

UD Indoor 3/18/17

Shot	Runge	Sherod	Howard	Ramirez	Oyarzun				
Result	42-06.25	32-03	35-08.25	31-10	32-09				
Place	11th	45th	36th	19th JV	16th JV				
LJ	Sila	Waikel	Milder	Kimber	MFirm	Leopold	HJ	Waikel	MFirm
Result	16-03	17-01	18-01	16-06	16-09.5	15-08.75		5-06	NH
Place	30th	22nd	16th	10th JV	7th JV	14th JV			
4x800	RTW	Berg	CTurn	Shabani	Time	Place			
Split	2:07.04	2:06.67	2:12.43	2:12.67	8:39.27	3rd			
	Lucas	JoMom	Strang	KTurn	Time	Place			
Split	2:15.48	2:22.72	2:15.93	2:24.98	9:19.54	1st JV			
55m	ZJones	Roggeveen	Milder	Sila	Houssou	Doucoure	55 HH	ZJones	Leopold
Time	6.84	INJ	7.36	7.21	7.18	7.90		8.12	8.41
Place	6th Q		35th	6th JV	5th JV	41st JV		4th Q	11th
Medley	Kimber	RMoore	JiMom	Schumm	Time	Place			
Split	25.19	25.63	54.59	2:11.76	3:57.71	9th			
	Houssou	Doucoure	Carter	OJones	Time	Place			
Split	25.93	27.48	59.91	2:19.50	4:13.15	4th JV			
1600	1	2	800	3	4	Time	Place		
JMcMillan	70	73	2:24	70	68	4:43.22	2nd		
LFirm	73	74	2:27	69	68	4:45.13	4th		
Brown	73	75	2:28	80	73	5:02.06	1st JV		
NCochran	73	75	2:28	80	79	5:09.64	6th JV		
400	Berg	MFirm	4x200	Kimber	Sila	Milder	RMoore	Time	Place
Time	55.67	57.55	Split	25.25	25.71	25.28	25.68	1:42.20	12th
Place	9th	19th		Runge	Sherod	Leopold	MFirm	Time	Place

			Split	26.17	26.21	27.06	25.92	1:45.69	7th JV
800	1	2	400	3	4	Time	Place		
Lucas	32	33	65	35	33	2:12.81	13th		
Shabani	32	33	65	33	33	2:12.04	12th		
3200	1	2	3	4	5	6	7	8	Time
RTW	71	75	77	74	75	77	77	71	10:00.60
4x400	Schumm	Strang	Milder	Carter	Time	Place		Place	3rd
Split	57.42	60.10	57.88	59.84	3:55.63	6th JV			
	ZJones	LFirm	Brown	JiMom	Time	Place			
Split	51.79	53.57	52.50	53.88	3:32.30	1st			

Indoor season is over, and for a lot of you it was your first experience with high school track & field. Many of you competed very well throughout the indoor season, and it's always good to learn how to do that during this time. Outdoor season starts this coming week! Go City!