

2-4-1/Heartbeat Track Club host Track is Back 2022 - 6/25/2022**EZ Meet Entry & Paynes Corner Timing****Suffield High School****Results****Women 100 Meter Dash Open**

Name	Year Team	Finals	Wind
Finals			
1 Bennett, Shantavia	Unattached	14.22	1.2

Women 200 Meter Dash Open

Name	Year Team	Finals	Wind
1 Bennett, Shantavia	Unattached	29.02	1.0

Women 400 Meter Dash Open

Name	Year Team	Finals
1 Wilson, Sandra	Unattached	1:00.03

Women 800 Meter Run Open

Sponsor: Saucony		
Name	Year Team	Finals
1 Shields, Anna	Unattached	2:09.24
1:03.97 (1:03.97)	2:09.24 (1:05.27)	
2 Piccolo, Amy	Unattached	2:09.49
1:05.38 (1:05.38)	2:09.49 (1:04.11)	

Women 1 Mile Run Open

Sponsor: Diadora		
Name	Year Team	Finals
1 Long, Erica	Unattached	5:20.63
1:19.35 (1:19.35)	2:40.83 (1:21.48)	4:03.69 (1:22.86)
		5:20.63 (1:16.94)
2 Murphy, Devin	Unattached	6:09.46
1:25.01 (1:25.01)	2:56.05 (1:31.05)	4:34.88 (1:38.83)
		6:09.46 (1:34.59)

Women Javelin Throw Open

Name	Year Team	Finals
1 Minervino, Amanda	Unattached	115-09
112-07 106-09 115-09 110-07 114-10 114-07		
2 Young, Shannon	Unattached	72-10
59-06 72-10 68-00 60-01 63-05 69-08		

Boys 100 Meter Dash Youth

Name	Year Team	Finals	Wind
1 Davis, Elijah	Unattached	16.18	1.2
2 Rodney, Nathan	Unattached	17.75	1.2

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Name	Year Team	Finals	Wind
1 Davis, Elijah	Unattached	34.74	1.0

Boys Javelin Throw High School

Name	Year Team	Finals
1 Conolly, Declan	Unattached	133-00
111-03 116-09 115-03 129-03 131-02 133-00		
2 Contreras, Alessandro	Unattached	83-04
72-04 81-00 70-00 74-08 83-04 79-03		

Men 100 Meter Dash Open

Name	Year Team	Finals	Wind	H#
1 Hou, Kyle	Unattached	11.03	0.5	3
2 Loth, Tyler	Unattached	11.06	0.5	3
3 Sokunle, Khalil	Unattached	11.38	0.9	1
4 Gersten, Scott	Unattached	11.76	0.5	3
5 Fletcher, Joshua	Unattached	11.92	0.9	2
6 McCue, Connor	Unattached	11.97	0.9	2
7 Sisk, Gabe	Unattached	11.98	0.5	3
8 Sandler, Aaron	Unattached	12.39	0.9	2
9 Parizo, Kel	Unattached	12.63	0.5	3
10 Widmer, Dylan	Unattached	12.87	0.9	1

Men 200 Meter Dash Open

Name	Year Team	Finals	Wind	H#
1 Loth, Tyler	Unattached	23.17	1.0	2
2 Serrano, Julian	Unattached	23.90	1.0	2
3 McCue, Connor	Unattached	24.38	1.0	2
4 Parizo, Kel	Unattached	25.52	1.0	2
5 Widmer, Dylan	Unattached	26.55	1.0	1

Men 400 Meter Dash Open

Name	Year Team	Finals	H#
1 Mignard, Ethan	Unattached	50.40	2
2 Blodget, Bryce	Unattached	52.35	1
3 Blodget, Austin	Unattached	53.03	1
4 Talanov, Artem	Unattached	53.40	2
5 Fitzgerald, Tommy	Unattached	59.21	1

Men 800 Meter Run Open

Name	Year Team	Finals	H#
1 Vercollone, Stephen	Unattached	1:56.71	2
1:00.76 (1:00.76)	1:56.71 (55.96)		

