

BERGEN COUNTY RELAYS**APRIL 11 & 12, 2003**

Friday at Paramus:

3X400H: Nash-81.8, Rooke-82.9, Streaser-83.1
Rooke was DQed because her spandex had a white stripe on the side, rule=one color!

4X1600: Terrin-5:42. , Westerman-6:04, Mangam-5:48, O'Connell-5:53.6. = 23:29 DQ
Team was 2nd over all but DQed because Meghan wore gloves during her run.

4X200m: Kresja-28.2, Palacios-28.2, Carri-28.2, McGowan-27.0 = 1:51.3 **First Place**

Discus: Espenak- , Nelsen- , Willet- =

Long Jump: McGowan-14' 8 1/2 , Kresja-14' ? , O'Neill-12' ?

A cold NorthEast rain and two DQ's made this a miserable start to the County Relays

Saturday at Tenafly:

4X100H: O'Neill- ?, Nash-?, Borgman-?, Willet-23. =

4X100m: Krejsa, Caldwell, Carri, McGowan = 51.9 **First Place**

Distance Med: Mercer- 4:15.0, Palacios-64.3, Terrin-2:40.5, O'Connell-5:48.0 = 13:47.8

Sprint Medley: Carri- 28.8, Caldwell-28.4, Palacios-64.1, Terrin-2:36.2 = 4:37.5

4X800m: Rynkowski-2:38.2, Wells-2:49.7, Mangam-2:41.0, Terrin-2:38.4 = 10:45

4X400 frosh Vasallo-68.0, Westerman-69.0, Caldwell-73.0, Jones-74.0 = 4:42

4X400m Palacios-65.2, Mercer-69, Carri-68.4, Krejsa-61.8 = 4:25.8

High Jump: Westerman-4'2", Hyslop-4'6", Anderson-4'6" = 13'2"

Shot: Espenak-26'9", Willet-23' 4.5", Bigos-24' 8.5" =

Triple Jump: McGowan-35', Patel-30' 7.25", Hyslop-28'9". = 94' 4.5" **1st place**

Javelin: Nelsen-66'6", Mangam-65', Espenak-62' =

The weather went from winter to summer in about 5 hours today. 40 degrees and rain at 9am to sunny and 60 by 2 pm. Our team also woke up a bit. The 4X100 team recording the fastest time on the day to add to their best in the county 4X200 from yesterday. The triple jump team was excellent in winning 3-4 overall and Trish's 35 foot jump lead the county I believe. But over all our team is still in the midwinter doldrums. We are not very good yet and have a lot of work to do.