

**LAMBERT WEDNESDAY NIGHT #2
LAMBERT HIGH SCHOOL
FEBRUARY 28, 2024**

ADMISSION: \$5 via GoFan - Link here - https://gofan.co/app/school/GA25496_9

*Children 10 & under are free

TRANSPORTATION: We will have a bus for this meet (limited space – about 40 athletes maximum). The bus will leave from the front of NGHS at 3:00 p.m. Athletes who want to ride the bus must sign up here: <https://forms.gle/GVQDVPRZnHszs3P9A>

MEET SCHEDULE

Field Events

4:45 p.m. Shot Put: Boys then Girls (throwing area is near tennis courts)
Discus: Girls then Boys (throwing area is near tennis courts)
Long Jump: Boys then Girls
High Jump: Girls then Boys
Pole Vault: Girls then Boys
Triple Jump (will follow Long Jump): Boys then Girls

Running Events

*Events will follow a rolling schedule

(Each event will immediately follow the completion of the previous event)

4:30 pm 4x800 Relay
~4:45 100/110 Hurdles
~4:50 100m Dash
~5:20 4x200 Relay
~5:30 1600m Run
~6:00 4x100 Relay
~6:15 400m Dash
~7:00 300m Hurdles
~7:15 800m Run (1-turn Stagger)
~7:30 200m Dash
~8:15 4x400 Relay

ATHLETE CHECK-IN & MISC. INFO:

- Check in for field events will be at the event.
- Athletes in each event need to know what heat and what lane they are in prior to checking in.
- Athletes in laned events will not need a hip number.
- Athletes in the 800, 1600, 3200, and anchor legs of the 4x400 & 4x800 relays will need hip numbers
- **Athletes that are not staged for the next event should remain in the stands**
- **No electronics (phones, headphones, earbuds, etc.) on the infield**

ENTRIES ON THE FOLLOWING PAGE

Athlete Entries:**Meet: Lambert Wednesday Night #2****Team: North Gwinnett****Girls Entries:**

- Aladesulu, Iyanuoluwa
 - High School Girls 200 Meter Dash
 - High School Girls 4x200 Meter Relay
- Alvarez, Camila
 - High School Girls 800 Meter Run
- Andrews, Julia
 - High School Girls 100 Meter Dash
 - High School Girls 200 Meter Dash
- Batenko, Michelle
 - High School Girls 800 Meter Run
- Beasley, Abbie
 - High School Girls 800 Meter Run
- Boeru, Nikita
 - High School Girls 4x100 Meter Relay
 - High School Girls 4x400 Meter Relay
 - High School Girls 100 Meter Dash
 - High School Girls 4x200 Meter Relay
- Chandra, Swara
 - High School Girls 800 Meter Run
- Choi, Ellen
 - High School Girls 1,600 Meter Run
 - High School Girls 4x400 Meter Relay
- DeCou, Sadie
 - High School Girls 800 Meter Run
 - High School Girls 4x400 Meter Relay
- Engel, Paige
 - High School Girls 1,600 Meter Run
 - High School Girls 4x400 Meter Relay
- Fonseca, Juliana
 - High School Girls 800 Meter Run
- Gary, Averie
 - High School Girls 200 Meter Dash
- Gilliam, Dakota
 - High School Girls 4x100 Meter Relay
 - High School Girls 200 Meter Dash
 - High School Girls 4x200 Meter Relay
- Gingras, Olivia
 - High School Girls 1,600 Meter Run
 - High School Girls 4x400 Meter Relay
- Glass, Nadia
 - High School Girls High Jump
 - High School Girls Long Jump
- Goetz, Magdalena
 - High School Girls Pole Vault
- Grigley, Aniah
 - High School Girls 4x100 Meter Relay
 - High School Girls 100 Meter Dash
 - High School Girls 200 Meter Dash
- Hangodi, Alexa
 - High School Girls 800 Meter Run
- Jastrzebski, Katya
 - High School Girls 800 Meter Run
 - High School Girls 4x400 Meter Relay

