

6th Annual
**Christopher Urban
& Brittney Walsh**
Memorial Track & Field Invitational
Monday May 16, 2016



Walter G. O'Connell-Coptague HS

Copiague High School's



6th Annual Urban & Walsh Memorial Invitational

In honor & memorial of Christopher Urban & Brittney Walsh

Monday, May 16, 2016

Copiague High School---1100 Dixon Avenue---Copiague, NY

Clerking: Begins at 3:45pm

- **This meet is open to all HS boys and girls.**
- Athletes may compete in any three (3) events.
- Limit of two teams per school in each of the relays.
- There will not be any separate Frosh/Soph events; Varsity only
- Please use stickers for all events (event, name, school, grade, & comp. # from Just-In-Time)

Awards:

- Medals will be given to the top three finishers in all events.

Spikes:

- $\frac{1}{4}$ in maximum length can be worn on all runways and the track.

Food:

- Hot BBQ & cold food and drinks will be on sale the day of the meet, as well as Invite T-shirts.

Entry Fees:

- **Section XI teams:** \$150.00 blanket fee, or \$20.00 per individual & \$30.00 per relay
 - **Boys & Girls combined:** \$250.00 Minimum entry fee is \$30.00
- **Non-Section XI teams:** \$175.00 blanket fee, or \$20.00 per individual & \$30.00 per relay
 - **Boys & Girls combined:** \$300.00 Minimum entry fee is \$30.00

This is an entry fee not a participation fee & the meet will be capped at 25 teams.

- **Blanket Fee:** allows for unlimited individual entries.
- **Meet will be limited to the first 40 teams with paid entry!**
 - **2015 had 37 teams competing!!!**

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---Steve Prefontaine

ORDER OF EVENTS

RUNNING EVENTS START AT 4:00 PM

- *Girls Events Followed by Boys (except hurdle finals)*
- *Verbal seeds for all running events*
- **ALL ATHLETES MUST HAVE A COMPETITOR NUMBER!!!**

- 2000/3000 Steeplechase
- 100/110 HH (semis)
- 1500/1600-*Chris Urban Memorial Event*
- 110/100 HH (finals)--- boys final 1st
- 100 (semis)
- 400
- Copiague Elementary School 4 x 100
- 100 (finals)
- 800
- 400IH
- 200 (finals on time)
- 4 x 800
- 4 x 400
- 4 x 100

FIELD EVENTS START AT 4:00PM

- Seed cards will be used for all field events
- There will be NO triple jump
- **ALL ATHLETES MUST HAVE A COMPETITOR NUMBER!!!**
- **GIRLS SHOT** –minimum 25', FOLLOWED BY **BOYS SHOT**, minimum 40', - top 6 to finals
- **BOYS DISCUS**- minimum 100', FOLLOWED BY **GIRLS DISC**- minimum 70' - top 6 to finals
- **BOYS LJ** – minimum 18', FOLLOWED BY **GIRLS LJ**- minimum 14', -top 6 to finals
- **GIRLS HIGH JUMP**- opening at 4', FOLLOWED BY **BOYS HJ**- opening at 5'
- **BOYS POLE VAULT** –opening at 8'

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Entries Due: May 13th, 2016

Entries received after may be denied entry.

Meet will be limited to the first 25 teams with paid entry!

School: _____ (circle one) **BOYS** **GIRLS**

Coach's Name: _____

Coaches Email: _____

School Phone # (____) _____ Coach's Phone # (____) _____

Approximate # of overall athletes attending: _____

Entry Fees:

- **Please circle one** Section XI team **OR** Non-Section XI team
- If using blanket fee:** \$150.00 \$175.00

- Combined Section XI Teams **OR** Combined Non-Section XI Teams
- \$250.00 \$300.00
- OR**

- # of individuals _____ X \$20.00 each = _____
- # of relays _____ X \$30.00 each = _____

• **TOTAL AMOUNT DUE =** _____

• Minimum entry fee is \$30.00

This is an entry fee not a participation fee & the meet will be capped at 40 teams.

