

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****Girls 55 Meter Dash Varsity**

Name	Year	School	Finals	H#
Finals				
1 McGowan, Brianna		Island Trees	7.91	1
7.901 (7.901)				
2 Allen, Calia		Roslyn	8.09	2
8.086 (8.086)				
3 Murphy, Katherine		Herricks	8.45	3
8.447 (8.447)				
4 Toriello, Laura		H. Frank Carey	8.55	1
8.549 (8.549)				
5 Cepeda, Ruby		New Hyde Park	8.61	4
8.604 (8.604)				
6 Mercado, Ashley		H. Frank Carey	8.75	1
8.747 (8.747)				
7 Gray, Mikella		Long Beach	8.77	1
8.763 (8.763)				
8 Smikle, Nikyla		Roslyn	8.98	2
8.978 (8.978)				
9 Montes, Mikela		New Hyde Park	9.03	5
9.021 (9.021)				
10 Dudine, Kayla		H. Frank Carey	9.04	3
9.035 (9.035)				
11 Hamdani, Safiya		New Hyde Park	9.05	1
9.046 (9.046)				
12 Benitez, Stephanie		H. Frank Carey	9.08	5
9.071 (9.071)				
13 Yang, Cathy		Herricks	9.20	2
9.193 (9.193)				
14 Lopez, Isabelle		General Doug	9.24	3
9.238 (9.238)				
15 Ambooken, Anjali		H. Frank Carey	9.26	4
9.260 (9.260)				
16 Tshama, Lisa		H. Frank Carey	9.27	2
9.266 (9.266)				
17 Morris, Devon		Roslyn	9.34	5
9.332 (9.332)				
18 Caruthers, Olivia		H. Frank Carey	9.37	2
9.363 (9.363)				
19 Anderson, Madison		General Doug	9.40	1
9.393 (9.393)				
20 Dattolo, Isabella		H. Frank Carey	9.40	2
9.396 (9.396)				
21 Cheng, Nikki		Herricks	9.42	4
9.415 (9.415)				
21 Aftab, Barnil		H. Frank Carey	9.42	3
9.415 (9.415)				
23 Cavaliere, Jordin		Island Trees	9.48	6
9.474 (9.474)				
24 Davila, Jordyn		H. Frank Carey	9.59	3
9.590 (9.590)				
25 Park, Yoenjin		Roslyn	9.73	3
9.723 (9.723)				
26 Culcay, Haidy		General Doug	9.80	6
9.799 (9.799)				

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27 Campos, Sophia	H. Frank Carey	9.80	5
9.800 (9.800)			
28 Cabrera, Emily	Roslyn	9.89	6
9.881 (9.881)			
29 Mandell, Allison	Roslyn	9.93	4
9.929 (9.929)			
30 Samad, Laeaba	H. Frank Carey	9.98	4
9.972 (9.972)			
31 Nicolich, Elaina	General Doug	10.01	6
10.007 (10.007)			

Girls 300 Meter Dash Varsity

Name	Year School	Finals	H#
1 Burton, Janiya	Roslyn	42.68	1
42.679 (42.679)			
2 McGowan, Brianna	Island Trees	43.70	1
43.699 (43.699)			
3 Jamet, Kaitlyn	H. Frank Carey	46.06	1
46.054 (46.054)			
4 Murphy, Katherine	Herricks	46.28	2
46.280 (46.280)			
5 Gray, Mikella	Long Beach	48.15	1
48.145 (48.145)			
6 Brocco, Vienna	Roslyn	48.21	2
48.210 (48.210)			
7 Ventura, Angela	Roslyn	48.70	2
48.700 (48.700)			
8 Lilly, Kirsten	Long Beach	49.01	3
49.008 (49.008)			
9 Cepeda, Ruby	New Hyde Park	49.83	1
49.827 (49.827)			
10 Toriello, Laura	H. Frank Carey	50.40	1
50.398 (50.398)			
11 Fogel, Julia	Roslyn	52.00	2
51.997 (51.997)			
12 Lopez, Isabelle	General Doug	52.91	2
52.905 (52.905)			
13 Anderson, Madison	General Doug	53.35	1
53.342 (53.342)			
14 Dattolo, Isabella	H. Frank Carey	53.62	2
53.616 (53.616)			
15 Hamdani, Safiya	New Hyde Park	53.62	1
53.618 (53.618)			
16 Caruthers, Olivia	H. Frank Carey	54.91	3
54.902 (54.902)			
17 Sanchez, Leah	Long Beach	55.30	2
55.292 (55.292)			
18 Ambooken, Anjali	H. Frank Carey	56.36	2
56.357 (56.357)			
19 Sanchez, Daniela	H. Frank Carey	56.75	2
56.746 (56.746)			
20 Culcay, Haidy	General Doug	57.18	3
57.173 (57.173)			

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****....Girls 300 Meter Dash Varsity**

21 Mandell, Allison	Roslyn	57.81	3
57.805 (57.805)			
22 Morris, Devon	Roslyn	57.93	1
57.922 (57.922)			
23 Park, Yoenjin	Roslyn	57.95	3
57.948 (57.948)			
24 Cavaliere, Jordin	Island Trees	57.99	1
57.984 (57.984)			
25 Nicolich, Elaina	General Doug	58.21	2
58.205 (58.205)			
26 Aftab, Barnil	H. Frank Carey	58.27	3
58.268 (58.268)			
27 Campos, Sophia	H. Frank Carey	58.38	3
58.371 (58.371)			
28 Cabrera, Emily	Roslyn	59.52	3
59.518 (59.518)			
29 Brown, Liora	Long Beach	59.86	3
59.852 (59.852)			
30 Samad, Laeeba	H. Frank Carey	1:00.33	3
1:00.322 (1:00.322)			
31 Davila, Jordyn	H. Frank Carey	1:00.63	3
1:00.621 (1:00.621)			
32 Bujak, Nicole	Long Beach	1:14.37	3
1:14.370 (1:14.370)			

Girls 600 Meter Run Varsity

Name	Year School	Finals
1 Salmeron, Betzy	New Hyde Park	1:52.04
35.251 (35.251)	1:52.032 (1:16.782)	
2 Peers, Lauren	H. Frank Carey	1:55.52
35.840 (35.840)	1:55.513 (1:19.674)	
3 Mercado, Ashley	H. Frank Carey	1:56.60
35.647 (35.647)	1:56.600 (1:20.953)	
4 Sayaves, Summer	General Doug	1:58.89
37.228 (37.228)	1:58.881 (1:21.653)	
5 Moryl, Elena	H. Frank Carey	2:05.57
38.748 (38.748)	2:05.570 (1:26.822)	
6 Bonetti, Gianna	New Hyde Park	2:12.84
40.372 (40.372)	2:12.840 (1:32.468)	
7 Bajwa, Bariah	Herricks	2:29.40
41.255 (41.255)	2:29.395 (1:48.140)	
8 Aboutaleb, Maya	Herricks	2:38.99
47.390 (47.390)	2:38.985 (1:51.595)	
9 Sanchez, Leah	Long Beach	2:53.66
47.193 (47.193)	2:53.653 (2:06.460)	

Girls 1000 Meter Run Varsity

Name	Year School	Finals
1 Baloun, Isabella	H. Frank Carey	3:23.59
37.694 (37.694)	1:59.034 (1:21.340)	3:23.589 (1:24.555)

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****....Girls 1000 Meter Run Varsity**

2 Kalamaras, Serena	H. Frank Carey	3:36.19
37.745 (37.745)	2:06.087 (1:28.342)	3:36.182 (1:30.095)
3 Chang, Leah	Mineola	3:48.61
37.567 (37.567)	2:09.968 (1:32.402)	3:48.603 (1:38.635)
4 Geevarghese, Aralyn	Herricks	3:53.49
38.112 (38.112)	2:11.270 (1:33.159)	3:53.482 (1:42.212)
5 O'Driscoll, Bridget	Long Beach	4:04.41
38.355 (38.355)	2:22.838 (1:44.483)	4:04.404 (1:41.567)

