

Little Hawk Invitational  
3/31/15

<b>LJ</b>	Wieland	Trice	Washington	EI	<b>HJ</b>	Wieland	Z Jones	Keita		
Result	ND	18'0.25"*	15'3.5"	ND		6'00"*	NH	5'4"		
Place		3rd	15th			1st		5th		
<b>Shot</b>	Fletcher	Harberts	Ring		Howard	Stuelke	Johnson			
Result	34'8.5"	29'6"*	30'5.5"*		34'3"	33'10"*	42'1.5"*			
Place	7th	23rd	20th		9th	12th	2nd			
<b>Discus</b>	Fletcher	Harberts	Ring	Pardekooper	Howard	Stuelke	Johnson	Wasson		
Result	96'1"*	72'9"*	68'5"*	103'00"*	88'2"*	78'7"*	93'5"*	83'6"*		
Place	7th	23rd	24th	5th	13th	20th	9th	16th		
<b>4x800</b>	1	2	400	3	4	Split				
Taylor			62			2:16.4#		Time	Place	
Parr			67			2:22.6		9:17.44	3rd	
Wortman			67			2:24.2				
Romano			64			2:12.6*				
<b>3200</b>	1	2	3	4	5	6	7	8	Time	Place
Max									11:14.03#	3rd
McNabb									10:58.05#	1st
Opitz									11:19.60#	4th
Morgan									11:40.36#	8th
<b>SHR</b>	Ky Leuang	Wells	Moore	Keita	Time	Place				
Split	17.76*	18.06*	17.78*	16.00*	1:09.96	2nd				
<b>100</b>	Fletcher	Fox	J Taylor	Steele	Hoard					
Time		14.04*	14.46*	14.59*	12.23*					
Place		20th	22nd	23rd	6th					
<b>400</b>	Elsid	Gredell	Seabold	Frantz	Thompson					
Time	61.60#	82.81#	55.43#	60.16*	62.09					
Place	11th	21st	3rd	7th	12th					

<b>4x200</b>	Swenning	Washington	Moioffer	Stolley						
Split	25.39	26.03	26.67	27.4	Time	1:45.43	Place	4th		
<b>110 HH</b>	Z Jones	Ky Leuang	Wells	Thompson	Milder					
Time	16.69#		19.50*	20.07#	18.79#					
Place	1st		6th	10th	4th					
<b>1600</b>	1	2	800	3	4	Time	Place			
Firmstone	73	79	2:32	78	71	5:02.85#	3rd			
Green						5:49.95#	14th			
Esbeck						6:35.61#	17th			
John M						5:34.13#	9th			
<b>200</b>	J Taylor	Steele	Trice	El	Johnson					
Time	29.57*	30.95*	24.57#	25.16*	25.51					
Place	21st	24th	2nd	3rd	5th					
<b>400 H</b>	Z Jones	Moore	Milder	Ko Leuang						
Time	60.28#	69.09#	1:13.23#	1:14.35*						
Place	1st	8th	12th	13th						
<b>Medley</b>	Hoard	Keita	Parr	Max	Time	Place	1	2	3	4
Split	25.04	24.00	55.57#	2:30.28#	4:16.17	3rd				
<b>800</b>	1	2	400	3	4	Time	Place			
Vilhauer			71			2:28.08#	11th			
Lucas			71			2:27.18#	7th			
Turnbough			74			2:36.11	13th			
Meardon			62			2:14.01#	3rd			
<b>4x100</b>	Fletcher	Washington	Moioffer	Stolley	Time	50.22	Place	4th		
<b>4x400</b>	Africa	Rethwisch	Romano	McNabb	Time	Place				
Split	56.90	52.91#	57.80#	60.60	3:48.97	2nd				

\* = SB (season best)

# = PR (personal record)

What a great night for Track and Field on the John Raffensperger Track! We had 21 PRs and there were a few performances last night in a JV meet that may have moved a couple of guys into the Varsity meet consideration. We also had 24 SB's (season bests). We are getting better in every event because you are working hard but also smart! Continue to stick with the coaches plan for you and your event group and we

will all be happiest in May! Coach Casey will have your medals from last nights meet for top 3 place winners.  
Remember that every day is a Great Day to be a Little Hawk!!!!