

**UD Relays**  
**Upper Darby**  
**3/26**

<b>DMR</b>	Andrew Thompson Michael Reaves Yovanys Dominguez Preston Kagiri	3:26.5 55.4 2:09.0 5:05.?	11:36.74	<b>Shot Put</b>	Praduman Singh James Pham	51' 4" 32' 7"
<b>SMR</b>	Antoine Brewington Manfred Etienne Marvie Kabbah Adrian Reist	22.8 23.3 54.5 2:05.70	3:47.32	<b>Discus</b>	Praduman Singh Amara Kamara	133' 11" 105' 1"
<b>4x800</b> <b>"B" Allowed</b>	Preston Kagiri Greg Dix Ramsey Kerkula Andrew Thompson	2:20.? 2:14.? 2:13.? 2:13.?	9:03.40	<b>Javelin</b>	Jason John Matt Robinson	141' 2" 114' 2"
	Kevin Behan Lachlan Blubaugh Kaleb Anthony Jaspreet Singh	2:29.? 2:22.? 2:26.? 2:25.?	9:44.82	<b>Pole Vault</b>	Chris Davis Jerry Murphy	12' 0" 10' 0"
				<b>High Jump</b>	Alonzo Harding	5' 4"
				<b>Long Jump</b>	Mohamed Kakay Da'Quan Timmons	18' 7" 17' 5.5"
				<b>Triple Jump</b>	Wellington Zaza Manfred Etienne	43' 5" 37' 8"
<b>4x200</b> <b>"B" Allowed</b>	Cyrus Barlee Mohamed Kakay Soncarly Winpea Duchen Hodge		1:39.42			
<b>1600M JV</b>	Chris Vecchio Fredri Flores	6:00.00 6:04.14				
<b>4x100</b> <b>"B" Allowed</b>	Wellington Zaza Andre Henry Marvie Kabbah Antoine Brewington		43.42			
<b>4x400</b> <b>"B" Allowed</b>	Duchen Hodge Soncarly Winpea Alonzo Harding Da'Quan Timmons		3:56.06	Yovanys Dominguez Chris Davis Asmir Jean-Baptiste Richie Le		4:09.41

Upper Darby 120 v. Conestoga 30

Upper Darby 138 v. Harrition 12

Upper Darby

3/30

<b>300IH</b>	Wellington Zaza	40.5
	Manfred Etienne	41.7
	Marvie Kabbah	42.7
	Devan Owens	45.0

<b>4x800</b>	Yovanys Dominguez	
	Greg Dix	
	Ramsey Kerkula	
	Jamol Williams	8:45.9

<b>100M</b>	Andre Henry	11.1
	Antoine Brewington	11.1
	John Townsend	11.6
	Jason John	11.8

<b>1600M</b>	Adrian Reist	4:44.6
	Abdul Ali	4:49.9
	Preston Kagiri	5:07.5
	Jaspreet Singh	5:16.9
	Hasan Ghazzaw	5:17.6
	Nate Wahner	5:17.6
	Kevin Behan	5:43.5
	Lachlan Blubaugh	5:49.6
	Fredi Flores	5:51.5
	Shawn Hale	5:57.6
	Chris Vecchio	6:02.7
	Ross Carter	6:28.9

<b>400M</b>	Marvie Kabbah	52.8
	Manfred Etienne	52.9
	Shua McLean	54.7

<b>4x100</b>	John Townsend	
	Andre Henry	
	Jason John	
	Antoine Brewington	43.7

<b>110HH</b>	Wellington Zaza	14.9
	Devan Owens	16.1
	Fred Thorpe	16.5

<b>800M</b>	Adrian Reist	2:05.6
	Andrew Thompson	2:06.8
	Quenzell Bradley-Brown	2:09.0
	Greg Dix	2:15.8

Missing a lot of times --- sorry guys  
always remember to give your time in to :

<b>200M</b>	Antoine Brewington
	Andre Henry
	John Townsend
	Soncarly Winpea
	Jason John
	Anthony Mitchell
	Cyrus Barlee
	Asmir Jean-Baptiste
	Wilson Mazile

<b>3200M</b>	Adrian Reist
	Preston Kagiri
	Hasan Ghazzawi
	Nate Wahner

<b>4x400</b>	Andre Henry
	Manfred Etienne
	Marvie Kabbah
	Shua McLean

<b>Pole Vault</b>	Chris Davis
	Jerry Murphy
	Kyle Chaya
	Filimon Mulat

<b>Long Jump</b>	Fred Thorpe
	Da'Quan Timmons
	Wellington Zaza
	Mohamed Kakay
	Cecil Simpson

<b>Triple Jump</b>	Wellington Zaza
	Fred Thorpe
	Da'Quan Timmons
	Mohamed Kakay

<b>Shot Put</b>	Praduman Singh
	Ivan Thomas
	Caleb Livingston
	Azzan Goode
	Amara Kamara
	Tyreek Green
	James Pham
	Damien Williams
	Talal Ahmed
	Kwaseem Fraser
	Matt Slavin

