

CIAC CLASS L TRACK AND FIELD CHAMPIONSHIP MEET 1993  
RESULTS:

BOYS' 4X100 M RELAY

1. WINDHAM	43.01
2. WINDSOR	43.80
3. WEAVER	44.03
4. SHELTON	44.20
5. CHESHIRE	44.44
6. B. MCMAHON	44.54

GIRLS' 4X100 M RELAY

1. HILLHOUSE	50.22
2. SIMSBURY	51.00
3. CONARD	51.05
4. HOLY CROSS	51.63
5. HALL	52.32
6. CHESHIRE	52.47

BOYS' 100 METER DASH

1. KYLE MCINTOSH	CHEISRE	11.27
2. KEN MILLER	FITCH	11.31
3. TONY ORTIZ	CROSBY	11.32
4. DWIGHT RANGER	BHT	11.34
5. FITZROY SMITH	B. MCMAHON	11.36
6. SHAUN WADE	WINDAHM	11.38
7. MARTIN YOUNG	WINDSOR	11.49
8. HORACE HITCHMAN	WINDSOR	11.55

GIRLS' 100 METER DASH

1. STACY ANN WILLIAMS	HILLHOUSE	12.37
2. MARSHA MC CURDY	CONDARD	12.78
3. CARYN BENJAMIN	AMITY	12.87
4. CORTNEY BOCCARDI	HOLY CROSS	12.88
5. LYNN RYZEWICZ	STAPLES	12.98
6. CARA MC GOWEN	HALL	13.06
7. COURTNEY NORSWORTHY	SIMSBURY	13.28

110 METER HURDLES

1. JOHN GATLING	CROSBY	14.81
2. ERIC SZEGDA	WINDHAM	15.00
3. WILL CATES	FITCH	15.21
4. WALI MUHAMMAD	HALL	15.31
5. CARLYLE CARNETT	WEAVER	15.50
6. LYNFORD WARNER	WINDSOR	15.82
7. DIN YI SUN	AMITY	15.92

100 METER HURDLES

1. CHANESSA SAUNDERS	HOLY CROSS	15.29
2. THISHONA MILLER	HILLHOUSE	15.43
3. AMY STUYNISKI	KILLINGLY	15.46
4. JENNY SALCIUS	SOUTH WINDSOR	16.12
5. CHERYL BRONDSTADTER	SIMSBURY	16.30
6. KATE FECIWTZ	ROCKVILLE	16.51
7. HEATHER GENOVESI	HALL	17.25

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BOYS' 300 METER HURDLES

1. CHRIS HEWITT	WEAVER	39.18
2. TONY ORTIZ	CROSBY	40.22
3. ERIC SZEGDA	WINDHAM	40.29
4. GEORGE CLARKE	WEAVER	40.85
5. DIN YI SUN	AMITY	41.81
6. NICK BEQUARY	HOLY CROSS	42.02

GIRLS' 300 METER HURDLES

1. CHANESSA SAUNDERS	HOLY CROSS	45.04
2. LAMY STUYNISKI	KILLINGLY	45.14
3. TISHONA MILLER	HILLHOUSE	46.39
4. NICOLA ARMSTER	GUILFORD	46.52
5. JENNY SALCIUS	S. WINDSOR	47.47
6. KATHY KUHN	ROCKVILLE	49.09
7. KATE FECINTA	ROCKVILLE	

BOYS' 400 METER RUN

1. SETH MARTIN	HOLY CROSS	49.58
2. DWIGHT RAYE	BHT	49.74
3. FRANCIS BEAUVOIR	WINDSOR	49.81
4. SAM MC KNIGHT	GUILFORD	50.59
5. BILLY BANNON	WINDHAM	51.27
6. NICHOLAS DUFFUS	WEAVER	52.09

GIRLS' 400 METER RUN

1. STACY ANN WILLIAMS	HILLHOUSE	58.97
2. MEGHAN CEPETELLI	BUNNELL	59.89
3. MARSHA MC CURDY	CONARD	1:00.73
4. KYNDRA SAMPSON	HILLHOUSE	1:00.87
5. KIM MARTIN	CHESHIRE	1:01.26
6. ERICKA ROGASKY	S. WINDSOR	1:02.66

BOYS' 1600 METER

1. JIM TUXBURY	CHESHIRE	4:35.26
2. JARROD CUSHINGS	HOLY CROSS	4:36.60
3. PETER INGRAM	WINDHAM	4:37.89
4. BRIAN RYAN	WINDHAM	4:39.44
5. JARRETT O'DONNELL	AMITY	4:40.30
6. COLIN DALY	FERMI	4:40.69

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GIRLS' 1600 METER

1. ALLISON CIOSEK	LYMAN HALL	5:18.79
2. JANIS EISENBERG	AMITY	5:21.62
3. ANN KOVALSKY	RIDGEFIELD	5:22.62
4. FRANCESCA RYAN	STAPLES	5:23.82
5. MELISSA LIU	LYMAN HALL	5:31.44
6. KIM LEWIS	S. WINDSOR	5:31.83

