

Healthy Kids Running Series

Upper Salford Spring 2021

Results from May 16th, 2021

	Name/Race	Wk-1	Time	Wk-2	Time	Wk-3	Time	Wk-4	Time	Wk-5	Time	Total Points
Pre-K 50 Yard Dash - BOYS 2/3 YEAR OLDS HEAT 1												
1	P Hughes	10	N/A	10	N/A	10	N/A	10	N/A	10	N/A	50
2	C Ott	9	N/A	9	N/A	9	N/A	9	N/A	8	N/A	44
3	J Dougherty	8	N/A	7	N/A	6	N/A	7	N/A	9	N/A	37
4	C Yates	7	N/A	6	N/A	8	N/A	6	N/A	5	N/A	32
5	G Gizzi	5	N/A	8	N/A	5	N/A	8	N/A	4	N/A	30
6	J Fedorowicz	4	N/A	5	N/A	7	N/A	4	N/A	6	N/A	26
7	J Clemens	6	N/A	4	N/A	4	N/A	5	N/A		N/A	19
8	C Zeigler		N/A	3	N/A		N/A	3	N/A	9	N/A	15

Pre-K 50 Yard Dash - BOYS 2/3 YEAR OLDS HEAT 2												
1	E Derstine	9	N/A	10	N/A	10	N/A	10	N/A	10	N/A	49
2	F Zuno	6	N/A	9	N/A	9	N/A	9	N/A	7	N/A	40
3	H Longstaff	10	N/A		N/A	8	N/A	8	N/A	8	N/A	34
4	T Zweitzig	8	N/A	7	N/A	7	N/A	6	N/A	3	N/A	31
5	M Kipp	7	N/A	8	N/A	5	N/A	5	N/A	5	N/A	30
6	H Shisler	4	N/A	6	N/A	4	N/A	4	N/A	4	N/A	22
7	L Everingham	3	N/A	5	N/A		N/A	7	N/A	2	N/A	17
8	P Heiner	5	N/A		N/A	6	N/A	3	N/A		N/A	14
9	J Mario									9		9
10	W Aiken									6		6
11	W Pinney		N/A		N/A	3	N/A		N/A		N/A	3

Pre-K 50 Yard Dash - GIRLS 2/3 YEAR OLDS HEAT 1												
1	E Thomson	10	N/A	6	N/A	10	N/A	10	N/A	10	N/A	46
2	E Krupp	7	N/A	10	N/A	9	N/A	8	N/A	9	N/A	43
3	S Bauer	9	N/A	8	N/A	7	N/A	5	N/A	8	N/A	37
4	L Gehret	6	N/A	7	N/A	6	N/A	7	N/A	5	N/A	31
5	K Heller	8	N/A	5	N/A	4	N/A	6	N/A	7	N/A	30
6	M Sandberg		N/A	9	N/A	8	N/A	9	N/A		N/A	26
7	V Matz	5	N/A	4	N/A	5	N/A	4	N/A	6	N/A	24
8	A Grosstephen	4	N/A	3	N/A		N/A		N/A		N/A	7
9	R McLane				N/A	3	N/A		N/A		N/A	3

Pre-K 50 Yard Dash - GIRLS 2/3 YEAR OLDS HEAT 2												
1	A Giraldi	10	N/A	10	N/A	10	N/A	9	N/A	9	N/A	48
2	E Yates	8	N/A	9	N/A	9	N/A	8	N/A	8	N/A	42
3	H McLane	9	N/A	6	N/A	5	N/A	10	N/A	10	N/A	40
4	E Allison	7	N/A	7	N/A	8	N/A	7	N/A	7	N/A	36
5	E Edwards	5	N/A	8	N/A	7	N/A	6	N/A	6	N/A	32
6	M Dectis	6	N/A	5	N/A	6	N/A	5	N/A	5	N/A	27

7	G Atkins	4	N/A	4	N/A	N/A	4	N/A	N/A	12
8	P Ketterer		N/A	3	N/A	N/A		N/A	N/A	3

Pre-K 75 Yard Dash - BOYS 4/5 YEAR OLDS HEAT 1

1	S Hughes	10	N/A	10	N/A	9	N/A	9	N/A	10	N/A	48
2	C Stewart	8	N/A	9	N/A	8	N/A	10	N/A	9	N/A	44
3	Z Everingham	7	N/A	8	N/A	7	N/A	8	N/A	8	N/A	38
4	O Mocey	4	N/A	5	N/A	5	N/A	7	N/A	7	N/A	28
5	I Lederman	9	N/A		N/A	10	N/A		N/A	8	N/A	27
6	B Dhein	3	N/A	4	N/A	4	N/A	6	N/A	6	N/A	23
7	D Yates	5	N/A	3	N/A	3	N/A	5	N/A	4	N/A	20
8	H Traver		N/A	6	N/A	6	N/A		N/A	5	N/A	17
9	B Dulin	6	N/A	7	N/A		N/A		N/A		N/A	13
9	E Zuno	2	N/A	2	N/A	2	N/A	4	N/A	3	N/A	13