Abdul Ali

2:16.2

Andrew LeSage

Michael Wint

Gary Smith

Tyill Green

**Javelin**

Jason John

Ivan Thomas

James Pham

Matt Robinson

Gary Smith

Filimon Mulat

Gebin Geevarghese

Tim Lee

Eric Anderson

**Discus**

Praduman Singh

Amara Kamara

James Pham

Ivan Thomas

Caleb Livingston

Andrew LeSage

Michael Wint

Matt Slavin

Talal Ahmed

Azzan Goode

Matt Robinson

Damien Williams

Gary Smith

Tyreek Green

Tyill Green

**High Jump**

Fred Thorpe

Cecil Simpson

Alonzo Harding

Marvie Kabbah

**a Coach**

22.9  
23.2  
23.9  
24.9  
25.0  
26.1  
26.3  
26.8  
26.8

10:42.8  
11:21.7  
11:36.8  
11:49.5

3:37.6

13' 0"  
10' 0"  
8' 0"  
7' 0"

20' 1"  
19' 8"  
19' 3"  
18' 9"  
17' 5"

43' 7"  
39' 7"  
38' 3"  
37' 2"

49' 3"  
43' 3"  
37' 10"  
36' 9"  
34' 7.75"  
33' 4"  
33' 3"  
32' 6"  
32' 11.5"  
31' 8.5"  
30' 6"

28' 7"  
28' 0"  
27' 9.5"  
26' 5.5"

135' 3"  
129' 2"  
127' 2"  
114' 9"  
87' 3"  
83' 4"  
82' 7"  
67' 2"  
57' 2"

136' 11"  
113' 11"  
96' 6"  
95' 9"  
92' 8"  
92' 0"  
90' 2"  
89' 0"  
88' 8"  
87' 6"  
83' 11"  
76' 9"  
76' 7"  
73' 10"  
59' 8"

5' 8"  
5' 6"  
5' 4"  
NH

**Central League Relays**  
**Haverford HS**  
**2-Apr**

**Shuttle Hurdle** Wellington Zaza  
 Devan Owens  
 Manfred Etienne  
 Fred Thorpe  
 1:03.5 **School Record**

**DMR** Jamol Williams 3:31.?  
 Michael Reaves 57.10  
 Nate Wahner 2:18.1  
 Preston Kagiri 5:04.3 11:50.9

**4x200** John Townsend Asmir Jean-Baptiste  
 Marvie Kabbah Glenton Nicholson  
 Manfred Etienne Sonkarly Winpea  
 Andre Henry Michael Reaves  
 1:32.6 1:42.1

**SMR** Da'Quan Timmons 56.8  
**4228** Sonkarly Winpea 23.8  
 Jason John 23.4  
 Jaspreet Singh 2:16.2 4:00.4

**4x100** Wellington Zaza  
 Andre Henry  
 Marvie Kabbah  
 John Townsend 43.6

**4x800** Andrew Thompson 2:06.?  
 Adrian Reist 2:01.?  
 Abdul Ali 2:10.?  
 Quenzell Bradley- Brown 2:05.?  
 8:23.9  
 Kevin Behan 2:29.?  
 Lachlan Blubaugh 2:23.?  
 Tim Le 2:25.?  
 Nate Wahner 2:22.? 9:41.0

