

## UD Indoor

<b>Shot Put</b>	Aman 33-5 SB	Sindt 33-4				
<b>LJ</b>	Africa 15-10	Mulligan 16-0 PR	Estremera 16-9			
<b>HJ</b>	Mulligan 5-2 PR					
<b>4x800</b>	Ji Mom 2:08.22 PR	Traore 2:12.47 PR	Jo Mom 2:15.19 PR	Taylor 2:13.74 PR	Time 8:49.85	
	Shabani 2:14.39 PR	Thomas 2:19.76 PR	Maxwell Only ran 600	O Jones 2:28.56	Time DQ	
<b>55m</b>	M-B 6.92	Dillon 6.93	Keita 7.12	Estremera 7.00	Milder 7.56	Mulligan 7.42
<b>55m HH</b>	Z Jones 8.29 Q	Thompson 8.80	Africa 8.68			
<b>Medley</b>	M-B 24.57	Dillon 23.86 SB	Butler 53.50 PR	Firmstone 2:05.43 PR	Time 3:47.94	
	Kimber 25.09 SB	Milder 26.42 SB	Mulligan 56.30 PR	Lucas 2:15.80 PR	Time 4:02.70	
<b>1600m</b>	McDowell 4:45.59 SB	Dodge 4:49.41 SB	RTW 4:51.68 PR	Rethwisch 4:54.31 PR	McMillan 4:50.30 SB	Shabani 5:05.04 PR
<b>400m</b>	S Scott 53.96	McDowell 54.88 PR	Traore 58.51 PR			
<b>4x200</b>	Z Jones 24.56	M-B 23.72	J Jones 23.84	Keita 24.27	Time 1:36.88	
	Kimber 26.58	Thompson 31.61*	Estremera 26.09	Milder 26.52	Time 1:51.09	
<b>800m</b>	Rethwisch 2:04.83 PR	Butler 2:14.93 PR	Lucas 2:18.51			
<b>3200m</b>	Berg 10:14.82 SB	Meardon 10:38.80 PR	McNabb 10:47.12 PR			
<b>4x400</b>	Butler 56.61	McMillan 53.62 PR	Firmstone 52.90 SB	S Scott 52.36 PR	Time 3:36.13	

	Mulligan 56.69	Keita 57.07 SB	Shabani 59.88 PR	J Jones 57.68	Time 3:51.77	
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24 PR (personal records)

10 SB (season best)

This meet was a step in the right direction. We had a high number of PR's and that's a sign that our team is getting better at racing. You will continue to gain fitness through each practice. If you didn't have the race you were hoping for, learn from your mistakes and talk to your coaches about how to improve. We are here to help you gain success through your track & field experience. Outdoor season begins this coming week! Get better each day!!!