

2015 9/10 NS Lancer Relays 4/13/15

HJ	Wieland	LJ	Trice	Shot	Johnson	Stuelke	Discus	Johnson	Stuelke	
Result	6'0"		18'3"#		42'4.5"#	32'11.5"		96'6"#	83'2"#	
Place	2nd		5th		1st	9th		6th	10th	
4x800	1	2	400	3	4	Split				
McMillan	28	33	61	32	33	2:07.90#				
Firmstone	29	33	62	33	34	2:10.84#		Time	Place	
Parr	29	33	62	37	35	2:14.00#		8:40.59	1st	
Rethwisch	27	32	59	32	34	2:07.70#				
3200	1	2	3	4	5	6	7	8	Time	Place
Berg	71	75	77	79 (5:03)	81	81	83	82	10:32.94 #	3rd
Max	74	81	82	82 (5:21)	84	85	86	76	10:53.30 #	5th
SHR	Thompson	Africa	Z Jones	Bigley	Time	Place				
Split	16.64#	16.05#	15.59	16.69#	1:05.63	1st				
100	Rodney	11.52	1st	Dillon	11.54#	2nd		110 HH	Z Jones	Thompson
400	Romano	57.02#	3rd	Wortman	58.23#	5th		Time	17.62	18.52
4x200	Frantz	Moore	Rodney	Trice	Time	Place		Place	3rd	4th
Split	24.01	26.38	21.98	24.27	1:37.07	1st				
1600	1	2	800	3	4	Time	Place			
Dodge	67	73	2:20	71	66	4:40.51#	1st			
Taylor	68	75	2:23	79	75	4:59.20#	4th			
200	Dillon	23.48#	1st	Wieland	24.16#	4th		400 H	Z Jones	Thompson
Medley	Frantz	Moore	Trice	Parr	Time	Place		Time	58.34#	67.35#
Split	24.37	26.73	55.24#	2:19.37	4:06.26	1st		Place	1st	6th
800	1	2	400	3	4	Time	Place			
Firmstone	29	34	63	33	33	2:09.25#	3rd			
Dodge	30	34	64	34	35	2:16.60#	5th			
4x100	Frantz	Dillon	Z Jones	Bigley	Time	45.08	Place	1st		
4x400	Africa	McMillan	Romano	Rodney	Time	Place				
Split	56.56	54.78#	57.28#	57.52#	3:46.47	1st				

*=SB (season best)

#=PR (personal record)

What a great night to be a City High Little Hawk!

We executed the 3 C's of success very well tonight...Concentrate, Communicate, and Compete!

We won the meet by 50 points, and had 28 SB and 28 PR's set

We won every relay (a sign of a great team), and scored many points in the individual events.

What a great TEAM effort, and the coaches were impressed by the support you showed each other!

Go City!