

Wartburg Indoor
3/10/15

HJ	Keita	Burnett		LJ	J Jones	dillon				
Result	5'6"	5'4"		Result	17'8"	*				
Shot	Martin	Hickman								
Result	45'7 1/2" *	39'3"								
55 H	Z Jones	Seabold								
Result	7.93Q	8.92								
55m	Runge	Rodney								
Result	6.61Q	7.00Q								
3200	1	2	3	4	Mile	5	6	7	8	Time
Taylor	77	83	83	82	5:26	84	86	87	84	11:10.04*
55 H Finals	Z Jones									
Result										
55m Finals	Runge	Rodney								
Result	6.63 1st	6.99 6th								
4x800	1	2	400	3	4	Split				
Firmstone	29	33	62	36	34	2:14.99#				
Ja Momborg	28	34	62	37	36	2:16.83#				
Romano	30	35	65	35	34	2:13.39				
Rethwisch	28	33	61	38	35	2:14.90#				
						9:00.56	4th			
200	Keita	Burnett								
Result	25.07*	25.13*								
1600	1	2	800	3	4	Time				
Seabold	73	77	2:31	78	81	5:11.53*				
400	Africa	Butler								
Result	58.71*	55.56*								
800	1	2	400	3	4	Time				
Dancer	31	32	63	32	32	2:09.33	1st			

McMillan	31	33	64	35	34	2:13.37*	2nd			
4x200	Riley	M-B	Dillon	Runge	Time					
Split	25.2*	24.72*	23.9*	22.4*	1:36.22	DQ				
4x400	Dancer	Scott	J Jones	Rodney	Time					
Split	54.25*	54.4*	55.9*	58.2*	3:44.01	2nd				

* = Season Best

= PR (personal record)

Overall, our track and field team's performance was full of inspired efforts. The coaches are loving the support you are showing each other. We notice those little things, like sprinters watching and cheering on distance and middle distance events and vice versa. These things have a huge impact on how our team performs later in the season against tough competition! If we were to learn one important aspect about track and field from this meet it would be this:

No one individual is above his team.

Keep working hard in practice, and the results will continue to improve.

Go City!