Pre-K 75 Yard Dash - BOYS 4/5 YEAR OLDS HEAT 2

1	D Kipp	10	N/A	10	N/A	10	N/A	10	N/A	10	N/A	50
2	C Weatherford	8	N/A		N/A	9	N/A	9	N/A	9	N/A	35
3	K Yates	7	N/A	7	N/A	3	N/A	8	N/A	6	N/A	31
4	L Shisler	5	N/A	5	N/A	6	N/A	7	N/A	5	N/A	28
5	N Zweitzig	4	N/A	4	N/A	5	N/A	4	N/A	7	N/A	24
6	L Allison	1	N/A	8	N/A	8	N/A	6	N/A		N/A	23
7	D Heiner	6	N/A	6	N/A	7	N/A	3	N/A		N/A	22
8	A Koutsouroumbas	9	N/A	9	N/A		N/A		N/A		N/A	18
9	T Wichert	3	N/A			4		5		4		16
10	L Chiarolanza	2	N/A	3	N/A		N/A		N/A	3	N/A	8

Pre-K 75 Yard Dash - GIRLS 4/5 YEAR OLDS HEAT 1

1	C Leo	10	N/A	10	N/A	10	N/A	10	N/A	10	N/A	50
2	A Bechtel	9	N/A	9	N/A	8	N/A	9	N/A	9	N/A	44
3	E McGinn	2	N/A	8	N/A	9	N/A	7	N/A	7	N/A	33
4	J Metz	8	N/A	3	N/A	4	N/A	8	N/A	6	N/A	29
5	K Williams	7	N/A	2	N/A	6	N/A	5	N/A	5	N/A	25
6	M Thomson	4	N/A	6	N/A		N/A	6	N/A	8	N/A	24
7	D Lepping	5	N/A	7	N/A	5	N/A	2	N/A	2	N/A	21
8	S Moyer	6	N/A	5	N/A	3	N/A	3	N/A	3	N/A	20
9	S Sandberg	3	N/A	4	N/A	7	N/A	4	N/A		N/A	18

Pre-K 75 Yard Dash - GIRLS 4/5 YEAR OLDS HEAT 2

1	V Edwards	9	N/A	10	N/A	9	N/A	10	N/A	9	N/A	47
2	P Ketterer		N/A	9	N/A	10	N/A	9	N/A	10	N/A	38
3	L Rolfig		N/A	8	N/A	8	N/A	8	N/A	7	N/A	31
4	A Titus	5	N/A	6	N/A	4	N/A	7	N/A	8	N/A	30

5	C Nelson	8	N/A		N/A	5	N/A	6	N/A	4	N/A	23
6	M Ferst	7	N/A	4	N/A	7	N/A		N/A		N/A	18
7	V McPolye	10	N/A	7	N/A		N/A		N/A		N/A	17
7	H Ferst	6	N/A	5	N/A	6	N/A		N/A		N/A	17

Challenger 75 Yard Dash

1	A Campolei	10	N/A	10	N/A	10	N/A	10	N/A	10	N/A	50
2			N/A		N/A		N/A		N/A		N/A	0
3			N/A		N/A		N/A		N/A		N/A	0
4			N/A		N/A		N/A		N/A		N/A	0
5			N/A		N/A		N/A		N/A		N/A	0
6			N/A		N/A		N/A		N/A		N/A	0
7			N/A		N/A		N/A		N/A		N/A	0
8			N/A		N/A		N/A		N/A		N/A	0
9			N/A		N/A		N/A		N/A		N/A	0
10			N/A		N/A		N/A		N/A		N/A	0