**Make checks or PO's payable to
Copiague High School - Booster Club and send to:**

COPIAGUE H.S.---c/o George Schroeder---1100 Dixon Avenue---Copiague, New York 11726

Questions---Comments---Concerns

Contact--- gschroeder@copiague.net or call/text (516) 672-4086

“The will to win means nothing if you haven't the will to prepare”

---Juma Ikangaa, 1989 NYC Marathon winner

Copiague High School's 6th Annual Urban & Walsh Memorial Invitational



Christopher Urban was in his junior year at Copiague High School when he was suddenly and most unexpectantly taken away from us on October 12, 2010. Unknown to anyone, Chris had a congenital condition known as arteriovenous malformation (AVM) on his brain.

Chris began his running career as a freshman, coming out for the Spring Track team after being cut from baseball. Carrying quite a few extra pounds, Chris was hardly the picture of a “track kid”, let alone a miler. Chris was barely able to break 8 ½ minutes in the mile, running only an 8:18 that freshman season, but to his credit he stuck with it.

Chris came out and ran Cross Country in his sophomore year, still sporting some extra weight but managed to drop time and pounds from the beginning of the season to end, running 27:57 at the beginning and 22:24 at the end. Chris just narrowly missed winning the “MOST IMPROVED” athlete award. He continued running through the winter track season as well, not breaking any records but still working hard every day. Another Spring Track season saw Chris run his best mile yet of 5:45. Sacrifice, dedication, perseverance... these were not just words to Chris, they were a daily ritual.

The summer of 2010, Chris spent many days putting in the mileage for his upcoming junior XC season. Even while on a family vacation to his “family island” in Croatia, Chris ran everyday. He began his XC season right where he left off from his sophomore year, running 22:25. Chris would go on to run a 21:30 for three miles at Sunken Meadow; his best time ever, and just days before his passing. On the morning Chris passed, the team had a XC meet at the Meadow that afternoon. To honor his commitment to the sport and each other, the team decided not to postpone their meet, but instead, race in his name and honor.

That day, Tuesday October 12, 2010, 10 of the 15 varsity runners ran their best time to date,

and won, for Chris.

Brittney Walsh was beautiful young lady, a multi-event track athlete and had just graduated from Copiague High School on June 22, 2012. She had attended her prom the previous Thursday. On Sunday evening, June 24th, Brittney was killed by a drunk driver as she drove home from her part-time job, just blocks away from her home.

Brittney and Christopher Urban were the best of friends.



<http://www.smile14.org/>

Both Brittney and Christopher were my students when they were both juniors. Brittney was an active member and captain on the girls track team, triple jumping and running the 400 and representing her team at the 2012 PENN RELAYS.

Brittney and Chris had a profound and positive effect upon nearly everyone they came in contact with; I wish you could have met them and known them as I had the pleasure and honor of.

Thanks to a very generous donation from Mr. & Mrs. Walsh, the Copiague Track & Field Program now has our very steeple chase barriers, which will forever honor their daughter.

So today, as your athletes compete, remind them of sacrifice, dedication, perseverance, and how each & every one of them can be a winner every single time they compete, through achieving personal bests. That's what Chris Urban and Brittney Walsh did. Thank you for coming.

Good Luck!

Coach George Schroeder



Chris Urban Memorial Invitational

"Most people run a race to see who is fastest. I run a race to see who has the most guts."
---Steve Prefontaine

EVENT WINNERS FROM 2011

Boys

Girls

10:35.7--- Wes Merriwether- Cop.	2000/3000 Steeplechase	not contested
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4:40.1--- Wes Merriwether- Cop.	1500/1600	
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15.80--- Mike Benson- Cop.	110/100 HH	
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52.50--- Ernesto Medina- Cop.	400	
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10.9--- Jarrick Ambrose- Cop.	100	
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2:06--- Rob Prescia- Deer Park	800	
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58.30--- Zack LeCat- Rocky Point	400IH	
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23.40--- Davine Clinton- Cop.	200	
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8:55.2--- Massapequa	4 x 800	
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3:40.0--- Copiague "A"	4 x 400	
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not contested

TEXAS SPRINT RELAY

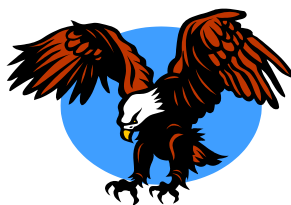
43'09.25" --- Darryl Mitchell- Cop.	SHOT	
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168'00"--- Andrew Bylicki- Deer Park	DISC	
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20'09.25"--- Kevin Vasko- Rocky Point	LONG JUMP	
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41'10"--- Justin Brown- Copiague	TRIPLE JUMP	
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6'04"--- Wade Richardson- Cop.	HIGH JUMP	
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Chris Urban Memorial Invitational