Girls 1500 Meter Run Varsity

Name	Year School	Finals
1 Campisi, Natalie	H. Frank Carey	5:30.41
59.280 (59.280)	2:26.572 (1:27.293)	3:58.857 (1:32.285) 5:30.405 (1:31.548)
2 Osorio, Natalie	H. Frank Carey	5:33.91
59.506 (59.506)	2:26.936 (1:27.430)	4:00.059 (1:33.123) 5:33.901 (1:33.843)
3 O'Driscoll, Bridget	Long Beach	5:58.57
1:00.781 (1:00.781)	2:39.015 (1:38.234)	4:21.611 (1:42.597) 5:58.565 (1:36.954)
4 Das, Manishita	Herricks	6:08.53
1:03.774 (1:03.774)	2:41.481 (1:37.708)	4:26.655 (1:45.174) 6:08.521 (1:41.867)

Girls 3000 Meter Run Varsity

Name	Year School	Finals
1 Tsui, Isabelle	Herricks	12:30.70
12:30.695 (12:30.695)		
2 Granados, Stefani	Mineola	12:32.47
12:32.461 (12:32.461)		

Girls 55 Meter Hurdles Varsity

Name	Year School	Finals	H#
1 Lilly, Kirsten	Long Beach	10.33	1
10.328 (10.328)			
2 Baloun, Isabella	H. Frank Carey	11.14	1
11.132 (11.132)			
3 Fogel, Julia	Roslyn	11.35	2
11.341 (11.341)			
4 Shah, Vidhi	Herricks	11.35	1
11.343 (11.343)			
5 Yam, Julia	Herricks	12.08	2
12.072 (12.072)			
6 Dudine, Kayla	H. Frank Carey	12.99	2
12.989 (12.989)			
7 Brown, Liora	Long Beach	13.21	1
13.209 (13.209)			
8 Sanchez, Daniela	H. Frank Carey	13.95	3
13.947 (13.947)			
9 Brocco, Vienna	Roslyn	14.01	3
14.008 (14.008)			
10 Ambooken, Anjali	H. Frank Carey	14.05	3
14.049 (14.049)			

Herricks Holiday Invitational - 12/2/2023

Herricks HS

Results

....Girls 55 Meter Hurdles Varsity

11 Bujak, Nicole	Long Beach	14.72	2
14.715 (14.715)			

Girls 4x200 Meter Relay Varsity

School	Finals
1 Roslyn 'A'	1:59.45
1:59.446 (1:59.446)	
2 General Douglas MacArthur 'A'	2:06.86
2:06.859 (2:06.859)	
3 New Hyde Park 'A'	2:12.69
2:12.688 (2:12.688)	
4 H. Frank Carey 'A'	2:14.61
2:14.609 (2:14.609)	
5 Roslyn 'C'	2:19.60
2:19.594 (2:19.594)	
6 Roslyn 'B'	2:22.50
2:22.500 (2:22.500)	

Girls 4x400 Meter Relay Varsity

School	Finals
1 H. Frank Carey 'A'	4:44.21
4:44.208 (4:44.208)	
2 Roslyn 'A'	5:21.36
5:21.352 (5:21.352)	
3 Herricks 'A'	5:27.40
5:27.398 (5:27.398)	

Girls 4x800 Meter Relay Varsity

School	Finals
1 H. Frank Carey 'A'	11:20.51
11:20.506 (11:20.506)	
2 General Douglas MacArthur 'A'	11:37.95
11:37.949 (11:37.949)	
3 Herricks 'A'	12:09.88
12:09.880 (12:09.880)	
4 New Hyde Park 'A'	12:30.87
12:30.866 (12:30.866)	
5 Mineola 'A'	14:15.24

Girls High Jump Varsity

Name	Year School	Finals
1 Ramsey, Brynn	Island Trees	4-06.00
3-08 3-10 4-00 4-02 4-04 4-06 4-07		
0 0 XO 0 XXO XXO XXX		
2 Gajaria, Sneha	Herricks	4-04.00
3-08 3-10 4-00 4-02 4-04 4-06		
0 0 0 0 0 XXX		

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****Girls Long Jump Varsity**

Name	Year School	Finals
1 Burton, Janiya	Roslyn	15-07.25
2 Allen, Calia	Roslyn	14-06.00
3 Leimgruber, Grace	H. Frank Carey	14-05.00
4 Jamet, Kaitlyn	H. Frank Carey	13-08.75
5 Laradji, Mecca	Island Trees	13-04.25
6 Shah, Vidhi	Herricks	12-08.00
7 Moryl, Elena	H. Frank Carey	10-08.00
8 Smikle, Nikyla	Roslyn	10-05.25
9 Sanchez, Daniela	H. Frank Carey	9-11.00

Girls Triple Jump Varsity

Name	Year School	Finals
1 Shah, Vidhi	Herricks	30-02.00
2 Leimgruber, Grace	H. Frank Carey	29-00.25
-- Johnson, Ashley	Roslyn	FOUL

Girls Shot Put Varsity

Name	Year School	Finals
1 Tretola, Kayla	Island Trees	32-01.00
2 Santos, Diana	Roslyn	29-05.75
3 De Castro, Alexandra	H. Frank Carey	27-11.00
4 Feehan, Torrance	Long Beach	24-00.50
5 Smykiv, Diana	Mineola	23-11.00
6 Johnson, Ashley	Roslyn	23-04.25
7 Aftab, Barnil	H. Frank Carey	23-02.50
8 Bonilla, Angelica	Long Beach	22-04.00
9 Peers, Lauren	H. Frank Carey	22-03.50
10 Wu, Ellie	Herricks	20-06.50
11 Cheng, Hillary	Herricks	20-02.50
12 Goff, Olivia	Roslyn	17-11.00
13 Mayes, Jaila	Long Beach	17-06.50

Girls 55 Meter Dash Freshman/Sophomore

Name	Year School	Finals	H#
1 Su, Emma	Herricks	8.32	5
8.319 (8.319)			
2 Castillo, Emily	General Doug	8.34	1
8.338 (8.338)			
3 Zazulka, Abigail	General Doug	8.53	1
8.523 (8.523)			
4 Zhou, Tiffany	Herricks	8.60	6
8.591 (8.591)			
5 LaRosa, Annabelle	General Doug	8.66	1
8.655 (8.655)			
6 Fitch, Emma	H. Frank Carey	8.70	2
8.700 (8.700)			

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****....Girls 55 Meter Dash Freshman/Sophomore**

7	Quan, Madison	New Hyde Park	8.86	3
	8.857 (8.857)			
8	Razack, Sarah	Herricks	8.91	6
	8.902 (8.902)			
9	Mandell, Hannah	Roslyn	8.96	3
	8.953 (8.953)			
10	Zokia, Ava	Roslyn	9.06	5
	9.059 (9.059)			
11	Erstein, Ruby	Roslyn	9.08	2
	9.071 (9.071)			
12	Sykora, Alden	General Doug	9.12	1
	9.113 (9.113)			
13	Herrera, Danielle	General Doug	9.23	1
	9.221 (9.221)			
14	Cordero, Julliett	H. Frank Carey	9.33	4
	9.326 (9.326)			
15	Sayaves, Summer	General Doug	9.43	1
	9.423 (9.423)			
16	Chakroboty, Anisha	New Hyde Park	9.44	5
	9.435 (9.435)			
17	Zhao, Abby	Herricks	9.52	6
	9.513 (9.513)			
17	Kaminski, Julianna	Island Trees	9.52	3
	9.513 (9.513)			
19	Clottey, Carissa	Herricks	9.57	4
	9.561 (9.561)			
20	Vithayathil, Hannah	Herricks	9.58	3
	9.580 (9.580)			
21	Reda, Isabella	General Doug	9.65	4
	9.643 (9.643)			
22	Grill, Makayla	H. Frank Carey	9.67	5
	9.664 (9.664)			
23	Heimink, Melissa	General Doug	9.68	2
	9.671 (9.671)			
24	Pillai, Shivani	H. Frank Carey	9.84	6
	9.831 (9.831)			
25	Ahluwalia, Sahiba	Herricks	9.85	4
	9.844 (9.844)			
26	Matthes, Naomi	H. Frank Carey	10.01	5
	10.010 (10.010)			
27	Mackey, Peyton	General Doug	10.18	3
	10.177 (10.177)			
28	John, Hannah	H. Frank Carey	10.31	7
	12:40:16.638 (12:40:16.638)			
29	Altieri, Florie	General Doug	10.32	2
	10.312 (10.312)			
30	Kaur, Rasneet	Island Trees	10.33	4
	10.323 (10.323)			
31	Purirojejananon, Catheri	General Doug	10.48	2
	10.477 (10.477)			
32	Nugget, Kaitlyn	General Doug	10.79	3
	10.787 (10.787)			
33	Neal, Alexa	General Doug	10.84	6
	10.838 (10.838)			