**4x400** Andrew Thompson 56.1  
 Jamol Williams 55.9  
 Michael Reaves 56.8  
 Quenzell Bradley-Brown 54.4 3:43.3

**Shot Put** Praduman Singh 49' 3"  
 James Pham 32' 2"

**Discus** Praduman Singh 133' 8"  
 Andrew LeSage 77' 1"

**Javelin** Jason John 153' 9"  
 James Pham 119' 9"

**Pole Vault** Filimon Mulat 8' 0"  
 Kyle Chaya 8' 6"

**Long Jump** Da'Quan Timmons 18' 0"  
 Mohamed Kakay 17' 9.5"

**High Jump** Fred Thorpe 5' 10"  
 Marvie Kabbah 5' 4"

**Triple Jump** Mohamed Kakay 35' 1"  
 Manfred Etienne 39' 11"

**TFCA of GP Inv**  
**Coatesville HS**  
**9-Apr**

<b>DMR</b>	Jamol Williams	3:29.2	
	Michael Reaves	54.7	
	Nate Wahner	2:13.3	
	Preston Kagiri	5:03.8	11:41.16
<b>300IH</b>	Marvie Kabbah	44.42	
	Manfred Etienne	41.25	
<b>100M</b>	Antoine Brewington	11.33	
	John Townsend	11.43	
<b>1600M</b>	Adrian Reist	4:34.84	
<b>400M</b>	Da'Quan Timmons	56.05	
	Alonzo Harding	56.69	
<b>4x100</b>	Wellington Zaza		
	Andre Henry		
	John Townsend		
	Antoine Brewington	43.12	
<b>110HH</b>	Wellington Zaza	14.87	
<b>800M</b>	Quenzell Bradley-Brown	2:03.93	
<b>200M</b>	Andre Henry	23.42	
	Sonkarly Winpea	24.83	
<b>4x800M</b>	Greg Dix	2:11.0	
	Yovanys Dominguez	2:06.0	
	Jaspreet Singh	2:17.1	
	Adrian Reist	2:05.2	8:38.29
<b>4x400</b>	Marvie Kabbah	51.8	
	Andre Henry	52.6	
	Manfred Etienne	51.6	
	Quenzell Bradley-Brown	52.5	3:28.90

<b>Shot Put</b>	Praduman Singh	52' 0"
<b>Discus</b>	Praduman Singh	141' 2"
<b>Javelin</b>	Jason John	160' 11"
<b>Long Jump</b>	Fred Thorpe	20' 9.5"
<b>Triple Jump</b>	Wellington Zaza	44' 2"
<b>High Jump</b>	Fred Thorpe	5' 10"
<b>Pole Vault</b>	Chris Davis	12' 6"

**Upper Darby 109 v Haverford 41**

**Upper Darby 122 v Marple Newtown 28**

**Upper Darby 89 v Penncrest 61**

**Penncrest**

**13-Apr**

**300IH** Manfred Etienne 41.0  
Marvie Kabbah 43.4  
Wellington Zaza 40.1

**4x800** Yovanys Dominguez 2:07.7  
Greg Dix 2:12.1  
Jaspreet Singh 2:17.2  
Jamol Williams 2:11.3

**100M** Antoine Brewington 11.3  
Andre Henry 11.5  
John Townsend 11.5  
Cyrus Barlee 11.9  
Sonkarly Winpea 11.9

**1600M** Adrian Reist 4:36.0  
Abdul Ali 4:55.0  
Nate Wahner 5:16.0  
Hasan Ghazzaw 5:19.0

**400M** Manfred Etienne 51.9  
Michael Reaves 54.7  
Alonzo Harding 57.6

**4x100** John Townsend  
Andre Henry  
Jason John  
Antoine Brewington 44.5

**110HH** Wellington Zaza 14.8  
Fred Thorpe 16.9  
Chris Davis 17.2  
Manfred Etienne DQ

**800M** Andrew Thompson 2:05.3  
Jamol Williams 2:12.3  
Quenzell Bradley-Brown 2:20.9  
Greg Dix 2:21.9  
Jaspreet Singh 2:23.9  
Nate Wahner 2:27.7  
Hasan Ghazzaw 2:28.1

**200M** Antoine Brewington 23.4  
John Townsend 24.0  
Andre Henry 24.4  
Cyrus Barlee 25.0  
Sonkarly Winpea 25.4

**3200M** Abdul Ali 10:44.0  
Adrian Reist 10:17.3

**4x400** Manfred Etienne 53.0  
Antoine Brewington 53.3  
Quenzell Bradley-Brown 55.2  
Andrew Thompson 54.6 3:36.0

**Pole Vault** Chris Davis 13' 0"  
Jerry Murphy 10' 6"  
Kyle Chaya 8' 0"  
Filimon Mulat 7' 0"

**Long Jump** Fred Thorpe 20' 0.75"  
Wellington Zaza 19' 1"  
Cecil Simpson 17' 4"  
Mohamed Kakay 16' 6.6"  
Dayo Kuteyi 16' 5.5"

**Triple Jump** Wellington Zaza 43' 7"  
Fred Thorpe 41' 4"  
Mohamed Kakay 36' 3.5"

**Shot Put** Praduman Singh 43' 10"  
Amara Kamara 37' 8"  
Caleb Livingston 36' 2"  
Tyreek Green 32' 3.75"  
Azzan Goode 30' 4"

