

**Conversion from HH to  
FAT=.24**

*FAT/HH*

	11-Dec	30-Dec	6-Jan	14-Jan	19-Jan	29-Jan	5-Feb	9-Feb	11-Feb	16-Feb	19-Feb	26-Feb
55m Dash												
Montel Williamson	6.47					6.48			6.20		6.41	
Brandon Coleman	6.70					6.58					6.54	
Doug Nesbitt	7.17			7.37		6.90	6.80		7.00		6.9	
Dan Bigstaff	7.01			6.90		7.10						
Matt Kelly									7.50			
Omar White				7.50		7.50						
Aaron Thompson				7.35		7.20			7.10			
Ashley Parker	7.83			7.65		7.50	7.20		7.30		7.68	
Monica Allen	7.64			7.70					7.40			
Mo Mahoney	7.85			7.80		7.80	7.70		7.60		7.78	
Akeisha Yancy	7.97			8.27		8.10					8.2	
Jerissa Brooks	8.41			8.40								
Danielle Wally				8.30								
Lisa Whitehurst				11.60								
60m Dash	11-Dec	30-Dec	6-Jan	14-Jan	19-Jan	29-Jan	5-Feb	9-Feb	11-Feb	16-Feb	19-Feb	26-Feb
Montel Williamson	6.99	7.07										6.921
Brandon Coleman	7.17											7.07
Ashley Parker												8.08
55m HH	11-Dec	30-Dec	6-Jan	14-Jan	19-Jan	29-Jan	5-Feb	9-Feb	11-Feb	16-Feb	19-Feb	26-Feb
Matt Kelly	9.73			9.2		8.7	8.7		9.2			
Pat Fetzko				9.2		8.8			9.1			
60m HH	11-Dec	30-Dec	6-Jan	14-Jan	19-Jan	29-Jan	5-Feb	9-Feb	11-Feb	16-Feb	19-Feb	26-Feb
Lisa Whitehurst									11.8			
200m	11-Dec	30-Dec	6-Jan	14-Jan	19-Jan	29-Jan	5-Feb	9-Feb	11-Feb	16-Feb	19-Feb	26-Feb
Montel Williamson	23.12					21.80	22.80		23.10		22.6	22.24
Brandon Coleman	23.39	23.83				22.40					22.7	22.66
Doug Nesbitt	25.20					24.50	24.90				24.9	
Dan Bigstaff	25.96											
Matt Kelly	27.13					27.10						

Adam Beraznak						26.60	26.50					
Pat Fetzko									25.30			
Wesley Guthrie	32.88					31.90						
Monica Allen	27.98						26.40				27.3	
Ashley Parker	28.94				27.50				27.60			
Mo Mahoney	28.88								28.50			
Akeisha Yancy	29.89				29.80							
Danille Wally						30.50	30.60					
Eden Barber						29.70	29.40					
Lisa Whitehurst								33.90	33.50			
<b>400m</b>	<b>11-Dec</b>	<b>30-Dec</b>	<b>6-Jan</b>	<b>14-Jan</b>	<b>19-Jan</b>	<b>29-Jan</b>	<b>5-Feb</b>	<b>9-Feb</b>	<b>11-Feb</b>	<b>16-Feb</b>	<b>19-Feb</b>	<b>26-Feb</b>
Adam Bereznak	57.34		58.9			58.7	56.9	58.4	58			
Anthony Mazzaresse			53.3									
Montel Williamson							51.6					
Aaron Thompson								57.3	57.8			
Doug Nesbitt								56.7	56.3			
Monica Allen			61.4			61.45		60.7	60.3		61.3	61.59
Mo Mahoney			69.7					66.3				
Ashley Parker			67.1					63.8				
Eden Barber						71.9		70.9	74.2			
Danielle Wally						71.9		71.6	73.9			
Akeisha Yancy									67.6			
<b>800m</b>	<b>11-Dec</b>	<b>30-Dec</b>	<b>6-Jan</b>	<b>14-Jan</b>	<b>19-Jan</b>	<b>29-Jan</b>	<b>5-Feb</b>	<b>9-Feb</b>	<b>11-Feb</b>	<b>16-Feb</b>	<b>19-Feb</b>	<b>26-Feb</b>
Anthony Mazzaresse	2:08.8			02:10.4	02:07.2	02:04.6					02:04.3	
Keith Kitchen							2:21	02:18.2				
Montel Williamson								02:09.2				
Jeremy Vargo										02:24.5		
Bobby Spicuzza										02:35.6		
Minday Argyle				02:46.5						02:45.6		
Stacy Farkosh				03:07.1			02:57.3	02:57.6	3:01			
Rachel Potosnak				02:46.2	02:43.7		03:01.3	03:03.4	03:02.3			
Courney Weirtz					03:06.8			03:09.4	03:13.9			
<b>1600m</b>	<b>11-Dec</b>	<b>30-Dec</b>	<b>6-Jan</b>	<b>14-Jan</b>	<b>19-Jan</b>	<b>29-Jan</b>	<b>5-Feb</b>	<b>9-Feb</b>	<b>11-Feb</b>	<b>16-Feb</b>	<b>19-Feb</b>	<b>26-Feb</b>
Jeremy Vargo				5:08		05:04.9	04:49.3					