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****....Girls 55 Meter Dash Freshman/Sophomore**

34 Levy, Ava	H. Frank Carey	11.29	6
11.283 (11.283)			
35 Khan, Shireen	Herricks	11.30	4
11.295 (11.295)			
36 Shuster, Sarah	Herricks	11.33	7
11.326 (11.326)			
37 Bruce, Abigail	General Doug	11.45	5
11.444 (11.444)			
38 Lee, Chaewoo	New Hyde Park	16.82	2
16.817 (16.817)			

Girls 300 Meter Dash Freshman/Sophomore

Name	Year School	Finals	H#
1 Lin, Brooke	Herricks	44.29	2
44.287 (44.287)			
2 Albanese, Rylee	Long Beach	46.55	1
46.550 (46.550)			
3 Castillo, Emily	General Doug	47.09	1
47.082 (47.082)			
4 Su, Emma	Herricks	47.49	3
47.485 (47.485)			
5 Zazulka, Abigail	General Doug	48.43	1
48.422 (48.422)			
6 Glasco, Miley	Roslyn	49.34	2
49.337 (49.337)			
7 Nicholas, Mya	Mineola	49.71	3
49.703 (49.703)			
8 Stevenson, Sophia	Long Beach	50.65	1
50.650 (50.650)			
9 Erstein, Ruby	Roslyn	51.66	2
51.652 (51.652)			
10 Fitch, Emma	H. Frank Carey	51.75	3
51.744 (51.744)			
11 Mandell, Hannah	Roslyn	51.89	4
51.885 (51.885)			
12 Herrera, Danielle	General Doug	52.27	1
52.261 (52.261)			
13 Alvarez Chinchilla, Vane	Mineola	52.64	2
52.640 (52.640)			
14 Symanski, Julianna	General Doug	53.10	1
53.096 (53.096)			
15 Kaminski, Julianna	Island Trees	53.87	3
53.864 (53.864)			
16 Cordero, Julliett	H. Frank Carey	55.05	3
55.047 (55.047)			
17 Ramirez, Rebecca	Mineola	55.06	4
55.058 (55.058)			
18 Galeas, Sofia	Long Beach	55.44	3
55.434 (55.434)			
19 Vithayathil, Hannah	Herricks	56.08	3
56.072 (56.072)			
20 Zokia, Ava	Roslyn	56.27	3
56.268 (56.268)			

Herricks Holiday Invitational - 12/2/2023

Herricks HS

Results

....Girls 300 Meter Dash Freshman/Sophomore

21 Sykora, Alden	General Doug	56.37	1
56.370 (56.370)			
22 Masa, Olivia	H. Frank Carey	57.02	4
57.016 (57.016)			
23 Heimink, Melissa	General Doug	57.22	1
57.220 (57.220)			
24 Campisi, Vanessa	H. Frank Carey	57.28	4
57.280 (57.280)			
25 Carrard-Spironelli, Mila	Long Beach	57.39	4
57.386 (57.386)			
26 Altieri, Florie	General Doug	57.57	1
57.569 (57.569)			
27 Guevara, Nickolle	Long Beach	58.25	2
58.247 (58.247)			
28 Cheng, Nikki	Herricks	58.46	4
58.458 (58.458)			
29 Chung, Abigail	New Hyde Park	59.23	4
59.224 (59.224)			
30 Chakroboty, Anisha	New Hyde Park	1:00.55	3
1:00.542 (1:00.542)			
31 Radoncic, Leena	General Doug	1:00.74	1
1:00.734 (1:00.734)			
32 Matthes, Naomi	H. Frank Carey	1:01.04	4
1:01.034 (1:01.034)			
33 Mackey, Peyton	General Doug	1:01.53	2
1:01.530 (1:01.530)			
34 Kaur, Rasneet	Island Trees	1:02.22	3
1:02.215 (1:02.215)			
35 Grill, Makayla	H. Frank Carey	1:02.75	2
1:02.749 (1:02.749)			
36 Bruce, Abigail	General Doug	1:04.28	2
1:04.277 (1:04.277)			
37 Valentin, Sofia	H. Frank Carey	1:04.36	4
1:04.360 (1:04.360)			
38 Neal, Alexa	General Doug	1:04.89	4
1:04.886 (1:04.886)			
39 Nugget, Kaitlyn	General Doug	1:06.06	3
1:06.055 (1:06.055)			
40 Pillai, Shivani	H. Frank Carey	1:06.23	4
1:06.228 (1:06.228)			
41 Sandhu, Mannat	New Hyde Park	1:07.50	2
1:07.500 (1:07.500)			
42 John, Hannah	H. Frank Carey	1:08.95	2
1:08.944 (1:08.944)			
43 Levy, Ava	H. Frank Carey	1:14.96	4
1:14.955 (1:14.955)			

Girls 600 Meter Run Freshman/Sophomore

=====				
Name	Year	School	Finals	H#
=====				
1 Quinn, Michaela		Mineola	1:54.89	1
34.450 (34.450)	1:54.883	(1:20.433)		
2 Bourne, Madison		H. Frank Carey	2:02.69	1
34.220 (34.220)	2:02.684	(1:28.464)		

Herricks Holiday Invitational - 12/2/2023

Herricks HS

Results

....Girls 600 Meter Run Freshman/Sophomore

3	Davidson, Sophie	Roslyn	2:06.59	1
	39.244 (39.244)	2:06.590 (1:27.347)		
4	Li, Taylor	New Hyde Park	2:09.05	1
	37.863 (37.863)	2:09.043 (1:31.180)		
5	Das, Adishree	Herricks	2:09.57	1
	38.764 (38.764)	2:09.561 (1:30.798)		
6	Colwell, Morgan	Roslyn	2:11.00	2
	42.016 (42.016)	2:10.996 (1:28.980)		
7	Alvarez Chinchilla, Vane	Mineola	2:12.58	2
	36.510 (36.510)	2:12.574 (1:36.064)		
8	Ramsey, Brynn	Island Trees	2:13.12	2
	46.377 (46.377)	2:13.117 (1:26.740)		
9	Purirojejananon, Catheri	General Doug	2:13.31	1
	40.941 (40.941)	2:13.309 (1:32.368)		
10	Hutzel, Sara	Island Trees	2:13.35	1
	41.193 (41.193)	2:13.341 (1:32.149)		
11	Montana, Mia	H. Frank Carey	2:14.84	2
	46.046 (46.046)	2:14.837 (1:28.792)		
12	Campisi, Vanessa	H. Frank Carey	2:15.22	2
	37.456 (37.456)	2:15.215 (1:37.759)		
13	Galeas, Sofia	Long Beach	2:16.39	2
	37.787 (37.787)	2:16.386 (1:38.599)		
14	LaRosa, Annabelle	General Doug	2:16.81	1
	37.720 (37.720)	2:16.806 (1:39.087)		
15	Carrard-Spironelli, Mila	Long Beach	2:17.21	2
	42.704 (42.704)	2:17.210 (1:34.507)		
16	Salgado, Katherine	Mineola	2:17.72	1
	35.804 (35.804)	2:17.715 (1:41.912)		
17	Masa, Olivia	H. Frank Carey	2:17.92	2
	37.166 (37.166)	2:17.914 (1:40.748)		
18	Guevara, Nickolle	Long Beach	2:22.58	2
	39.557 (39.557)	2:22.580 (1:43.023)		
19	Rocco, Natalie	General Doug	2:22.61	1
	40.140 (40.140)	2:22.604 (1:42.464)		
20	Pillai, Shivani	H. Frank Carey	2:37.85	2
	46.534 (46.534)	2:37.841 (1:51.308)		
21	Valentin, Sofia	H. Frank Carey	2:43.25	2
	46.019 (46.019)	2:43.247 (1:57.229)		
22	Sandhu, Mannat	New Hyde Park	2:59.12	2
	46.574 (46.574)	2:59.117 (2:12.544)		

