

## BOYS ACCOMPLISHMENTS 2010

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### PIAA CHAMPIONSHIPS

May 28, 2010, and May 29, 2010 - Shippensburg University

Jeff Elam	300M Int. Hurdles	40.50	18 <sup>th</sup> Place
Jeff Elam Andrew Stewart Zack LaDuke Nathaniel Helfferich	4 x 400M Relay	3:24.06	18 <sup>th</sup> Place

### WPIAL AAA Championships

May 20, 2010 – Baldwin High School

Jeff Elam	300M Int. Hurdles	39.85	Champion
Jeff Elam Andrew Stewart Zachary LaDuke Nathaniel Helfferich	4 x 400M Relay	3:23.17	4 <sup>th</sup> Place
Jeff Elam Nathaniel Helfferich Zachary LaDuke Cole Deluca	4 x 100M Relay	44.18	7 <sup>th</sup> Place

### WPIAL AAA Central Qualifiers

May 11, 2010 – Norwin High School

Jeff Elam	110M Hurdles	16.00
	300M Hurdles	41.02
Nicholas Klohonatz	110M Hurdles	16.85
	300M Hurdles	43.09

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## WPIAL AAA Central Qualifiers continued

Nathaniel Helfferich	400M	51.84
Mitchell Kalning	Pole Vault	11-9
Andrew Menard	Pole Vault	12-3
Tyler Somers	Pole Vault	12-3
Andrew Stewart Jeff Elam Nathaniel Helfferich Zachary Laduke	4 x 100M Relay	45.35
Jeff Elam Andrew Stewart Zachary Laduke Nathaniel Helfferich	4 x 400M Relay	3:28.74

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## Mt. Pleasant Area Relays

May 4, 2010

Second Place Finish (74 Points)

Andrew Stewart Jeff Elam Nathaniel Helfferich Zach LaDuke	4 x 100M Relay	Champions
Andrew Stewart Dan Lekawa Nathaniel Helfferich Zach LaDuke	Sprint Medley	Champions
Jeff Elam Nick Klohonatz Lucus Weltz	300M Hurdles	Champions
Andrew Stewart Jeff Elam Nathaniel Helfferich Zach LaDuke	4 x 400M Relay	Champions

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## Mt. Pleasant Area Relays continued

Tyler Somers Mitch Kalning Garrett Somers	Pole Vault	Champions
Jeff Elam Nick Klohonatz Dan Ferguson Bryan Brasile	Shuttles High Hurdles	2 <sup>nd</sup> Place
Dan Lekawa Scott Bakerink Cole DeLuca Kevin Davoli	4 x 200M Relay	2 <sup>nd</sup> Place
Dave Boal Nathan Takitch Dan Kubus Josh Dorfman	Distance Medley	5 <sup>th</sup> Place
Ryan Van Fleet Scott Bakerink Andrew McCarty	Long Jump	5 <sup>th</sup> Place
Ryan Van Fleet Scott Bakerink Drew Hanna	Triple Jump	5 <sup>th</sup> Place
Ryan Keys Andrew McCarty Garrett Somers	Javelin	5 <sup>th</sup> Place
Carmen Sylvania Dan Ferguson Brandon Perillo	Shot Put	6 <sup>th</sup> Place
Brandon Perillo Tyler Rager Rob Ulishney	Discus	6 <sup>th</sup> Place

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## Westmoreland County Coaches Association Championships

May 1, 2010 – Latrobe Memorial Stadium

5<sup>th</sup> Place Finish (48 Points)

Nathaniel Helfferich Zach Laduke Andrew Stewart Jeff Elam	4 x 400M Relay	3:29.83	Champions
Tyler Somers	Pole Vault	13-06.00	2 <sup>nd</sup> Place
Jeff Elam	300M Hurdles 110M Hurdles	41.12 16.47	3 <sup>rd</sup> Place 4 <sup>th</sup> Place
Nathaniel Helfferich	400M	51.46	3 <sup>rd</sup> Place
Nathaniel Helfferich Zach Laduke Andrew Stewart Jeff Elam	4 x 100M Relay	45.22	3 <sup>rd</sup> Place
Andrew Menard	Pole Vault	13-00.00	4 <sup>th</sup> Place
Ryan Van Fleet	Long Jump	21-01	4 <sup>th</sup> Place

