

MVC Indoor Results

Shot Put	Martin 45-11	Runge 34	Harberts 33-4.5	Sindt 34-10 PR	Dykes 34-9 PR	
LJ	Africa 16-8.25	Burtch 16-0	Estremera 16-1.75			
HJ	Burtch 5-2 PR					
3200m	Dodge 10:22.46 3rd	Meardon 10:39.34 PR 7th	McNabb 10:57.54	O Jones 11:36.44 PR		
4x800	Brands 2:15.85 PR	Shabani 2:14.72 PR	Lucas 2:18.47 PR	Jo Momberg 2:17.69 PR	Time 9:06.73	7th
	Traore 2:14.40 PR	Turnbough 2:27.08 PR	Lie 2:37.65 PR	Hefley 2:33.40 PR	Time 9:52.57	
SHR	G Moore 9.70	Africa 8.97	Kimber 9.38	Thompson 8.93	Time 37.19	3rd
	Milder 10.08	R Moore 9.66	Thompson 8.63	G Moore 9.43	Time 37.54	5th
60m	Mueller 8.24	Roggy 8.49	B-Fox 8.70	Francque 14.98		
400m	Traore 58.74 PR	Brands 59.74 PR	Baloci 1:06.46			
4x200	Estremera 25.97 SB	G Moore 26.60 SB	Ji Momberg 24.86 SB	R Moore 26.18 SB	Time 1:43.87	
	B-Fox 29.77 SB	Fifi 27.70 SB	X Johnson 28.81 SB	Mueller 27.83 SB	Time 1:54.11	
1600m	Shabani 5:10.21 PR	M Taylor 5:03.68	McNabb 5:05.74 PR	C Scott 7:18.15 PR	Thomas 5:04.68 PR	Lie 5:54.86 PR
	Rouabhi 6:03.57 PR					
60m H	Thompson 8.86	Africa 8.56	Milder 9.88	Kimber 9.67		
200m	B-Fox 29.99 SB	Roggy 30.63 SB	Fifi 28.42 SB	Francque 40.34 PR		

Medley	Thompson 24.90 SB	Africa 24.18 SB	Brands 59.36 PR	Meardon 2:21.23	Time 4:10.34	
	Burtch 27.25 SB	Fifi 28.24 SB	X Johnson 68.06 SB	O Jones 2:25.48 PR	Time 4:30.28	
800m	Jo Momberg 2:18.51 PR	Lucas 2:16.12 PR				
600m	Ji Momberg 1:29.94 PR *School Record* 6th	Thomas 1:41.70 PR	Gredell 2:11.26 PR	Esbeck 2:03.44 PR		
4x100	Estremera	Africa	Kimber	Thompson	Time	47.78
	Milder	R Moore	Mueller	X Johnson	Time	51.09
4x400	Estremera 67.79 SB	M Taylor 60.5 PR	G Moore 59.00 PR	Traore 57.18 PR	Time	4:04.15
	Shabani 60.9 PR	Jo Momberg 62.1 PR	Hefley 68.3 PR	Kimber 65.3 PR	Time	4:16.80
	McNabb 64.4	Milder 62.42 PR	Thomas 64.2 PR	Turnbough 63.2 PR	Time	4:14.29
	Gredell 82.5 PR	Taylor 61.3	Rouabhi 76.1 PR	Esbeck 73.4 PR	Time	4:53.5

SB = Season Best

PR = Personal Record

42 - PR

17 - SB

This is always a great meet to get a lot of racing in. The coaching staff was pleased with the efforts and enthusiasm we saw out of the Little Hawks! The season is just beginning and with hard work and the urge to get better eachh day, you will see improvements day to day, and week to week. The coaches were also pleased with the support you showed each other last night. That becomes contagious, and is a character of great teams. Notice the number of PR's and SB's. Congratulations to all of you who achieved those!