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2 Hurton, Joseph	Unattached	1:58.16	2
1:01.01 (1:01.01)	1:58.16 (57.15)		
3 Martin, Jack	Unattached	1:58.59	2
1:00.54 (1:00.54)	1:58.59 (58.06)		
4 Brill-Weil, Jacob	Unattached	2:02.61	2
1:01.22 (1:01.22)	2:02.61 (1:01.39)		
5 Reilly, Dylan	Unattached	2:08.04	1
1:03.87 (1:03.87)	2:08.04 (1:04.17)		
6 Conolly, Declan	Unattached	2:11.40	1
1:05.63 (1:05.63)	2:11.40 (1:05.77)		
7 Jagger, Art	Unattached	2:12.37	1
1:05.62 (1:05.62)	2:12.37 (1:06.75)		
8 Schmidheini, William	Unattached	2:12.47	1
1:07.16 (1:07.16)	2:12.47 (1:05.31)		
9 Diamante, Gabriel	Unattached	2:31.81	1
1:15.19 (1:15.19)	2:31.81 (1:16.63)		
10 Nguenyn, Gage	Unattached	2:33.54	1
1:15.53 (1:15.53)	2:33.54 (1:18.01)		
11 Yasuf, Yaser	Unattached	2:37.37	1
1:16.25 (1:16.25)	2:37.37 (1:21.12)		

Men 1 Mile Run Open

Sponsor: Diadora

Name	Year Team	Finals	H#
1 Ritchie, Ian	Unattached	4:03.29	3
1:01.18 (1:01.18)	2:01.25 (1:00.07)	3:03.27 (1:02.03)	4:03.29 (1:00.02)
2 McSolla, Dan	Unattached	4:05.82	3
1:01.45 (1:01.45)	2:01.64 (1:00.19)	3:04.76 (1:03.13)	4:05.82 (1:01.06)
3 Santana, Alfredo	Unattached	4:06.46	3
1:00.84 (1:00.84)	2:02.01 (1:01.17)	3:04.61 (1:02.60)	4:06.46 (1:01.86)
4 Reilly, Marcus	Unattached	4:07.09	3
1:00.93 (1:00.93)	2:01.01 (1:00.09)	3:03.69 (1:02.69)	4:07.09 (1:03.40)
5 Jendzejec, Grady	Unattached	4:12.29	3
1:03.80 (1:03.80)	2:07.46 (1:03.66)	3:11.74 (1:04.29)	4:12.29 (1:00.55)
6 Johns, Jacob	Unattached	4:14.80	3
1:02.31 (1:02.31)	2:05.32 (1:03.02)	3:09.68 (1:04.36)	4:14.80 (1:05.12)
7 Norstrom, Alex	Unattached	4:14.84	3
1:03.25 (1:03.25)	2:07.67 (1:04.42)	3:13.04 (1:05.38)	4:14.84 (1:01.80)
8 Gross, Derek	Unattached	4:20.35	3
1:03.37 (1:03.37)	2:06.99 (1:03.63)	3:13.57 (1:06.58)	4:20.35 (1:06.78)
9 Petrecca, Alex	Unattached	4:25.26	3
1:03.56 (1:03.56)	2:07.28 (1:03.73)	3:15.15 (1:07.87)	4:25.26 (1:10.12)
10 Helminski, Christopher	Unattached	4:29.16	2
1:08.68 (1:08.68)	2:16.50 (1:07.83)	3:25.64 (1:09.15)	4:29.16 (1:03.52)
11 Prospect, Daniel	Unattached	4:31.16	2
1:07.99 (1:07.99)	2:15.96 (1:07.98)	3:25.39 (1:09.43)	4:31.16 (1:05.77)
12 Sisk, Gabe	Unattached	4:34.19	1
1:08.16 (1:08.16)	2:16.93 (1:08.77)	3:27.84 (1:10.92)	4:34.19 (1:06.35)
13 Sandler, Sam	Unattached	4:49.82	1
1:13.16 (1:13.16)	2:28.69 (1:15.54)	3:42.00 (1:13.32)	4:49.82 (1:07.82)
14 Kittredge, Jon	Unattached	4:50.36	2
1:08.31 (1:08.31)	2:16.87 (1:08.56)	3:30.82 (1:13.95)	4:50.36 (1:19.54)

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15 York, Johnathon	Unattached	4:51.95	1		
1:13.65 (1:13.65)	2:28.53 (1:14.89)	3:42.52 (1:13.99)	4:51.95 (1:09.43)		
16 Rabasco, Mark	Unattached	4:57.36	1		
1:13.72 (1:13.72)	2:29.68 (1:15.96)	3:42.89 (1:13.21)	4:57.36 (1:14.47)		
17 Shelly, Stephen	Unattached	5:02.96	1		
1:12.88 (1:12.88)	2:29.04 (1:16.16)	3:44.76 (1:15.73)	5:02.96 (1:18.20)		
18 Akomeah, Shawn	Unattached	5:20.89	2		
1:10.23 (1:10.23)	2:28.19 (1:17.96)	3:56.14 (1:27.96)	5:20.89 (1:24.75)		
19 Diamante, Gabriel	Unattached	5:39.35	1		
1:20.46 (1:20.46)	2:45.69 (1:25.24)	4:14.30 (1:28.61)	5:39.35 (1:25.05)		
-- Bedard, Joshua	Unattached	DNF	3		
1:00.13 (1:00.13)	2:01.14 (1:01.02)				
-- Palumbo, Victor	Unattached	DNF	3		
1:00.44 (1:00.44)	2:00.65 (1:00.21)				
-- Carter, Brendan	Unattached	DNF	2		
1:08.48 (1:08.48)					

