

**MIDDLE SCHOOL**  
**TRACK & FIELD**  
**CAPE HENLOPEN HIGH SCHOOL**  
**LEWES, DE**  
**4/29/26**

**BOYS**

**FRED THOMAS 104 VS GEORGETOWN 5**

**FRED THOMAS 57 SUSSEX CENTRAL 52**

**BEACON 77 SEAFORD 32**

**GIRLS**

**FRED THOMAS 61 VS GEORGETOWN 48**

**FRED THOMAS 84 SUSSEX CENTRAL 25**

**BEACON 98 SEAFORD 11**



**GIRLS 55M HURDLES**

HEAT 1		<u>TEAM</u>	<u>TIME</u>
1	J. WEATHERLY	SC	9.9
2	A. NICHOLS	GT	10.0
3	Q. CLARK	FT	10.4
4	H. SERMAN	FT	10.7
5	S. ENCARNACION	GT	10.9

## HEAT 2

1	E. DILLON	FT	11.3
2	B. EMORY	FT	11.5
3	R. FREEMAN	FT	11.6
4	M. DENNIS	SC	11.7
5	E. MCDANIEL	GT	11.8

## HEAT 3

1	S. BODIS	BEA	10.6
2	R. TAELEIUS	SEA	10.7
3	M. HENDERSON	BEA	11.9
4	K. THOMPSON	SEA	12.1
5	M. HUBBELL	BEA	12.1
6	K. BROWN	SEA	17.2

## HEAT 4

1	M. SWINDELL	BEA	10.5
2	K. STANLEY	SEA	11.4

**BOYS 55M HURDLES**

HEAT 1		<u>TEAM</u>	<u>TIME</u>
1	M. WAPLES	SC	9.2
2	A. ROWLANDS	FT	10.0
3	R. BRADY	FT	10.3
4	K. BIVENS	SC	10.5
5	D. HATCHETT	GT	11.7
6	D. MCDANIEL	GT	15.1

## HEAT 2

1	E. GENCO	SC	10.9
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2	G. LANTZ	FT	11.1
3	A. HEWITT	FT	11.1
4	C. KUHLMAN	FT	11.4

HEAT 3

1	E. CAIN	BEA	8.9
2	V. HAMMOND	SEA	9.5
3	N. CORBETT	SEA	9.7
4	C. PAGANO	BEA	11.1
5	N. DANIELS	SEA	11.6
6	R. KING	BEA	11.9

HEAT 4

1	RAYMOND	SEA	10.4
2	THOMPSON	SEA	10.9
3	J. BLANKENSHIP	BEA	10.9

**GIRLS 100M DASH**

HEAT 1

		<u>TEAM</u>	<u>TIME</u>
1	A. NICHOLS	GT	14.0
2	A. BERRY-SINGH	FT	14.4
3	A. MEARS	GT	14.7
4	Q. CLARK	FT	14.8
5	M. DENNIS	SC	15.2
6	R. SELBY	SC	15.3

HEAT 2

1	K. JOHNSON	GT	14.9
2	E. KUSTER	SC	15.3
3	A. HALL	SC	15.4
4	J. WHITE	FT	15.4
5	N. HARRIS	GT	15.7
6	A. BRYSON	FT	15.7

HEAT 3

1	A. WILSON	BEA	13.0
2	O. THOMAS	SEA	13.9
3	A. WATSON	SEA	14.0

4	F. PITTS	BEA	14.5
5	L. RUFFIN	BEA	14.7
HEAT 4			
1	T. ANDREWS	BEA	14.4
2	M. MCCRAY	SEA	14.7
3	J. WHITE	SEA	18.8

### **BOYS 100M DASH**

HEAT 1		<u>TEAM</u>	<u>TIME</u>
1	K. TURNAGE	SC	12.5
2	J. KAUFMANN	FT	12.6
3	C. GILLUM	SC	13.1
4	C. BELL	FT	13.5
5	K. KENDORSKI	GT	13.8
6	J. BROWN	GT	14.1
HEAT 2			
1	D. SPATH	FT	13.0
2	M. WAPLES	SC	13.6
3	L. HOANG	FT	14.3
4	O. ORTIZ	SC	14.4
5	A. BATSON	GT	15.8
6	D. HATCHETT	GT	15.8
HEAT 3			
1	J. REDDIX	BEA	12.5
2	V. HAMMOND	SEA	12.7
3	S. MESSICK	BEA	13.1
4	E. GEDEON	SEA	13.1
HEAT 4			
1	C. DEPUTY	SEA	13.5
2	C. BAXLEY	BEA	14.6
3	K. STEVENSON	BEA	14.2
4	J. MERRITT	SEA	15.6

