

December 30th – Ocean Breeze Holiday Festival Staten Island, NY

The indoor track & field team competed this past week at the brand new state of the art Ocean Breeze Athletic Complex in Staten Island. There were over 65 teams from 9 different states competing at this meet. The meet and facility proved to produce some of the best performances to date in New York State; as well as the nation. There was no team scoring, but the Ballston Spa Boys and Girls Indoor Track & Field Teams came away with numerous top 10 finishes.

2nd Place – Joe King, Weight Throw 53-1.75” (Personal Best) – (#2 in Section II, #9 in NYS this season)

5th Place – Meghan Liuzzo, Emily Sambrook, Taylor Flynn, Meghan Heeney Shuttle Hurdle Relay 40.46

7th Place – Mercedes Planavsky, Whitney Wright, Faith DeMars, Emily Rodak 4 x 800mRelay 10:29.30 (Season Best)

8th Place – Elijah Washington, Weight Throw 45-03.50” (Personal Best)

8th Place – Elijah Washington Shot Put 45-07.75”

8th Place – Eli Bashant, Tim Dwyer, Jatarius Green, Tanner Horning Distance Medley Relay 11:29.90 (#1 in Section II, #18 in NYS this season)

10th Place – Whitney Wright, Julia Greco, Faith DeMars, Mercedes Planavsky Distance Medley Relay 13:59.91 (Season Best)

League Meet 4A 1/2/16 Union College

Girl's Results – 1st Place 133.25points

- 1st Place – 50m Hurdles – Meghan Liuzzo 8.1 **(Personal Best)**
- 1st Place – High Jump – Abbey Frederick 4-08 **(Personal Best)**
- 1st Place – Pole Vault – Mia Sager 8-0
- 2nd Place – 45m Dash – Rachel Walonski 6.7 **(Personal Best)**
- 2nd Place – 300m Dash – Whitney Wright 46.7 **(Personal Best)**
- 2nd Place – 600m Run – Mercedes Planavsky 1:52.8 **(Personal Best)**
- 2nd Place – 800m Relay – Rachel Walonski, Julia Greco, Jenn O'Connor, Tori Taylor 2:05
- 3rd Place – 300m Dash – Meghan Liuzzo 47.4 **(Personal Best)**
- 3rd Place – 1000m Run – Faith DeMars 3:28.5 **(Personal Best)**
- 3rd Place – 1500m Run – Faith DeMars 5:22.2 **(Personal Best)**
- 3rd Place – Shot Put – Caitlin Whalen 22-07.50 **(Personal Best)**
- 3rd Place – 1600m Relay – Whitney Wright, Mercedes Planavsky, Emily Rodak, Meghan Liuzzo 4:52.6
- 3rd Place – 3200m Relay – Mercedes Planavsky, Emily Rodak, Sage Cowit, Olivia Faul 11:55.7
- 3rd Place – Triple Jump – Aly Speshock 28-09
- 3rd Place – High Jump – Taylor Flynn 4-00 **(Personal Best)**
- 4th Place – 45m Dash – Jenn O'Connor 6.7 **(Personal Best)**
- 4th Place – 300m Dash – Julia Greco 48.8 **(Personal Best)**
- 4th Place – 600m Run – Whitney Wright 1:57.6
- 4th Place – 1000m Run – Olivia Faul 3:52.7
- 5th Place – 50m Hurdles – Emily Sambrook 9.0
- 5th Place – Triple Jump – Taylor Flynn 27-00
- 5th Place – 1600m Relay – Olivia Faul, Faith DeMars, Emily Sambrook, Sage Cowit 5:08.0
- 6th Place – 45m Dash – Rebecca Ryan 7.0 **(Personal Best)**
- 6th Place – 300m Dash – Tori Taylor 50.7 **(Personal Best)**
- 6th Place – 50m Hurdles – Taylor Flynn 9.2 **(Personal Best)**
- 6th Place – Long Jump – Aly Speshock 12-06.75

Boy's Results – 2nd Place 116 points

1st Place – 1000m Run – Eli Bashant 2:53.0

1st Place – 800mRelay – Jatarius Green, Colin Maruscsak, Brandon Russell, Jacob Stote 1:49.9

1st Place – 3200mRelay – Eli Bashant, Joe Vesic, Tim Dwyer, Brennan Fletcher 9:23.7

1st Place – Pole Vault – Brandon Russell 10-0

2nd Place – 45m Dash – Jatarius Green 6.0

2nd Place – 300m Dash – Jatarius Green 39.1

2nd Place – 1000m Run – Tim Dwyer 2:56.2

2nd Place – 1600mRelay – Joe Vesic, Tim Dwyer, Eli Bashant, Colin Maruscsak 4:06.9

2nd Place – Shot Put – Elijah Washington 48-06 **(Personal Best)**

3rd Place – 300m – Colin Maruscsak 41.6 **(Personal Best)**

3rd Place – 3200m Run – Brennan Fletcher 11:24.7 **(Personal Best)**

3rd Place – Pole Vault – Diarmuid Gregory 8-06

4th Place – 600m Run – Jacob Stote 1:41.8 **(Personal Best)**

4th Place – 1000m Run – Joe Vesic 2:56.9 **(Personal Best)**

4th Place – 1600m Run – Liam O'Connell 5:21.1 **(Personal Best)**

5th Place- 3200mRelay – Liam O'Connell, Levi Vadnais, Justin Meerdink, Doug McAullfie 10:36.1

5th Place – Triple Jump – Joe Closson 33-05.25 **(Personal Best)**

6th Place – 1600m Run – Justin Meerdink 5:33.8

6th Place – 50mHurdles – Diarmuid Gregory 9.9

6th Place – 1600mRelay – Brandon Russell, Aiden Gregory, Jacob Stote, Matt Bickel 4:28.9

6th Place – Long Jump – Joe Closson 15-05.75