

Smyrna Track and Field
Meet Check-In/Results

EVENT **4x800 GIRLS**

	ATHLETE	SCHOOL	HEAT	Place	TIME
1	Dover A			1	11.05.1
2	Cape A			2	11.18.5
3	~~Smyrna A~~				
4					
5	Dover B			4	13.05.3
6	Cape B			3	12.22.5
7					
8					
9					
10					
11	Cape C			5	13.09.6
12					
12					
14					
15					
16					
17					
18					
19					
20					

Results:

Smyrna v. **CAPE**

Smyrna v. **DOVER**

CAPE v. **DOVER**

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1	D	DOVER A		1				1			
2				2				2			
3				3				3			

Smyrna Track and Field
Meet Check-In/Results
EVENT 100 Hurdles girls

	ATHLETE	SCHOOL	HEAT	Place	TIME
1	Reddick	Dov		3	18.59
2	Ramos	Dov		4	19.19
3	Ahejah	Cape		2	18.28
4	Norah			5	19.21
5	~~Camila~~				
6	~~Maddy~~				
7	~~Norahs~~ Furpin	Smy			
8	~~Norahs~~ Abraham	Smy		1	17.41
9					
10					
11					
12					
12					
14					
15					
16					
17					
18					
19					
20					

Results:

Smyrna v. Cape

Smyrna v. clover

Cape v. clover

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1	S	Abraham	17.5	1	S	Abraham	17.5	1	C	Ahejah	18.3
2	C	Ahejah	18.3	2	D	Reddick	18.6	2	D	Reddick	18.6
3	C	Norah	19.3	3	D	Ramos	19.2	3	D	Ramos	19.2

Smyrna Track and Field
Meet Check-In/Results

EVENT 100 ~~girls~~ girls

	ATHLETE	SCHOOL	HEAT	Place	TIME
1	Pointer	DOV		2	13.02
2	Eaton				14.09
3	Griffin				14.31
4	Oliver				14.12
5	Rodriguez				14.35
6	Vand				
7	Keke	Cape		1	12.58
8	Ashley				13.47
9	Kaylyn				14.35
10	Brooklyn				14.75
11	Lauren				13.85
12	Sidney				15.44
12	Jada				14.41
14	~~Brooks~~	Smy			
15	Brooks Mcfadden				14.75
16	Thomas Turpin				
17	Wessah				13.69
18	~~Marfo~~			1	13.84
19	Joseph Rori Abrahams				13.59
20	~~Abrahams~~				

① ②

① ①
② ③

③

③ ②

Smyrna v. Cape

Results: Smyrna v. clover

cape v. clover

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1	C	Keke	12.3	1	D	Pointer	13.1	1	C	Keke	12.3
2	C	Ashley	13.5	2	S	Abrahams	13.6	2	D	Pointer	13.1
3	S	Abrahams	13.6	3	S	Wessah	13.7	3	C	Ashley	13.5

Smyrna Track and Field
Meet Check-In/Results
EVENT 4x200 girls

	ATHLETE	SCHOOL	HEAT	Place	TIME
1	Dover A			1	1.55.63
2	Cape A			2	1.56.75
3					
4					
5					
6	Dover B			11	2.07.22
7	Cape B			3	2.02.25
8					
9					
10					
11					
12					
12					
14					
15					
16					
17					
18					
19					
20					

Results: Smyrna v. cape Smyrna v. dover cape v. dover

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1				1				1			
2				2				2			
3				3				3			

Smyrna Track and Field
Meet Check-In/Results
EVENT **4x100 girls**

	ATHLETE	SCHOOL	HEAT	Place	TIME
1	Dover A		2		55.50
2	Cape A		1		54.18
3					
4					
5	Cape B		3		56.25
6					
7					
8	~~Smyrna A~~				
9					
10					
11					
12					
12					
14					
15					
16					
17					
18					
19					
20					

Smyrna v. **cape**

Results:
Smyrna v. **dover**

cape v. **dover**

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1				1				1			
2				2				2			
3				3				3			