Girls 1000 Meter Run Freshman/Sophomore

Name	Year School	Finals
1 Feehan, Caelin	Long Beach	3:25.42
	35.318 (35.318)	1:59.205 (1:23.887) 3:25.417 (1:26.213)
2 Budek, Gemma	General Doug	3:25.96
	36.335 (36.335)	2:00.677 (1:24.343) 3:25.958 (1:25.282)
3 Paplow, Violet	General Doug	3:36.66
	36.930 (36.930)	2:03.057 (1:26.128) 3:36.651 (1:33.594)
4 Stevenson, Sophia	Long Beach	3:40.67
	37.047 (37.047)	2:09.137 (1:32.090) 3:40.665 (1:31.528)
5 Kim, Lindsay	New Hyde Park	3:59.02
	38.560 (38.560)	2:15.060 (1:36.500) 3:59.015 (1:43.955)

Herricks Holiday Invitational - 12/2/2023

Herricks HS

Results

....Girls 1000 Meter Run Freshman/Sophomore

6	Hutzel, Sara	Island Trees	4:06.09
	41.402 (41.402)	2:22.008 (1:40.607)	4:06.090 (1:44.082)
7	Pillai, Varsha	New Hyde Park	4:55.61
	48.138 (48.138)	2:49.743 (2:01.605)	4:55.605 (2:05.862)
8	Mclaughlin, Olivia	New Hyde Park	5:15.69
	50.022 (50.022)	2:58.753 (2:08.732)	5:15.690 (2:16.937)

Girls 1500 Meter Run Freshman/Sophomore

Name	Year	School	Finals
1 Tsui, Isabelle		Herricks	5:58.12
	1:03.225 (1:03.225)	2:40.832 (1:37.608)	4:23.730 (1:42.898) 5:58.117 (1:34.388)
2 Hall, Chloe		Herricks	6:02.51
	1:03.490 (1:03.490)	2:41.024 (1:37.534)	4:24.277 (1:43.254) 6:02.504 (1:38.227)
3 Markovina, Ivanka		Roslyn	6:10.80
	1:03.041 (1:03.041)	2:41.880 (1:38.839)	4:28.022 (1:46.143) 6:10.795 (1:42.773)

Girls 55 Meter Hurdles Freshman/Sophomore

Name	Year	School	Finals	H#
1 Albanese, Rylee		Long Beach	11.35	1
	11.341 (11.341)			
2 Glasco, Miley		Roslyn	11.48	2
	11.474 (11.474)			
3 Quinn, Michaela		Mineola	12.19	2
	12.181 (12.181)			
4 Xiao, Sharon		New Hyde Park	12.26	1
	12.260 (12.260)			
5 Gajaria, Sneha		Herricks	12.33	1
	12.328 (12.328)			

Girls 4x200 Meter Relay Freshman/Sophomore

School	Finals
1 Herricks 'B'	2:07.35
	2:07.343 (2:07.343)
-- Herricks 'A'	DQ

Girls 4x400 Meter Relay Freshman/Sophomore

School	Finals
1 Mineola 'A'	5:17.45
	5:17.441 (5:17.441)

Girls Long Jump Freshman/Sophomore

Name	Year	School	Finals
1 Albanese, Rylee		Long Beach	12-06.00
2 Xiao, Sharon		New Hyde Park	12-03.00
3 Montana, Mia		H. Frank Carey	11-07.50

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****....Girls Long Jump Freshman/Sophomore**

4 Cordero, Julliett	H. Frank Carey	10-03.75
5 Kim, Lindsay	New Hyde Park	9-06.75

Girls Triple Jump Freshman/Sophomore

Name	Year School	Finals
1 Montana, Mia	H. Frank Carey	26-06.75

Girls Shot Put Freshman/Sophomore

Name	Year School	Finals
1 Laradji, Mecca	Island Trees	25-10.00
2 Szerencsy, Ashley	Roslyn	20-01.00
3 Grill, Makayla	H. Frank Carey	19-07.00
4 John, Hannah	H. Frank Carey	18-07.00
5 Amey, Brianna	Long Beach	18-06.00
6 Kaur, Jasleen	Island Trees	16-06.00
7 Hui, Chloe	Herricks	16-05.00
8 DeCillis, Madison	Mineola	16-04.50
9 Barrett, Lorracia	Roslyn	14-07.50

Boys 55 Meter Dash Varsity

Name	Year School	Finals	H#
1 Ye, Kurt 6.854 (6.854)	Herricks	6.86	1
2 Levans, Jaden 7.038 (7.038)	Herricks	7.04	1
3 Lynn, Brandon 7.159 (7.159)	New Hyde Park	7.16	1
4 Zych, Casper 7.209 (7.209)	H. Frank Carey	7.21	1
5 Bazelais, Lukas 7.283 (7.283)	Island Trees	7.29	1
6 Chen, Benson 7.361 (7.361)	Herricks	7.37	1
7 Ruggiero, Domenic 7.380 (7.380)	H. Frank Carey	7.38	4
8 Monzon, Tim 7.383 (7.383)	Long Beach	7.39	3
9 Parrino, Rosario 7.626 (7.626)	H. Frank Carey	7.63	3
10 Chi, Kwason 7.645 (7.645)	H. Frank Carey	7.65	2
11 Hertzoff, Dillon 7.668 (7.668)	Long Beach	7.67	2
12 Farrell, Michael 7.717 (7.717)	Long Beach	7.72	3
13 Byrne, Ewan 7.885 (7.885)	H. Frank Carey	7.89	4
14 Mastropierro, CJ 7.896 (7.896)	General Doug	7.90	2

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****....Boys 55 Meter Dash Varsity**

15 Miller, Timothy	Long Beach	7.92	2
7.913 (7.913)			
16 Jiang, Daoxin	Herricks	8.22	2
8.213 (8.213)			
17 Colella, James	General Doug	8.24	2
8.234 (8.234)			
18 Mansilla Ramos, Yostin	General Doug	8.29	4
8.288 (8.288)			
19 Vidallon, Daniel	Long Beach	8.47	3
8.463 (8.463)			
20 Tiev, Ryan	General Doug	8.79	4
8.786 (8.786)			
21 Hoffman, Gregory	H. Frank Carey	9.20	4
9.191 (9.191)			
22 Gill, Brandon	H. Frank Carey	9.33	3
9.322 (9.322)			
23 Cassar, Michael	H. Frank Carey	10.09	3
10.086 (10.086)			

