

Dave

Lyndbrook Track - 1997
BOYS

May 11, 1997

440	N. Tung	11	:52.77m!	05/07
440	LEAGUE STANDARD	VB	:54.40*	
440	D. Wang	09	:55.00!	05/05
440	J. Katz	09	:55.10mr!	05/07
440	B. White	10	:55.38!	04/10
440	J. Chaung	11	:55.38r	04/24
440	J. Moores	11	:55.45	03/13
440	A. Sirohi	10	:57.19mr!	05/07
440	LEAGUE STANDARD	F/S	:57.40*	
440	N. Heimlich	12	:57.56	04/03
440	G. Tso	12	:57.93r	04/03
440	J. Chaung	11	:58.33	03/20
440	J. Lee	10	:58.46	03/20
440	K. Hu	09	:59.09mr	05/07
440	A. Baldwin	11	:59.25r	04/24
440	A. Baldwin	11	:59.43	04/24
440	K. Hu	09	:59.48	05/01
440	M. Tueller	11	:60.70r!	02/25
440	M. Yu	09	:60.91	04/24
440	T. Nguyen	12	:61.60	03/13
440	B. Yun-Nikolac	10	:62.38r	04/03
440	P. Neves	12	:62.64r!	04/03
440	? Wu	?	:63.46r	04/03
440	H. Shu	12	:64.61r	04/03
440	? Wu	?	:65.37	04/10
440	C. Trinh	09	:65.92r	04/03
440	? Chaung	?	:68.48r	04/03
440	F. Hu	10	:68.71	03/13
440	B. Springmeyer	09	:71.83	03/13
440	P. Kehoe	09	:86.30	03/13

880	A. Sirohi	10	2:11.61m!	05/07
880	G. Tso	12	2:14.46m	05/07
880	LEAGUE STANDARD	F/S	2:18.80*	
880	D. Gray	11	2:20.53!	03/20
880	J. Fruen	11	2:21.69	03/13
880	H. Shu	12	2:24.22	03/20
880	P. Neves	12	2:25.08!	04/24
880	N. Noonan	09	2:26.35!	04/03
880	W. Liow	10	2:27.97m!	05/07
880	N. Heimlich	12	2:29.90	03/13
880	B. Yun-Nikolac	10	2:29.91m!	05/07
880	? Wu	?	2:31.17m	05/01
880	P. Rodriguez	09	2:37.60!	04/10
880	M. Wishnack	10	2:42.50!	03/13
880	M. Yu	09	2:51.00	03/13
880	D. Lowd	10	2:55.30!	03/13
880	F. Hu	10	2:56.00!	03/20
880	P. Kehoe	09	3:14.86!	04/03

Mile	P. Neves	12	4:50.50!	04/03
Mile	A. Sirohi	10	4:56.24	04/03
Mile	LEAGUE STANDARD	VB	5:00.00	
Mile	H. Shu	12	5:10.05m!	05/07
Mile	W. Liow	10	5:16.69m!	05/07
Mile	J. Fruen	11	5:17.72m!	05/07
Mile	LEAGUE STANDARD	F/S	5:20.00	
Mile	N. Noonan	09	5:20.20	04/24
Mile	D. Gray	11	5:24.00	03/13
Mile	M. Wishnack	10	5:33.51!	04/03
Mile	P. Rodriguez	09	5:46.66m!	05/01
Mile	B. Yun-Nikolac	10	5:58.00	03/13
Mile	F. Hu	10	5:59.59m!	05/07
Mile	D. Lowd	10	6:18.88m!	05/01

2Mle	P. Neves	12	10:34.7m	05/07
2Mle	LEAGUE STANDARD	VB	10:45.0	
2Mle	A. Sirohi	10	10:49.6m	05/01