**Javelin** Jason John 135' 7"  
Matt Robinson 117' 1"  
James Pham F

**Discus** Praduman Singh 130' 6"  
Amara Kamara 122' 2"  
James Pham 93' 3.5"  
Azzan Goode 84' 6.5"

**High Jump** Fred Thorpe 5' 10"  
Cecil Simpson 5' 3"  
Alonzo Harding NH



**CAL JV Meet**  
**Haverford HS**  
**4/15**

			<b>200M</b>	Anthony Mitchell	24.6
				Robert Wilson	26.1
				Glenton Nicholson	27.1
<b>300IH</b>	Malik Honesty	50.0		Elijah Pharaon	27.5
	Wilson Mazile	48.0		Curtis Gillard	27.9
				Thomas Horn	28.0
<b>100M</b>	Robert Wilson	12.2		Sean Vansomeren	28.4
	Curtis Gillard	13.0		Richie Le	29.3
	Glenton Nicholson	13.0		Dan McCabe	31.0
	Kevin Johnson	13.0			
	Thomas Horn	13.1	<b>High Jump</b>	Gerald Jordan	4' 9"
	Elijah Pharaon	13.2			
	Gebin Geevarghese	13.3	<b>Shot Put</b>	Tyill Green	33' 7"
	Sean Vansomeren	13.4		Mike Wint	33' 2"
	Richie Le	13.6		Matt Slavin	32' 5"
	Dan McCabe	13.8		Kwaseem Fraser	32' 0"
				Andrew LeSage	26' 4"
				Gary Smith	20' 7"
<b>1600M</b>	Nik Hawley	5:34.0	<b>Javelin</b>	Gebin Geevarghese	81' 5"
<b>110HH</b>	Anthony Mitchell	20.5		Gary Smith	81' 0"
	Malik Honesty	21.9		Matt Slavin	77' 2"
	Wilson Mazile	21.3		Andrew LeSage	60' 4"
<b>800M</b>	Nik Hawley	2:32.9	<b>Discus</b>	Andrew LeSage	84' 3"
	Chris Vecchio	2:44.2		Matt Slavin	78' 4"
	Ross Carter	3:01.0			

**Great Valley Relays**  
**Great Valley HS**  
**4/16**

<b>4x1600</b>	Jaspreet Singh	5:14	
	Hasan Ghazzaw	5:20	
	Preston Kagiri	5:04	
	Lachlan Blubaugh	5:32	21:14.18
<b>4x800</b>	Jamol Williams	2:08.?	
	Greg Dix	2:13.?	
	Abdul Ali	2:11.?	
	Nate Wahner	2:16.?	8:49.72
<b>4x200</b>	Wellington Zaza		
	Andre Henry		
	John Townsend		
	Jason John		1:33.81
<b>DMR</b>	Andrew Thompson	3:24.6	
	Manfred Etienne	53.3	
	Quenzell Bradley-Brown	2:08.0	
	Adrian Reist	4:36.8	11:03.50
<b>SMR</b>	Jamol Williams		
	Sonkarly Winpea		
	Manfred Etienne		
	Yovanys Dominguez		3:58.86

<b>Shot Put</b>	Caleb Livingston	35' 9.75"
	Azzan Goode	36' 0"
<b>Discus</b>	Praduman Singh	133' 0"
	Amara Kamara	129' 10"
<b>Javelin</b>	Jason John	147' 10"
	Matt Robinson	117' 6"
<b>Long Jump</b>	Mohamed Kakay	17' 8"
	Fred Thorpe	19' 9"
<b>Pole Vault</b>	Chris Davis	NH
	Jerry Murphy	

**Upper Darby 138 v. Springfield 12**  
**Upper Darby 126 v. Lower Merion 24**  
**Springfield**  
**26-Apr**

<b>300IH</b>	Anthony Mitchell	52.8	
	Manfred Etienne	43.7	
	Wellington Zaza	40.8	
<b>4x800</b>	Yovanys Dominguez	2:07.6	
	Greg Dix	2:12.8	
	Jaspreet Singh	2:13.4	
	Jamol Williams	2:10.4	8:44.0
<b>100M</b>	Antoine Brewington	11.0	
	Andre Henry	11.1	
	John Townsend	11.3	
	Julius Brewington	11.3	
	Sonkarly Winpea	11.5	
	Robert Wilson	12.3	
<b>1600M</b>	Adrian Reist	4:43.6	
	Abdul Ali	4:57.7	
	Lachlan Blubaugh	5:15.8	
	Nate Wahner	5:17.1	
	Kevin Behan	5:41.7	
	Ross Carter	6:35.4	
<b>400M</b>	Manfred Etienne	52.3	
	Alonzo Harding	54.5	
<b>4x100</b>	John Townsend		
	Andre Henry		
	Jason John		
	Antoine Brewington	44.6	
<b>110HH</b>	Wellington Zaza	15.1	
	Fred Thorpe	15.8	
	Chris Davis	16.9	
	Anthony Mitchell	20.4	
<b>800M</b>	Andrew Thompson	2:02.5	
	Quenzell Bradley-Brown	2:04.5	
	Adrian Reist	2:08.1	
	Yovanys Dominguez	2:14.1	
	Greg Dix	2:14.8	
	Jamol Williams	2:15.1	
	Jaspreet Singh	2:18.3	
	Lachlan Blubaugh	2:22.2	
	Nate Wahner	2:26.1	
	Kevin Behan	2:30.7	
	Ross Carter	2:45.9	

