

2016 INDOOR SEASON'S BEST

Girls Events

55m Hurdles (9.44FAT, 9.2h)

11.84FAT Melanie Nguyen (Speed Classic)

13.09 Diena Romero (Tufts)

55m Dash (7.94FAT, 7.7h)

7.54FAT Mariama Kamara (GBL Champ)

7.88FAT Martine Simone (GBL Champ)

7.7 Katherine Cabral (Medford)

9.46FAT Diena Romero (Speed Classic)

300m (44.24FAT, 44.0h)

43.54FAT Katherine Cabral (GBL Champ)

45.34 Martine Simon (Medford)

48.45 FAT Awa Bajinka (GBL Champ)

52.0 Diena Romero (Medford)

52.96FAT Marcella Castillo (GBL Champ)

62.02FAT Keila Delacruz (Winter Festival)

60.1 Lesley Ramirez (Medford)

63.56 Jessica Ponce (Somerville, Yards)

600m (1:46.2FAT, 1:46.0h)

1:50.45FAT Jocelyn Poste (Coaches Invite)

2:06.07FAT Gabriela Bermudez (GBL Champ)

2:11.06FAT Awa Bajinka (Winter Festival)

2:14.67FAT Wendy Becerra(Speed Classic)

2:08 Marcela Castillo (Gr. Lawrence, Yards)

2:19.03FAT Amy Ocana (Winter Festival)

2:23.73FAT Odaly Bonilla (Winter Festival)

1000m (3:19.24FAT, 3:19.0h)

3:27.88FAT Jocelyn Poste (GBL Champ)

3:57 Emely Burgos (Medford)

4:05.22 Keila DeLaCruz (GBL FR/SO)

4:35 Amy Ocana (Malden)

1 Mile (5:42.04FAT, 5:41.8h)

6:32.23FAT Yarid Deras (GBL Champ)

6:35.21FAT Wendy Becerra (GBL Champ)

6:48.93FAT Cynthia Guzman (GBL Champ)

8:01 Jessica Ponce (Malden)

2 Mile (12:30.24FAT, 12:30.0h)

13.36.78FAT Wendy Becerra (GBL Champ)

16:48.5 Amy Ocana (Medford)

Shot Put (29'6")

28'1" Mariseh Ceesay (Everett)

28'5" Jazmine Castellon (Gr. Lawrence)

27'7" Soraya Cruz (Everett)

23'9" Shan Heban (Relays)

High Jump (4'10")

4' Katherine Cabral (Somerville)

Long Jump (15'0")

15'3" Katherine Cabral (GBL Champ)

14'10.25" Martine Simon (Speed Classic)

14'4" Mariama Kamara (Tufts)

4 x 400m Relay (4:39.94FAT, 4:39.7h)

**4:20.86FAT Mariama, Martine, Jocelyn, Cabral
(State Relays)**

61.9 Cabral

64.0 Mariama

65.7 Martine

67.6 Jocelyn

70.8 Awa

78.5 Mel

79.85 Marcella

81.1 Gabriela

85.2 Keila

86.5 Amy

91.4 Keila

4 x 200m Relay (1:58.24FAT, 1:58.0h)

**1:54.29FAT Mariama, Simon, Cabral, Bajinka
(Winter Festival)**

Cabral 27.1

Mariama 27.04

Martin 27.46

Bajinka 29.8

Mel 31.93

Diena 32.42

Marcela 34.15

4 x 800m Relay (10:45.24FAT, 10:45.0h)

**12:07.96FAT Poste, Deras, Guzman, Becerra
(Winter Festival)**

Poste 2:36.7

Becerra 3:04.3

Deras 3:03.26

Guzman 3:08.4

Sprint Medley Relay

4:33.84 FAT Poste, Kamara, Simon, Cabral (Relays)

Distance Medley Relay

15:55.87 Deras, Bermudez, Guzman, Becerra
(Relays)

Point Totals: (8 = Letter)

- 47 - Katherine Cabral
 - 29.25 - Martine Simon
 - 22.75 - Mariama Kamara
 - 31 - Jocelyn Poste
 - 20 - Wendy Becerra
 - 15 - Mariseh Ceesay
 - 12 - Yarid Deras
 - 11 - Jazmine Castillion
 - 9 - Awa Bajinka
 - 8 - Melanie Ngyuen
 - 5 - Cynthia Guzman
 - 5 - Soraya Cruz
 - 4 - Gabriela Bermudez
 - 3 - Diena Romero
 - 2 - Emely Burgos
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Boys Events

55m Hurdles (8.64 FAT, 8.4h)

9.96FAT Bryan Rivas (GBL Champ)
10.68FAT Isaac Colcord (GBL Champ)
10.73FAT Alex Pedrero (GBL Champ)

