

Wartburg Indoor
3/8/16

HJ	Roggeveen	Burnett		LJ	Wright	Burnett				
Result	DNJ	5-4		Result	16-10	17.10.5				
Shot	Martin	46-1	Fletcher	37-11	55 H	Z Jones	Thompson	55m	M-B	Rodney
Result	3rd	#			Result	8.17q	8.64	Result	7.02#	6.85q
3200	1	2	3	4	Mile	5	6	7	8	Time
McDowell	37 37	38 37	38 38	38 39	5:05.7	39 40	41 41	41 40	40 40	10:30.15 4th#
Shabani	77.65	75.82	77.16	82.35	5:12.51	86.08	92.00	91.00	87.15	11:09.31 #
55 H Finals	Jones	8.09				55m Finals	Rodney	6.81	#	
Result	5th					Result	4th	PR		
4x800	1	2	400	3	4	Split				
McMillan	29.7	31.2	60.97	32.3	29.53	2:02.8				
Meardon	30	32	62.2	35	37	2:16.2				
D Brown	30.5	33.4	63.9	35.8	32.8	2:12.53	Time			
Ji Mom	26.7	32.9	59.6	35.8	34.8	2:10.3	8:42.44	2nd		
200	Rodney	24.36	4th	Result	Burnett	24.53	6th	Result		
1600	1	2	800	3	4	Time				
Rethwisch	73	76	2:30	78	68	4:56.03 #	3rd			
Firmstone	73	76	2:30	78	67	4:55.81 #	2nd			
400	McMillan	53.28		D Brown	54.32					
Result	1st	#		2nd	#					
800	1	2	400	3	4	Time				
RTW	32.6	31.6	64.2	32.7	32.7	2:10.52	4th			
Seabold	33.26	31.25	64.51	34.00	31.8	2:10.37	3rd			
4x200	Rodney	M-B	Keita	Burnett	Time					
Split	24.87	24.53	24.00	24.29	1:38.14*	2nd				
4x400	Z Jones	McDowell	Butler	Roggeveen	Time					
Split	52.26 #	54.08	53.60#	52.50 #	3:32.84 *	1st				

* = Season Best # = PR (personal record)

Wow!!! That is about all we can say about the effort and level of competitiveness that was on display last night in Waverly, IA. This team continues to make improvement every time you compete. Maybe you are not putting out a season's best or a personal record every time, but this group stuck to the plan and battled! Here are some examples: 1st place 4 x 400 team (Z. Jones #, McDowell, Butler, Roggeveen #)- 3:32.84*-Season's Best with a couple of 400 split PRs; 1st & 2nd place in the Open 400- two PRs by McMillan and D. Brown; 2nd in the 4 x 800 and 4 x 200 Relays(SB*); Martin in the Shot Put 3rd & a PR- 46-1; 2nd-Firmstone & 3rd-Rethwisch in the 1600; 3rd-H. Seabold & 4th-RTW in the 800; 4th-Rodney & 6th-Burnett in the 200; Rodney 4th in the 55 Dash and Z. Jones 5th in the 55HH. As you can see some of you are reaping the benefits of your training and hard work. Let's keep our focus on the end goal and that is to be happiest in May! We still have a lot of work to do and we have not arrived, YET! Stay hungry and COMPETE!