BOYS' 5000M

1. MIKE BROUILLET	SIMSBURY	16:20.47
2. CHRIS LONGO	HOLY CROSS	16:35.49
3. STEVEN HADDAD	WINDHAM	16:37.64
4. RATH YINPHO	HALL	16:38.46
5. ALEX LA ROCHE	STAPLES	16:45.14
6. STEVE SOLECKI	NORTH HAVEN	16:51.73

BOYS' 800 METER

1. CHRIS ESSICK	SIMSBURY	1:59.44
2. ORTHWELL JOHNSON	WEAVER	1:59.71
3. TIM COLON	FITCH	2:02.06
4. DARRYL RAMOUTAR	WINDHAM	2:05.82
5. SCOTT GILMONT	GUILFORD	2:06.06
6. OMAR HINDS	NEW MILFORD	2:07.66

GIRLS' 800 METER

1. ANN KOVALSKY	RIDGEFIELD	2:24.86
2. ANNE STOWELL	SIMSBURY	2:25.02
3. SUZANNE SCHPERO	AMITY	2:25.75
4. KIM LEWIS	S. WINDSOR	2:26.05
5. JULIE SHEA	CHESHIRE	2:26.55
6. ALLISON CIOSEK	LYMAN HALL	2:28.48

BOYS' 200 METER DASH

1. JUSTIN DEVINE	WINDHAM	22.41
2. SAM MCKNIGHT	GUILFORD	22.68
3. FLOYD RANGER	SHELTON	22.99
4. DWIGHT RANGER	BHT	23.14
5. FITZROY SMITH	B. MCMAHON	23.24
6. MARTIN YOUNG	WINDSOR	23.31

GIRLS' 200 METER DASH

1. STACY ANN WILLIAMS	HILLHOUSE	25.74
2. AMY STUYNISKI	KILLINGLY	26.62
3. KYNDRA SAMPSON	HILLHOUSE	26.77
4. CORTNEY BOCCARDI	HOLY CROSS	26.98
5. ELISA LAFLEA	GUILFORD	27.35
6. MEGHAN CEPETELLI	BUNNELL	27.55

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BOYS' SHOT PUT

1. CHRIS ORTIZ	CROSBY	46'9"
2. RYAN COUTANT	CHESHIRE	46'4"
3. AL ROTUNDO	NORTH HAVEN	45'10"
4. JON LA BRECQUE	WINDHAM	44'9"
5. ALI RIVERA	FITCH	44'6"
6. GENE CONLEY	FITCH	44'1"

GIRLS' SHOT PUT

1. MEG GUELAKIS	CHESHIRE	35'8"
2. GIANEEN POWELL	BUNNELL	35'6"
3. BETH SOREL	KILLINGLY	34'1"
4. KATE STELLITANO	KILLINGLY	33'11"
5. DESIREE HOGAN	WINDSOR	33'0"
6. STACEY PORINI	BRISTOL CTRL	32'8"

BOYS' DISCUS

1. SHERMAN BISHOP	WINDSOR	135'8"
2. RYAN SOENNICHSEN	STAPLES	130'10"
3. CHRIS ORTIZ	CROSBY	125'9"
4. GENE CONLEY	FITCH	125'6"
5. PETE DICKINSON	WINDHAM	124'6"
6. RAFFEEKHAZADIAN	RIDGFIELD	122'0"
7. AL ROTUNDO	NORTH HAVEN	120'8"
8. MIKE FENNEY	ROCKVILLE	114'8"

GIRLS' DISCUS

1. MIRIAN TEELE	CHESHIRE	109'5"
2. KATE STELLITANO	KILLINGLY	107'8"
3. MELISSA MERRITT	ROCKVILLE	100'9"
4. KATE CASSAGRANDE	HOLY CROSS	95'8"
5. DEBBIE WEGERZYN	HOLY CROSS	95'4"
6. TYRELL SIMONE	WINDSOR	94'11"
7. BETH SOIEL	KILLINGLY	93'
8. VICKY LYON	BRISTOL CTRL	92'5"

BOYS' LONG JUMP

1. WALI MUHAMMED	HALL	21'11.75"
2. JUSTIN JOHNSON	NEW MILFORD	21'7.75"
3. BRENDEN FLOYD	BRISTOL EAST.	21'4"
4. RICARDO CEBALLOS	STAPLES	20'9.75"
5. TONY ORTIZ	CROSBY	20'8.75"
6. O'NEIL HITCHMAN	WINDSOR	20'7"
7. CARLYLE BARNETT	WEAVER	20'6.75"
8. JOSH OWEN	WINDHAM	20'5.75"

GIRLS' LONG JUMP

1. AMY STUYNISKI	KILLINGLY	18'2.5"
2. CARYN BENJAMIN	AMITY	17'0"
3. NICOLA ARMSTER	GUILFORD	16'11.25"
4. SARAH LEBER	CHESHIRE	16'9.5"
5. TISMONA MILLER	HILLHOUSE	16'9.5"
6. COURTNEY NOSWORTHY	SIMSBURY	15'10.75"