Kindergarden & 1st Grade - Boys

1	L Gizzi	10	1:42	10	1:36	10	1:32	9	1:35	10	1:29	49
2	M Ward	10	1:42	10	1:36	9	1:35	9	1:35	7	1:36	45
3	E Kipp	6	1:48	9	1:38	8	1:37	10	1:31	9	1:30	42
4	K Stewart	8	1:45	8	1:40	6	1:43	8	1:36	8	1:35	38
5	T Dougherty	7	1:47	9	1:38	8	1:37	5	1:43	4	1:45	33
6	N Hughes	9	1:43	6	1:43	7	1:40	6	1:40	6	1:36	34
7	R Degregorio	4	1:51	7	1:41	6	1:43	2	1:50	5	1:44	24
8	J Heller	6	1:48	4	1:46	3	1:50	4	1:44	2	1:48	19
9	M Lapp	1	2:04	1	1:54	5	1:44	7	1:38	3	1:45	17
10	C McNamee	1	1:55	1	1:56	4	1:49	3	1:45	1	1:56	10
10	J Slemmer	3	1:52	5	1:44			1	1:53	1	1:52	10
11	O Simpson	5	1:50	3	1:47							8
12	C Lang	1	2:13	2	1:51	2	1:55			1	1:54	6
12	J Derstein	2	1:53	1	1:52	1	2:00	1	1:58	1	1:55	6
13	W Moyer	1	2:00	1	2:02	1	1:59	1	2:03	1	1:53	5
13	S Young	1	2:03	1	2:07	1	1:56	1	2:08	1	2:07	5
13	N Arms	1	2:17	1	2:05	1	2:07	1	2:15	1	2:30	5
13	S Gehret	1	1:56	1	2:14	1	2:06	1	2:17	1	2:08	5
14	K Weatherford	1	2:12	1	2:17			1	2:22	1	2:19	4
14	E Breon	1	2:01	1	2:13	1	2:05					3
15	E Hollstein	1	2:32	1	2:46					1	2:49	3
15	C Grosstephan	1	2:14	1	2:03							2
15	A Schwab			1	2:52	1	2:55					2

Kindergarden & 1st Grade - Girls

1	A Donahue	10	1:46	10	1:35	10	1:32	10	1:38	10	1:34	50
2	M Spanial	9	1:47	8	1:44	8	1:42	6	1:51	8	1:41	39
3	C Leo	8	1:53	9	1:43	5	1:49	7	1:49	9	1:39	38
4	T Derstein	7	1:58	7	1:45	6	1:45	9	1:47	4	1:48	33
5	J Coleman	9	1:47	8	1:44	9	1:39			6	1:44	32
6	L Zeigler	6	1:59	6	1:46	4	1:51	8	1:48	7	1:42	31
7	H Traver			5	1:48	7	1:44			5	1:47	17
8	N Bergey	8	1:53	4	1:51	3	1:53					15

9	H Johnston	5	2:04	1	1:58	1	2:03	3	2:05	1	2:02	11
9	I Sabala	1	2:16	1	1:59	2	1:54	4	2:03	3	1:54	11
10	B Ruiz	3	2:10	3	1:53	1	2:00	2	2:11	1	1:57	10
11	C Roberts			1	1:59	1	1:57	5	1:54	1	1:57	8
12	G Yakel	2	2:14	2	1:57	1	2:05			2	1:55	7
13	A Nelson	1	2:19	1	2:02	1	2:22	2	2:11	1	2:13	6
14	P Gildea	1	2:30	1	2:10	1	2:24	1	2:23	1	2:20	5
14	C Fedorowicz	1	2:16	1	2:08	1	2:01	1	2:18	1	2:13	5
14	A Campolei	1	2:32	1	2:36	1	2:17	1	2:16	1	2:26	5
14	L Corbett	1	2:34	1	2:38	1	2:38	1	2:32	1	2:36	5
15	M Mcgee	4	2:09									4
15	P Matz	1	2:31	1	2:12			1	2:15	1	2:07	4
16	L Hollstein	1	2:21	1	2:15					1	2:06	3
17	G McAteer			1	2:31							1
17	M McAteer			1	2:30							1

2nd & 3rd Grade - Boys												
1	A Donahue	6	3:20	6	3:15	10	3:05	8	3:06	9	3:10	39
2	S Dulin	7	3:17	7	3:06	8	3:11			10	3:06	32
3	B Word	9	3:08	10	2:54			10	3:01			29
4	A Word	10	3:07	9	3:01			9	3:02			28
5	J Haworth	5	3:29	4	3:22	4	3:41	6	3:27	7	3:25	26
6	E Gehret	8	3:11	8	3:04	9	3:06					25
6	S Derstein	3	3:38	5	3:20	6	3:28	5	3:32	6	3:41	25
7	A Haworth	4	3:32	3	3:24	7	3:26	7	3:18			21
8	E Derstein	2	3:40	2	3:28	5	3:32	2	3:57	3	3:45	14
9	C Weatherford	1	3:46	1	3:50			4	3:43	5	3:37	11
10	J Shisler	1	4:14	1	3:58	3	4:02	1	4:03	4	3:41	10
11	Zeke									8	3:14	8
12	A Chynoweth	1	3:53	1	3:58			3	3:52	2	3:54	7
13	M Roberts	1	5:01	1	4:23	2	4:39	1	4:35	1	4:58	6
14	C Ehret	1	6:02	1	5:06							2
14	A Koutsiouroumbas	1	3:42	1	3:48							2