2Mle	N. Noonan	09	11:04.0m1	05/01
2Mle	LEAGUE STANDARD	F/S	11:20.0	
2Mle	H. Shu	12	11:40.81	04/03
2Mle	M. Wishnack	10	11:48.5m1	05/01
2Mle	W. Low	10	12:13.71	05/05
2Mle	J. Fruen	11	12:24.11	04/24
2Mle	P. Rodriguez	09	13:02.3	04/24
2Mle	D. Gray	11	13:42.0	04/24
2Mle	B. Yun-Nikolac	10	13:43.9	03/20
2Mle	D. Lowd	10	16:07.61	03/20

* - Converted from meters
i - PR (Personal Record)
r - relay split
i - In Route

H. Shu 18:43.67 5K 3/29
J. Fruen 19:46.22 5K 3/29

TOTAL PR'S:

25/42 (60%) ???
13/21 (62%) ???
5 seniors are graduating

Lynbrook Track - 1997
GIRLS

May 11, 1997

440	P. Mehta	10	:60.94mr	05/07
440	P. Mehta	10	:62.52m	05/07
440	A. Wu	12	:65.08mr	05/07
440	LEAGUE STANDARD	VG	:66.40*	
440	A. Peng	09	:66.80m	05/07
440	S. Chan	11	:67.72mr	05/07
440	C. Wang	11	:69.66	04/24
440	LEAGUE STANDARD	JVG	:70.40*	
440	K. Dialo	11	:72.20	03/13
440	B. Hama	10	:73.02	04/24
440	J. Chung	09	:74.12mr	05/07
440	K. Benck	10	:75.76mr	05/07
440	A. Rouse	09	:77.06	04/03
440	P. Venkat	09	:81.20	03/13
440	R. Sanyal	10	:97.38	03/13

880	A. Wu	12	2:28.45r	03/29
880	A. Wu	12	2:32.75m	03/15
880	LEAGUE STANDARD	VG	2:40.90*	
880	S. Chan	11	2:45.97	04/03
880	K. Benck	10	2:46.17m	05/07
880	LEAGUE STANDARD	JVG	2:51.00*	
880	C. Wang	11	2:51.87m	05/07
880	K. Dialo	11	2:56.40	03/20
880	B. Hama	10	2:57.96	04/03
880	P. Venkat	09	3:00.18m	05/01
880	A. Rouse	09	3:05.02m	05/01
880	R. Sanyal	10	3:19.00	04/03

Mile	A. Wu	12	5:35.00m	05/01
Mile	LEAGUE STANDARD	VG	6:00.00	
Mile	S. Chan	11	6:10.48m	05/01
Mile	LEAGUE STANDARD	JVG	6:30.00	

Mile	K. Benck	10	7:10.84	03/20
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2Mle	LEAGUE STANDARD	VG	13:15.0	
2Mle	A. Wu	12	14:12.2	04/03
2Mle	LEAGUE STANDARD	JVG	14:15.0	
2Mle	S. Chan	11	14:26.4	04/03

m - meters
r - relay split
i - PR (Personal Record)
* - League Standard

S. Chan 22:29.26 5K 03/29?

TOTAL PR'S:

12/26
18/34 (53%) ???
8/14 (57%) ???

1 seniors are graduating

5 - 1 (Second in Dual Meet standings)
6th place at DAL finals
1st place at DAL finals in JV

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BOYS

4:21.02 VG

3:48.94 FS

(1)