- Kerns, Heidi
 - High School Girls 1,600 Meter Run
- Kim, Chloe
 - High School Girls 800 Meter Run
- Krafick, Siena
 - High School Girls Discus
- Li, Kaylee
 - High School Girls 800 Meter Run
- Long, Kirsten
 - High School Girls 4x100 Meter Relay
 - High School Girls 200 Meter Dash
 - High School Girls 4x200 Meter Relay
- Louis, Caelynn
 - High School Girls 100 Meter Hurdles
 - High School Girls 300 Meter Hurdles
- Manoj, Nandita
 - High School Girls 100 Meter Dash
 - High School Girls 200 Meter Dash
- Marshall, Rhone
 - High School Girls 800 Meter Run
 - High School Girls 4x400 Meter Relay
- Martin, Brooklyn
 - High School Girls Pole Vault
- Meyer, Bella
 - High School Girls 800 Meter Run
 - High School Girls 4x400 Meter Relay
- Mooney, Brinley
 - High School Girls 800 Meter Run
 - High School Girls 4x400 Meter Relay
- Moseley, Carmen
 - High School Girls Shot Put
- Mullins, Peighton
 - High School Girls 4x100 Meter Relay
 - High School Girls 4x400 Meter Relay
 - High School Girls 100 Meter Dash
 - High School Girls 4x200 Meter Relay
- Mullins, Sloane
 - High School Girls Pole Vault
- Norris, Maggie
 - High School Girls Pole Vault
- Patel, Arya
 - High School Girls 800 Meter Run
- Patwardhan, Simran
 - High School Girls 1,600 Meter Run
 - High School Girls 4x400 Meter Relay
- Perez, Natalia
 - High School Girls 1,600 Meter Run
- Peterson, Aliyah
 - High School Girls 1,600 Meter Run
- Phelan, Ava
 - High School Girls 1,600 Meter Run
- Pope, Lizzy
 - High School Girls 1,600 Meter Run
 - High School Girls 4x400 Meter Relay
- Pope, Tessa
 - High School Girls 1,600 Meter Run
 - High School Girls 4x400 Meter Relay

- Postell, Bridget
 - High School Girls 300 Meter Hurdles
 - High School Girls 4x400 Meter Relay
 - High School Girls 4x200 Meter Relay
- Rowe, Mallory
 - High School Girls 800 Meter Run
 - High School Girls 4x400 Meter Relay
- Sams, Avery
 - High School Girls 800 Meter Run
 - High School Girls 4x400 Meter Relay
- Shah, Aria
 - High School Girls 800 Meter Run
- Shappert, Clare
 - High School Girls 800 Meter Run
 - High School Girls 4x400 Meter Relay
- Simon, Kennedy
 - High School Girls High Jump
 - High School Girls 4x400 Meter Relay
 - High School Girls 100 Meter Dash
 - High School Girls 200 Meter Dash
- Smith, Caroline
 - High School Girls 1,600 Meter Run
 - High School Girls 4x400 Meter Relay
- Steed, Carolyn
 - High School Girls 800 Meter Run
- Suen, Sara
 - High School Girls 800 Meter Run
- Tejeda, Amelie
 - High School Girls 800 Meter Run
- Tesfamariam, Yohana
 - High School Girls 100 Meter Dash
 - High School Girls 200 Meter Dash
- Tor, Ariel
 - High School Girls Discus
 - High School Girls Shot Put
- Tor, Izzy
 - High School Girls 100 Meter Dash
 - High School Girls 200 Meter Dash
- Traykova, Isabella
 - High School Girls 1,600 Meter Run
 - High School Girls 4x400 Meter Relay
- Uter, Victoria
 - High School Girls 4x100 Meter Relay
 - High School Girls 200 Meter Dash
 - High School Girls 4x200 Meter Relay
- Walton, Caroline
 - High School Girls Pole Vault
- Wirshing, Marisa
 - High School Girls 800 Meter Run
- Wright, Kaityln
 - High School Girls 4x100 Meter Relay
 - High School Girls 4x400 Meter Relay
 - High School Girls 100 Meter Dash
 - High School Girls 200 Meter Dash

- Yoo, Kalli
 - High School Girls 4x100 Meter Relay
 - High School Girls 100 Meter Dash
 - High School Girls 4x200 Meter Relay

Boys Entries:

- Adeyemo, Jeremiah
 - High School Boys 300 Meter Hurdles
 - High School Boys 200 Meter Dash
- Akarue, Okwy
 - High School Boys 100 Meter Dash
- Alestra, Joseph
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Ambrosi, Luca
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Andrews, Emmett
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Arinze, Kene
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Asare, Joel
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
- Bailey, Blake
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Barrett, Sean
 - High School Boys 300 Meter Hurdles
 - High School Boys 100 Meter Dash
- Brassow, Dylan
 - High School Boys 100 Meter Dash
- Bravo, John
 - High School Boys 1,600 Meter Run
- Bredemann, Jason
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Bronaugh, Nicholas
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Brubaker, Will
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Bryant, Amir
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Burns, Carter
 - High School Boys 100 Meter Dash
- Butler, Charlie
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash

