

9/10 Lancer Relays 4/8/19

Shot Put	Spencer	Wainwright
Result	35-01.5	34-03.5
Place	5th	9th

Discus	Friday	Goodrich
Result	87-11	89-04
Place	9th	7th

Long Jump	Pongo	Freeman
Result	18-05	14-11
Place	2nd	10th

High Jump	Larson	Arling
Result	NH	NH
Place		

800 Medley	Tan	Michelson	Turnbough	Provorse	Team Time	Place
Split	X	X	27.03	1:28.78	1:52.20	5th

3200m	Max	Dunnwald
Time	11:18.79	11:35.14
Place	1st	2nd

4x800	Fischer	L Smith	Hall	Amisi	Team Time	Place
Split	2:09.99	2:09.47*	2:18.18	2:16.44*	8:56.54	1st

SHR	Larson	Freeman	Chea	Pongo	Team Time	Place
Split	18.98	19.70	18.57	19.45	1:16.62	3rd

100m	Krause	Orris
Time	14.81	14.11
Place	11th	10th

1600 Med	Burer	L Aschenbrenner	Hills	Codd	Team Time	Place
Split	29.50	26.92	1:11.38	2:26.44	4:33.71	5th

400m	Spurgetis	Arling
Time	1:00.32	1:04.30
Place	7th	11th

4x200	Tan	Michelson	Turnbough	L Aschenbrenner	Team Time	Place
Split	25.35	25.00	25.95	27.35	1:54.48	7th

110 High Hurdles	Freeman	Chea
Time	20.11	19.18
Place	8th	6th

800m	Fischer	L Smith
Time	2:10.26*	2:12.37*
Place	2nd	5th

200m	Burer	Hills
Time	33.24	29.34
Place	14th	11th

400 Hurdles	Freeman	Chea
Time	1:13.03	1:08.75
Place	9th	6th

1600m	Hall	McElroy
Time	5:00.66	5:03.21*
Place	1st	2nd

4x100	Tan	Michelson	Turnbough	Orris	Team Time	50.12	Place	5th
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4x400	Pongo	Amisi	Codd	Larson	Team Time	Place
Split	57.80	57.18	58.39*	59.28	3:52.59	1st

* = PR (personal record)