

9/10 Lancer Relays

HJ	Burtch 5-06 PR	Waikel 5-06 SB			
LJ	Burtch 15-11.5	Waikel 17-03.75 PR			
Discus	Runge 103-11 PR	Aman 85-06			
Shot Put	Runge 37-06 PR	Dykes 33-06.5			
4x800	Brown 2:09.4	Brands 2:18.7	Traore 2:18.9	Parr 2:17.7 SB	Time 9:03.74
3200m	Shabani 11:00.38	Jones 11:17.12			
SHR	R Moore 17.4	Deprenger 17.1	Kimber 17.0	Milder 16.2 PR	Time 1:07.43
100m	Estremera 12.03	Waikel 12.98 SB			
400m	Brown 55.13	Thomas 60.63 PR			
4x200	Burtch	Runge	Greimann	Waikel	Time 1:46.80
110 HH	Kimber 19.39	Milder 18.13			
1600m	RTW 4:45.57 PR	Cochran 5:10.89 PR			
200m	Estremera 26.29	Runge 28.22 PR			
400 H	Deprenger 62.51	R Moore 64.61			
Medley	Burtch 27.3	Greimann 28.3	Traore 55.1 PR	Usachev 2:15.1	Time 4:06.50
800m	RTW 2:10.63	Thomas 2:15.48 PR			

4x100	Kimber	Deprenger	Milder	Estremera	Time 47.25
4x400	Brown 54.6 PR	Brands 58.1 PR	Usachev 58.5	R Moore 57.4 PR	Time 3:49.09

Racing in tough conditions like yesterday can build tough young men. However, you need to be as positive as possible in your preparation and racing. The tough track & field athletes don't let it bother them, and compete like their hair is on fire!!! Only you can be the one to decide on how you competed in the conditions last night. There were some solid performances and high finishes last night. Be proud of your races, and if you have more to give, don't wait for good things to come...GO GET IT!

Go City!