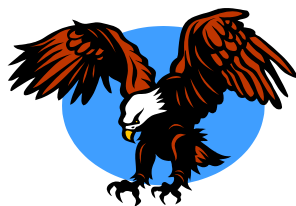
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EVENT WINNERS FROM 2012

Boys

Girls

10:16.7--- Wes Merriwether- Cop.	3000/2000 Steeplechase	8:03---Jen Race---MacArthur
4:41.9--- Corey Slatinitski---Mattituck	1600/1500	not contested
14.2--- Mike Benson- Cop.	110/100 HH	16.8---Small---Amityville
51.5--- Mayan---Center Moriches	400	61.1---Shannon Murphy---MacArthur
11.1---James D'Onofrio---W Babylon	100	12.0---Janel Francis---Copiague
2:03.7---Pat Ducey---MacArthur	800	2:33.8---Weeb---W Babylon
57.4--- Mario Mayen---Center Moriches	400IH	68.3---Destiny MacElroy---Riverhead
22.8--- James D'Onofrio---W Babylon	200	26.0---Ashley Jackson---Copiague
9:42.9---Lindenhurst	4 x 800	not contested
3:33.7--- Copiague "A"	4 x 400	not contested
1:35.4--- Amityville "A"	TEXAS SPRINT RELAY	1:51.3---Copiague "A"
48'04.5"---Anthone Stimpfel---Riverhead	SHOT	31'02.25"---Amanda Seda---MacArthu.
168'00"--- Andrew Bylicki- Deer Park	DISC	98'01"---Kerrysha Pittman---Riv.
21'08.5---Alex Williams---Wyandanch	LONG JUMP	18'05.25"---Janel Francis---Cop.
44'03"--- Justin Brown- Copiague	TRIPLE JUMP	40'02.75"---Meloney Riley---Riv.
6'00"---Dan Geist---Lindenhurst	HIGH JUMP	5'00"---Kelly Grossman---Rocky Pt.



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EVENT WINNERS FROM 2013

Boys

Girls

10:43.09--- Juan Taveras- Copiague	3000/2000 Steeplechase	7:04.17---Victoria Ingram---Smithtown W
4:28.87 ---Alex Fitzgerald---Ward Melville	1600/1500	5:03.16---Mackenzie Coleman---Sachem N
:15.29--- Aaron McFadden---Copiague	110/100 HH	:15.59---Nikki Fogarty---Sachem N
:51.14---Conner Christian--- Ward Melville	400	:59.69---Jessica Gonzales---HHHW
:11.08---Jarried Redwood---HHW	100	:12.62---Alyssa Leto---Sachem N
1:58.87---Jake Burcham---HHHE	800	2:31.19---Kristina Schrepf---Sachem N
:55.10---Tobias Nelson---Brentwood	400IH	:66.82---Kaitlin MacDonald---Rocky Point
:22.56---Maleik Henry--- HHHE	200	:26.63---Kayla Hodge---HHHW
8:49.63---Ward Melville (R. Fan, T. Francisco, J.P. Humpreys, C. Theiss)	4 x 800	10:44.36---HHHW (V. Sacchetti, E. Pabisch, M. Iris, O. Sabatino)
3:27.19--- HHHW "A" (B. Johnson, J. Connor, H. Thaper, J. Blackman)	4 x 400	4:34.93---Sachem North (E. Lin, M. Abrams, T. Buechner, G. Czerw)
1:37.50--- Brentwood "A" (D. Kidd, D. Smith, N. Ortiz, T. Nelson)	TEXAS SPRINT RELAY	1:57.71---Copiague "A" (J. Ruiz, A. Jackson, A. Arquer, N. Austin)
54-02 ---Ben Bonhurst--- Smithtown W	SHOT	37-00.75 ---Tiara Davis---HHHW
164-02 ---Ben Bonhurst--- Smithtown W	DISC	103-01 ---Tiara Davis---HHHW
21'02.75---Zachary Acocella---E Islip	LONG JUMP	16-10.5 ---Sunja Joseph---Sachem N
not contested	TRIPLE JUMP	not contested
6-04 ---Maurice Epps---Copiague	HIGH JUMP	5-02 ---Carly Swinford---Sachem N
14-00 --- Jonah Spaeth--- Riverhead --- Dan Normoyle---Riverhead	Pole Vault	not contested