Boys 300 Meter Dash Varsity

Name	Year School	Finals	H#
1 Bracken, Josiah	Mineola	34.92	1
34.912 (34.912)			
2 Ye, Kurt	Herricks	36.33	1
36.325 (36.325)			
3 Parrino, Joseph	Mineola	36.63	1
36.630 (36.630)			
4 Lopez, Xavier	Long Beach	36.99	1
36.988 (36.988)			
5 Bazelais, Lukas	Island Trees	38.06	1
38.051 (38.051)			
6 Levans, Jaden	Herricks	38.70	2
38.697 (38.697)			
7 Lynn, Brandon	New Hyde Park	38.71	1
38.705 (38.705)			
8 Hartman, Luke	Long Beach	38.84	1
38.837 (38.837)			
9 Zych, Casper	H. Frank Carey	39.15	1
39.150 (39.150)			
10 Chun, Matthew	New Hyde Park	39.34	2
39.333 (39.333)			
11 Rigano, Joseph	H. Frank Carey	41.77	2
41.767 (41.767)			
12 Bonetti, Chris	Mineola	42.22	3
42.216 (42.216)			
13 Cooper, Joshua	Island Trees	42.61	2
42.603 (42.603)			
14 Chi, Kwason	H. Frank Carey	43.16	2
43.157 (43.157)			
15 Ventura, Cesar	Mineola	43.28	2
43.273 (43.273)			
16 Singh, Uday	H. Frank Carey	43.30	3
43.293 (43.293)			

Herricks Holiday Invitational - 12/2/2023

Herricks HS

Results

....Boys 300 Meter Dash Varsity

17	Ozoria, Anthony	New Hyde Park	43.38	3
	43.374 (43.374)			
18	Colella, James	General Doug	43.92	2
	43.916 (43.916)			
19	Vela, Anthony	Mineola	44.10	3
	44.099 (44.099)			
20	Byrne, Ewan	H. Frank Carey	44.16	3
	44.156 (44.156)			
21	Mansilla Ramos, Yostin	General Doug	44.27	3
	44.269 (44.269)			
22	Cheng, Marc	Herricks	45.29	1
	45.282 (45.282)			
23	Brooks, Anthony	Mineola	47.03	3
	47.023 (47.023)			
24	Garofano, Brian	H. Frank Carey	47.91	3
	47.908 (47.908)			
25	Kao, Cheng Jui (Jeffrey)	H. Frank Carey	48.64	3
	48.634 (48.634)			
26	Zhao, Ronald	H. Frank Carey	49.10	2
	49.091 (49.091)			
27	Tiev, Ryan	General Doug	50.41	2
	50.402 (50.402)			
28	Jiang, Daoxin	Herricks	51.99	1
	51.985 (51.985)			
29	Gill, Brandon	H. Frank Carey	56.41	2
	56.409 (56.409)			

Boys 600 Meter Run Varsity

Name	Year School	Finals
1 Dampman, Brandon	New Hyde Park	1:32.27
	28.867 (28.867) 1:32.267 (1:03.400)	
2 Cai, Matthew	Herricks	1:35.83
	29.450 (29.450) 1:35.826 (1:06.377)	
3 Chun, Matthew	New Hyde Park	1:40.21
	33.902 (33.902) 1:40.210 (1:06.308)	
4 Cui, Chris	Herricks	1:44.27
	31.606 (31.606) 1:44.269 (1:12.663)	
5 Roy, Dennis	New Hyde Park	1:44.79
	33.125 (33.125) 1:44.781 (1:11.657)	
6 Mastropierro, CJ	General Doug	1:51.87
	34.936 (34.936) 1:51.864 (1:16.928)	
7 Widman, Hayden	Mineola	1:58.51
	37.222 (37.222) 1:58.506 (1:21.284)	
8 Zhao, Ronald	H. Frank Carey	2:01.94
	36.505 (36.505) 2:01.936 (1:25.432)	
9 Kao, Cheng Jui (Jeffrey)	H. Frank Carey	2:03.73
	35.747 (35.747) 2:03.725 (1:27.978)	

Boys 1000 Meter Run Varsity

Name	Year School	Finals
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Herricks Holiday Invitational - 12/2/2023

Herricks HS

Results

....Boys 1000 Meter Run Varsity

1	Kandel, Eshaan	H. Frank Carey	2:56.49
	33.176 (33.176)	1:44.392 (1:11.217)	2:56.487 (1:12.095)
2	Spalding, Devon	Mineola	2:57.42
	32.694 (32.694)	1:44.359 (1:11.665)	2:57.417 (1:13.058)
3	Ciar, Demosthenes	H. Frank Carey	3:15.56
	35.471 (35.471)	1:57.517 (1:22.047)	3:15.558 (1:18.042)
4	Mann, Aidan	General Doug	3:16.33
	33.224 (33.224)	1:54.627 (1:21.403)	3:16.327 (1:21.700)
5	Garofano, Brian	H. Frank Carey	3:32.69
	35.723 (35.723)	2:03.651 (1:27.928)	3:32.686 (1:29.035)
6	Singh, Rishi	New Hyde Park	3:36.10
	35.816 (35.816)	2:01.201 (1:25.385)	3:36.099 (1:34.899)
7	Chen, Leven	Herricks	3:52.66
	33.674 (33.674)	2:03.329 (1:29.655)	3:52.657 (1:49.328)

Boys 1600 Meter Run Varsity

Name	Year School	Finals
1 Dampman, Alec	New Hyde Park	4:50.12
1:08.626 (1:08.626)	2:24.674 (1:16.049)	3:40.548 (1:15.874) 4:50.112 (1:09.564)
2 Kanesh, Alexander	Herricks	4:50.95
1:08.827 (1:08.827)	2:24.257 (1:15.430)	3:39.962 (1:15.705) 4:50.941 (1:10.979)
3 Wattie, James	Island Trees	5:20.70
1:15.926 (1:15.926)	2:38.982 (1:23.057)	4:04.414 (1:25.433) 5:20.693 (1:16.279)
4 Spalding, Devon	Mineola	5:21.56
1:18.294 (1:18.294)	2:43.123 (1:24.829)	4:06.148 (1:23.025) 5:21.559 (1:15.412)
5 Sinnott, Sean	H. Frank Carey	5:35.13
1:18.691 (1:18.691)	2:45.607 (1:26.917)	4:15.311 (1:29.704) 5:35.124 (1:19.814)
6 Kandel, Eshaan	H. Frank Carey	5:36.34
1:18.132 (1:18.132)	2:43.386 (1:25.254)	4:13.749 (1:30.364) 5:36.338 (1:22.589)
7 Chin, Ivan	H. Frank Carey	5:44.43
1:19.902 (1:19.902)	2:49.032 (1:29.130)	4:21.183 (1:32.152) 5:44.423 (1:23.240)
8 Dizon, Christopher	H. Frank Carey	5:53.54
1:20.246 (1:20.246)	2:49.946 (1:29.700)	4:22.476 (1:32.530) 5:53.533 (1:31.058)
9 Mann, Aidan	General Doug	6:02.67
1:34.724 (1:34.724)	3:09.942 (1:35.218)	4:43.029 (1:33.088) 6:02.664 (1:19.635)
10 Ciar, Demosthenes	H. Frank Carey	6:03.68
1:35.134 (1:35.134)	3:09.681 (1:34.547)	4:43.076 (1:33.395) 6:03.677 (1:20.602)

Boys 3200 Meter Run Varsity

Name	Year School	Finals
1 Dampman, Alec	New Hyde Park	10:32.32
1:13.486 (1:13.486)	2:33.765 (1:20.279)	10:32.319 (7:58.554)
2 Sinnott, Sean	H. Frank Carey	11:32.00
11:32.000 (11:32.000)		
3 Chin, Ivan	H. Frank Carey	11:59.33
11:59.329 (11:59.329)		
4 Dizon, Christopher	H. Frank Carey	13:12.04
13:12.032 (13:12.032)		
5 Adler, Sam	Long Beach	13:57.53
13:57.526 (13:57.526)		

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****Boys 55 Meter Hurdles Varsity**