Men 5000 Meter Run Open

Sponsor: Saucony

Name	Year Team	Finals			
1 Lanza, Ben	Unattached	15:08.10			
34.93 (34.93)	1:46.97 (1:12.04)	2:58.07 (1:11.10)	4:10.35 (1:12.28)		
5:22.28 (1:11.94)	6:34.01 (1:11.73)	7:46.75 (1:12.75)	8:58.92 (1:12.17)		
10:11.92 (1:13.01)	11:26.35 (1:14.43)	12:41.28 (1:14.93)	13:55.89 (1:14.62)		
15:08.10 (1:12.22)					
2 Angelo, Chris	Unattached	15:15.95			
36.95 (36.95)	1:47.75 (1:10.80)	2:59.00 (1:11.26)	4:11.27 (1:12.28)		
5:23.58 (1:12.31)	6:35.78 (1:12.21)	7:47.30 (1:11.52)	8:59.49 (1:12.19)		
10:14.07 (1:14.58)	11:30.97 (1:16.91)	12:47.92 (1:16.95)	14:03.48 (1:15.56)		
15:15.95 (1:12.47)					
3 Lucci, Aaron	Unattached	15:24.44			
35.23 (35.23)	1:47.20 (1:11.98)	2:58.28 (1:11.09)	4:10.61 (1:12.33)		
5:22.58 (1:11.98)	6:34.76 (1:12.18)	7:49.41 (1:14.65)	9:04.68 (1:15.28)		
10:21.74 (1:17.06)	11:38.97 (1:17.23)	12:56.22 (1:17.26)	14:13.99 (1:17.77)		
15:24.44 (1:10.45)					
4 Hegarty, Mark	Unattached	15:29.26			
36.67 (36.67)	1:48.16 (1:11.50)	3:00.55 (1:12.39)	4:13.64 (1:13.09)		
5:27.93 (1:14.30)	6:43.34 (1:15.41)	8:00.34 (1:17.01)	9:17.12 (1:16.78)		
10:34.61 (1:17.50)	11:50.43 (1:15.82)	13:05.29 (1:14.86)	14:20.91 (1:15.63)		
15:29.26 (1:08.35)					
5 Michno, Matthew	Unattached	15:43.84			
35.50 (35.50)	1:47.45 (1:11.95)	2:58.64 (1:11.19)	4:10.95 (1:12.31)		
5:23.03 (1:12.08)	6:36.32 (1:13.29)	7:52.37 (1:16.06)	9:09.32 (1:16.96)		
10:28.36 (1:19.04)	11:48.54 (1:20.18)	13:08.54 (1:20.01)	14:28.62 (1:20.08)		
15:43.84 (1:15.22)					
6 Piotto, Roberto	Unattached	16:10.94			
37.48 (37.48)	1:48.81 (1:11.34)	3:01.08 (1:12.27)	4:14.59 (1:13.52)		
5:31.04 (1:16.46)	6:50.89 (1:19.86)	8:10.96 (1:20.07)	9:30.76 (1:19.80)		
10:51.85 (1:21.10)	12:13.57 (1:21.73)	13:35.40 (1:21.83)	14:56.84 (1:21.45)		
16:10.94 (1:14.10)					

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EZ Meet Entry & Paynes Corner Timing