Chris Urban Memorial Invitational

EVENT WINNERS FROM 2014

Boys Winners

Girls Winners

Chris Swenson, 12 Bellport 9:46.91	3000/2000 SC	Kathleen O'Connor, 8 Rocky Point 7:53.28
Brian Kennedy, 12 East Islip 4:33.35	1600/1500	Gianna Tinto, 11 Smithtown West 5:08.82
Aaron McFadden, 11 Copiague 14.71	110/100HH	Crystal Gray, 11 Central Islip 16.92
Tom Meehan, 12 Eastport/South M 51.41	400	Kristyn Kumpfbeck, 12 Smithtown West 62.01
Charles Tankeh, 10 Stony Brook 11.29	100	Valerie Moise, 11 Central Islip 12.71
Michael Franks, 12 Rocky Point 2:01.07	800	Ahmetra Davies, 10 Islip 2:23.79
Lewis Meitz, 12 Stony Brook 59.80	400IH	Kaitlyn McDonald, 12 Rocky Point 66.12
Zach Acocella, 11 East Islip 23.08	200	Nickeela Austin, 10 Copiague 26.21
Eastport/South Manor 'A' 8:39.63 1) Joe Vultaggio 10 2) Tom Meehan 12 3) Dom DeAngelis 11 4) Jacob Black 12	4x800	Rocky Point 'A' 10:54.62 1) Amanda Tascarella 12 2) Devin Abernethy 10 3) Julia Townsend 12 4) Kathleen O'Connor 8
Central Islip 'A' 3:30.22 1) David Petrie 11 2) Alex Luckoo 12 3) Livingstone Harriot Jr. 10 4) Kevin Mowatt 12	4x400	Islip 'A' 4:48.39 1) Ashley Giorgio 9 2) Logan Powers 7 3) Kristen Thomas 8 4) Skye Giaquinto 11
Not contested	4x100	Not contested
Riverhead 'A' 1:39.61 1) Davion Porter 12 2) Marcus Moore 12 3) Jacob Robinson 11 4) Andrew Smith 11	Texas Sprint Relay	Central Islip 'A' 1:55.91 1 1) Jameela Middleton 12 2) Alexis Jackson 10 3) Alexandra Harriot 8 4) Valerie Moise 11
Benjamin Bonhurst, 12 Smithtown West 61-02.50	Shot	Madison Blom, 12 Riverhead 40-05.00
Benjamin Bonhurst, 12 Smithtown West 177-05	Disc	Daniella Chernoff, 12 Ward Melville 111-11
Collin Godfrey, 12 Babylon 21-05.00	Long Jump	Nickeela Austin, 10 Copiague 16-07.50
Not contested	Triple Jump	Not contested
Alexander Ladouceur, 12 Smithtown West 6-03.50	High Jump	Hope Cunningham, 11 Islip 5-00.00
Charles Villa, 12 Riverhead 14-00.00	Pole Vault	Not contested



