

Forwald Relays

Shot Put	Martin 38-00	Fletcher 47-10 SB	Discus	Martin 135-00	Fletcher 118-10
HJ	Burnett 5-10	Mulligan 5-06	LJ	Mulligan 18-08.5	Estremera 18-05.5
4x800	Rethwisch 1:58.30 PR	McMillan 1:55.45 PR	Ji Momberg 2:04.32	McDowell 1:59.50 PR	Time 7:57.90 SB
3200	Berg 9:58.26 PR	Dodge 9:50.94 PR	Opitz 10:30.27		
SHR	Z Jones 14.12 SB	Keita 14.71	J Jones 14.50	Butler 14.32	Time 58.00 SB
100	Dillon 11.23 PR	Roggeveen 11.56 PR			
400	S Scott 51.57	Firmstone 52.13 PR			
4x200	Z Jones 23.37	Roggeveen 22.40 SB	Keita 22.68 SB	Dillon 22.79	Time 1:31.53 SB
110 HH	Thompson 19.67	Africa 16.97 SB			
1600	RTW 4:40.48 PR	Taylor 4:44.17 PR	Meardon 4:46.12 PR		
200	M-B 23.26	Burnett 23.83			
400 H	Butler 57.72	Deprenger 60.69			
Medley	J Jones 23.50	Pugh 23.50 SB	Brown 52.68 PR	H Seabold 2:03.64 SB	Time 4:43.84
800	McMillan 1:57.20 PR	McDowell 1:59.79 PR			
4x100	Roggeveen	Keita	M-B	Dillon	Time 43.54
4x400	S Scott 51.11	Z Jones 49.83 PR	Rethwisch 50.92 PR	Firmstone 50.93 PR	Time 3:23.57 SB

4x800 is now #9 all-time

SHR is now #2 all-time

Jim McMillan is now #10 all-time in the open 800

Congratulations on a great meet! We had so many wonderful performances, and it was evident that you all were hungry to race and compete! Keep up the great work, and continue to get better each and every day!