**GIRLS 1600M RUN**

<b>HEAT 1</b>	<b>TEAM</b>	<b>TIME</b>
1. Eva Csaszar	BEA	6:12.1
2. Trinity Sipes	GT	6:14.7
3. Megyn Chenosky	BEA	6:21.3
4. Dixie Spath	FT	6:22.2
5. Patricia Thompson	FT	6:25.9
6. Avery Andrew	FT	6:41.8
7. Vida Monroe	BEA	6:48.0
8. Leonie Seufert	FT	6:52.0
9. Yasmi Morales	GT	6:55.5
10. Everleigh Thompson	BEA	7:10.8
11. Kalionna Coyle	GT	7:18.5
12. Chelsea Andreson	FT	7:18.9
13. Abigail Pemiciaro	FT	7:26.6
14. Gabriela Perez	GT	7:30.0
15. Erica McDaniel	GT	7:35.4
16. Julia Bunting	SC	7:46.8
17. Addy Reading	SC	7:57.4
18. Aubrey Green	SC	8:08.0
19. Eva Coughenour	GT	8:46.2
20. Adrianna Smith	SC	9:01.1

**BOYS 1600M RUN**

<b>HEAT 1</b>	<b>TEAM</b>	<b>TIME</b>
1. Corbin Baldwin	SC	5:56.7
2. Enzo Genco	SC	5:58.4
3. Jack Hilton	BEA	5:58.9
4. Joseph Jordan	FT	6:09.6
5. Bennett Curry	FT	6:22.3
6. Rex Parsons	FT	6:30.0
7. Roman Veet	FT	6:45.7
8. Brayden Preston	SC	6:53.0
9. Miles Perez-Wilk	FT	6:56.0

10.	Jackson Barnes	BEA	6:58.8
11.	Samuel Nehmar	SC	7:10.0
12.	Samwise Lavelle	SC	7:13.8
13.	Jared Ramirez-Lopez	GT	7:24.7
14.	Alex Ezell	GT	7:44.7
15.	Cade Nikodemski	GT	8:23.0

<b>HEAT 2</b>		<b><u>TEAM</u></b>	<b><u>TIME</u></b>
1.	Gabe Laizans	SC	5:26.2
2.	Henry Neufeld	FT	5:42.9
3.	Ethan Parks	BEA	5:43.3
4.	Tommy Bonk	BEA	5:46.7
5.	Braxton Handley	FT	5:49.7
6.	Austin Rowlands	FT	5:53.6
7.	Lukas Wengryn	FT	6:03.7
8.	Tristan Sipes	GT	6:16.5
9.	Gavin Brooks	BEA	6:31.2
10.	Logan Diaz	BEA	6:38.6
11.	Myles McGinnis	GT	7:06.0
12.	Bill Schmidt	SC	7:06.6
13.	Liam Eastwood	SC	7:40.7

### **GIRLS 4 X 100M RELAY**

<b>HEAT 1</b>		<b><u>TEAM</u></b>	<b><u>TIME</u></b>
1	SEAFORD A		56.1
2	BEACON A		57.0
3	SUSSEX CENTRAL A		57.5
4	FRED THOMAS A		58.4
5	GEORGETOWN A		58.8
<b>HEAT 2</b>			
1	SEAFORD B		1:00.3
2	BEACON B		1:00.7
3	BEACON C		1:01.3
4	SUSSEX CENTRAL B		1:03.0

5 FRED THOMAS B 1:07.6

**BOYS 4 X 100M RELAY**

HEAT 1	<u>TEAM</u>	<u>TIME</u>
1	SUSSEX CENTRAL A	48.5
2	SEAFORD A	49.4
3	FRED THOMAS A	49.8
4	GEORGETOWN A	55.7
5	BEACON A	56.1

