

Assumption Invitational
4/11/15

Shot	McDonald	Fletcher				Discus	McDonald	Fletcher		
Result	40'5"	40'0.25"#					131'6"#	97'7.5"#		
Place	6th	7th					3rd	11th		
LJ	Hoard					HJ	Wieland			
Result	17'1"#						5'10"			
Place	10th						4th			
4x800	1	2	400	3	4	Split				
Omar	27.5	31.7	59	33.1	34	2:06.19*				
McDowell	27.9	30.5	58	32.4	34	2:05.19*				
Seabold	27.3	30.9	58	32.8	34.6	2:05.38#		Time	Place	
Dancer	28	31.8	59	32.6	32.8	2:05.62*		8:22.72*	1st	Meet Record
3200	1	2	3	4	5	6	7	8	Time	Place
Dodge									10:14.10	1st
Taylor	73	80	79	81 (5:15)	83	84	83	79	10:46.54*	3rd
SHR	Butler	Keita	Z Jones	Scott	Time	Place				
Split	14.88#	15.81	15.13#	16.03	62.37	2nd				
100	M-B	Rodney		400	Bracko	Rethwisch		110 HH	Butler	Z Jones
Time	11.59	11.55		Time	54.46#	54.02		Time	16.70	16.53#
Place	4th	3rd		Place	5th	4th		Place	4th	3rd
4x200	Keita	M-B	Rodney	Frantz	Time	Place				
Split	25.46	23.95	22.00	24.29	1:35.83	3rd				
1600	1	2	800	3	4	Time	Place			
McDowell	68	72	2:20	74	71	4:46.86#	3rd			
Firmstone	70	76	2:26	79	71	4:59.02	4th			
200	Bracko	Hoard			400 H	Butler	Africa			
Time	25.14	25.23#				59.51	63.98#			
Place	16th	18th				3rd	9th			
Medley	Wieland	M-B	Omar	Romano	Time	Place				

Split	23.4	23.3	53.8	2:09.54#	3:50.91	2nd				
800	1	2	400	3	4	Time	Place			
McMillan	29.3	31.2	60	30.8	32.9	2:05.59	3rd			
Meardon	29.5	30.9	60	33.3	38	2:12.71#	9th			
4x100	Frantz	Hoard	Z Jones	J Jones	Time	46.98	Place	1st JV		
	Bracko	M-B	Wieland	Rodney	Time	NT	Place	DQ		
4x400	Keita	Africa	McMillan	Seabold	Time	Place				
Split	56.99	56.44	57.3	55.3	3:46.95	1st JV				
	Scott	Dancer	Rethwisch	Firmstone	Time	Place				
Split	52.57#	52.81	53.33	52.97	3:32.18	2nd				

*=SB (season best) # = PR (personal record)

While we continue to make progress as a team and have great effort (13 PRs and 4 SB) from those who are competing at the meets, we still have some improvement to make! Little things cost us a team title and we need to tighten these little things up, mainly concentration during our events, warmups and at practice!

Rank	Team Name	Score
1	Rochelle	127
2	Iowa City City High	115
3	Regina	98
4	Muscatine	85
5	Rockridge	77
6	Davenport Assumption	33
7	Orion	13.5
8	Preston	5.5