<b>200M</b>	Andre Henry	DQ
	Antoine Brewington	23.0
	John Townsend	23.3
	Sonkarly Winpea	23.9
	Anthony Mitchell	26.5
	Robert Wilson	26.8
<b>3200M</b>	Abdul Ali	10:55.9
	Hasan Ghazzaw	11:33.2
<b>4x400</b>	Manfred Etienne	53.5
	Andrew Thompson	53.8
	Quenzell Bradley-Brown	53.8
	Da'Quan Timmons	55.4
<b>Pole Vault</b>	Chris Davis	11' 6"
	Filimon Mulat	8' 6"
	Jerry Murphy	10' 6"
<b>Long Jump</b>	Wellington Zaza	19' 7"
	Da'Quan Timmons	19' 5"
	Fred Thorpe	19' 5"
	Mohamed Kakay	17' 10"
<b>Triple Jump</b>	Wellington Zaza	43' 2"
	Fred Thorpe	42' 2"
	Da'Quan Timmons	39' 2"
	Mohamed Kakay	37' 2"
<b>Shot Put</b>	Praduman Singh	51' 4"
	Caleb Livingston	38' 10"
	Tyreek Green	35' 10"
	Amara Kamara	35' 3"
	Matt Slavin	31' 9.5"
	Andrew LeSage	FOUL
<b>Javelin</b>	Jason John	143' 3"
	Matt Robinson	126' 9"
	James Pham	112' 7"
	Matt Slavin	76' 11"
<b>Discus</b>	Praduman Singh	127' 3"
	Amara Kamara	109' 7"
	James Pham	99' 3"
	Matt Slavin	83' 8"
	Caleb Livingston	82' 9"
	Tyreek Green	82' 5"
	Andrew LeSage	76' 4"
<b>High Jump</b>	Fred Thorpe	5' 6"
	Alonzo Harding	5' 4"

**Penn Relays  
Univ. of Penn  
4/29-4/30**

<b>4x100M</b>	Wellington Zaza Andre Henry John Townsend Antoine Brewington	43.26	
<b>4x400M</b>	Manfred Etienne Andre Henry Quenzell Bradley-Brown Antoine Brewington	3:27.92	
<b>Shot Put</b>	Praduman Singh	53' 8.25"	<b>7th School Record</b>

**Unionville Inv.  
Unionville HS**

**30-Apr**

<b>110HH T</b>	Devan Owens Wellington Zaza	17.74/ 16.24 15.68/ 15.06	
<b>100M T</b>	Julius Brewington Sonkarly Winpea	11.93/ 11.92 12.45	
<b>200M T</b>	Julius Brewington Soncarly Winpea	24.13/ 23.71 25.04	
<b>1600m Novice (B)</b>	Kevin Behan Nate Wahner	5:37.5 5:08.6	
<b>4x800</b>	Yovanys Dominguez Greg Dix Jamol Williams Jaspreet Singh	2:07.6 2:09.9 2:14.8 2:18.7	8:51.30
<b>1600m</b>	Adrian Reist	4:34.41	
<b>400m</b>	Alonzo Harding	53.66	
<b>800M</b>	Andrew Thompson	2:00.73	
<b>4x200 Novice</b>	Kamile Forbes Robert Wilson Malik Honesty Glenton Nicholson	1:46.18	
<b>4x400</b>	Alonzo Harding Adrian Reist Wellington Zaza Da'Quan Timmons	55.3 54.4 53.9 55.6	3:39.24

<b>Shot Put</b>	Tyreek Green
<b>Discus</b>	Praduman Singh Amara Kamara
<b>Javelin</b>	Jason John James Pham
<b>Pole Vault</b>	Chris Davis Jerry Murphy
<b>Triple Jump</b>	Mohammed Kakay Da'Quan Timmons
<b>Long Jump</b>	Da'Quan Timmons Mohammed Kakay