HEAT 2		
1	SEAFORD B	52.1
2	SUSSEX CENTRAL B	56.0
3	FRED THOMAS B	58.1
4	BEACON B	1:01.2
5	BEACON D	1:02.0
6	BEACON C	1:03.3

**GIRLS 400M DASH**

HEAT 1		<u>TEAM</u>	<u>TIME</u>
1	J. HEWITT	FT	1:10.0
2	N. HARRIS	GT	1:11.4
3	G. SENDER	FT	1:16.0
4	H. EVERITT	GT	1:17.0
5	K. HALL	SC	1:17.3
6	V. BOLDEN	SC	1:23.6

HEAT 2			
1	THOMPSON	SEA	1:15.8
2	WEIGER	FT	1:19.7
3	N. HENRY	GT	1:23.9
4	ADDISON	SC	1:27.0

HEAT 3			
1	F. PITTS	BEA	1:09.2
2	M. KOVACS	BEA	1:11.7
3	M. RODGERS	BEA	1:17.7

4	DOLAN	SEA	1:22.2
5	W. MESIDOR	SEA	1:31.4

### **BOYS 400M DASH**

HEAT 1		<u>TEAM</u>	<u>TIME</u>
1	G. SENDER	FT	58.0
2	C. GILLUM	SC	59.3
3	J. HUGHES	SC	1:02.0
4	J. HEWITT	FT	1:04.6
5	N. CORBETT	SEA	1:05.2
6	J. MANN	GT	1:12.5

HEAT 2			
1	K. TURNAGE	SC	1:00.9
2	L. HOANG	FT	1:06.0
3	N. JEFFERSON	SEA	1:06.8
4	C. BALDWIN	SC	1:07.8
5	C. RASH	FT	1:13.7
6	Z. ISNARD	SEA	1:30.5

HEAT 3			
1	J. REDDIX	BEA	59.3
2	N. PURNELL	BEA	1:04.0
3	A. CANNON	SEA	1:08.4
4	KIME	SEA	1:09.4
5	GLENBACH	SEA	1:16.0

### **GIRLS 800M RUN**

HEAT 1			
1.	Savannah Serman	BEA	3:08.9
2.	Gabriela Perez	GT	3:13.4
3.	Leonie Seufert	FT	3:17.4
4.	Erica McDaniel	GT	3:20.9
5.	Julia Bunting	SC	3:23.1
6.	Na'hera Henry	GT	3:24.6
7.	Abigail Pemiciaro	FT	3:24.9
8.	Adrianna Smith	SC	4:07.3

<b>HEAT 2</b>		<b><u>TEAM</u></b>	<b><u>TIME</u></b>
1.	Megyn Chenosky	BEA	2:50.2
2.	Eva Csaszar	BEA	2:51.1
3.	Trinity Sipes	GT	2:52.3
4.	Dixie Spath	FT	2:54.1
5.	Vida Monroe	BEA	2:55.5
6.	Addison Nilkodemski	GT	2:58.8
7.	Avery Andrew	FT	3:03.9
8.	Yasmi Morales	GT	3:05.7
9.	Amariana Watson	SEA	3:06.9
10.	Amelia DiPaolo	FT	3:07.3
11.	Kalionna Coyle	GT	3:11.5
12.	Everleigh Thompson	BEA	3:12.6
13.	Chelsea Anderson	SEA	3:27.5
14.	Aubrey Green	SC	3:27.6
15.	Eva Coughenour	GT	4:03.9
16.	Paitlynn Banks	SC	4:05.1

**BOYS 800M RUN**

<b>HEAT 1</b>		<b><u>TEAM</u></b>	<b><u>TIME</u></b>
1.	Rex Parsons	FT	2:49.5
2.	Jack Hilton	BEA	2:50.3
3.	Issac Nyandusi	BEA	2:50.7
4.	Bennett Curry	FT	2:53.7
5.	Brayden Preston	SC	3:03.3
6.	Roman Veet	FT	3:07.9
7.	Jared Ramirez-Lopez	GT	3:11.6
8.	Samuel Nehmar	SC	3:13.0
9.	Miles Perez-Wilk	FT	3:15.7
10.	Henry Noel	BEA	3:17.1
11.	Jackson Barnes	BEA	3:17.8
12.	Kaiden Gaulden	BEA	3:19.4
13.	Samwise Lavelle	SC	3:24.9
14.	Alex Ezell	GT	3:30.7

