

Mt. Pleasant
4/2/15

HJ	Wieland				LJ	Wieland	Smith			
Result	5'6"					18'2" #	16'6.3" #			
Place	4th					8th	11th			
Shot	Martin	McDonald			Discus	Martin	McDonald			
Result	41'9.5"	40'4.5"				133'3" #	117'5" #			
Place	6th	9th				3rd	7th			
4x800	1	2	400	3	4	Split				
McDowell	27.8	28.9	57	35.3	34.6	2:07.25*		Time	Place	
Dancer	27.7	30.2	57	34.9	33.4	2:06.06*		8:43.31	1st	
Omar	29.7	33.5	62	36.4	35.7	2:15.80				
Dodge	31.3	34.1	65	34.9	33.3	2:13.64				
3200	1	2	3	4	5	6	7	8	Time	Place
Berg	68	76	80	80	82	85	85	79	10:40.47*	3rd
Taylor	68	79	81	85	85	85	89	81	10:58.18 #	6th
McNabb	71	79	82	82	85	85	87	77	10:51.93 #	5th
SHR	Butler	Keita	Z Jones	Scott	Time	Place	100	Hoard	Smith	
Split	15.51#	15.66#	15.91#	15.53#	1:02.83#	3rd	Time	12.51	12.98#	
							Place	17th	20th	
400	McDowell	Bracko		4x200	Riley	M-B	Rodney	Dillon	Time	Place
Time	54.95#	55.02#		Split					DQ	
Place	6th	7th								
110 HH	Z Jones	Butler		400 H	Z Jones	Butler				
Time	17.61	16.50#		Time	60.42	59.13#				
Place	10th	5th		Place	7th	5th				
1600	1	2	800	3	4	Time	Place			
McMillan	68	73	2:21	76	75	4:56.08#	5th			
Firmstone	70	76	2:26	79	71	4:58.28#	7th			

Romano	70	76	2:26	80	75	5:03.00#	8th			
200	Hoard	Smith		Med	Dillon	Keita	Dodge	Seabold	Time	Place
Time	25.90#	25.98#		Split	24.15	24.00	57.9#	2:07.18#	3:54.93	4th
Place	12th	13th								
800	1	2	400	3	4	Time	Place			
McMillan	30	33	63	36	34	2:13.42	4th			
Max	31	36	67	36	35	2:20.09#	12th			
4x100	Riley	M-B	Wieland	Rodney	Time	43.91#	Place	2nd		
4x400	Scott	Dancer	Omar	Firmstone	Time	3:31.82#	Place	1st		
Split	53.12#	52.51*	52.92*	52.56#						

* = SB (season best)

= PR (personal record)

We got better last night and posted 28 PRs and 33 Season Bests! The coaches are very excited to see the progression of this team. Last night proves that we are developing depth and no Varsity spot is a lock. When looking at Quick Stats for the State of Iowa we have a tremendous amount of work in front of us. How we get better as the season progresses is simple- Don't miss practice, follow the coaches plan by training smart and with focus and **COMPETE!** Also, take care of your bodies-hydrate, eat and get the proper amount of sleep.