	440	880	Mile	2 Mile
Neves	62.64 (4/3) R	2:25.08 (4/24)	5:04.7 (3/20) 5:07.6 (2/25) R 4:50.5 (4/3) PR 5:02.34 (4/10) 4:53.49 (5/1) 1600	10:58.0 (3/13) 11:09.37 (3/20) 11:07.8 (4/3) 11:13.0 (4/10) 10:34.7 (5/7) 3200
Shu	64.61 (4/3) R	2:24.22 (3/20)	5:22.0 (3/13) 5:16.82 (5/1) PR ¹⁶⁰⁰ 5:10.05 (5/7) 1600	11:57.0 (3/13) 18 12:03.89 (3/20) 47 11:40.75 (4/3) PR 6 11:52.59 (5/1) 3200
Tjo	57.93 (4/3) R 58.06 (4/24) R	2:20.71 (3/13) 2:19.41 (3/20) 2:19.62 (2/25) R 2:10.79 (3/29) R 2:16.43 (4/3) 2:17.99 (4/24) 2:14.46 (5/7) 800		
Ren		2:21.69 (3/13) 2:23.59 (3/20)	5:31.7 (3/20) 1600 5:23.55 (5/1) PR 5:17.72 (5/7) 1600	12:24.01 (4/24) 19 4 2
Gray		2:20.53 (3/20) PR 2:22.51 (3/13) 2:25.36 (4/3) PR 2:21.47 (4/10) 2:26.85 (4/24) 2:23.2 (5/7) 800	5:24.0 (3/13)	13:41.92 (4/24)
Sicohi	65.3 (3/1) R 61.0 (2/25) R 59.49 (4/3) R 59.99 (4/24) R 59.71 (5/1) R 57.19 (5/7) R PR	2:16.85 (2/25) R 2:22.8 (3/1) R 2:17.53 (4/3) 2:23.74 (4/24) 2:26.35 (5/1) 800 2:11.61 (5/7) 800 PR	5:06.9 (3/13) 5:02.9 (3/20) 5:28.7 (3/1) 4:56.24 (4/3) 5:04.0 (4/10) 5:15.46 (4/24) 5:02.5 (5/1) 1600 4:56.02 (5/7) 1600	10:51.58 (3/15) 3200 10:49.6 (5/1) 3200 10:56.7 (5/5) 2 mi.
Low		2:28.8 (3/20) 2:34.26 (5/1) 800 2:27.97 (5/7) 800 PR 5:18.45 (5/7) 1600 2:37.6 (4/10)	5:40.0 (3/13) 5:29.2 (3/20) 5:29.44 (4/3) 5:06.89 1500 (4/5) 5:29.25 5:26.14 (4/24) 5:16.69 (5/1) PR-1600 5:55.5 (4/13) 5:46.66 (5/1) PR-1600	13:21.0 (3/13) 12:08.0 (3/20) 170 12:14.8 (4/3) 13:15.37 (4/24) 12:13.7 (5/5) 13:02.28 (4/24)
Rodriguez				

Boys

	440	880	Mile	2 Mile
Wishnack		2:42.5 (3/13)	5:40.2 (3/20) 5:43.1 (2/25) R 5:33.51 (4/3) PR	13:21.0 (3/13) 12:32.66 (3/20) 13:31.0 (4/10) 12:46.71 (4/24) 11:48.41 (5/1) PR 12:28.0 (5/5)
Pun-Nikolac	62.38 (4/3) R	2:37.5 (3/13) 2:35.65 (3/20) 2:32.04 (3/28) 2:36.39 (4/3) 2:37.86 (4/10) PR 2:46.76 (4/24) 2:57.58 (5/1) 800 2:29.91 (5/7) 800 PR	5:58.0 (3/13)	13:43.85 (3/20) 13:47.0 (4/10)
Lowd		2:55.3 (3/13) 3:01.7 (4/24) 3:01.27 (5/1) 800	6:37.9 (3/20) 6:18.88 (5/1) PR-1600	16:07.54 ? (3/20)
✓	68.71 (3/13)	2:56.0 (3/20) 2:58.21 (5/1) 800	6:15.15 (4/24) 6:11.3 (5/1) PR-1600 5:59.59 (5/7) 1600	13:23.34 (3/20) (p shirt D)
Kehoe	86.3 (3/13)	3:14.86 (4/3) 3:20.6 (4/24) 3:16.75 (5/1) 800		
Noonan		2:34.81 (3/13) 2:26.35 (4/3) PR 2:43.84 (4/24)	5:33.0 (3/13) 5:20.2 (4/24)	11:47.68 (4/3) 11:03.96 (5/1) PR
Kw	60.91 (4/24)	2:51.0 (3/13)		
Wu	63.46 (4/3) R 65.37 (4/10)	2:35.86 (4/3) 2:31.17 (5/1) 800 2:38.9 (5/7)		
Moyen	61.6 (3/13)			
Heinrich	57.56 (4/3)	2:29.9 (3/13) 3:00.36 (5/1)		
Chuang				

