

## 2017 OUTDOOR SEASON'S BEST

### Girls Events

(State Qualifying time, CAC Qualifying time)

**400 Hurdles (69.47, 85.0)**

**71.40FAT Sylvia Agyeiwaa (Girls NDA)**

**73.19FAT Jocelyn Poste (CAC Champ)**

**83.28 Raquel Estrada (Whittier/MV)**

**110 Hurdles (17.11, 21.0)**

**16.20FAT Sylvia Agyeiwaa (CAC Champ)**

**21.79 Sandra Tun (Whittier/MV)**

**100m (13.26, 14.0)**

**12.96FAT Martine Simon (CAC Champ)**

**13.59FAT Stephanie Simon (CAC Champ)**

**13.41 Isha Osman (Gr. Law)**

**13.90 Halima Osman (Whittier/MV)**

**13.94 Litzy Rodriguez (PMA)**

**14.44 Evelyn Melgar (Gr. Law)**

**14.54FAT Diana Hercules (CAC Fr/S0)**

**14.70 Destiny Summa (Whittier/MV)**

**15.39 Rosa Brito (PMA)**

**15.6 Kamar Ajraoui (Salem)**

**15.6 Masireh Ceesay (Salem)**

**16.5 Xiana Herasme (Salem)**

**17.03 Gloria Marquez (Salem)**

**18.31 Stayce Bravo (PMA)**

**200m (27.27, 29.5)**

**26.65FAT Martine Simon (MIAA D2)**

**27.75FAT Owliyo Mohamud (CAC Champ)**

**28.13 Sylvia Agyeiwaa (Lowell)**

**28.22FAT Stephanie Simon (CAC Champ)**

**29.69FAT Isha Osman (St. Fr/So)**

**30.56 Halima Osman (Lynn)**

**30.77 Litzy Rodriguez (NE)**

**30.97 Evelyn Melgar (Gr. Law)**

**31.31 Rosa Brito (NE)**

**31.46 Diana Hercules (CAC Fr/So)**

**33.67 Amanda Dias (PMA)**

**34.86 Sandra Tun (Lynn)**

**35.63 Gloria Marquez (Lowell)**

**39.19 Stayce Bravo (PMA)**

**400m (62.38, 72.0)**

**60.23FAT Owliyo Mohamud (MIAA D2)**

**66.47 Martine Simon (Malden)**

**67.56 Awa Bajinka (Whittier/MV)**

**68.63FAT Evelyn Melgar (CAC Champ)**

**71.16 Jocelyn Poste (Malden)**

**72.19 Amanda Diaz (PMA)**

**85.59 Pauline Galvez (PMA)**

**800m (2:27.66, 3:00.0)**

**2:36.73FAT Jocelyn Poste (CAC Champ)**

**2:44.31 Amanda Dias (Relays)**

**2:45.14FAT Yarid Deras (CAC Champ)**

**2:57.44FAT Raquel Estrada (NDA)**

**3:05 Marcela Castillo (Lowell)**

**3.06.15 Cynthia Mancía (Salem)**

**3:17.89FAT Marissa Rivera (Essex)**

**2 Mile (12:05.48, 15:00)**

**12:08.54FAT Amanda Dias (St. Fr/So)**

**14:25.24FAT Marissa Rivera (CAC Champ)**

**14:49.55FAT Karina Avalos (Girls NDA)**

**1 Mile (5:34.47, 6:55)**

**5:54.82FAT Amanda Dias (Girls NDA)**

**6:01.26FAT Yarid Deras (CAC Champ)**

**6:27 Cynthia Mancía (CAC Fr/So)**

**6:49.3 Karina Avalos (Lowell)**

**6.59 Marissa Rivera (Salem)**

**8:49 Marcela Castillo (Malden)**

**Shot Put (31'4", 24')**

**31'5" Alexandra Martinez (NE)**

**29' Masireh Ceesay (Relays)**

**28'4" Michena Eugene (PMA)**

**27'3" Tracey Flores (Essex)**

**27' Destiny Summa (Lowell)**

**26'7" Adamaris Perez (Whittier/MV)**

**25' Hilina Tafesse (PMA)**  
**21'3" Kamar Ajraoui (PMA)**  
**18'11.5" Vanesa Hernandez (Gr. Law)**  
**14'6.5" Jeselle Renderos (PMA)**

**Discus (89'6", 65')**

**87'7" Masireh Ceesay (CAC Champ)**  
**84'7" Jessica Martinez (Whittier/MV)**  
**84' Xiana Herasme (Lowell)**  
**81'0" Tracey Flores (CAC Champ)**  
**67'7" Alex Martinez (Essex)**  
**50'5" Jesselle Renderos (Lowell)**  
**44'5" Gyselle Campos (Lynn)**  
**42'6" Destiny Summa (Gr. Law)**

