

Mt. Pleasant Relays

<b>HJ</b>	Roggeveen 5-06 PR	Mulligan 5-06 PR			
<b>LJ</b>	Mulligan 16-06.5				
<b>Discus</b>	Martin 138-11	Estrada 99-02 PR			
<b>Shot Put</b>	Martin 45-07	Ring 33-01.5			
<b>4x800</b>	Cochran 2:19.34 PR	Fletcher 2:33.92 PR	Lie 2:29.81 PR	N Seabold 2:58.62 PR	Time 10:21.17
<b>3200</b>	Jones 11:12.12 PR	Rouabhi 12:52.13 PR			
<b>SHR</b>	Z Jones 14.11 PR	Keita 15.10 PR	J Jones 14.58 PR	Butler 14.54 SB	Time 58.85 SB
<b>100</b>	B-Fox 14.44	Steele 14.39 SB			
<b>400</b>	Usachev 59.84 PR	Morelli 68.82 PR			
<b>4x200</b>	Z Jones 23.37 SB	Keita 23.33	Roggeveen 22.50 SB	Dillon 22.21 SB	Time 1:32.19 SB
<b>110 HH</b>	Milder 17.87 PR				
<b>1600</b>	Berg 4:48.97 PR	Cochran 5:11.11 PR			
<b>200</b>	B-Fox 29.33 SB	Steele 30.04			
<b>400 H</b>	Milder 66.16 SB				
<b>Medley</b>	Young 26.68	Bader 27.07	Jones 63.82 PR	Jo Momberg 2:14.21 PR	Time 4:12.10
<b>800</b>	Rethwisch 2:02.11 PR	Ji Momberg 2:03.63 PR			

<b>4x100</b>	Young	Bader	Steele	B-Fox	Time 53.64
<b>4x400</b>	Usachev 57.81	Berg 56.90 SB	Jo Momberg 58.84 PR	Rouabhi 72.86 PR	Time 4:06.87

#### 23 PRs & 8 SBs

Last night's meet was another example of the improvement each of you are making this season, 23 more personal bests and 8 season bests! Even though many of our younger and inexperienced athletes were competing against varsity competition, you didn't back down and you gave your best effort, thanks! As coaches we are constantly evaluating our team members and we learned that we have kids on this team that care and are willing to do the little things to make this team and themselves better. SHR and 4 x 200 teams ran season best times and we found out that we have more work to do, right where we want to be. Rethwisch, Momberg and Berg also put out fantastic performances! Make sure you come better prepared for the meet by bringing extra layers of clothing, we live in Iowa and it can get very cold during the meets!