Smyrna Track and Field
Meet Check-In/Results
EVENT 1600 girls

	ATHLETE	SCHOOL	HEAT	Place	TIME
1	Logan	Cape		3	6:22.44 ✓
2	Addie Bren	↓		5	7:00.53
3	Dot	↓		6	7:07.67
4	Emma T	↓		4	6:25.10 ✓
5	Hill	Smy		2	6:18.83 ✓
6	Dill	D		1	6:14.01 ✓
7	Anna Cote	D		7	7:09.60
8	Paler	D		8	7:13.26
9	Lucy	Cape		9	7:18.13
10	Chloed	Cape		10	7:53.10
11					
12					
12					
14					
15					
16					
17					
18					
19					
20					

Smyrna v. cape

Results:

Smyrna v. dover

cape v. dover

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1	S	Hill	6:18.9	1	D	Dill	6:14.1	1	D	Dill	6:14
2	C	Logan	6:22.5	2	S	Hill	6:18.9	2	C	Logan	6:22.5
3	C	Emma	6:25.1	3	D	Cob	7:09.7	3	C	Emma	6:25.1

Smyrna Track and Field
Meet Check-In/Results
EVENT **400 girls**

	ATHLETE	SCHOOL	HEAT	Place	TIME	
1	Milstead Ma	Dover	1	2	1:02.84	2✓
2	Pointer K		1	1	1:02.47	1✓
3	Delarosa		2	4	1:17.44	
4	Louis					
5	Oliver		2	5	1:20.25	
6	Isabel	Cape				
7	Mia B		1	4	1:05.60	4✓
8	Leah		1	5	1:07.28	5✓
9	Keira		2	1	1:09.93	6
10	Paulton					
11	Brianna		2	3	1:17.44	
12	Vallejo	Smy	2	2	1:13.07	
12	Steele		1	3	1:03.15	3✓
14	Byrd					
15	Johnson		1	6	1:10.75	7
16						
17						
18						
19						
20						

Results:
Smyrna v. **cape** Smyrna v. **dover** cape v. **dover**

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1	S	Steele	1:03.2	1	D	Pointer	1:02.5	1	D	Pointer	1:02.5
2	C	Mia B	1:05.6	2	D	Milstead	1:02.9	2	D	Milstead	1:02.9
3	C	Leah	1:07.3	3	S	Steele	1:03.2	3	C	Mia	1:05.6

Smyrna Track and Field
Meet Check-In/Results
EVENT 300 H girls

	ATHLETE	SCHOOL	HEAT	Place	TIME
1	Reddick	Dov	1	3	55.91
2	Ramos	↓	1	1	51.73
3	Maddy	Cape			
4	Maxi	↓			
5	Norah	↓	1	4	57.56
6	Anejah	↓	1	2	53.84
7	Turpin	Smy			
8	Abraham	Smy			
9					
10					
11					
12					
12					
14					
15					
16					
17					
18					
19					
20					

3✓
1✓
4-
2✓

Smyrna v. cape

Results:
Smyrna v. dover

cape v. dover

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1	C	Anejah	53.9	1	D	Ramos	51.8	1	D	Ramos	51.8
2	C	Norah	57.6	2	D	Reddick	56.0	2	C	Anejah	53.9
3				3				3	D	Reddick	56.0

Smyrna Track and Field
Meet Check-In/Results
EVENT **200 girls**

	ATHLETE	SCHOOL	HEAT	Place	TIME
1	Pointer	Dov	1	2	26.90
2	Griffin		1	3	29.35
3	Parker				
4	Rodrigue				
5	Oliver		2	6	34.31
6	Louis				
7	Epps				
8	Keke	Cape	1	1	26.62
9	Atta		2	1	29.41
10	Ashley				
11	Grace		2	2	30.20
12	Lauren		1	4	30.50
12	Brooklyn		3	3	32.69
14	Sidney		2	5	31.69
15	Pantora		3	2	30.66
16	Jada		3	4	34.81
17	Paole	Smy			
18	Nix				
19	Summers		1	6	31.38
20	Vallejo		1	5	31.29

2 ✓
3 ✓
Serena
Dover
(4) 31.75

1 ✓
4 ✓
6

Smyrna v. **cape**

Results:
Smyrna v. **dover**

cape v. **dover**

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1	C	Keke	26.7	1	D	Pointer	27.0	1	C	Keke	26.7
2	C	Atta	29.5	2	D	Griffin	29.4	2	D	Pointer	27.0
3	C	Clues	30.0	3	D	Bowden	30.4	3	D	Griffin	29.4

