

Loras Invite  
3/3/15

<b>LJ</b>	Dillon	Hoard	EI	Washington	<b>HJ</b>	Burnett	Kieta		
<b>Result</b>	18'6"	15'11"	Scratch	16'3"	<b>Result</b>	NH	5'4"		
<b>Place</b>	<b>3rd</b>	<b>11th</b>		<b>8th</b>	<b>Place</b>		<b>2nd</b>		
<b>Shot</b>	Fletcher	Frantz	Hickman	Edwards	Happ	Howard	Mueller	McCullough	McDonald
<b>Result</b>	35'2 ½ "	38'4"	39'8 ½"	37'8"	26'8 ½"	34'5"	19'2"	25'4"	41'2"
<b>Place</b>	<b>28th</b>	<b>17th</b>	<b>10th</b>	<b>21st</b>	<b>60th</b>	<b>30th</b>	<b>77th</b>	<b>63rd</b>	<b>7th</b>
	Pardekooper	Ring	Sandifer	B Sindt	M Sindt	A Smith	Stuelke	Swenning	Wasson
<b>Result</b>	37'10"	24'9 ½"	35'9 ½"	32'4"	31'10"	40'8"	31'9"	33'8"	28'6 ½"
<b>Place</b>	<b>19th</b>	<b>69th</b>	<b>25th</b>	<b>40th</b>	<b>42nd</b>	<b>8th</b>	<b>43rd</b>	<b>36th</b>	<b>55th</b>
	Harberts	Aman	Estrada	Martin					
<b>Result</b>	28'	24'4"	25'10"	44'8"					
<b>Place</b>	<b>56th</b>	<b>70th</b>	<b>61st</b>	<b>2nd</b>					
<b>4x5lap</b>	Split		Split		Split		Split		
Romano	2:06.61	Green	2:14.39	Meardon	2:15.31	Wortman	2:10.66		
<b>Result</b>	8:47.33	<b>Place</b>	<b>2nd</b>						
<b>4x2-lap</b>	Dillon	EI	Nkumu	Rodney	2:51.08				
Burnett	Kieta	M-B	McKinney		Hoard	Bigley	Butler	Z. Jones	
Moore	Taylor	Wells	Frantz		M Poole	N Poole	Trice	Swenning	
Mioffer	Stolley	Washington	Fletcher		Milder	Steele	Hickman	W-D	
Leuang	Leuang	Imata	A Smith						
<b>1500</b>	Opitz	5:01.35	Morgan	5:13.70	McNabb	5:01.18	Max	5:10.41	
<b>50m H</b>	Bigley	DNS	Butler	7.90Q	Ko Leuang	9.47	Ky Leuang	8.79	
Seabold	8.23Q	Wells	10.15	Thompson	8.96	Z Jones	7.93Q	Milder	8.97
<b>400</b>	Lucas	67.97	Sanogo	72.00	Mausa	67.30	Fox	68.52	
McKinney	61.15	Froeschne r	70.28	Seabold		Thompson	71.36	Green	63.76

Trice	67.33								
<b>600</b>	Firmstone	1:39.58	Ja Momberg	1:45.50	Rethwisch	1:39.93	Romano	1:39.97	
<b>50m</b>	Bigley	6.76	Burnett	6.59Q	Dillon	6.54Q	EI	6.91	
Fletcher	7.18	Foster		Frantz	6.75	Hickman	7.45	Hoard	
Keita	6.76	M-B	6.53Q	McKinney	6.58Q	Moioffer	7.43	Moore	7.28
Imata	7.06	Nkumu	6.80	M Poole	7.31	N Poole	7.71	Rodney	6.68
Smith	7.39	Steele	8.01	Stolley	7.03	Swenning	6.73	J Taylor	7.93
Thompson	7.53	Wells	7.07	W-D	7.13	Dillon	6.54Q	Washington	6.99
<b>800</b>	Wortman	2:29.75	Morrow	2:40.75	Turnbough	2:37.05	Parr	2:30.29	
<b>1000</b>	Froeschner	3:34.03	Jo Momberg	3:29.61	Gredell	4:04.04	Villhauer	3:29.60	
<b>4x1lap</b>	Dillon	EI	Nkumu	Rodney					
Burnett	Kieta	M-B	McKinney		Hoard	Bigley	Butler	Z Jones	
Moore	Taylor	Wells	Frantz		M Poole	N Poole	Trice	Swenning	
Moioffer	Stolley	Washington	Fletcher		Milder	Steele	Hickman	W-D	
Leuang	Leuang	Imata	A Smith						
<b>50m H</b>	Finals	M-B	6.46	Dillon	6.49	Burnett	6.57	McKinney	7.24
<b>50 m</b>	Finals	Butler	7.96	Seabold	8.03	Jones	8.17	Ky Leuang	9.25

**What a great start to the season! The coaches were extremely pleased with everyone's effort last night. You all took care of the 3 Cs of Success: Communication, Concentration, Compete! Obviously there were a number of Personal Records (PRs) because of all the new members of the team and the odd distances we had to run. Regardless if you PRed or not, you all put forth your best effort and that is all we can ask of you. Because there were multiple teams on the track during the same event, we missed some of the splits, we apologize, but that will happen from time to time.**

**Areas we need to clean up on the day of meets are:**

- 1) Please wear a t-shirt (school colors) over your running jersey.**
- 2) If you wear compression shorts they need to be black-no light blue, grey or red.**
- 3) No odd colored socks-only white, black, or red-no exceptions!**
- 4) Make sure if you are injured, you inform a coach so we can replace you with another athlete.**

**Areas that we did well last night:**

- 1) We competed hard and showed we are a hungry team ready to take it to the next level!**
- 2) Great warm-ups and cool-downs!**
- 3) You all seemed to be into the meet and supported your teammates whether they were in your event group or not, excellent!**

## **The Coaching Staff**