

## MVC Indoor 3/16/15

<b>Shot</b>	McDonald	Hickman	Stuelke	Johnson	Harberts	Sindt	<b>HJ</b>	Keita		
Result	42'11"*	39'8"*	31'10"*	40'10"*	28'10"*	29'11"	Result	5'2"		
<b>LJ</b>	Hoard	Dillon	Nkumu	Trice						
Result	15'8"	16'9 1/4"	17' 1/2"*	16'5"*						
<b>3200</b>	1	2	3	4	mile	5	6	7	8	Time
McDowell	75	78	79	80	5:14	84	89	89	84	11:02.46*
Esbeck	84	110	112	120		121	117	118	106	13:55.87*
<b>4x800</b>	1	2	400	3	4	Time				
McMillan	30	34	64	34	33	2:12.20				
Parr	30	35	65	38	38	2:21.90*				
Meardon	33	33	66	34	35	2:16.50*				
McNabb	29	33	62	39	37	2:19.40*	9:11.85			
Vilhauer	34	38	72	43	42	2:38.20				
Jo Momborg	33	37	70	39	39	2:30.40				
Turnbough	33	37	70	40	39	2:31.90*				
Lucas	38	40	78	39	39	2:38.80*	10:19.70			
<b>SHR</b>	Africa	Bigley	Milder	Riley	Time	Moore	Ko Leuang	Ky Leuang	Thompson	Time
Split	9.49*	9.50*	10.40*	11.60*	40.86	10.51*	10.78*	10.73*	10.21*	42.38
<b>60m</b>	Bracko	Dillon	N Smith	Nkumu						
Result	7.23	7.16	7.68	7.69						
<b>400</b>	Bracko	McDowell	Gredell	Vilhauer						
Result	56.43	56.43*	87.38*	68.37*						
<b>4x200</b>	Riley	Rodney	M-B	Runge	Time	Trice	N Smith	J Lucas	Sanogo	Time
Split	24.55*	24.18	24.51*	22.95	1:36.20	24.9*	25.38*	28.2*	29.15*	1:47.72
<b>1600</b>	1	2	800	3	4	Time				
Rethwisch	71	78	2:29	82	81	5:14.20*				
Jo Momborg	72	78	2:30	81	79	5:10.83*				
Jo Momborg	78	90	2:48	92	92	5:54.16*				

<b>60 H</b>	Africa	Ky Leuang	Milder	Ko Leuang						
Result	9.21	12.88	10.26	11.25						
<b>200</b>	Dillon	Sindt	Hickman	Thompson	Harberts	Johnson				
Result	24.28*	27.64*	27.50*	27.44*	27.53*	25.43*				
<b>Med</b>	Hoard	Africa	Firmstone	Meardon	Time					
Split	25.74*	24.64*	54.51*	2:17.34	4:02.05					
	Moore	Trice	J Lucas	Parr	4:26.90					
Split	27.70*	23.55*	68.94*	2:26.71						
<b>800</b>	1	2	400	3	4	Time				
Omar	29	32	62	34	35	2:12.44*				
Turnbough	35	37	72	38	38	2:30.57*				
<b>4x100</b>	Riley	M-B	Rodney	Runge	Time	Nkumu	Hoard	N Smith	Bigley	Time
					44.94					46.90
<b>4x400</b>	Firmstone	Runge	Omar	Ja Momborg	Time	McMillan	Parr	McNabb	Meardon	Time
Split	54.21*	54.28*	56.47*	57.7*	3:42.74	57.45*	58.24*	60.5*	61.45*	3:57.68
	Milder	Jo Momborg	Leuang	Johnson	Time	N Smith	Keita	Trice	Moore	Time
Split	65.9*	68.38*	69.6*	63.00*	4:26.00	60.78*	59.74*	56.9*	62.26*	3:59.90

\* = Season Best

# = PR (personal record)