Chris Urban Memorial Invitational

EVENT WINNERS FROM 2015

Boys Winners

Girls Winners

Matt Patsy, 12 Sachem East 10:28.67	3000/2000 SC	Gianna Tinto, 12 Smithtown West 7:27.55
Scott Gulizio, 12 Huntington 4:33.44	1600/1500	Dana Cebulski, 12 East Hampton 5:12.50
Aaron McFadden, 12 Copiague :14.26	110/100HH	Briana Mandat, 12 North Babylon 15.34
Kory Fitzgerald, 12 HHH West 49.81	400	Trista Seara, 11 Lindenhurst 60.82
Marquise Williams, 12 Lindenhurst 11.13	100	Taylor Figueroa, 11 North Babylon 12.67
William Reed, 11 East Islip 1:57.54	800	Ahmetra Davies, 11 Islip 2:18.03
Steven Mosher, 12 Copiague 59.69	400IH	Tara Hernandez, 11 North Babylon 65.43
Steve Reid 12 Riverhead 22.36	200	Nailah Jones, 12 North Babylon 26.35
Smithtown West "A" 8:38.04 1) Nicholas Sabia 12 2) Michael Herbert 12 3) Nicholas Agunzo 11 4) Michael Traina 12	4x800	Islip 'A' 10:40.08 1) Ahmetra Davies 11 2) Nicole Multer 7 3) Madeline Mowbray 8 4) Melissa Mowbray 10
Hhh West 'A' 3:25.40 1) Kory Fitzgerald 12 2) Denzel Hardy 11 3) Ahmed Galal 11 4) Julien Porter 12	4x400	Westhampton Beach 'A' 4:03.17 1) Lauren Lorefice 12 2) Nora Murphy 11 3) Jennifer Jordan 10 4) Grace Gilbakian 11
Central Islip 'A' 43.69 1) Aaron Williams 11 2) David Petrie 12 3) Zachary Haye 10 4) Livingstone Harriott Jr. 11	4x100	North Babylon 'B' 49.48
Turner Kelly, 12 Copiague 55-07.00	Shot	Leeyan Redwood, 11 HHH West 41-11.50
Liam Hendricks, 11 Smithtown East 162-10	Disc	Alexi Bolster, 12 East Islip 103-06
Livingstone Harriott Jr., 11 Central Islip 21-05.25	Long Jump	Mia Abulencia, 9 HHH West 17-06.00
Not Contested	Triple Jump	Not Contested
Jyles Etienne, 10 Stony Brook 6-04.00	High Jump	Ayanna Moonah, 10 North Babylon 5-00.00
1 Justin Martinez, 9 HHH West 11-06.00	Pole Vault	Not Contested



Chris Urban Memorial Invitational

MEET & EVENT RECORDS

Boys

Girls

9:46.41--- Chris Swenson- Bellport "14	3000/2000 Steeple	7:04.17---Victoria Ingram---Smithtown W "13
4:28.87 ---Alex Fitzgerald---Ward Melville '13	1600/1500	5:03.16---Mackenzie Coleman---Sachem N "13
:14.24---Mike Benson---Copiague '12	110/100 HH	:15.34---Briana Mandat---North Babylon "15
:49.81 --- Kory Fitzgerald---HHHW "15	400	:59.69---Jessica Gonzales---HHHW "13
:11.08---Jarried Redwood---HHW "13	100	:12.24---Janel Francis---Copiague "12
1:57.54--- William Reed--- East Islip "15	800	2:18.03---Ahmetra Davies---Islip "15
:55.10---Tobias Nelson---Brentwood "13	400IH	:65.43---Tara Hernandez---North Babylon "15
:22.36--- Steve Reid--- Riverhead "15	200	:26.21---Nickeela Austin---Copiague "14
8:38.04--- Smithtown West "A" "15 (N. Sabia, M. Herbert, N. Agunzo, M. Traina)	4 x 800	10:40.08---Islip "A" "15 (A.Davies, N. Multer, M. Mowbray, M. Mowbray)
3:25.40--- HHHW "A" "15 (K. Fitzgerald, D. Hardy, A. Galal, J. Porter)	4 x 400	4:03.17---Westhampton Beach "15 (L. Lorefice, N. Murphy, J. Jordan, G. Gilbakian)
43.69--- Central Islip "A" (A. Williams, D. Petrie, Z. Haye, L. Harriot Jr)	4 x 100	49.48--- North Babylon "B" "15
1:35.4--- Amityville "A"- 2012	TEXAS SPRINT RELAY	1:51.54---Copiague "A" "12
61-02.5 ---Ben Bonhurst--- Smithtown W "14	SHOT	37-00.75 ---Tiara Davis---HHHW "13
177-05 ---Ben Bonhurst--- Smithtown W "14	DISC	111-11---Daniella Chernoff---Ward Mellville "14
21'08.5---Alex Williams---Wyandanch- "12	LONG JUMP	18-05.25---Janel Francis---Copiague "12
44-03---Justin Brown---Copiague "12	TRIPLE JUMP	40'02.75"---Meloney Riley---Riv. "12
6-04 --- Jyles Etienne---Stony Brook "15 --- Maurice Epps---Copiague "13 --- Wade Richardson---Copiague "11	HIGH JUMP	5-02 ---Carly Swinford---Sachem N "13
14-00 --- Jonah Spaeth--- Riverhead "13 --- Dan Normoyle---Riverhead "13 --- Charles Villa---Riverhead "14	Pole Vault	not contested