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## Greater Latrobe Wildcat Invitational

April 23, 2010

8<sup>th</sup> Place Finish (36 Points)

Jeff Elam Andrew Stewart Zach Laduke Nathaniel Helfferich	4 x 400M Relay	3:27.97	Champions
Jeff Elam	110M Hurdles	15.98	3 <sup>rd</sup> Place
Nathaniel Helfferich	400M	52.31	4 <sup>th</sup> Place
Nick Klohonatz	300M Hurdles	42.66	4 <sup>th</sup> Place
Andrew Menard	Pole Vault	12-06	4 <sup>th</sup> Place

### Greater Latrobe Wildcat Invitational continued

Dan Lekawa Jeff Elam Nathaniel Helfferich Zach Laduke	4 x 100M Relay	45.49	4 <sup>th</sup> Place
Mitch Kalning	Pole Vault	12-06	5 <sup>th</sup> Place
Ryan Van Fleet	Long Jump	20-05.75	5 <sup>th</sup> Place

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### Greater Latrobe 9/10 Meet

May 14, 2010

Dan Kubus	1600M	4:55.9	Champion
Kyle Kuntz Dan Kubus Drew Hanna Jake Weise	4 x 800M Relay	9:04.72	Champions
Kevin Davoli Drew Hanna Lance Metsger Lucas Weltz	4 x 400M Relay	3:45.07	Champions
Tyler Rager	Discus	114-09	2 <sup>nd</sup> Place
Dan Ferguson	Long Jump	18-07.5	3 <sup>rd</sup> Place
	Shot Put	39-05	3 <sup>rd</sup> Place
	110M Hurdles	17.88	4 <sup>th</sup> Place
	Triple Jump	36-07.75	6 <sup>th</sup> Place
Kevin Davoli	200M	24.76	3 <sup>rd</sup> Place
	100M	12.19	5 <sup>th</sup> Place
Drew Hanna	400M	57.57	4 <sup>th</sup> Place
	High Jump	5-06	5 <sup>th</sup> Place

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### Greater Latrobe 9/10 Meet continued

John Durbin	Triple Jump	37-02.5	4 <sup>th</sup> Place
	High Jump	5-04	6 <sup>th</sup> Place
Frank Doris	Javelin	122-00	4 <sup>th</sup> Place
Patrick Ferrenberg	Pole Vault	10-00	4 <sup>th</sup> Place (tie)
Rob Ulishney	Discus	108-09	4 <sup>th</sup> Place
Jake Weise	800M	2:16.18	4 <sup>th</sup> Place
Bryan Brasile	110M Hurdles	18.71	5 <sup>th</sup> Place
Sean Pischke	Discus	100-00	5 <sup>th</sup> Place
Lucas Weltz	300M Int. Hurdles	46.55	5 <sup>th</sup> Place
Robert Vasinko	Long Jump	17-07.5	6 <sup>th</sup> Place
	200M	25.78	6 <sup>th</sup> Place

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### Indiana Area 9/10 Meet

April 28, 2010

Dan Kubus	1600M	4:56.6	Champion
Garrett Somers	Pole Vault	12-6	Champion
Lucas Weltz	300M Hurdles	45.9	3 <sup>rd</sup> Place
Lucas Weltz Drew Hanna Rob Vasinko Kevin Davoli	4 x 400M Relay	3:50.0	3 <sup>rd</sup> Place
Bryan Brasile	110M Hurdles	18.4	4 <sup>th</sup> Place
Christian DeGennero	Pole Vault	11-6	4 <sup>th</sup> Place
Drew Hanna	400M	57.9	4 <sup>th</sup> Place

**Indiana Area 9/10 Meet continued**

Sean Pischke	Javelin	115-10	5 <sup>th</sup> Place
Jake Weise	800M	2:18.9	5 <sup>th</sup> Place
Frank Doris	Javelin	111-3	6 <sup>th</sup> Place
Lance Metsger	200M	25.2	6 <sup>th</sup> Place
Tyler Rager	Discus	105-2	6 <sup>th</sup> Place

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