15.	Cade Nikodemski	GT	3:52.2
<b>HEAT 2</b>		<b><u>TEAM</u></b>	<b><u>TIME</u></b>
1.	Gabe Laizans	SC	2:27.5
2.	Elijah Cain	BEA	2:28.4
3.	Tommy Bonk	BEA	2:31.4
4.	Henry Neufeld	FT	2:41.2
5.	Braxton Handley	FT	2:48.0
6.	Gavin Brooks	BEA	2:50.9
7.	Tristan Sipes	GT	2:51.9
8.	Lukas Wengryn	FT	2:57.3
9.	Joseph Jordan	FT	2:57.8
10.	Myles McGinnis	GT	2:58.8
11.	Cole Reglovits	SEA	2:59.3
12.	Dashan Raymond	SEA	3:09.6
13.	Bill Schmidt	SC	3:10.4
14.	Dylan McDaniel	GT	3:14.4
15.	Liam Eastwood	SC	3:33.9

### **GIRLS 200M DASH**

<b>HEAT 1</b>		<b><u>TEAM</u></b>	<b><u>TIME</u></b>
1	A. NICHOLS	GT	28.7
2	A. BERRY-SINGH	FT	29.6
3	A. MEARS	GT	31.3
4	A. BRYSON	FT	31.2
5	J. WEATHERLY	SC	32.3
6	R. SELBY	SC	33.4
<b>HEAT 2</b>			
1	H. GRIFFIN	FT	31.2
2	K. SMITH	GT	32.0
3	A. MURRAY	FT	32.4
4	S. STURGIS	GT	32.5
5	S. BLAKE	SC	33.3
6	K. HALL	SC	33.9

### HEAT 3

1	A. WILSON	BEA	27.1
2	F. PITTS	BEA	29.9
3	T. ANDREWS	BEA	29.9
4	A. FRUCHTMAN	BEA	30.0
5	T. JOHNSON	SEA	34.7

### **BOYS 200M DASH**

#### HEAT 1

		<u>TEAM</u>	<u>TIME</u>
1	K. TURNAGE	SC	25.1
2	D. SPATH	FT	25.5
3	C. GILLUM	SC	25.9
4	C. BELL	FT	27.7
5	J. BROWN	GT	30.2

#### HEAT 2

1	J. REDDIX	BEA	26.1
2.	NA. CORBETT	SEA	27.7
3.	R. JOSEPH	SEA	27.9
4	L. HOANG	FT	28.3
5	Z. BERRY-SINGH	FT	30.4
6	A. SOUSA	SC	32.0

#### HEAT 3

1	S. MESSICK	BEA	27.1
2	NI. CORBETT	SEA	27.6
3.	N. JEFFERSON	SEA	28.2
4.	N. PURNELL	BEA	28.6
5.	K. STEVENSON	BEA	29.1
6.	GENCO	SC	30.9

### **GIRLS 4 x 200M RELAY**

#### HEAT 1

	<u>TEAM</u>	<u>TIME</u>
1	BEACON A	2:01.7
2	GEORGETOWN A	2:09.9
3	FRED THOMAS A	2:11.8

4	SEAFORD	2:14.9
5	SUSSEX CENTRAL A	2:15.2

HEAT 2

	<u>TEAM</u>	<u>TIME</u>
1	BEACON C	2:04.4
2	BEACON B	2:15.8
3	SUSSEX CENTRAL B	2:22.3

**BOYS 4 x 200M RELAY**

HEAT 1	<u>TEAM</u>	<u>TIME</u>
1	SEAFORD	1:48.9
2	BEACON A	1:49.1
3	FRED THOMAS A	1:56.1
4	SUSSEX CENTRAL A	1:59.0
5	GEORGETOWN A	2:11.3
6	BEACON B	2:15.7

HEAT 2

L4	BEACON D	2:10.3
L5	BEACON C	2:12.9