Name	Year School	Finals	H#
1 Stepien, Daniel 9.029 (9.029)	H. Frank Carey	9.03	3
2 Chiu, Eason 9.281 (9.281)	Herricks	9.29	1
3 Rigano, Joseph 9.531 (9.531)	H. Frank Carey	9.54	1
4 Yun, Max 9.984 (9.984)	Herricks	9.99	2
5 Hartman, Luke 9.985 (9.985)	Long Beach	9.99	3
6 Monzon, Tim 10.163 (10.163)	Long Beach	10.17	3
7 Farrell, Michael 10.392 (10.392)	Long Beach	10.40	4
8 Cooper, Joshua 10.726 (10.726)	Island Trees	10.73	1
9 Ruggiero, Domenic 11.189 (11.189)	H. Frank Carey	11.19	2
10 Cheng, Marc 11.195 (11.195)	Herricks	11.20	3
11 Ozoria, Anthony 11.612 (11.612)	New Hyde Park	11.62	4
12 Lok, Kyle 11.694 (11.694)	New Hyde Park	11.70	2
13 Lopez, Xavier 12.103 (12.103)	Long Beach	12.11	1
14 Miller, Timothy 15.724 (15.724)	Long Beach	15.73	2

Boys 4x200 Meter Relay Varsity

School	Finals
1 Mineola 'A' 1:42.618 (1:42.618)	1:42.62
2 Mineola 'B' 1:52.475 (1:52.475)	1:52.48
3 H. Frank Carey 'A' 1:59.993 (1:59.993)	2:00.00
4 Herricks 'B' 2:00.438 (2:00.438)	2:00.44
-- Herricks 'C' 1:59.521 (1:59.521)	DQ
-- Herricks 'A' 1:42.328 (1:42.328)	DQ

Boys 4x400 Meter Relay Varsity

School	Finals
1 New Hyde Park 'A' 3:58.913 (3:58.913)	3:58.92

Herricks Holiday Invitational - 12/2/2023

Herricks HS

Results

....Boys 4x400 Meter Relay Varsity

2 H. Frank Carey 'A'	4:02.14
4:02.135 (4:02.135)	
3 New Hyde Park 'B'	4:25.45
4:25.445 (4:25.445)	

Boys 4x800 Meter Relay Varsity

School	Finals
1 H. Frank Carey 'A'	11:15.47
11:15.463 (11:15.463)	

Boys High Jump Varsity

Name	Year School	Finals
1 Kim, Jacob	Herricks	5-04.00
5-04 6-00		
O XXX		
2 Stepien, Daniel	H. Frank Carey	5-00.00
4-08 4-10 5-00 5-02 5-04		
O O O P XX		
3 Luo, Dimian	Herricks	J5-00.00
4-08 4-10 5-00 5-02		
XO O XO XXX		
-- Cai, Matthew	Herricks	NH
4-08 4-10 5-00 5-02		
X P P XX		
-- Singh, Uday	H. Frank Carey	NH
4-08		
XXX		

Boys Long Jump Varsity

Name	Year School	Finals
1 Kim, Jacob	Herricks	19-10.00
2 Galluscio, Jerome	Herricks	19-04.25
3 Stepien, Daniel	H. Frank Carey	16-03.50
4 Liu, Avery	Mineola	15-06.00
5 Li, Jonathan	Mineola	15-05.25
6 Chi, Kwason	H. Frank Carey	15-03.75
7 Thway, Elijah	Herricks	14-02.00
8 Byrne, Ewan	H. Frank Carey	13-04.75
9 Widman, Hayden	Mineola	12-03.50

Boys Triple Jump Varsity

Name	Year School	Finals
1 Galluscio, Jerome	Herricks	36-06.00
2 Li, Jonathan	Mineola	33-09.25
3 Liu, Avery	Mineola	31-11.00
4 Sartori, Luigi	Mineola	31-10.75

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****Boys Shot Put Varsity**

Name	Year School	Finals
1 Ramdayal, Kenneth	Herricks	41-09.00
2 Petrescu, Dennis	Island Trees	39-05.50
3 Xiao, Bright	New Hyde Park	34-10.00
4 Parrino, Rosario	H. Frank Carey	34-08.00
5 Kodadek, Miles	Long Beach	33-04.00
6 Rennhack, Jonathan	New Hyde Park	32-01.00
7 Wang, Jason	New Hyde Park	31-11.00
8 Martinez, Marcos	Island Trees	31-04.00
9 Ng, Daniel	Herricks	29-05.00
10 Carroll, Jackson	Long Beach	27-02.00
11 Cassar, Michael	H. Frank Carey	25-05.25
12 Kelly, Shane	Mineola	25-02.00
13 Wells, Liam	Island Trees	24-06.00
14 Valentino, John	Mineola	24-04.00
15 Chen, Logan	Herricks	24-02.00
16 Merzougui, Yakub	New Hyde Park	23-08.00
17 Lukose, Melvin	New Hyde Park	23-00.00
18 Gill, Brandon	H. Frank Carey	22-02.00
19 Nahamoo, Orel	Herricks	21-03.50
20 Moore, Liam	Mineola	21-03.00
21 Slaski, Thomas	New Hyde Park	20-00.00
22 Ferreira, Anthony	Mineola	19-08.00
23 Lukose, Abin	New Hyde Park	19-02.50
24 Garcia, Justin	H. Frank Carey	18-07.75
25 Joaquin, Christian	Mineola	16-00.00

Boys 55 Meter Dash Freshman/Sophomore

Name	Year School	Finals	H#
1 Joseph, George	Herricks	7.15	4
7.148 (7.148)			
2 Ryu, Sean	Herricks	7.25	1
7.242 (7.242)			
3 Ramdayal, Kenneth	Herricks	7.25	1
7.247 (7.247)			
4 Thway, Elijah	Herricks	7.44	3
7.433 (7.433)			
5 Hansen, Michael	H. Frank Carey	7.49	6
7.483 (7.483)			
6 Pudlowski, Lucas	Herricks	7.52	7
7.514 (7.514)			
7 Molina, Noah	General Doug	7.62	7
7.619 (7.619)			
8 Aguila, Eric	New Hyde Park	7.63	3
7.628 (7.628)			
9 Tineo Infante, Daury	Long Beach	7.67	1
7.661 (7.661)			
10 Louis, Izzarak	H. Frank Carey	7.70	5
7.700 (7.700)			
11 Costin, Oliver	Herricks	7.79	8
7.786 (7.786)			

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****....Boys 55 Meter Dash Freshman/Sophomore**

12	Chen, Zhipeng	Herricks	7.80	9
	7.798 (7.798)			
13	Zhang, Kevin	Herricks	7.81	6
	7.806 (7.806)			
14	lin, Evan	Herricks	7.84	4
	7.833 (7.833)			
15	Franco (Romero), Jose (A)	Herricks	7.87	2
	7.864 (7.864)			
16	Osorio, Christian	H. Frank Carey	7.88	8
	7.880 (7.880)			
17	Neglia, Justin	General Doug	7.91	4
	7.909 (7.909)			
18	Zhao, Ethan	Herricks	7.92	8
	7.918 (7.918)			
19	Lee, Grayson	Herricks	7.97	5
	7.965 (7.965)			
20	Schmidt, Charlie	Herricks	7.98	7
	7.980 (7.980)			
21	Shim, Jeremy	Herricks	7.99	5
	7.987 (7.987)			
22	Hsu, Ian	H. Frank Carey	7.99	9
	7.988 (7.988)			
23	DeSena, Dominic	General Doug	8.07	5
	8.068 (8.068)			
24	Manolakos, Elias	H. Frank Carey	8.08	8
	8.077 (8.077)			
25	Li, Justin	New Hyde Park	8.10	2
	8.091 (8.091)			
26	Hui, Kingston	New Hyde Park	8.14	2
	8.138 (8.138)			
27	Capitano, Antonio	H. Frank Carey	8.17	6
	8.161 (8.161)			
28	Tejada, Evan	Island Trees	8.22	9
	8.217 (8.217)			
29	Devita, Ryan	General Doug	8.27	6
	8.270 (8.270)			
30	Thater, Lloyd	New Hyde Park	8.28	3
	8.275 (8.275)			
31	Fernandez, Joseph	Island Trees	8.32	8
	8.318 (8.318)			
32	Basnyat, Dustin	Long Beach	8.33	1
	8.325 (8.325)			
33	George, Joshua	Herricks	8.33	4
	8.327 (8.327)			
34	Durham, Hunter	Island Trees	8.36	9
	8.351 (8.351)			
35	Luu, Keith	New Hyde Park	8.37	2
	8.363 (8.363)			
36	Shcmeisser, Jacob	Island Trees	8.46	8
	8.460 (8.460)			
37	McGee, Nicholas	General Doug	8.50	4
	8.499 (8.499)			
38	Yang, Astin	Herricks	8.79	7
	8.783 (8.783)			