**Javelin (98'10", 65')**

**62'3" Jessica Martinez (PMA)**  
**50'2" Kamor Ajroul (Girls NDA)**  
**45'7" Jessele Renderos (Lynn)**  
**42'6" Diana Hercules (PMA)**  
**42'3" Adamaris Perez (Essex)**  
**40'5" Gyselle Campos (Whittier/MV)**

**High Jump (4'11", 4'2")**

**5'0" Stephanie Simon (CAC Champ)**

**4' Jocelyn Poste (Malden)**

**Long Jump (15'7", 14')**

**16'8" Martine Simon (Whittier/MV)**

**16'0.5" Owliyo Mohamud (Lynn)**

**15'9" Stephanie Simon (Lynn)**

**15'3.5" Sylvia Agyeiwaa (Whittier/MV)**

**12'1" Isha Osman (Salem)**

**Triple Jump (34'0", 26'6")**

**34'7" Martine Simon (Gr. Law)**

**33'11" Stephanie Simon (Girls NDA)**

**4 x 400m Relay (4:17.29)**

**4:45.5FAT Evelyn, Owliyo, Awa, Marcella (Girls NDA)**

**4 x 100m Relay (52.45FAT)**

**52.9 Isha O., Sylvia, Owliyo, Martine (Relays)**

**Point Totals: (15 = Letter)**

**169 - Martine Simon**

**95 - Sylvia Agyeiwaa**

**82 - Owliyo Mohamud**

**80 - Stephanie Simon**  
**78 - Jocelyn Poste**  
**74.25 - Amanda Dias**  
**50 - Masireh Ceesay**  
**45 - Alex Martinez**  
**35 - Jessica Martinez**  
**31 - Yarid Deras**  
**26 - Awa Bajinka**  
**25 - Tracy Flores**  
**24 - Cynthia Mancía**  
**23 - Xiana Herasme**  
**18.50 - Isha Osman**  
**18 - Evelyn Melgar**  
**15 - Karina Avalos**  
**14 - Raquel Estrada**  
**13.75 - Marcela Castillo**  
**7.50 - Diana Hercules**  
**7.50 - Litzy Rodriguez**  
**7 - Sandra Tun**  
**6.90 - Halima Osman**  
**6 - Marissa Rivera**  
**4 - Destiny Summa**  
**4 - Michena Eugene**  
**3 - Rosa Brito**  
**2 - Adamaris Perez**