Girls

(1)

	440	480	Mile	2 Mile
Wu	68.5 (3/1) R 66.15 (4/3) R 70.27 (4/24) R 70.4 (5/1) R 65.08 (5/7) R PR	2:53.42 (3/13) 2:48.0 (3/20) 2:32.75 (3/15) 2:47.5 (2/25) R 2:44.7 (3/1) 2:28.45 (3/29) R 2:45.46 (4/3) 2:47.00 (4/10) 2:46.23 (4/24)	6:09.6 (3/13) 6:07.2 (3/20) 6:04.1 (3/22) R 6:22.68 (4/3) 5:12.2 100 (4/5) 5:34.95 6:02.18 (4/10) 6:06.17 (4/24) 5:35.0 (5/1) 1600	14:41.6 (3/20) 14:12.14 (4/3) 14:47.0 (4/10)
Chan	72.3 (3/1) R 71.81 (4/3) R 71.34 (4/24) R PR 69.59 (5/1) R PR 67.72 (5/7) PR (4:29.3)	3:01.66 (3/13) 2:53.14 (3/20) 2:49.26 (3/15) 2:48.1 (2/25) R 2:52.5 en-route (3/22) R 2:58.6 (3/1) R 2:45.97 (4/3) PR	6:26.0 (3/13) 6:46.3 (3/20) 6:23.12 (4/3) 6:34.51 (4/10) 6:20.27 (4/24) 6:10.48 (5/1) PR-1600 6:13.03 (5/7) 1600	14:47.85 (3/20) 14:26.38 (4/3)
Benck	75.26 (05/07) ✓	3:06.0 (3/13) 3:07.1 (2/25) R 3:00.87 (3/22) R 2:48.21 M (3/29) 2:54.0 (4/10) 3:05.58 (4/24) 2:54.18 (5/1) 800 2:46.17 (5/7) 800	7:10.84 (3/20)	
Calo	72.2 (3/13)	2:56.4 (3/20)		
P Venkat Pravita	81.2 (3/13)	3:12.53 (3/20) 3:01.34 (4/3) 3:07.04 (4/24) 3:00.18 (5/1) 800		
Rouse	77.06 (4/3) 80.98 (4/24)	3:15.6 (3/13) 3:05.02 (5/1) 800		
Wong	72.25 (3/13) 73.24 (3/20) 69.66 (4/24) PR 71.94 (5/1) 71.96 (5/7) R	3:04.4 (2/25) R 2:51.87 (5/7) 800		

Girls

	440	880	Mile	2 Mile
Sanya	97.38 (3/13)	3:19.0 (4/3) 3:23.42 (4/24)		
Peng	69.56 (3/13) 70.39 (3/20) 68.87 (4/3) PR 68.80 (4/10) PR 69.05 (4/24) 72.82 (4/24) R	67.28 (5/7) R 66.80 (5/7) 400M 68.0 (5/5)		
Hama	74.79 (3/20) 73.66 (4/3) R 73.02 (4/24) PR 73.14 (5/7) 400M 74.06 (5/7) r	2:57.96 (4/3)		
109	72.28 (3/13)			
Melita	69.0 (3/22) R 68.11 (3/29) R 70.87 (4/3) R 68.75 (4/3) 67.3 (4/10) PR 67.26 (4/24) PR 74.81 (4/24) R 63.41 (5/1) 68.01 (5/1) R 62.52 (5/7) 400M 63.7 (5/5) 60.94 (5/7) R PR			
Ching	74.12 (5/7) r			