**Upper Darby v. Strath Haven**  
**Upper Darby v. Garnet Valley**  
**Upper Darby**  
**3-May**

<b>300IH</b>	Wellington Zaza	39.9		<b>200M</b>	Antoine Brewington	22.4	
	Manfred Etienne	40.7			Andre Henry	22.7	
	Marvie Kabbah	43.1			John Townsend	23.1	
	Wilson Mazile	47.9			Julius Brewington	23.2	
	Malik Honesty	49.8			Sonkarly Winpea	23.9	
					Cyrus Barlee	24.1	
					Thomas Horn	25.0	
					Glenton Nicholson	27.5	
					Richie Le	28.2	
					Dan McCabe	29.9	
<b>4x800</b>	Quenzell Bradley-Brown	2:04.?		<b>3200M</b>	Adrian Reist	10:32.?	
	Yovanys Dominguez	2:05.?			Abdul Ali	10:58.?	
	Abdul Ali	2:13.?			Hasan Ghazzaw	11:35.?	
	Jamol Williams	2:04.?	8:28.0				
<b>100M</b>	Antoine Brewington	11.0		<b>4x400</b>	Manfred Etienne		
	Andre Henry	11.3			Andre Henry		
	John Townsend	11.4			Antoine Brewington		
	Julius Brewington	11.4			Andrew Thompson		3:33.1
	Sonkarly Winpea	11.5		<b>Pole Vault</b>	Chris Davis	12' 6"	
	Cyrus Barlee	11.6			Jerry Murphy	11' 0"	
	Glenton Nicholson	13.3			Filimon Mulat	10' 0"	
	Richie Le	13.6			Kyle Chaya	9' 6"	
	Dan McCabe	13.9			Cecil Simpson	8' 6"	
<b>1600M</b>	Adrian Reist	4:37.?		<b>Long Jump</b>	Wellington Zaza	21' 6.75"	
	Nate Wahner	5:27.?			Fred Thorpe	20' 11"	
	Lachlan Blubaugh	5:37.?			Da'Qaun Timmons	20' 5.75"	
	Kevin Behan	5:40.?			Cecil Simpson	20' 1.25"	
	Tim Le	5:44.?			Mohamed Kakay	19' 0.25"	
	Chris Vecchio	5:50.?		<b>Triple Jump</b>	Wellington Zaza	44' 0"	
	Shawn Hale	5:55.?			Fred Thorpe	40' 1.5"	
	Ross Carter	6:05.?			Da'Qaun Timmons	39' 2.5"	
					Mohamed Kakay	37' 3"	
<b>400M</b>	Manfred Etienne	51.5		<b>Shot Put</b>	Praduman Singh	51' 3"	
	Marvie Kabbah	52.2			Caleb Livingston	40' 0"	
	Shua McLean	53.2			James Pham	37' 10"	
	Alonzo Harding	55.6			Azzan Goode	35' 11"	
	Kamile Forbes	55.3			Mike Wint	33' 11"	
<b>4x100</b>	Sonkarly Winpea				Matt Slavin	30' 3.5"	
	Andre Henry				Andrew LeSage	28' 6"	
	John Townsend			<b>School Record</b>			
	Antoine Brewington	43.2		<b>Javelin</b>	Jason John	165' 6"	
<b>110HH</b>	Wellington Zaza	13.9			Gebin Geevarghese	86' 11"	
	Fred Thorpe	16.2			James Pham	130' 7"	
<b>800M</b>	Andrew Thompson	2:03.?		<b>Discus</b>	Praduman Singh	134' 9"	
	Quenzell Bradley-Brown	2:07.?			Amara Kamara	125' 4"	
	Greg Dix	2:08.?			James Pham	117' 1"	
	Jamol Williams	2:12.?			Matt Slavin	90' 2"	
	Yovanys Dominguez	2:15.?			Mike Wint	84' 5"	
	Tim Le	2:29.?			Tyreek Green	76' 10"	
	Jaspreet Singh	2:16.6			Andrew LeSage	69' 3"	
	Lachlan Blubaugh	2:25.3		<b>High Jump</b>	Fred Thorpe	6' 0"	
	Nate Wahner	2:25.8			Cecil Simpson	5' 10"	
	Kevin Behan	2:34.6			Alonzo Harding	5' 8"	
	Chris Vecchio	2:38.1					
	Shawn Hale	2:43.0					
	Ross Carter	2:50.1					

**Delco Champs  
Interboro  
5/5-5/7**

**4:00 PM**

<b>300IH T</b>	Marvie Kabbah Wellington Zaza	42.1/ 42.14 39.6/ 38.62	<b>School Record</b>	<b>Javelin</b>	Jason John James Pham	151' 2" 126' 3"
<b>100M T</b>	Antoine Brewington John Townsend	11.0/ 11.23 11.2		<b>Triple Jump</b>	Wellington Zaza Fred Thorpe	45' 9.75" 39' 8"
<b>3200M Final</b>	Abdul Ali	10:28.16		<b>Discus</b>	Praduman Singh Amara Kamara	137' 10" 148' 1"
<b>400M T</b>	Manfred Eitienne Shua McLean	53.21/ 53.95 DQ		<b>High Jump</b>	Cecil Simpson	6' 0"
<b>110HH T</b>	Wellington Zaza Chris Davis	DQ 16.92		<b>Shot Put</b>	Praduman Singh Caleb Livingston	54' 3" 36' 1.5"
<b>200M T</b>	Antoine Brewington Andre Henry John Townsend	23.07 23.23 22.91		<b>Pole Vault</b>	Chris Davis Jerry Murphy	12' 6" 11' 0"
				<b>Long Jump</b>	Da'Quan Timmons Fred Thorpe Wellington Zaza	21' 7" 20' 7" 19' 5"