Herricks Holiday Invitational - 12/2/2023

Herricks HS

Results

....Boys 55 Meter Dash Freshman/Sophomore

39 Lok, Ryin	New Hyde Park	8.83	3
8.826 (8.826)			
40 Castro, Lucas	Long Beach	8.83	1
8.827 (8.827)			
41 Walsh, William	General Doug	8.85	7
8.845 (8.845)			
42 Tse, Andy	H. Frank Carey	8.86	7
8.858 (8.858)			
43 Abukoush, Ryan	New Hyde Park	8.88	2
8.877 (8.877)			
44 Aftab, Anbiy	H. Frank Carey	8.93	6
8.928 (8.928)			
45 Sofronis, Costantinos	General Doug	8.94	5
8.938 (8.938)			
46 Guzman, Bryan	General Doug	9.08	3
9.080 (9.080)			
47 Pineiro, Hamza	General Doug	9.10	4
9.097 (9.097)			
48 Iqbal, Areeb	New Hyde Park	9.14	2
9.137 (9.137)			
49 Webster, Noah	Long Beach	9.19	1
9.187 (9.187)			
50 Sera, Joseph	H. Frank Carey	9.28	9
9.280 (9.280)			
51 Jingeleski, Caiden	General Doug	9.39	5
9.387 (9.387)			
52 Tan, Tommy	New Hyde Park	9.44	3
9.431 (9.431)			
53 Lazaro, Marcus	H. Frank Carey	9.67	9
9.661 (9.661)			
54 Islam, Daniel	General Doug	20.03	6
20.026 (20.026)			

Boys 300 Meter Dash Freshman/Sophomore

Name	Year School	Finals	H#
1 Nemeth, Nicholas	General Doug	37.92	1
37.916 (37.916)			
2 Joseph, George	Herricks	38.63	2
38.629 (38.629)			
3 Neglia, Justin	General Doug	39.63	1
39.622 (39.622)			
4 Martinez, Ramon	General Doug	40.60	1
40.592 (40.592)			
5 Bonfanti, Joshua	Mineola	40.83	2
40.823 (40.823)			
6 Chang, Russell	Mineola	41.59	3
41.587 (41.587)			
7 Tineo Infante, Daury	Long Beach	41.62	3
41.619 (41.619)			
8 Hertzoff, Dillon	Long Beach	42.33	3
42.324 (42.324)			
9 DeSena, Dominic	General Doug	42.99	1
42.983 (42.983)			

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****....Boys 300 Meter Dash Freshman/Sophomore**

10	Manolakos, Elias	H. Frank Carey	43.14	3
	43.132 (43.132)			
11	Li, York	Mineola	43.30	1
	43.297 (43.297)			
12	Franco (Romero), Jose (A)	Herricks	43.38	4
	43.377 (43.377)			
13	Hsu, Ian	H. Frank Carey	44.42	4
	44.412 (44.412)			
14	Lee, Grayson	Herricks	44.63	3
	44.625 (44.625)			
15	Shim, Jeremy	Herricks	44.64	4
	44.635 (44.635)			
16	Sambat, Lucas	Mineola	45.24	3
	45.233 (45.233)			
17	Basnyat, Dustin	Long Beach	45.33	2
	45.323 (45.323)			
18	Devita, Ryan	General Doug	45.53	1
	45.522 (45.522)			
19	Chen, Zhipeng	Herricks	45.58	4
	45.577 (45.577)			
20	Osorio, Christian	H. Frank Carey	45.89	4
	45.887 (45.887)			
21	Fernandez, Joseph	Island Trees	46.81	2
	46.802 (46.802)			
22	Shcmeisser, Jacob	Island Trees	48.09	3
	48.087 (48.087)			
23	Lok, Ryin	New Hyde Park	48.15	2
	48.150 (48.150)			
24	Walsh, William	General Doug	48.25	1
	48.248 (48.248)			
25	Vidallon, Daniel	Long Beach	48.35	4
	48.342 (48.342)			
26	Sofronis, Costantinos	General Doug	48.42	2
	48.417 (48.417)			
27	Asencio, Aiden	General Doug	49.16	2
	49.157 (49.157)			
28	Tse, Andy	H. Frank Carey	49.37	4
	49.365 (49.365)			
29	Luu, Keith	New Hyde Park	49.37	3
	49.368 (49.368)			
30	Khan, Ajay	Mineola	49.52	4
	49.520 (49.520)			
31	George, Joshua	Herricks	49.69	3
	49.684 (49.684)			
32	Castro, Lucas	Long Beach	50.13	4
	50.129 (50.129)			
33	McGee, Nicholas	General Doug	50.57	1
	50.568 (50.568)			
34	Hoffman, Gregory	H. Frank Carey	50.72	3
	50.713 (50.713)			
35	Serrano, Randy	H. Frank Carey	51.56	4
	51.552 (51.552)			
36	Pineiro, Hamza	General Doug	52.05	2
	52.044 (52.044)			

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****....Boys 300 Meter Dash Freshman/Sophomore**

37	Abukoush, Ryan	New Hyde Park	52.13	3
	52.127 (52.127)			
38	Guzman, Bryan	General Doug	52.45	1
	52.442 (52.442)			
39	Tan, Tommy	New Hyde Park	52.50	4
	52.495 (52.495)			
40	Jingaleski, Caiden	General Doug	53.05	1
	53.048 (53.048)			
41	Rodriguez, Lukas	General Doug	56.93	2
	56.927 (56.927)			
42	Sera, Joseph	H. Frank Carey	57.29	2
	57.287 (57.287)			
43	Lazaro, Marcus	H. Frank Carey	57.98	4
	57.977 (57.977)			

Boys 600 Meter Run Freshman/Sophomore

Name	Year School	Finals
1 Nemeth, Nicholas	General Doug	1:35.08
32.473 (32.473)	1:35.071 (1:02.598)	
2 Sayaves, River	General Doug	1:42.44
32.856 (32.856)	1:42.431 (1:09.575)	
3 Chandra, Nathaniel	Mineola	1:54.08
34.513 (34.513)	1:54.078 (1:19.565)	
4 Asencio, Aiden	General Doug	1:56.00
34.796 (34.796)	1:55.993 (1:21.198)	
5 Zitti, Dylan	H. Frank Carey	1:59.62
37.233 (37.233)	1:59.611 (1:22.378)	
6 Serrano, Randy	H. Frank Carey	2:03.12
37.432 (37.432)	2:03.114 (1:25.683)	
7 Rodriguez, Lukas	General Doug	2:07.69
38.596 (38.596)	2:07.689 (1:29.094)	
8 Cimino, John	H. Frank Carey	2:10.81
38.619 (38.619)	2:10.808 (1:32.189)	

Boys 1000 Meter Run Freshman/Sophomore

Name	Year School	Finals
1 Spitz, Harper	Long Beach	3:11.91
35.215 (35.215)	1:53.198 (1:17.984)	3:11.903 (1:18.705)
2 Van Pelt, Jaxson	General Doug	3:18.44
36.745 (36.745)	1:56.500 (1:19.755)	3:18.433 (1:21.934)
3 Sebber, Christopher	H. Frank Carey	3:18.88
35.857 (35.857)	1:55.488 (1:19.632)	3:18.877 (1:23.389)
4 Barbosa, Ismael	Mineola	3:20.67
32.725 (32.725)	1:50.328 (1:17.604)	3:20.663 (1:30.335)
5 Rodriguez, Logan	General Doug	3:20.89
37.267 (37.267)	2:01.577 (1:24.310)	3:20.881 (1:19.304)
6 Leimgruber, Jack	H. Frank Carey	3:21.27
36.398 (36.398)	1:58.582 (1:22.184)	3:21.267 (1:22.685)
7 Zitti, Dylan	H. Frank Carey	3:31.87
37.565 (37.565)	2:00.356 (1:22.792)	3:31.861 (1:31.505)