Suffield High School

Results

....Men 5000 Meter Run Open

7 Vazquez, Mario	Unattached	16:17.69		
36.02 (36.02)	1:47.94 (1:11.92)	3:01.41 (1:13.47)	4:15.54 (1:14.14)	
5:32.66 (1:17.12)	6:50.65 (1:18.00)	8:10.70 (1:20.05)	9:30.99 (1:20.29)	
10:51.60 (1:20.61)	12:13.30 (1:21.71)	13:36.28 (1:22.99)	14:58.62 (1:22.34)	
16:17.69 (1:19.07)				
8 Brown, Colby	Unattached	16:24.03		
36.41 (36.41)	1:48.59 (1:12.18)	3:02.78 (1:14.20)	4:18.56 (1:15.79)	
5:36.49 (1:17.93)	6:54.81 (1:18.32)	8:15.75 (1:20.95)	9:37.13 (1:21.38)	
10:59.43 (1:22.30)	12:21.70 (1:22.27)	13:43.92 (1:22.23)	15:05.99 (1:22.08)	
16:24.03 (1:18.04)				
9 Paquette, Thomas	Unattached	16:45.88		
37.29 (37.29)	1:52.43 (1:15.15)	3:08.84 (1:16.41)	4:24.57 (1:15.73)	
5:42.13 (1:17.57)	7:00.74 (1:18.61)	8:20.96 (1:20.22)	9:42.59 (1:21.64)	
11:06.20 (1:23.61)	12:30.59 (1:24.39)	13:55.28 (1:24.69)	15:20.73 (1:25.46)	
16:45.88 (1:25.15)				
10 Szoch, Karol	Unattached	16:56.64		
35.97 (35.97)	1:49.39 (1:13.42)	3:07.53 (1:18.14)	4:25.48 (1:17.96)	
5:46.35 (1:20.88)	7:08.25 (1:21.91)	8:31.79 (1:23.54)	9:55.87 (1:24.08)	
11:20.99 (1:25.13)	12:46.31 (1:25.33)	14:12.82 (1:26.51)	15:38.42 (1:25.60)	
16:56.64 (1:18.23)				
11 DiTunno, Daniel	Unattached	17:18.50		
37.76 (37.76)	1:53.06 (1:15.31)	3:09.83 (1:16.77)	4:28.63 (1:18.81)	
5:50.84 (1:22.21)	7:15.89 (1:25.06)	8:42.23 (1:26.34)	10:09.64 (1:27.41)	
11:35.82 (1:26.19)	13:04.13 (1:28.31)	14:31.15 (1:27.03)	15:58.29 (1:27.15)	
17:18.50 (1:20.21)				
-- Norstrom, Alex	Unattached	DNF		
34.65 (34.65)	1:46.47 (1:11.83)	2:57.69 (1:11.23)	4:09.78 (1:12.09)	
5:22.01 (1:12.24)	6:33.76 (1:11.75)	7:46.50 (1:12.75)	8:58.65 (1:12.15)	
-- Santana, Alfredo	Unattached	DNF		
34.72 (34.72)	1:46.20 (1:11.49)	2:57.38 (1:11.18)	4:09.52 (1:12.15)	
5:21.68 (1:12.17)	6:33.49 (1:11.81)			
-- Novy, Thomas	Unattached	DNF		
35.03 (35.03)	1:46.69 (1:11.67)	2:57.90 (1:11.21)	4:10.10 (1:12.21)	
5:23.31 (1:13.21)	6:39.13 (1:15.83)	7:55.72 (1:16.59)	9:12.67 (1:16.96)	
10:30.73 (1:18.06)	11:49.36 (1:18.63)			

Men Long Jump Open

Name	Year Team	Finals	Wind
1 Hou, Kyle	Unattached	20-09.25	NWI
18-04.50 (NWI) FOUL	20-09.25 (NWI) 18-00.75 (NWI)		
2 Parizo, Kel	Unattached	18-03.00	NWI
16-07.25 (NWI) 15-04.75 (NWI) FOUL	18-03 (NWI)		
3 Serrano, Julian	Unattached	16-02.50	NWI
16-02.50 (NWI) 15-08 (NWI) PASS	PASS		

Men Triple Jump Open

Name	Year Team	Finals	Wind
1 Sandler, Aaron	Unattached	40-06.00	NWI
39-07 (NWI) 40-06 (NWI) FOUL	FOUL		

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2 Zadi, Mark	Unattached	38-07.00	NWI
37-11.50 (NWI) 38-07 (NWI) 37-05 (NWI) 35-07 (NWI)			

Men Shot Put Open

Name	Year Team	Finals
1 Lavoie, Colton	Unattached	38-00.00
38-00 FOUL 36-02 36-09.50 36-01 FOUL		

Men Discus Throw Open

Name	Year Team	Finals
1 Lavoie, Colton	Unattached	121-00
121-00 117-11 113-05 FOUL 114-08 116-06		
2 Chase, Mack	Unattached	117-09
117-09 114-06 110-07 107-07 FOUL 107-04		

Men Javelin Throw Open

Name	Year Team	Finals
1 Gersten, Scott	Unattached	152-05
123-04 111-04 139-10 152-05 127-09 149-07		
2 Fitzgerald, Tommy	Unattached	97-02
FOUL 88-03 97-02 FOUL 87-04 90-02		