55m (6.94FAT, 6.7h)

7.01FAT Adriel Cedano (GBL Champ)
7.10FAT Nick Ieng (GBL Champ)
7.06 Bryan Rivas (Tufts)
7.75FAT Luis Jimenez (GBL Champ)
8.04FAT Leo Peraza (Winter Festival)

300m (38.24FAT, 38.0h)

39.31FAT Jose Aguiar (Speed Classic)
39.66FAT Leonardo DeAlmeida (GBL Champ)
39.92FAT Alecio DaSilva (Speed Classic)
41.1 Nick Ieng (Tufts)
42.26FAT Luis Jiminez (Winter Festival)
45.8 Alex Pedrero (Medford)
47 Isaac Colcord (Somerville, yrds)
51.8 Justin Turner (GBL FR/SO)
58.2 Gustavo Martinez (Tufts)

600m (1:29.24FAT, 1:29.0h)

1:30.42FAT Jose Aguiar (Winter Festival)
1:45.3 Jansel Claudio (Tufts)
1:47.38FAT Jonny Gomez (Speed Classic)

1:58.45FAT Hilcias Delacruz (GBL Champ)

1:59.87FAT Eric Orellana (Speed Classic)

1000m (2:51.14FAT, 2:50.9h)

3:02.64FAT Sam Hernandez

3:02.49 Jose Leclerc (GBL FR/SOI)

3:43.7 Hilcias DeLaCruz (Gr. Lawrence, Yards)

3:24 Eric Orellana (Malden)

1 Mile (4:45.24FAT, 4:45.0h)

5:19.5FAT Jose Leclerc (GBL Champ)

5:33.65FAT Jansel Claudio (Winter Festival)

5:41.49FAT Jonny Gomez (Winter Festival)

5:55.78FAT Eric Orellana (Winter Festival)

2 Mile (10:25.24FAT, 10:25.0h)

12:16.65FAT Jonny Gomez (GBL Champ)

13:36 Eric Orellana (Medford)

Shot put (42'11")

37'6.75" Luka Braga (Somerville)

35'8" Nelson Hernandez (Relays)

34'1" Isaac Colcord (Everett)

32'9" Nick Ieng (Relays)

28'11" Miguel Mejia

23'5.5" Gustavo Martinez (GBL FR/SO)

21'6" Ryan Santos (Tufts)

High Jump (5'9")

5'6" Adriel Cedano (Gr. Lawrence)

5' Alecio Dasilva (Gr. Lawrence)

Long Jump (19'4")

19'3" Adriel Cedano (GBL Champ)

19'.75" Alecio Dasilva (Winter Festival)

18'6" Leonardo DaAlmedia (GBL Champ)

16'2.5" Jose Aguiar (Winter Festival)

15'9.25" Isaac Colcord (Winter Festival)

4 x 400m (3:46.24FAT, 3:46.0h)

3:44.15 FAT Adriel, Alezio, Leonardo, Aguiar (GBL Champ)

55.49 Adriel

55.03 Leo

55.6 Alezio

56.22 Jose A

58 Rivas

58.84 Sam H

60 Nick

61.8 Isaac

62.9 Josh

64 Luis H

64.6 Johnny

4 x 200m (1:39.54FAT, 1:39.3h)

1:37.06FAT Adriel, Nick, Alecio, Leo (Relays)

Adriel 23.67

Alecio 23.82

Jose 23.89

Leonardo 24.25

Nick 24.5

4 x 800m (8:45.24FAT, 8:45.0h)

10:12.71 Hernandez, Claudio, Orellana, Gomez
(Tufts)

2:20.3 Hernandez

2:26.81 Jose Lecleric

2:31 Claudio

2:38 Orellana

2:42.3 Gomez

Distance Medley Relay

13:07.1 FAT Gomez, DeLaCruz, Hernandez, LeClerc
(Relays)

Shuttle Hurdles

33.25 FAT Rivas, Jimenez, Hernandez, Pedrero
(Relays)

Shuttle Dash

24.63 FAT Rivas, Jimenez, Ieng, Pedrero (Relays)

Point Totals: (8 = Letter)

42.5 - Adriel Cedano

23.75 - Jose Aguiar

16.25 - Alezio DeSilva

14 - Luka Braga

11.25 - Bryan Rivas
11 - Johnny Gomez
11.75 - Leonardo DeAlmedia
11 - Nelson Hernandez
10.25 - Nick Ieng
10 - Sam Hernandez
8 - Isaac Colcord
6 - Eric Orellana
6 - Jose LeClerc
3 - Jansel Claudio
2 - Alex Pedrero