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GIRLS' JAVELIN

1. MEGAN HARRISON	ROCKVILLE	106'8"
2. JEN KELLY	NEWINGTON	104'9"
3. KATE STELLIJANO	KILLINGLY	101'10"
4. BRITT FRIEKE	CONARD	99'4"
5. SUZY RICCIO	AMITY	98'2"
6. TRACEY MORSE	FITCH	96'10"
7. LIZ ROBILOTTI	NEWTON	96'4"
8. GIANEEN POWELL	BUNNELL	92'4"

POLE VAULT

1. JOHN MULLINS	WINDHAM	12'6"
2. WILL PINO	STAPLES	12'
3. CHRIS PAN	AMITY	12'
4. SAL FERNANDEZ	NORTH HAVEN	12'
5. CHRIS POLASKI	FERMI	12'
6. GREG PAPST	AMITY	12'
7. MICA MILLBACH	FITCH	12'

GIRLS' HIGH JUMP

1. TISHONA MILLER	HILLHOUSE	5'7"
2. CHERYL BRANDSTEDTER	SIMSBURY	5'0"
2. PENNY WEED	CHESHIRE	5'0"
4. JEN FELLOWS	ROCKVILLE	4'10"
5. BETH KELLY	NEWINGTON	4'10"
6. NADINE SIMON	AMITY	4'8"
6. TIFFANY KEMPAIN	KILLINGLY	4'8"

GIRLS' 3200 METER RUN

1. KRISTIN FARAGUNA	RIDGEFIELD	11:43.64
2. JANIS EISENBERG	AMITY	11:46.47
3. SARA LARSON	SIMSBURY	11:51.79
4. MELISSA LIU	LYMAN HALL	12:16.70
5. JUSTINA MYETTE	S. WINDSOR	12:29.99
6. ALISON EISELE	SIMSBURY	12:43.64

BOYS' 3200 METER RUN

1. CHRIS CASE	FITCH	10:06.22
2. ALEX LA ROCHE	STAPLES	10:07.67
3. CHRIS CORBETT	HOLY CROSS	10:08.31
4. JAYSO SYLVAIN	SIMSBURY	10:08.57
5. STEVEN HADDAD	WINDHAM	10:11.26
6. OLIVER LAROUCHE	HALL	10:12.13

BOYS' JAVELIN

1. TOM MC GUIRE	FERMI	162'1"
2. STEVE MANGENE	CONARD	161'8"
3. RYAN SOENNICHSEN	STAPLES	157'
4. AL ROTUNDO	NORTH HAVEN	154'7"
5. GARY PLOSKI	HOLY CROSS	148'1"
6. STEVE MILLER	SHELTON	147'7"

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GIRLS' 4X400 RELAY

1. GUILFORD 4:12.39
2. HILLHOUSE 4:14.24
3. STAPLES 4:15.16
4. SIMSBURY 4:18.36
5. CHESHIRE 4:19.06
6. SOUTH WINDSOR 4:19.59

BOYS' HIGH JUMP

- |                     |          |        |
|---------------------|----------|--------|
| 1. JOHN GALING      | CROSBY   | 6' 4"  |
| 2. DARRYL PRIESTLY  | CHESHIRE | 6' 2"  |
| 3. JEFF ZEGARZEWSKI | FITCH    | 6' 2"  |
| 4. KEVIN RANGER     | SHELTON  | 6' 0"  |
| 5. RICK BEDNAR      | SHELTON  | 6' 0"  |
| 6. JOSH OWEN        | WINDHAM  | 5' 10" |
| 6. MIKE FOSTER      | CONARD   | 5' 10" |

BOYS' 4X400 METER RELAY

1. WINDHAM 3:24.54
2. WEAVER 3:25.60
3. SHELTON 3:29.29
4. HOLY CROSS 3:31.76
5. SIMSBURY 3:33.27
6. NEW MILFORD 3:35.74
7. BRISTOL EAST. 3:35.74

BOYS TRIPLE JUMP

- |                   |             |           |
|-------------------|-------------|-----------|
| 1. WALI MUHAMMED  | HALL        | 46' 7.75" |
| 2. JOHN GATLING   | CROSBY      | 44' 7.75" |
| 3. TAROD WILIAWS  | B. MCMAHON  | 44' 4"    |
| 4. JOSH OWEN      | WINDHAM     | 42' 7.5"  |
| 5. RUBIN DESILVA  | AMITY       | 42' 1.5"  |
| 6. ANDRE ANDERSON | BULLARD HAV | 42' 1.5"  |

GIRLS' TEAM SCORE

1. HILLHOUSE 84
2. KILLINGLY 56.5
3. AMITY 38.5
4. HOLY CROSS 38
4. CHESHIRE 38
6. SIMSBURY 37

BOYS' TEAM SCORE

1. WINDHAM 89.5
2. CROSBY 60
3. FITCH 43
4. HOLY CROSS 39
4. WEAVER 39
6. CHESHIRE 38