Cotton
Bowden
Clues

Smy
Dover
Capes

2 (3) 30.34
3 (1) 29.95 (5)

Smyrna Track and Field
Meet Check-In/Results

EVENT **800 GIRLS**

	ATHLETE	SCHOOL	HEAT	Place	TIME
1	Dill	Dov		3	2:41.99 ✓
2	Milstead Mi			2	2:32.79 ✓
3	Cote			14	3:19.30
4	Steiner			11	3:12.58
5	Dolphin			9	3:07.80
6	Harper	Cape		4	2:45.95 ✓
7	Lillian			8	3:06.30
8	Logan			6	2:52.11
9	Janie			7	3:00.67
10	Dot			13	3:16.17
11	Maile			5	2:46.77 ✓
12	Bridgett			12	3:14.87
12	Rylia			17	3:35.36
14	Addison Wood			1	2:24.70 ✓
15	Cotton	Smy		15	3:22.33 ✓
16	Stroud			16	3:26.58
17	Johnson				
18	Leah Shehan	Cape		10	3:07.82
19					
20					

Smyrna v. **cape** Results: Smyrna v. **dover** **cape v. dover**

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1	C	Addison W	2:24.7	1	D	Milstead	2:32.8	1	C	Addison W	2:24.7
2	C	Harper	2:46.8	2	D	Dill	2:42.0	2	D	Milstead	2:32.8
3	C	Maile	2:46.8	3	D	Dolphin	3:07.8	3	D	Dill	2:42.0

- 1- Cotton S 2:24.7
2- Milstead D 2:32.8
3 Dill D 2:42.0

C Harper 2:46.0

Smyrna Track and Field
Meet Check-In/Results

Austin

EVENT 3200 girls

	ATHLETE	SCHOOL	HEAT	Place	TIME
1	Peeler	Dover		6 th	17:26.21
2	Zoe	Cape		1 st	13:12.86 X
3	Hailey			2 nd (10)	13:19.36 X
4	Aly M			4 th (12)	13:49.83
5	Hill	Smy		3 rd (11)	13:29.95 X
6	Dill	Dover		5 th (13)	14:32.74
7					
8					
9					
10					
11					
12					
12					
14					
15					
16					
17					
18					
19					
20					

Smyrna v. cape Results: Smyrna v. dover cape v. dover

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1	C	Zoe	13:12.9	1	S	Hill	13:30.0	1	C	Zoe	13:12.9
2	C	Hailey	13:19.4	2	D	Dill	14:32.0	2	C	Hailey	13:19.4
3	S	Hill	13:29.9	3	D	Peeler		3	C	Aly	13:49.9

13:30.0

17:26.3

Smyrna Track and Field
Meet Check-In/Results
EVENT **4x400 girls**

	ATHLETE	SCHOOL	HEAT	Place	TIME
1	Dover A			1	4.29.07
2	Cape A			2	4.43.14
3	~~Smyrna A~~				
4					
5					
6					
7					
8					
9	Dover B			4	5.05.19
10	Cape B			3	4.54.69
11	~~Smyrna B~~				
12					
12					
14	Cape C			5	5.01.06
15					
16					
17	Cape D		2		5.21.00
18					
19					
20	Cape E		2		5.46.19

Results: **Smyrna v. cape** **Smyrna v. dover** **cape v. dover**

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1				1				1			
2				2				2			
3				3				3			

SMYRNA TRACK AND FIELD
HIGH JUMP/POLE VAULT

DATE: 4/9/24 OPPONENT: cape/dover EVENT: Pole Vault

MALE [] FEMALE [☒] Official: _____

Name	HGT	5'6"	6'0"	6'6"	7'0"	7'6"	8'0"	9'0"	10'
1. Fletcher	Sch	0	0	0	-	-	-	-	-
2. Bowman	Cape	-	-	-	-	-	-	-	-
3. Dagley	Smy	0	-	0	0	-	-	-	-
4. Rams	Dwl	-	0	0	-	-	-	-	-
5.									
6.									
7.									
8.									
9.									
10.									
11.									
12.									
13.									
14.									
15.									