Anthony Mazzaresse							04:54.1					
Bobby Spicuzza				5:36								
Keith Kitchen							05:18.7					
Adam Bereznak					05:43.5							
Mindy Argyle					06:03.2	06:09.8	06:03.2	06:02.5				
Courney Wiertz						07:13.1						
3000m	11-Dec	30-Dec	6-Jan	14-Jan	19-Jan	29-Jan	5-Feb	9-Feb	11-Feb	16-Feb	19-Feb	26-Feb
Jeremy Vargo			10:41		10:24	10:13.5	10:13.1	10:01.5	09:59.8		9:58	
Keith Kitchen			11:33									
Bobby Spicuzza			11:43			11:02.3		10:54.4	10:56.5			
Mindy Argyle			12:43.7			12:22	12:18.8		12:20.1		12:25	
Stacy Farkosh			13:30.1									
Shot Put	11-Dec	6-Jan	14-Jan	19-Jan	29-Jan	2-Feb	5-Feb	9-Feb	11-Feb	16-Feb	19-Feb	26-Feb
Kristin Lerro	32' 9"	33'	33' 7"	33'	34' 8"	35' 1"	34' 9"			35' 2"	35' 5"	
Cassandra Furnival	25' 10"	26' 1/2"		25' 11"		27' 5 1/2"	26' 10"	27' 10"	28' 11"	29' 9"	30' 3 1/2"	
Alex Lippai		38' 7"	39' 7"	42' 10"	44'	48' 7 1/4"	44' 2 1/2"	46' 5"	44' 2"	46' 3"	49' 10 1/2"	42' 1/2"
Long Jump	11-Dec	30-Dec	6-Jan	14-Jan	19-Jan	29-Jan	5-Feb	9-Feb	11-Feb	16-Feb	19-Feb	26-Feb
Dana Weber							11' 11 1/2"	11' 3"				
Brianna Dinofrio			12' 6"	13' 4"		13' 3 3/4"	13' 1"					
Ashley Parker				15' 7"							16' 1/2"	
Liz Douglas						12' 7"		13' 5"				
Nate Ferraro			17'	16' 6"		17'						
Wesley Guthrie			13' 5"	13' 6 1/2"	14' 2 1/2"		11' 7"					
Aaron Thompson				17' 3"		18' 1/2"	18' 5"					
Pat Fetzko				16' 8"		16' 2"						
Justin Moore						19' 1"					19' 8 3/4"	
Triple Jump	11-Dec	30-Dec	6-Jan	14-Jan	19-Jan	29-Jan	5-Feb	9-Feb	11-Feb	16-Feb	19-Feb	26-Feb
Justin Moore						43' 3"	41' 4 1/2"		40' 10"		44' 2 1/4"	43' 2"
Dana Weber									27' 7"			