**4:30 PM**

<b>4x800</b>	Andrew Thompson Quenzel Bradley-Brown Yovanys Dominguez Adrian Reist	2:05.0 2:05.0 2:09.0 2:01.0	8:21.01
<b>JV 4x400</b>	Cyrus Barlee Alonzo Harding Mohamed Kakay Michael Reaves	55.4 55.2 53.9 54.5	3:39.17
<b>JV 4x800</b>	Jamol Williams Greg Dix Nate Wahner Jaspreet Singh	2:06.8 2:08.6 2:17.8 2:15.7	8:49.07
<b>1600M</b>	Adrian Reist Abdul Ali	4:35.28 4:47.80	
<b>4x100</b>	Sonkarly Winpea Andre Henry John Townsend Antoine Brewington	42.82	
<b>JV 4x100</b>	Mohamed Kakay Alonzo Harding Cecil Simpson Cyrus Barlee	45.89	
<b>800M</b>	Andrew Thompson Quenzell Bradley-Brown	2:01.59 2:01.75	
<b>JV 1600M</b>	Nate Wahner Lachlan Blubaugh	5:20.04 5:06.90	
<b>4x400</b>	Manfred Etienne Andre Henry Shua McLean Marvie Kabbah	51.6 52.9 51.0 51.6	3:25.9

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

<b>300IH</b>	Manfred Etienne	40.9		<b>Long Jump</b>	Mohamed Kakay
<b>100M T</b>	Andre Henry	11.2		<b>High Jump</b>	Fred Thorpe
	John Townsend	11.1			Cecil Simpson
<b>4x800M</b>	Andrew Thompson	2:01.4		<b>Shot Put</b>	Tyreek Green
	Quenzel Bradley-Brown	2:01.2		<b>Discus</b>	James Pham
	Yovanys Dominguez	2:05.2		<b>Javelin</b>	Jason John
	Adrian Reist	2:01.4	8:10.3		James Pham
<b>110HH T</b>	Wellington Zaza	14.5/ 14.1		<b>Pole Vault</b>	Chris Davis
<b>1600M</b>	Adrian Reist	4:45.2			Jerry Murphy
<b>400M</b>	Mohamed Kakay	53.8			
<b>4x100M</b>	Sonkarly Winpea				
	Cyrus Barlee				
	Duchen Hodge	Dropped			
	Paul Edwards	Baton			
<b>800M</b>	Andrew Thompson	2:12.9			
	Quenzell Bradley-Brown	2:05.0			
<b>200M</b>	John Townsend	23.0			
<b>4x400M</b>	Manfred Etienne	51.?			
	Shua McLean	51.?			
	Mohamed Kakay	52.?			
	Wellington Zaza	51.?	3:25.6		



**CAL JV Meet #2/ Last Chance Meet  
Haverford**

**5/13**

<b>300IH</b>	Wilson Mazile	47.90
<b>100M</b>	Paul Edwards	11.4
	Cyrus Barlee	11.5
	Duchen Hodge	11.9
	Jason John	11.9
	Glenton Nicholson	12.7
	Elijah Pharaon	13.1
	Dan McCabe	13.9
<b>1600M</b>	Adrian Reist	4:31.9
	Jaspreet Singh	4:58.1
	Lachlan Blubaugh	5:05.9
	Nate Wahner	5:10.4
	Shawn Hale	5:38.1
	Ross Carter	6:03.9
<b>400M</b>	Duchen Hodge	54.5
	Alonzo Harding	55.1
<b>110HH</b>	Wilson Mazile	20.10
<b>800M</b>	Jamol Williams	2:04.6
	Greg Dix	2:06.0
	Ramsey Kerkula	2:09.7
	Jaspreet Singh	2:16.0
	Preston Kagiri	2:16.9
	Kevin Behan	2:21.2
	Nate Wahner	2:25.7
	Shawn Hale	2:35.7
	Ross Carter	2:43.7

<b>200M</b>	Paul Edwards	22.6
	Cyrus Barlee	24.1
	Jason John	24.5
	Glenton Nicholson	26.1
	Elijah Pharaon	26.7
	Dan McCabe	29.5
<b>4x400</b>	Nate Wahner	59.1
	Preston Kagiri	60.3
	Adrian Reist	56.6
	Duchen Hodge	56.0
	Paul Edwards	53.7
	Greg Dix	55.3
	Cyrus Barlee	58.2
	Ramsey Kerkula	55.0
<b>Pole Vault</b>	Jerry Murphy	11' 0"
	Filimon Mulat	9' 6"
	Kyle Chaya	8' 6"
<b>Triple Jump</b>	Fred Thorpe	40' 7.5"
<b>Shot Put</b>	Naaman Wright	36' 10"
	Matt Slavin	34' 2.5"
<b>Javelin</b>	Gebin Geevarghese	102' 2"
<b>Discus</b>	Amara Kamara	124' 2"
	Matt Slavin	92' 2"
	Andrew LeSage	75' 5"
<b>High Jump</b>	Alonzo Harding	NH