Smyrna v. cape			Smyrna v. dover			cape v. dover		
Sch	Name	Perf	Sch	Name	Perf	Sch	Name	Perf
1	C Bowman	8-6	1	S Dagley	7-0	1	C Bowman	8-6
2	S Dagley	7-0	2	D Rams	6-6	2	C Fletcher	6-6
3	C Fletcher	6-6	3			3	D Rams	6-6

SMYRNA TRACK AND FIELD HIGH JUMP/POLE VAULT

DATE: 4/9/24

EVENT: High

OPPONENT: cape/dover

MALE []

FEMALE [✓]

Official:

Name	HGT	3'8	3'10	4'0	4'2	4'4	4'6	4'8	4-10	5-12
1. BRIANNA HOLSTON CAP	3'8	0	X 0	X X X	✓	✓	✓	✓	✓	✓
2. HANNAH JOHNSON SMY	4'4									
3. MALYA MILSTEAD DOV	3'8	0	0		X 0	X 0	X X 0	X X 0	X X	✓
4. KAYLA CLEWS CAP	4'0			0	0	0	X 0	X X 0	X X	✓
5. HURPER MAMBLE CAP	4'6			0	X 0	X X X	✓	✓	✓	01 XXX
6. MAKENZIE EVANS DOV	4'0									
7.										
8.										
9.										
10.										
11.										
12.										
13.										
14.										
15.										

Smyrna v. cape			Smyrna v. dover			cape v. dover		
Sch	Name	Perf	Sch	Name	Perf	Sch	Name	Perf
1	CH H. Mamale	5-1	D	M. Milstead	4-8	1	CH H. Mamale	5-1
2	Smy H. Johnson	4-6	Smy H. Johnson	H-6	4-6	2	M. Milstead	4-8
3	CH K Clews	4-6	✓	✓	✓	3	CH K Clews	4-6

SMYRNA TRACK AND FIELD
SHOT/DISC/LONG/TRIPLE

Event: SHOT

Female ☒

Male ☐

Date: 4/9/24

	School	Athlete	1 st	2 nd	3 rd	BEST	
1	Cape	J. Warrington	27.10 1/2	27.10 1/2	22.4 1/2	27.10 1/2	2 ✓
2	Dover	K. Bowden	21.11 1/2	20.2 1/2	21.2	21.11 1/2	
3	Smyrna	S. Morales	19.7 3/4	19.3 1/2	20.6 1/2	20.6 1/2	
4	Cape	J. White	20.5 1/2	21.8	22.5	22.5	
5	Dover	J. Steiner	16.11	17.3 1/2	F	17.3 1/2	
6	Smyrna	A. Driver	22.4 1/2	22.11	25	25	✓
7	Cape	E. Booth	25.5	25.1 1/2	25.2 1/2	25.5	4 ✓
8	Dover	T. Hill	20.7 1/2	23.8	21.5	23.8	6
9	Smyrna	A. Valentine	29.10 1/2	30.1 1/2	34.1	34.1	1 ✓
10	Cape	A. Rineer	24.2	24.5	24.1	24.5	5 —
11	Dover	Z. Malloy	24.7 1/2	25.5 1/2	24	25.5 1/2	3 ✓
12	Smyrna	J. Price	19.11	17.9	20.3	20.3	
13	Cape	M. Morgan	18.7 1/2	22.3 1/2	19.7	22.3 1/2	
14	Smyrna	A. Smith	19.7 1/2	17.8	19.1	19.7 1/2	
15	Smyrna	I. Coates	19.3	21.6	22.6 1/2	22.6 1/2	7
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							

RESULTS

Smyrna v

Smyrna v.

v.

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1	S	A. Valentine	34.1	1	S	A. Valentine	34.1	1	C	Warrington	27-10 1/2
2	C	J. Warrington	27.10 1/2	2	D	Z. Malloy	25.5 1/2	2	D	Malloy	25-5 1/2
3	C	E. Booth	25.5	3	D	Hill	23-8	3	C	Booth	25-5

SMYRNA TRACK AND FIELD
SHOT/DISC/LONG/TRIPLE

Event:

disc

Female ☒

Male ☐

Date:

