

Demon Indoor
3/4/16

Shot	Howard	Harberts	Ring							
result	35-7	32-9.25	34-4.5							
LJ	Wright	16-5.5	result		HJ	Burnett	5-6	result		
60m H	Z Jones	8.83#Q	Roggeveen	9.67#						
60m	Rodney	7.36Q	JMB	7.54#						
4x800	1	2	3	4	Time					
McDowell	29	29	31	33	2:04.2					
Rethwisch	28	30	32	33	2:05.8					
Seabold	30	30	34	34	2:09.8					
Firmstone	30	33	36	36	2:16.34	Result	8:36.52	Place	5th	
RTW	30	30	34	33	2:08.67					
Ji Mom	28	30	34	35	2:09.96					
D Brown	28	32	35	35	2:10.3					
Butler	32	33			2:16.12	Result	8:45.2	Place	7th	
200	Burnett	24.94#	Keita	25.46#						
60 H	Finals	Z Jones	8.88	6th						
60 m	Finals	Rodney	7.33#	8th						
400	Butler	54.81*	7th	Roggeveen	54.09*	5th				
1600	1	2	800	3	4	Time	Place			
Opitz						5:03.89*	21st			
Meardon						4:54.80*	11th			
Med	M-B	Rodney	Usachev	J Brown			1	2	3	4
time/place	24.9	24.3	59	2:18.1	4:09.58	13th	33	34	35	34
4x400	Firmstone	Rethwisch	RTW	McDowell	Result	Place				
Split	54.5	54.2	57.9	53.9	3:41.25	4th				

= Season's Best = 6 SBs

* = PR (personal record) = 4 PRs

We faced some tough competition at the Demon Indoor and we performed very well! There were 6 SBs and 4 PRs Friday, that is a great way to start the season! The two 4 x 800 teams placed 5th and 7th and that indicates that we have developed some depth in that event area, we look forward to the continued improvement. The 4 x 400 team battled and came up with a 4th place finish and while the time isn't too bad all four of the runners competed with a great level of intensity! We also had some solid individual performances in the 60, 60HH, and the 400, 4 PR in those event.. Obviously we have a lot of hard work to do before May but we are certainly heading in the right direction. Keep working hard and leave no doubt at the end of the season that the Little Hawks are back in the mix in Track and Field!