

Wartburg #2
3/6/18

HJ	Williamson	Burtch
Result	5-06	5-08
Place	5th	3rd

LJ	Sila	Burtch
Result	18-04	16-05.5
Place	9th	11th

Shot Put	Runge	Stewart*/Rosenow
Result	45-09	40-8/39-11
Place	3rd	9th/13th

55m H	Leopold*	Sila*
Time	8.26Q/8.43F	9.24
Place	3rd	16th

55m	Z Jones*	Kimber*
Time	6.82Q/6.79F	7.05Q/7.05F
Place	3rd	7th

3200	J Brown*	O Jones*
Time	10:43.68	10:50.20
Place	5th	7th

4x800

Shabani	Wortman	Maxwell*	A Miller*
2:12.45	2:10.72	2:11.86	2:14.65
Time	8:50.09	Place	3rd

200	Deprenger	Leopold*
Time	24.05	26.28
Place	3rd	25th

1600	RTW	Max*
Time	4:41.99	4:52.32
Place	2nd	6th

400	Rethwisch	D Brown
Time	53.05	52.69
Place	2nd	1st

800	Ji Momberg*	L Firmstone
Time	2:02.64	2:10.47
Place	1st	3rd

4x200

Firmstone	Deprenger	T Williamson	Kimber
23.99	24.17	25.89	24.43
Time	1:38.96	Place	3rd

4x400

D Brown	Rethwisch	Ji Momberg	Z Jones
52.75	52.46	53.13	50.90
Time	3:29.58	Place	1st

3200 splits

JB	75	76	78	78	83	85	85	79
OJ	80	83	81	81	81	82	81	77

1600 splits

RTW	69	69	71	71
Max	71	72	76	73

* = PR (personal record)

Another super effort by all of you who competed! We had 3-1st Places; 2-2nd Places; 9-3rd Place; 2-5th Places; 1-6th Place and 2-7th Places. We also had 12 PRs! Keep your focus on the Process and keep getting better!