4/9/24

	School	Athlete	1 st	2 nd	3 rd	BEST
1	Cape	E. Booth	F	F	F	/
2	Dover	Z. Mallon	50.3	54.9	50.10	50.10
3	Smyrna	I. Coats	61	52.2	57.7	61
4	Cape	A. Rieener	68.11	73.3	67	73.3
5	Dover	K. Bowden	56.2	43.8	43.10	50.2
6	Smyrna	A. Smith	31.7 1/2	27.10	26.10	31.7 1/2
7	Cape	A. Currence	40.5	46.2	42.4	42.4
8	Dover	T. Hill	45.10	40	42.9	45.10
9	Smyrna	S. Morelas	52.6	35.5	44.7	52.6
10	Cape	M. Morgan	48.4	47.11	F	48.4
11	Dover	A. Driver	60.1	58.7	60.7	60.7
12	Smyrna	J. Price	42.7 1/2	41.10	39.2	42.7 1/2
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						

4 ✓
2 ✓
1 ✓
5 ✓
/
3 ✓

RESULTS

Smyrna v

cape

Smyrna v.

dover

cape v. dover

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1	C	Rieener	73-3	1	S	Coats	61-0	1	C	Rieener	73-2
2	S	Coats	61-0	2	S	Morales	52-6	2	D	Driver	60-7
3	C	Morgan	48-4	3	D	Bowden	50-2	3	D	Bowden	50-2

SMYRNA TRACK AND FIELD
SHOT/DISC/LONG/TRIPLE

Event: Triple

Female [☒] Male [☐]

Date: 4/9/24

32

	School	Athlete	1 st	2 nd	3 rd	BEST
1						
2	Dover	Jaheim Cole 36				
3	ChS	Marley Fyock 28	—	30.1	—	30-1
4	SHS	Alli Stroud 24	26.8			26-8
5						
6						
7	WHS	William Kinnaman 28				
8						
9						
10	Dover	Kanya Reddick 24	28.4	29.4	29.8	29-9
11	ChS	Isabel Mastrangelo 24	—	—	30.4	30-4
12	DHS	Elaina Ramos	28.9	29.2	30.2	30-2
13						
14						
15	SHS	Earl Maxam 6				
16						
17	Cape	unegan grace 28	28.8	30.5	30.10	30-0
18						
19						
20						
21						
22						
23						
24						
25						

4 ✓

✓
2✓
3✓

1ST ✓

RESULTS

Smyrna v Cape

Smyrna v. dover

cape v. dover

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1	C	Grace	30-10	1	D	Ramos	30-2	1	C	Grace	30-10
2	C	Mastrange	30-4	2	D	Reddick	29-9	2	C	Mastrange	30-4
3	C	Fyock	30-1	3	S	Stroud	26-8	3	D	Ramos	30-2

**SMYRNA TRACK AND FIELD
SHOT/DISC/LONG/TRIPLE**

Event: Long

Female ☒ Male ☐

Date: 4/9/24

	School	Athlete		1 st	2 nd	3 rd	BEST
1	dhs	Chalece Evans (8)		12.7	13.7	13.4	13-7
2	CHS	Kennedy Johnson (8)		15.	15.7	13.7	15-7
3	CHS	AUSSCHLI EXPS (8)		—	9.8	10.7	10-7
4	DHS	Elaine Romos (8)		—	—	—	
5	DHS	JaiYona Vann (8)		—	—	—	
6	CHS	McKenzie Everson (8)		—	—	11.8	11-8
7	CHS	Grace Heers (8)		—	10.3	12.9	12-9
8	CHS	marley Fyock (8)	(13.7)	14	12.2	14-0	
9	DHS	Ranga Reddick (8)		13.1	14	11.3	14-0
10	SHS	~~Phoenix Hawick (12)~~					
11	SHS	Belli Strous (8)		12.9	(12.5)	—	12-9
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							

X
X

(10-3) 6
(13-7) X
(13-1) X
(12-5) 5"

RESULTS

Smyrna v

cape

Smyrna v.

dover

cape v. dover

	Sch	Name	Perf		Sch	Name	Perf		Sch	Name	Perf
1	C	Johnson .K	15-7	1	D	Reddick	14-0	1	C	Johnson	15-7
2	C	Fyock	14-0	2	D	Evans	13-7	2	C	Fyock	14-0
3	S	Strous	12-9	3	S	Strous	12-9	3	D	Reddick	14-0

(13-7)
(13-1)