

Freshman Invitational Metro Meet
Essex HS, Essex, VT
Meet Records

1	Girls 4x800 Meter Relay	10:54.09	5/19/2006	Essex High School - Essex VT I Conchieri, N Leclair, K Guziak, A Guthrie
2	Boys 4x800 Meter Relay	8:58.96	5/20/2005	Essex High School - Essex HS
3	Girls 100 Meter Hurdles	16.93	5/18/2007	Katie Polakowski - Essex VT
4	Boys 110 Meter Hurdles	16.92	5/21/2004	Jeffrey Impey - St. Johnsbury Academy
5	Girls 100 Meter Dash	13.35	5/19/2006	Sonja Paquette - BFA St.Albans VT
6	Boys 100 Meter Dash	12.05	5/19/2006	Kevin Warner - Colchester VT
7	Girls 1500 Meter Run	5:08.72	5/20/2005	Caitlin Pecor - South Burlington HS
8	Boys 1500 Meter Run	4:18.12	5/21/2004	John Brueckner - Missisquoi UHS
9	Girls 4x100 Meter Relay	53.14	5/20/2005	Essex High School - Essex HS L Keppler, S Hennessey, B Hennessey
10	Boys 4x100 Meter Relay	48.01	5/21/2004	Burlington High School - Burlington HS B Green, A Plumbley, I Trombley, T Conley
11	Girls 400 Meter Dash	1:01.98	5/18/2007	Sarah Sherman - Essex VT
12	Boys 400 Meter Dash	54.05	5/21/2004	Jeremy Peterson - Middlebury HS
13	Girls 300 Meter Hurdles	48.20	5/18/2007	Katie Polakowski - Essex VT
14	Boys 300 Meter Hurdles	44.46	5/20/2005	Brad Williams - Essex HS
15	Girls 800 Meter Run	2:25.70	5/21/2004	Kendall Frost - Champlain Valley UHS
16	Boys 800 Meter Run	2:08.52	5/21/2004	Nick Balfour - Middlebury HS
17	Girls 200 Meter Dash	27.69	5/19/2006	Sonja Paquette - BFA St.Albans VT
18	Boys 200 Meter Dash	24.61	5/20/2005	Shaun Hooker - St. Johnsbury Academy
19	Girls 3000 Meter Run	11:37.15	5/20/2005	Sarah Flint - Missisquoi UHS
20	Boys 3000 Meter Run	9:26.31	5/21/2004	Nick Balfour - Middlebury HS
21	Girls 4x400 Meter Relay	4:21.18	5/21/2004	CVU HS - Champalin Valley UHS K Frost, R Zilnicki, S McEwen, A Marcy
22	Boys 4x400 Meter Relay	3:39.91	5/21/2004	Bellows Free Academy - BFA St. Albans J Mossman, D Gamache, J Turner, S Bourbeau
23	Girls Shot Put	29-09.00	5/20/2005	Ruby Western - Burlington VT
24	Boys Shot Put	41-03.75	5/21/2004	Alex Lamont - St. Johnsbury Academy
25	Girls Long Jump	16-03.00	5/20/2005	Bridget Hennessey - Essex HS
26	Boys Long Jump	20-07.00	5/21/2004	Jamie Kida - Essex HS
27	Girls Pole Vault	7-00.00	5/21/2004	Nicole Dvorak - Essex HS
28	Boys Pole Vault	10-06.00	5/21/2004	Jamie Kida - Essex HS
29	Girls Triple Jump	33-00.50	5/18/2007	Sarah Sherman - Essex VT
30	Boys Triple Jump	40-08.25	5/21/2004	Tyrone Conley - Burlington HS
31	Girls Javelin Throw	90-05	5/21/2004	Opal Hoyt - St. Johnsbury Academy
32	Boys Javelin Throw	126-06	5/19/2006	Chris Root - Essex VT
33	Girls High Jump	5-04.00	5/18/2007	Sarah Sherman - Essex VT
34	Boys High Jump	6-01.25	5/21/2004	Tyrone Conley - Burlington HS
35	Girls Discus Throw	108-08	5/20/2005	Ruby Western - Burlington HS
36	Boys Discus Throw	109-06	5/21/2004	Dwight Stannard - Burlington HS