Herricks Holiday Invitational - 12/2/2023

Herricks HS

Results

....Boys 1000 Meter Run Freshman/Sophomore

8	Chiu, Matthew	Herricks	3:40.65
	36.575 (36.575)	1:57.481 (1:20.907)	3:40.642 (1:43.162)
9	Edwards, Tristan	Herricks	3:51.83
	3:51.828 (3:51.828)		
10	Goldstein, Jason	Island Trees	3:52.78
	40.162 (40.162)	2:19.298 (1:39.137)	3:52.780 (1:33.482)
11	Shah, Siddharth	Mineola	4:01.07
	39.555 (39.555)	2:18.510 (1:38.955)	4:01.066 (1:42.557)
12	Grillo, Joseph	Herricks	4:30.97
	42.001 (42.001)	2:38.436 (1:56.435)	4:30.970 (1:52.534)

Boys 1600 Meter Run Freshman/Sophomore

Name		Year School	Finals
1	Piccirillo, Vito	H. Frank Carey	5:19.74
	1:10.538 (1:10.538)	2:29.809 (1:19.272)	3:53.094 (1:23.285) 5:19.734 (1:26.640)
2	Zheng, Michael	H. Frank Carey	5:31.81
	1:18.002 (1:18.002)	2:43.451 (1:25.449)	4:11.098 (1:27.648) 5:31.808 (1:20.710)
3	Ravishankar, Augustya	Herricks	5:35.59
	1:19.398 (1:19.398)	4:17.751 (2:58.353)	5:35.588 (1:17.838)
4	Kang, Hongfei (Jason)	New Hyde Park	5:44.08
	1:18.272 (1:18.272)	2:46.177 (1:27.905)	4:18.079 (1:31.903) 5:44.072 (1:25.993)
5	Hernandez, Eziel	Island Trees	5:51.71
	1:22.949 (1:22.949)	2:58.314 (1:35.365)	4:29.364 (1:31.050) 5:51.709 (1:22.345)
6	Van Pelt, Jaxson	General Doug	5:51.94
	1:24.254 (1:24.254)	2:58.782 (1:34.528)	4:28.978 (1:30.197) 5:51.931 (1:22.953)
7	Rodriguez, Logan	General Doug	6:02.49
	1:25.427 (1:25.427)	2:58.828 (1:33.402)	4:32.157 (1:33.329) 6:02.482 (1:30.325)
8	Cavaliere, Tyler	Island Trees	6:15.34
	1:23.293 (1:23.293)	3:01.249 (1:37.957)	4:41.832 (1:40.583) 6:15.334 (1:33.503)
9	Gleason, Christopher	H. Frank Carey	6:29.20
	1:22.681 (1:22.681)	3:03.962 (1:41.282)	4:48.534 (1:44.573) 6:29.198 (1:40.664)
10	Leimgruber, Jack	H. Frank Carey	6:31.40
	1:33.862 (1:33.862)	3:21.942 (1:48.080)	5:03.827 (1:41.885) 6:31.391 (1:27.564)
11	Chan, Brandon	Herricks	6:33.13
	1:20.424 (1:20.424)	3:04.238 (1:43.814)	4:56.397 (1:52.159) 6:33.121 (1:36.724)
12	Hogg, Damian	H. Frank Carey	6:34.06
	1:32.162 (1:32.162)	3:15.912 (1:43.750)	4:58.329 (1:42.418) 6:34.054 (1:35.725)
13	Goldstein, Jason	Island Trees	6:50.94
	1:34.563 (1:34.563)	3:26.003 (1:51.440)	5:16.629 (1:50.627) 6:50.931 (1:34.302)
14	Edwards, Tristan	Herricks	6:53.56
	1:30.526 (1:30.526)	3:17.767 (1:47.242)	5:06.146 (1:48.379) 6:53.553 (1:47.408)

Boys 3200 Meter Run Freshman/Sophomore

Name		Year School	Finals
1	Piccirillo, Vito	H. Frank Carey	10:53.88
	10:53.879 (10:53.879)		
2	Zheng, Michael	H. Frank Carey	11:31.21
	11:31.207 (11:31.207)		
3	Ravishankar, Augustya	Herricks	11:31.96
	11:31.956 (11:31.956)		

Herricks Holiday Invitational - 12/2/2023

Herricks HS

Results

....Boys 3200 Meter Run Freshman/Sophomore

4	Zitti, Dylan	H. Frank Carey	12:43.31
	12:43.306 (12:43.306)		
5	Gleason, Christopher	H. Frank Carey	12:59.66
	12:59.654 (12:59.654)		
6	Cimino, John	H. Frank Carey	13:57.14
	13:57.131 (13:57.131)		

Boys 55 Meter Hurdles Freshman/Sophomore

Name	Year School	Finals	H#
1 Molina, Noah	General Doug	10.09	1
	10.089 (10.089)		
2 Hansen, Michael	H. Frank Carey	10.52	1
	10.513 (10.513)		
3 Hui, Kingston	New Hyde Park	10.95	1
	10.942 (10.942)		
4 Louis, Izarak	H. Frank Carey	11.16	1
	11.155 (11.155)		
5 Sebber, Christopher	H. Frank Carey	12.62	2
	12.616 (12.616)		
6 Hogg, Damian	H. Frank Carey	14.58	2
	14.576 (14.576)		

Boys 4x200 Meter Relay Freshman/Sophomore

School	Finals
1 Herricks 'B'	1:52.05
	1:52.047 (1:52.047)
2 New Hyde Park 'A'	1:56.91
	1:56.907 (1:56.907)
3 New Hyde Park 'B'	2:06.66
	2:06.652 (2:06.652)
-- Herricks 'A'	DQ
	1:51.935 (1:51.935)

Boys 4x400 Meter Relay Freshman/Sophomore

School	Finals
1 General Douglas MacArthur 'A'	3:55.58
	3:55.573 (3:55.573)
2 Herricks 'A'	4:33.80
	4:33.791 (4:33.791)

Boys 4x800 Meter Relay Freshman/Sophomore

School	Finals
1 H. Frank Carey 'A'	12:34.01
	12:34.002 (12:34.002)

Herricks Holiday Invitational - 12/2/2023**Herricks HS****Results****Boys High Jump Freshman/Sophomore**

Name	Year	School	Finals
1 Louis, Izarak		H. Frank Carey	4-10.00
4-08 4-10 5-00 5-02 5-04			
O O P P XXX			
-- Singh, Dean		Herricks	NH
4-08			
XXX			

Boys Long Jump Freshman/Sophomore

Name	Year	School	Finals
1 Aguila, Eric		New Hyde Park	15-00.00
2 Capitano, Antonio		H. Frank Carey	13-08.25
3 Thater, Lloyd		New Hyde Park	13-05.00
4 Chang, Russell		Mineola	12-10.00
5 Katwaru, Dylan		Herricks	11-00.25
6 Singh, Dean		Herricks	10-00.00

Boys Triple Jump Freshman/Sophomore

Name	Year	School	Finals
1 Leimgruber, Jack		H. Frank Carey	27-03.00

Boys Shot Put Freshman/Sophomore

Name	Year	School	Finals
1 Suarez Oubina, GianCarlo		H. Frank Carey	32-10.00
2 Bisceglia, Patrick		Island Trees	32-01.50
3 Devita, Ryan		General Doug	27-02.00
4 Liang, Hoiching		Herricks	23-04.50
5 Aftab, Anbiy		H. Frank Carey	21-11.00
6 McCoil, Christopher		Island Trees	21-10.00
7 Briggs, Kyran		Long Beach	19-06.00
8 Canellas, Benjamin		Island Trees	18-09.00
9 Iqbal, Ibrahim		Herricks	17-03.00