
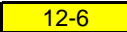


**East Suburban Catholic Conference  
2013 Men's Freshman-Sophomore Track and Field Conference Championship  
At Notre Dame High School - May 8, 2013**

**Freshman-Sophomore Team Standings**

1 Carmel Catholic	128	6 Nazareth Academy	22
2 Benet	125	7 Joliet Catholic	21
3 Notre Dame	97	8 Marian Catholic	13
4 Marist	88	9 Saint Viator	9
5 Saint Patrick	53		

 - indicates new ESCC record.

PL	Name	School	Time/Dist.	PL	Name	School	Time/Dist.
<b>Pole Vault</b>				<b>3,200 Meter Run</b>			
1	Dave Biondo	CA	 12-6	1	Sean Harnik	BA	10:37.85
2	Jason Kadowaki	CA	9-0	2	Matt Kowalczyk	BA	10:43.48
3	Nick Radler	ND	8-6	3	Saxon Kotowski	ND	10:51.85
4	Marlon Barrett-Dwyer	SP	7-6	4	Pat Hogan	CA	11:04.48
5	Mike Liberty	ND	7-6	5	Mike Conrad	MA	11:12.78
				6	Matt Contreras	ND	11:19.88
<b>Triple Jump</b>				<b>100 Meter Dash</b>			
1	Ben Micharuene	BA	38-3	1	Dave Biondo	CA	11.84
2	Omar Kashow	BA	37-11	2	Mike Hoffman	SP	11.84
3	George Castro	MA	36-1	3	Ben Micharuene	BA	12.06
4	Erik Fit	MA	35-11.25	4	Devin Lampkins	MC	12.08
5	Bob Dombai	ND	34-2.25	5	Oamide Ojadeji	MA	12.13
6	Julian Johnson	CA	34-1	6	Sheldon Snapp	JC	12.20
<b>Shot Put</b>				<b>110 Meter Hurdles</b>			
1	Sean O'Connor	BA	43-0	1	Joe Hilger	ND	17.31
2	Patrick Kilcommons	NZ	39-1.5	2	Joe Franchi	ND	17.71
3	John Kilcommons	NZ	38-3.75	3	Jason Kadowaki	CA	18.23
4	Tyler Takahashi	BA	37-0.25	4	Erik Fit	MA	18.25
5	Marko Pehar	ND	35-3.75	5	Julian Johnson	CA	20.24
6	John Marrero	SP	34-1				
<b>High Jump</b>				<b>400 Meter Dash</b>			
1	George Castro	MA	5-6	1	Konrad Michalek	SP	54.16
2	Konrad Bayer	BA	5-4	2	Will Hoffman	CA	55.40
3	Mike Liberty	ND	5-2	3	Jake Scanlon	SV	56.31
4	Jawill Aldridge	MA	5-2	4	Braxton Taylor	MA	57.15
5	John Peabody	MC	4-10	5	Peter Gates	MC	57.31
6	Jim Finneki	ND	4-10	6	Omar Kashow	BA	57.82
<b>Discus</b>				<b>800 Meter Run</b>			
1	Kevin Cooney	ND	117-5	1	Collin Psenka	CA	2:07.93
2	Frank Scheck	BA	110-0	2	Pat Pastika	CA	2:09.13
3	Sean O'Connor	BA	109-0	3	Connor Widelka	ND	2:11.68
4	Jarek Harrington	MC	103-9	4	Richie Mauge	MA	2:12.33
5	John Kilcommons	NZ	98-5	5	Robert Czarkowski	SP	2:13.99
6	Zavier Rodriguez	ND	95-9	6	Jacob Bonanotte	SV	2:16.96
<b>Long Jump</b>				<b>300 Meter Hurdles</b>			
1	Dave Biondo	CA	18-7.5	1	Joe Hilger	ND	45.11
2	Sean Gardner	BA	17-7.5	2	Erik Fit	MA	46.21
3	Erik Fit	MA	17-6	3	Will Gorenz	BA	47.27
4	Matthew Mazurkiewicz	NZ	16-10.25	4	Carl Damlos	ND	47.46
5	Jim Finneki	ND	16-8	5	Jason Kadowaki	CA	47.81
6	George Castro	MA	16-5.5	6	Julian Johnson	CA	50.21

**PL****1,600 Meter Run**

1 Pat Pastika	CA	4:51.59
2 Jack Tuttle	BA	4:53.20
3 Michael Cusack	CA	5:00.48
4 Kevin Butler	BA	5:01.98
5 Sayeed Mohammed	ND	5:02.47
6 Saxon Kotowski	ND	5:02.52

**3,200 Meter Relay**

1 Saint Patrick	9:08.10
2 Notre Dame	9:10.64
3 Carmel Catholic	9:13.00
4 Benet	9:24.67
5 Marist	9:26.30
6 Marian Catholic	9:57.56

**400 Meter Relay**

1 Marist	47.02
2 Carmel Catholic	47.04
3 Saint Patrick	47.47
4 Benet	47.72
5 Nazareth	48.75
6 Notre Dame	48.97

**800 Meter Relay**

1 Joliet Catholic	1:37.74
2 Marist	1:39.26
3 Saint Patrick	1:40.90
4 Notre Dame	1:42.52
5 Benet	1:43.05
6 Saint Viator	1:43.07

**1,600 Meter Relay**

1 Carmel Catholic	3:46.55
2 Benet	3:51.17
3 Saint Patrick	3:51.84
4 Notre Dame	3:54.74
5 Marist	4:00.57
6 Saint Viator	4:00.72

**PL****200 Meter Dash**

1 Jawill Aldridge	MA	24.36
2 Dave Biondo	CA	24.44
3 Brandon Holy	JC	24.46
4 Juleyan Givens	JC	24.72
5 Omar Kashow	BA	24.80
6 Mitch Delaney	ND	25.37

**Athletes**

Marlon Barrett-Dwyer, Jeremiah Colon  
Robert Czarkowski, Konrad Michalek

**Athletes**

Jawill Aldridge, Jeremiah Gross  
Olamide Oladeji, Jon Savage

**Athletes**

Brian Bennis, Juleyan Givens  
Brandon Holy, Sheldon Snapp

**Athletes**

Will Hoffman, Pat Pastika  
Collin Psenka, Austin Truesdale