**District One  
Coatesville HS  
5/19-5/20**

<b>4x800 T</b>	Andrew Thompson		2:04	
	Quenzell Bradley-Brown		2:04	
	Yovanys Dominguez		2:03	
	Adrian Reist		2:00	8:12.77
<b>110HH T</b>	Wellington Zaza	14.44/ 14.62/ 14.35		<b>1st</b>
<b>100M T</b>	Antonie Brewington		11.18	
<b>4x100</b>	Sonkarly Winpea Andre Henry John Townsend Antonie Brewington	FS		
<b>300IH T</b>	Wellington Zaza	38.20/ 42.15		<b>8th/ School Record</b>
<b>200M T</b>	Paul Edwards	Hurt		
<b>4x400 T</b>	Manfred Etienne Shua McLean Mohamed Kakay Andre Henry	51.? 52.? 52.? 52.?		3:28.53
<b>Discus</b>	Praduman Singh Amara Kamara	142' 10" 125' 7"		<b>7th</b>
<b>Triple Jump</b>	Wellington Zaza	43' 3"		
<b>Shot Put</b>	Praduman Singh	50' 11.5"		<b>7th</b>
<b>Pole Vault</b>	Chris Davis	13' 0"		
<b>Long Jump</b>	Fred Thorpe	20' 11.5"		
<b>Javelin</b>	Jason John	155' 1"		

**Upper Darby 119.5 v. Ridley 30.5****Upper Darby 119 v. Radnor 31****Ridley****6-Apr**

<b>300IH</b>	Wellington Zaza	39.2	
	Manfred Etienne	41.4	
	Marvie Kabbah	41.8	
<b>4x800</b>	Yovanys Dominguez	2:10.2	
	Greg Dix	2:10.8	
	Jaspreet Singh	2:13.6	
	Jamol Williams	2:10.0	8:45.5
<b>100M</b>	Antoine Brewington	11.5	
	Andre Henry	11.6	
	John Townsend	11.6	
	Sonkarly Winpea	12.1	
	Cyrus Barlee	12.2	
	Anthony Mitchell	12.4	
<b>1600M</b>	Adrian Reist	4:43.0	
	Abdul Ali	4:44.8	
	Nate Wahner	5:14.3	
	Hasan Ghazzaw	5:16.0	
<b>400M</b>	Marvie Kabbah	52.1	
	Manfred Etienne	52.2	
	Michael Reaves	55.8	
	Alonzo Harding	58.4	
<b>4x100</b>	John Townsend	Anthony Mitchell	
	Andre Henry	Cyrus Barlee	
	Jason John	Cecil Simpson	
	Antoine Brewington	Greg Dix	
	43.8	47.5	
<b>110HH</b>	Wellington Zaza	14.2	
	Fred Thorpe	16.0	
	Chris Davis	16.6	
<b>800M</b>	Andrew Thompson	2:04.5	
	Adrian Reist	2:05.7	
	Quenzell Bradley-Brown	2:06.5	
	Jamol Williams	2:10.3	
	Yovanys Dominguez	2:17.4	
	Jaspreet Singh	2:21.0	
	Nate Wahner	2:25.3	
	Hasan Ghazzaw	2:33.4	

<b>200M</b>	Antoine Brewington	22.8	
	John Townsend	23.4	
	Andre Henry	23.5	
	Cyrus Barlee	24.4	
	Sonkarly Winpea	24.4	
	Anthony Mitchell	25.2	
<b>3200M</b>	Abdul Ali	10:27.6	
<b>4x400</b>	Manfred Etienne	51.9	
	Antoine Brewington	54.2	
	Quenzell Bradley-Brown	53.9	
	Marvie Kabbah	53.1	3:33.0
<b>Pole Vault</b>	Chris Davis	11'6"	
	Jerry Murphy	10' 0"	
	Filimon Mulat	NH	
	Kyle Chaya	NH	
<b>Long Jump</b>	Fred Thorpe	20' 8.5"	
	Wellington Zaza	19' 8.5"	
	Da'Quan Timmons	19' 7.5"	
	Mohamed Kakay	19' 2.25"	
	Cecil Simpson	18' 6.5"	
<b>Triple Jump</b>	Wellington Zaza	45' 2.5"	
	Fred Thorpe	42' 1"	
	Da'Quan Timmons	38' 1.75"	
	Mohamed Kakay	37' 6"	
	Manfred Etienne	36' 2.25"	
<b>Shot Put</b>	Praduman Singh	48' 1"	
	Amara Kamara	37' 3"	
	Caleb Livingston	37' 3"	
	Azzan Goode	35' 1"	
	Mike Wint	32' 7"	
	Talal Ahmed	32' 4"	
<b>Javelin</b>	Jason John	167' 2"	
	Matt Robinson	120' 3"	
	James Pham	112' 11"	
<b>Discus</b>	Praduman Singh	129' 11"	
	Amara Kamara	118' 11"	
	James Pham	96' 2"	
	Caleb Livingston	79' 6"	
<b>High Jump</b>	Fred Thorpe	6' 0"	
	Cecil Simpson	5' 9"	
	Alonzo Harding	5' 4"	