2nd & 3rd Grade - Girls												
1	A Crossgrove	10	3:17	10	3:02	10	3:08	10	3:01	10	3:00	50
2	L Holler	9	3:28	9	3:11	9	3:12	9	3:08	9	3:10	45
3	A Gizzi	3	4:04	8	3:12	8	3:15	8	3:22	8	3:17	35
4	A Steck	7	3:45	5	3:43	5	3:34	6	3:36	7	3:30	30
5	K Strahorn	8	3:36	7	3:23	7	3:27	4	3:40	1	3:36	27
5	S Metz	4	3:52	4	3:46	6	3:33	7	3:35	6	3:38	27
6	A Sandberg	5	3:50	6	3:39	4	3:55	1	4:15			16
7	A Hunsicker			2	3:49	3	3:38	5	3:39	4	3:48	14
8	I Sabala	6	3:49	3	3:48	2	3:39	1	4:07	1	4:16	13
9	C Houchins			1	4:05	1	4:08	3	3:51	5	3:40	10
10	T Nelson	2	4:10	1	4:04	1	3:55	2	3:59	3	3:54	9
11	E Williams	2	4:10	1	4:07	1	3:58	1	4:05	1	4:01	6
11	J Dectis	1	4:23	1	4:08	1	4:14	1	4:25	2	4:06	6
12	A Dougherty	1	4:18	1	4:03	1	4:05	1	4:34	1	4:20	5
12	C Bechtel	1	4:28	1	4:04	1	4:41	1	5:09	1	4:39	5
13	R Yeakel	1	4:24	1	4:08	1	4:11			1	4:06	4

13	A Nelson	1	4:22			1	4:13	1	4:23	1	4:35	4
14	A Romero	1	4:17					1	4:33	1	4:19	3
15	B Bishop	1	4:15	1	3:58							2

4th & 5th Grade - Boys												
1	C Slemmer	10	7:08	9	6:58	9	6:47	9	6:42	10	6:09	47
2	J Nelson	9	7:18	8	7:00	8	7:25	8	7:24	8	7:20	41
3	O Strong			10	6:49	10	6:30	10	6:37	9	6:38	39
4	C Moore	7	9:47	5	10:10	6	9:44	7	10:31	5	10:02	30
5	F Houchins	8	8:23	7	8:41	7	8:54			7	8:38	29
6	O Page	7	8:27	6	9:26	5	9:50			6	8:59	24
7	J Chynoweth	6	9:54	4	10:42			6	10:36	4	10:15	20

4th & 5th Grade - Girls												
1	A Hiestand	10	7:04	10	6:52	10	7:05	10	7:07	10	7:02	50
2	J Gehret	9	7:20	9	7:04	9	7:06	9	7:30	9	7:05	45
3	E Simpson	8	8:40	7	8:40	8	7:48	8	8:02	8	7:38	39
4	A Moore	6	9:20	8	8:06	7	8:03	6	8:53	7	7:57	34
5	A Hayes	7	9:15	6	9:28	6	9:42	7	8:28	6	9:20	32
6	S Conley	5	11:28	4	12:00	4	11:23	5	10:29	4	11:02	22
7	A Clemens	4	11:34			5	10:23	4	10:40	5	9:55	18
8	M Miller	1	13:33	5	11:50	3	12:57	3	12:08	2	12:28	14
9	M Hollstein	2	12:47	3	12:45					3	11:35	8
10	C Breon	3	12:37									3

6th - 8th Grade - Boys												
1	G Phipps	8	8:17	9	7:37	10	7:24	8	8:21	9	7:16	44
2	L Simpson	9	8:05	7	8:10	9	7:34	9	7:32	8	7:37	42
3	P Haigh	10	6:46	10	6:23			10	6:36	10	6:30	40
3	J Phipps	7	8:25	8	8:00	8	7:57	7	8:45	7	7:42	37
4	O Ward			6	10:31	6	10:45	6	11:09			18
5	M Erninger	4	10:38			7	10:40					11

6th - 8th Grade - Girls												
1	L Strahorn	9	7:15	9	7:06	9	7:02	10	7:13	9	7:07	46
2	M Houchins	8	7:39	10	6:42	10	6:30			10	6:15	38
3	A Derstein	7	9:08	8	9:09	6	10:17	7	9:20	8	8:49	36
4	L Naidoo	5	9:09	7	8:31	8	8:43	8	8:25	7	9:01	35
5	A Valerian	5	9:09	4	10:20	6	10:35	7	9:17	6	9:01	28
6	E Word	10	7:03	8	7:34			9	7:21			27
7	K Breon	7	8:56	6	8:35							13
8	A Moore	4	10:23							5	10:49	9
9	A Manus			3	12:49							3
10	E Jean-Baptiste			2	14:12							2

High School - Boys

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