**1 - Jeselle Renderos**

**1 - Kamar Ajraoui**

**Boys Events**

**(State Qualifying time, CAC Qualifying time)**

**400 Hurdles (64.02, 70.0)**

**62.01 FAT Bryan Rivas (CAC Champ)**

**64.87 Isaac Colcord (Whittier/MV)**

**65.22 Alex Pedrero (Whittier/MV)**

**65.97 Wuilfido Hernandez (PMA)**

**110 Hurdles (16.19, 20.0)**

**18.03 Alex Pedrero (Whittier/MV)**

**19.58 Isaac Colcord (Lynn)**

**19.28 Bryan Rivas (PMA)**

**100m (11.78, 12.0)**

**11.60 FAT Nick Ieng (CAC Champ)**

**11.34 Adriel Cedano (Gr. Law)**

**12.03 Luqman Shariff (Malden)**

**12.28 David Bui (PMA)**

**12.66 Angel Rivas (Salem)**

**12.86 Jose Gutierrez (Gr. Law)**

**13.28 Raymond Tun (Gr. Law)**

**13.48 Celestin Rodson (Lynn)**

**14.12 Nelson Hernandez (Salem)**

**15.87 Tony Bui (Salem)**

**200m (23.60, 25.0)**

**23.40 Adriel Cedano (PMA)**

**24.10FAT Nick Ieng (CAC Champ)**

**24.45 Luqman Shariff (Gr. Law)**

**26.05 Jose Gutierrez (PMA)**

**25.55 Angel Rivas (PMA)**

**28.11 Adam Rharbi (CAC Fr/So)**

**29.47 Raymond Tun (Malden)**

**31.31 Celestin Rodson (Salem)**

**400m (53.17, 65.0)**

**52.53 Adriel Cedano (CAC Champ)**

**56.55 Bryan Rivas (Lowell)**

**57.07 Isaac Colcord (PMA)**

**60.51 Luqman Sheriff (Malden)**

**65.24 Adam Rharbi (PMA)**

**800m (2:06.09, 2:24)**

**2:09.91FAT Jose Leclerc (CAC Champ)**

**2:14.89FAT Wuilfido Hernandez (St. Fr/So)**

**2:19 Walid El Mellouki (Salem)**

**2:28 Justin Turner (Relays)**

**2:30 Abraham Barrientos (Salem)**

**2:33 Demetrius Martinez (Relays)**

**2:30 Yosef Ruben (PMA)**

**2:42 Limilson Tavares (Salem)**

**2:42 Joseph Teruel (Relays)**



**2:44 Jazmany Reyes (Gr. Law)**

**1 Mile (4:42.65, 5:20)**

**4:52.75FAT Jose Leclerc (St. Invite)**

**5:08.46FAT Justin Turner (JT) (CAC Champ)**

**5:10.07FAT Walid El Mellouki (Essex)**

**5:12.06FAT Demitrius Martinez (CAC Champ)**

**5:19 Abraham Barrientos (CAC Fr/So)**

**5:25 Yosef Ruben (CAC Fr/SO)**

**5:42 Limilson Tavares (Lowell)**

**5:41 Jazmany Reyes (CAC Fr/So)**

**2 Mile (10:02.71, 12:00)**

**10:45.90 Jose Leclerc (CAC Champ)**

**12:25 Demitrius Martinez (Salem)**

**12:24 Abraham Barrientos (Lowell)**

**12:18 Joseph Teruel (Lowell)**

**13:24 Limilson Tavares**

**Shot Put (42'11", 35'6")**

**38'7.5" Nick Ieng (CAC Champ)**

**35'5.5" Isaac Colcord (NE)**

**32'10" Nelson Hernandez (Malden)**

**31'5" Tony Bui (NE)**

**28'2.5" Celestin Rodson (PMA)**

**25'4" David Bui (Essex)**

**Discus (110'6", 96')**

**108' Isaac Colcord (PMA)**

**108' Nelson Hernandez (Lowell)**

**92'11" Nick Ieng (Salem)**

**90'10" Tony Bui (PMA)**

**80'4" Felix Ramos (Lowell)**

**61'8" David Bui (Malden)**

**Javelin (141'3", 111')**

**147'9" Nick Ieng (Essex)**

**108'57 Tony Bui (Lowell)**

**109'5" David Bui (PMA)**

**75'8" Felix Ramos (Essex)**

**High Jump (5'9", 5'4")**

**5'8" Adriel Cedano (Essex)**

**Long Jump (19", 18')**

**18'3 Luqman Sheriff (Whittier/MV)**

**17'11.5" Bryan Rivas (Whittier/MV)**

**17'7.5" David Bui (Lynn)**

**17'6.5" Alex Pedrero (Lynn)**

**17'6.5" Adam Rharbi (Whittier/MV)**

**16'9.5" Jose Gutierrez (Malden)**

**14'7" Walid El Mellouki (Salem)**

**Triple Jump (40", 35'6")**

**41'4" Adriel Cedano (CAC Champ)**

**37'1" Bryan Rivas (Whittier/MV)**

**33'8" Jose Gutierrez (Whittier/MV)**

**4 x 400m (3:36.75)**

**3:41.28 FAT Bryan, Adriel, Isaac, Jose L (MIAA D2)**

**55.5 Jose Leclerc (Salem)**

**59.03 Wuilfido Hernandez (Gr. Lawr)**

**60.2 Demetrius Martinez (Salem)**

**61.89 Yosef Ruben (Gr. Lawr)**

**64.64 Adam Rharbi (Malden)**

**64.08 Justin Turner (Gr. Lawr)**

**68.28 Abraham Barrientos (Malden)**

**60.32 Walid El Mellouki (Salem)**

**4 x 100m (45.23)**

**48.41 Luqman S., Angel R., Jose G., David B. (PMA)**

**Point Totals: (15 = Letter)**

**147 - Adriel Cedano**

**124 - Nick Ieng**

**80 - Jose Leclerc**

**61 - Bryan Rivas**

**58 - Alex Pedrero**

**56 - Isaac Colcord**

**36 - Nelson Hernandez**  
**32.5 - Wuilfido Hernandez**  
**25 - Walid El Mellouki**  
**22.5 - Justin Turner**  
**19.25 - Luqman Shariff**  
**14.5 - Demitrius Martinez**  
**14.25 - David Bui**  
**12 - Tony Bui**  
**7.25 - Jose Gutierrez**  
**6.25 - Angel Rivas**  
**2.5 - Adam Rharbi**  
**5 - Abraham Barrientos**  
**3- Joseph Teruel**  
**2 - Limilson Tavares**  
**1- Yosef Ruben**