



2014 -2015

EPC Boys T & F All-Stars & Honorable Mentions

EPC CHAMPIONS (from league meet)

100 Meters	Saquon Barkley, Whitehall
200 Meters	Changa Hodge, East Stroudsburg South
400 Meters	Julian Liaci, Nazareth
800 Meters	Khai Samuels, Pleasant Valley
1600 Meters	Colin Abert, Easton
3200 Meters	Colin Abert, Easton
4x100Meter Relay	Stroudsburg (Kwabena Appiah, Gerald Douglas, Kaisey Giles, William Walters)
4x400 Meter Relay	Pleasant Valley (Tyson Calhoun, Nyiem Nevarez, Aliem Housendove, Khai Samuels)
4x800 Meter Relay	Pleasant Valley (Tom Ciaccio, Seth Slavin, Sean McGinley, Khai Samuels)
110 Meter Hurdles	Freddie Simmons, Bethlehem Catholic
300 Meter Hurdles	Freddie Simmons, Bethlehem Catholic
Shot Put	Louis Czaszar, Liberty
Discus	Albert Menio, East Stroudsburg South
Javelin	Michael Marsack, Stroudsburg
Long Jump	Nyiem Nevarez, Pleasant Valley
Triple Jump	Michael Mitchell, Pleasant Valley
High Jump	Scott Schlegel, Emmaus
Pole Vault	Nicholas Miller, Nazareth