

800	1	2	400	3	4	Time				
Ja Momborg	31	35	67	35	33	2:16.61*				
Wortman	32	33	66	37	40	2:24.21*				
4x400	J Jones	Scott	Omar	McDowell	Time					
Split	56.96	53.99	54.93#	55.36#	3:41.49					
	Butler	McMillan	Africa	Meardon	Time					
Split	55.13#	56.82#	56.31#	62.45	3:51.05					

* = SB (season's best)

= PR (personal record)

Excellent effort on Saturday! EVERYONE did what we asked of you. You communicated, concentrated and competed = 3 Cs of Success! There were 28 PRs and/or season best, outstanding! We also got better as a team and are starting to develop some quality depth.

As we enter the outdoor season think about getting better with each opportunity put in front of you. Whether it is practice, in the weight room, in the classroom or even a cold miserable night in Washington, IA. Each example presents a chance for each of you to get better! The coaches are excited to help you get better! We don't miss practice, we are always prepared for practice and meets, and we continue to build trust.