

**Freshman Invitational Metro Meet - 5/17/2013 to 5/18/2013**  
**Mount Mansfield UHS, Jericho, VT**

**Fresh Meet - Records**

1	Women Decathlon	4092	5/23/2008	Mary Krug - Essex VT
2	Girls 4x800 Meter Relay	10:26.75	5/17/2013	St. Johnsbury Academy - VT - St. Johnsbury VT P Christopher, C Daniels, B Hammer, J Poulin
3	Boys 4x800 Meter Relay	8:58.96	5/20/2005	Essex High School - Essex HS
4	Girls 100 Meter Hurdles	16.93	5/18/2007	Katie Polakowski - Essex VT
5	Boys 110 Meter Hurdles	16.13	5/18/2012	Alec Eschholz - Mt.Mansfield UHS
6	Girls 100 Meter Dash	12.62	5/18/2012	Kayla Gilding - S. Burlington VT
7	Boys 100 Meter Dash	11.90	5/18/2012	Ahmed Noor - Burlington VT
8	Girls 1500 Meter Run	5:08.72	5/20/2005	Caitlin Pecor - South Burlington HS
9	Boys 1500 Meter Run	4:18.12	5/21/2004	John Brueckner - Missisquoi UHS
10	Girls 4x100 Meter Relay	52.93	5/22/2009	Essex High School - VT - Essex VT C Asanya, K Dvorak, R Gallo, K Bean
11	Boys 4x100 Meter Relay	48.01	5/21/2004	Burlington High School - Burlington HS B Green, A Plumbley, I Trombley, T Conley
12	Girls 400 Meter Dash	58.45	5/18/2012	Kayla Gilding - S. Burlington VT
13	Boys 400 Meter Dash	53.98	5/21/2010	Thomas Keller - Champlain Val VT
14	Girls 300 Meter Hurdles	48.20	5/18/2007	Katie Polakowski - Essex VT
15	Boys 300 Meter Hurdles	42.74	5/18/2012	Alec Eschholz - Mt.Mansfield VT
16	Girls 800 Meter Run	2:25.70	5/21/2004	Kendall Frost - Champlain Valley UHS
17	Boys 800 Meter Run	2:05.47	5/18/2012	Sean McDonald - S. Burlington VT
18	Girls 200 Meter Dash	26.70	5/18/2012	Kayla Gilding - S. Burlington VT
19	Boys 200 Meter Dash	24.32	5/23/2008	Devon Grammo - Colchester VT
20	Girls 3000 Meter Run	11:02.60	5/21/2010	Markie Palermo - Essex VT
21	Boys 3000 Meter Run	9:26.31	5/21/2004	Nick Balfour - Middlebury HS
22	Girls 4x400 Meter Relay	4:21.18	5/21/2004	CVU HS - Champalin Valley UHS K Frost, R Zilnicki, S McEwen, A Marcy
23	Boys 4x400 Meter Relay	3:39.91	5/21/2004	Bellows Free Academy - BFA St. Albans J Mossman, D Gamache, J Turner, S Bourbeau
62	Girls High Jump	5-04.00	5/18/2007	Sarah Sherman - Essex VT
63	Girls Long Jump	17-01.25	5/18/2012	Kayla Gilding - S. Burlington VT
64	Girls Triple Jump	35-01.00	5/22/2009	Mollie Gribbin - Ind
65	Girls Pole Vault	8-00.00	5/23/2008	Maya Grevatt - Champlain Val VT
66	Girls Shot Put	30-07.00	5/21/2010	Johannah Driscoll - St. Johnsbury VT
67	Girls Discus Throw	108-08	5/20/2005	Ruby Western - Burlington HS
68	Girls Javelin Throw	119-11	5/22/2009	Rachel Zajchowski - Mt.Mansfield VT
82	Boys High Jump	6-01.25	5/21/2004	Tyrone Conley - Burlington HS
83	Boys Long Jump	20-07.00	5/21/2004	Jamie Kida - Essex HS
84	Boys Triple Jump	40-08.25	5/21/2004	Tyrone Conley - Burlington HS
85	Boys Pole Vault	11-00.00	5/17/2013	Forrest Hamilton - Champlain Val VT
86	Boys Shot Put	41-03.75	5/21/2004	Alex Lamont - St. Johnsbury Academy
87	Boys Discus Throw	114-06	5/18/2012	Taylor Garner - Mt.Mansfield VT
88	Boys Javelin Throw	144-08	5/22/2009	Seth Allen - Burlington VT
90	Women 29 & Under Shot Put	7.10m	5/19/2012	Melissa Fontaine - Ind
90	Men 29 & Under Shot Put	41-00.00	5/22/2010	Emil Pornelos - Ind
90	Men 30-34 Shot Put	31-00.00	5/24/2008	Jeremy Hammond - Essex VT
90	Men 35-39 Shot Put	34-06.50	5/23/2009	Lonnie Wade - Ind
90	Men 40-44 Shot Put	10.05m	5/19/2012	Lonnie Wade - Ind
90	Men 45-49 Shot Put	35-06.50	5/23/2009	Dave Gomez - Ind
90	Men 50-54 Shot Put	44-10.75	5/22/2010	Karl Swanke - Ind
91	Women 29 & Under Discus Throw	20.67m	5/19/2012	Melissa Fontaine - Ind
91	Men 29 & Under Discus Throw	125-10	5/22/2010	Emil Pornelos - Ind
91	Men 30-34 Discus Throw	90-01.50	5/22/2010	Jeremy Hammond - Ind
91	Men 35-39 Discus Throw	121-07	5/23/2009	Lonnie Wade - Ind
91	Men 40-44 Discus Throw	34.05m	5/19/2012	Lonnie Wade - Ind
91	Men 45-49 Discus Throw	102-09	5/23/2009	Dave Gomez - Ind
91	Men 50-54 Discus Throw	83-07.50	5/24/2008	Chris Polakowski - Essex VT