- Carter, Lucas
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Cha, Cailen
 - High School Boys 1,600 Meter Run
- Choi, Jeffrey
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Chung, Eli
 - High School Boys 100 Meter Dash
- Coe, Kingston
 - High School Boys Long Jump
 - High School Boys 100 Meter Dash
- Collins, Kameron
 - High School Boys Long Jump
- Collup, Colton
 - High School Boys Discus
 - High School Boys Shot Put
- Colodny, Ethan
 - High School Boys 1,600 Meter Run
 - High School Boys 4x400 Meter Relay
- Deem, Mason
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Denton, Jackson
 - High School Boys Discus
 - High School Boys Shot Put
- DiMartino, Luca
 - High School Boys Discus
- Ellis, Aiden
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
- Eyre, Jakin
 - High School Boys Pole Vault
- Gaines, Owen
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Gerry, Price
 - High School Boys 1,600 Meter Run
- Gil, Sean
 - High School Boys 110 Meter Hurdles
 - High School Boys 300 Meter Hurdles
- Gist, Jalen
 - High School Boys 100 Meter Dash
- Godfree, Jacob
 - High School Boys 100 Meter Dash
- Gondaliya, Rushil
 - High School Boys Pole Vault
- Green, Justin
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Guerrero, Jakob
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Guo, Arvin
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash

- Ha, Michael
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
- Hayes, Jackson
 - High School Boys High Jump
 - High School Boys 100 Meter Dash
 - High School Boys Discus
- Hepburn, Kaleo
 - High School Boys 110 Meter Hurdles
 - High School Boys 300 Meter Hurdles
- Hong, Stephen
 - High School Boys Discus
 - High School Boys Shot Put
- Huggins, Jaden
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
- Ibe, Arlen
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
- Jackson, Nijel
 - High School Boys 300 Meter Hurdles
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
- Jai, Hemant
 - High School Boys 100 Meter Dash
 - High School Boys 400 Meter Dash
- Jimenez, Caden
 - High School Boys 1,600 Meter Run
- Johnson, Maddox
 - High School Boys 1,600 Meter Run
- Johnson, Seth
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Jones, Brendan
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Kerns, Nathan
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Kim, Alex
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Kim, Andrew
 - High School Boys 110 Meter Hurdles
 - High School Boys 300 Meter Hurdles
- Kim, Chris
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Kim, Noah
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Kim, Samuel J.
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Knopp, Nikola
 - High School Boys 1,600 Meter Run

- Koine, Achilles
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
- Kwon, Daniel
 - High School Boys Discus
- Kwon, Jashua
 - High School Boys 100 Meter Dash
- Lewis, Owen
 - High School Boys 1,600 Meter Run
- Lewis, Zachary
 - High School Boys Discus
 - High School Boys Shot Put
- Long, Kyron
 - High School Boys Triple Jump
- Maddox, Parker
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Maxwell, Tristan
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- McLaurin, Aiden
 - High School Boys Discus
 - High School Boys Shot Put
- Metcalf, Christopher CJ
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Morton, Fisayo
 - High School Boys High Jump
 - High School Boys Triple Jump
- Nelson, Quinn
 - High School Boys Discus
- Nelson, Webb
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Nicoara, Colin
 - High School Boys 1,600 Meter Run
- Oceas, Esdras
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
- Onyenweaku, Alijah
 - High School Boys High Jump
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Park, Noah
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Phillips, Kyle
 - High School Boys 100 Meter Dash
 - High School Boys 400 Meter Dash
- Robinson, Ethan
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
- Robinson, Henry
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash

- Robinson, Jameer
 - High School Boys High Jump
 - High School Boys 400 Meter Dash
- Similao, Mathias
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Smith, Benjamin
 - High School Boys Discus
 - High School Boys Shot Put
- Sowter, Grayson
 - High School Boys 1,600 Meter Run
- Taylor, Wilson
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
- Tolbert, Gabriel
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Towner, Phoenix
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
- Troncalli, Blake
 - High School Boys High Jump
 - High School Boys Discus
- Vuong, Charles
 - High School Boys 300 Meter Hurdles
 - High School Boys 100 Meter Dash
- Wark, Josh
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Welch, Eli
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
- Williams, Brian
 - High School Boys Long Jump
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
 - High School Boys 400 Meter Dash
- Williams, Joshua
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash
- Wu, Ethan
 - High School Boys 800 Meter Run
 - High School Boys 4x400 Meter Relay
- Yoon, Abraham
 - High School Boys 1,600 Meter Run
- Zheng, Kelvin
 - High School Boys 100 Meter Dash
 - High School Boys 200 Meter Dash