

ISU Indoor

|                 |                     |                      |                     |                    |                   |
|-----------------|---------------------|----------------------|---------------------|--------------------|-------------------|
| <b>Shot Put</b> | Martin<br>45-7.5    | Howard<br>36-1.75    |                     |                    |                   |
| <b>60m HH</b>   | Z Jones<br>9.13     |                      |                     |                    |                   |
| <b>60m</b>      | M-B<br>7.59         | Dillon<br>7.71       |                     |                    |                   |
| <b>4x800</b>    | McMillan<br>2:01.79 | Rethwisch<br>2:03.78 | McDowell<br>2:02.16 | RTW<br>2:09.09     | Time<br>8:17.35** |
| <b>400m</b>     | S Scott<br>52.76 PR | Keita<br>55.80       |                     |                    |                   |
| <b>Medley</b>   | M-B<br>24.27        | J Jones<br>24.32     | McDowell<br>53.62   | Meardon<br>2:19.51 | Time<br>4:01.40   |
| <b>4x100</b>    | M-B                 | Keita                | Z Jones             | J Jones            | Time<br>44.97     |
| <b>4x400</b>    | Z Jones<br>51.53    | Firmstone<br>52.90   | Rethwisch<br>53.61  | S Scott<br>52.40   | Time<br>3:30.99   |

\*\* - The 4x800 time is now 9th All-time Indoors in City High history

Another step was taken on Tuesday towards the end of the season goals, "Happiest in May when we prepare for May!" It was great to see some of our veteran team members get out and compete for the first time this season. Also our 4 x 800 and 4 x 400 are producing season's best times, both are only one second off of our season's best from last year. That is a sign that we are getting better, but we are a work in progress. Congratulations to the 4 x 800 team and their 8:17.35 performance, that moves that quartet into the # 9 All-time Indoor slot. Get on the web site and check out our top ten indoor and top 20 outdoor lists. To be on any of those lists is a honor and always something to shoot for. Let's keep building and stay focused on this team and what you can do to make yourself and this team better!