High Jump	11-Dec	30-Dec	6-Jan	14-Jan	19-Jan	29-Jan	5-Feb	9-Feb	11-Feb	16-Feb	19-Feb	26-Feb
Dana Weber			NH									
Brianna Dinofrio			4'									
Rachel Potosnak				4' 8"			4' 11"				5' 0"	
Aaron Thompson				5' 2"								
Nate Ferraro			NH	5' 2"	5' 2"	NH		5' 5"	NH		5' 2"	
Wesley Guthrie			NH	NH								
Pole Vault	11-Dec	30-Dec	6-Jan	14-Jan	19-Jan	29-Jan	5-Feb	9-Feb	11-Feb	16-Feb	19-Feb	26-Feb

4x200m Boys	Time	Date
Coleman, Moore	01:36.9	1/6/2005
Nesbitt, Williamson		
Bigstaff, White	01:42.9	1/29/2005
Fetzko, Thompson		
Fetzko, Thompson	01:43.5	1/19/2005
Bigstaff, White		
Nesbitt, Thopson	01:43.7	1/14/2005
Bigstaff, Kerr		
Bigstaff, Kerr	01:46.3	1/6/2005
Thompson, Knight		
Fetzko, Kelly	01:47.4	1/14/2005
Ferraro, White		
4x200m Girls	Time	Date
Parker, Mahoney	01:48.8	2/26/2005
Yancy, Allen		
Parker, Mahoney	01:50.0	2/19/2005
Yancy, Allen		
Parker, Mahoney	01:50.4	2/5/2005

Yancy, Allen		
Parker, Mahoney	01:52.6	1/29/2005
Yancy, Allen		
Parker, Mahoney	01:54.5	1/14/2005
Yancy, Allen		
Barber, Whitehurst	02:05.7	1/19/2005
Copeland, Wally		
Whitehurst, Wally	02:06.4	1/14/2005
Barber, Brooks		
4x400m Boys	Time	Date
Coleman (51.4), Mazzaresse (53.1)	03:28.4	2/26/2005
Nesbitt (55), Williamson (49.9)		
Coleman (51.8), Mazzaresse (54.4)	03:31.2	2/19/2005
Nesbitt (53.6), Williamson (51.7)		
Coleman, Nesbitt	03:34.8	1/30/2005
Mazzaresse, Williamson		
Coleman (52.8), Moore (59.8)	03:39.8	1/6/2005
Mazzaresse (55.4), Williamson (52.8)		
Coleman (55), Mazzaresse (55.5)	03:40.6	12/11/2004
Bereznak (59), Williamson (51.8)		
Mazzaresse (55.8), Nesbitt (57)	03:48.8	2/5/2004
Thompson (57.8), Bereznak (58.2)		
Nesbitt (57.2), Kelly (62.3)	04:06.7	12/11/2004
Andre (63), Bigstaff (64.3)		
4x400m Girls	Time	Date
Parker (65.4), Mahoney (66.2)	04:29.8	2/19/05
Yancy (69.4), Allen (69)		
Parker (66.5), Mahoney (68.7)	04:33.1	1/6/2005
Potosnak (73.5), Allen (64.4)		
Parker (67.5), Mahoney (70.2)	04:36.2	2/5/2005
Potosnak (69.1), Allen (69.5)		
Parker (68), Mahoney (72)	04:46.2	12/11/2004
Yancy (76), Allen (69.7)		
Barber (71.2), Farkosh (75)	04:49.8	2/5/2005

Wally (72), Yancy (71.6)

4x800m Boys	Time	Date
Mazzarese (2:10), Williamson (2:08) Coleman (2:11), Kerr (2:16)	8:51	1/15/2005

4x800m Girls	Time	Date
Potosnak (2:43), Argyle (2:47) Farkosh (3:05), Barber (3:11)	11:51.1	1/15/2005
Potosnak (2:47), Argyle (2:53) Farkosh (3:16.9), Wiertz (3:21)	12:16.6	1/6/2005