4:41.9
	Abdul Ali	4:59.9
	Caleb Livingston	5:01.2
	Preston Kagiri	5:20.2
	Yousef Mohamed	5:22.4
400M	John King	49.5
	Van Johnson	52.5
	Demetrius McCary	52.9
	Mark McDevitt	53.0
	Andre Smith	58.2
	Jorge Cayasso	62.4
	Alex Pantelidis	62.7
	Anderson Paulose	69.5
4x100	Morlai Bangura	
	Niyi Adewole	
	John Townsend	
	John Henry Jarwood	44.9
110HH	Charles Smith	15.4
	John King	15.4
	Neo Nikoi	16.5
	Chris Davis	17.6
800M	Amar Ali	2:02.6
	Dan Edgar	2:10.2
	Stephen Pohlig	2:25.0
	Caleb Livingston	2:27.2
	Jimmy Peifer	2:27.7
	Aiaz Ansari	2:30.9

200M	John Henry Jarwood	22.7	
	Niyi Adewole	22.8	
	Avery Harris	23.4	
	Morlai Bangura	23.5	
	Van Johnson	23.9	
	John Townsend	25.1	
	Moses Adenaike	25.1	
	Surprise Gbain	25.6	
	Anthony Kerkula	25.8	
	Travon Erwin	26.2	
	Andre Smith	26.4	
	Tokpah Gongloe	26.7	
	Keon Ward	27.2	
	Alex Pantelidis	27.5	
	Jorge Cayasso	28.0	
3200M	Dagmawi Teshome	10:36.8	
	Andrew Nitz	10:58.0	
	Ephrem Teshome	11:15.1	
4x400	John King	51.7	
	Niyi Adewole	53.1	
	Mark McDevitt	53.4	
	Amar Ali	53.2	3:31.5
Pole Vault	Ian Hunter	10'6	
	Dan Halpin	9'6	
	Jerry Murphy	9'6	
	Chris Davis	9'0	
	Tom Ficco	9'0	
Long Jump	Neo Nikoi	20"4	
	Larry Dupree	19"4	
Triple Jump	Charles Smith	42'6	
	Larry Dupree	40'5	
	Neo Nikoi	38'5	
Shot Put	Andrew Perry	41'2	
	Chris Flores	41'6	
	Nick Perotti	37'2	
	Rob Margus	31'2	
	Will Walsh	27'4	
Javelin	Chris Chase	141'11	
	Rob Robinson	124'8	
	Matt Robinson	103'2	
	Luke Landmesser	101'10	
	Ben Batchelor	100'7	
	Vincent Tavella	97'7	
	Odin Boppell	94'2	
Discus	Andrew Perry	127'2	
	Chris Flores	foul	
	Nick Perotti	96'	
	Rob Margus	105'5	
	Rob Robinson	105'5	
	Will Walsh	60'8	