

Washington Outdoor Results
3/22/16

HJ	Mulligan 5-4 PR	Burtch 5-2	Roggeveen 5-4 PR		
Discus	Martin 139-04 SB	Fletcher 111-04	Aman 91-07	Howard 102-06 SB	Estrada 85-01 SB
	Harberts 92-05 SB	Runge 101-05 PR	Greazel 76-04 PR	Rosenow 68-00 PR	
Shot Put	Martin 45-4	Fletcher 37-05.00	Howard 39-00.00 PR	Sindt 31-1.5	Dykes 35-0.5 SB
	Ring 32-9.25	Runge 35-09.50	Greazel 28-07.50	Rosenow 30-06.75	
LJ	Africa 13-11	Mulligan 18-3.5 PR	Burtch 17-00	Estremera 14-07.25	
3200	Dodge 3rd-A 10:09.22 SB	Berg 4th-A 10:21.67	Taylor 7th-A 10:56.25 PR	Shabani 10:50.27 PR	McNabb 11:02.86
	Opitz 10:35.37	Rouabhi 13:02.87 PR	O Jones 11:18.39 PR	Lie 12:30.50 PR	
4x800	Rethwisch 2:02.3 SB	McDowell 2:00.32 PR	Firmstone 2:06.12	McMillan 2:01.55 PR	Time 2nd-A 8:10.73
	D Brown 2:09.14 PR	Jo Mom 2:15.34	Usachev 2:18.57	Lucas 2:16.83	Time 9:00.81
	Traore 2:10.48 PR	Brands 2:13.12 PR	Hefley 2:26.84 PR	Anderson 2:31.39 PR	Time 9:20.27
SHR	Butler 15.04 SB	J Jones 14.82 SB	Keita 15.32 SB	Z Jones 14.60 SB	Time 1st-A 59.83
	Roggeveen 15.96 PR	Africa 16.42 SB	Milder 16.93 SB	Thompson 15.94 SB	Time 65.77
	Deprenger 16.60 PR	R Moore 17.20 PR	Murphy 20.10 PR	Kimber 15.80 PR	Time 72.29
100	Dillon 3rd-A 11.66 SB	M-B 5th-A 11.80 SB	Pugh 12.42 SB	Young 13.39 SB	B-Fox 14.68 SB

	Steele 14.68	Estremera 12.12 SB	Colon 13.41 SB	Mueller 13.16 SB	
400	Scott 1st-A 52.36 PR	Rethwisch 2nd-A 52.51 PR	D Brown 3rd-A 54.12 PR	C Scott 78.35 PR	N Seabold 75.92 PR
	Baloci 64.78 SB	Gredell 81.12 PR	Esbeck 74.68 PR		
4x200	M-B 24.46	Keita 23.06 SB	Roggeveen 22.75 PR	Dillon 22.37 SB	Time 1st-A 1:33.65
	Doucoure 29.70	Fifi 31.90	Bader 27.70 SB	Johnson 26.50 SB	Time DQ
	Lama 32.02 PR	Burtch 27.06 PR	Greimann 29.15 PR	Roggy 29.30 PR	Time 1:57.85
110 HH	Z Jones 2nd-A 15.79 SB	Keita 7th-A 17.11 PR	Africa 8th-A 17.83 SB	Thompson 17.21 SB	
	Kimber NT	R Moore 19.46 PR	Milder 18.42 SB	Murphy 21.22	
1600	McDowell 4th-A 4:47.30	RTW 5th-A 4:48.34 PR	Meardon 7th-A 4:53.32 PR	Thomas 4:58.11 PR	Cochran 5:13.81 PR
	Kelly 5:22.67 PR	Maxwell 5:26.06 PR	Morelli 5:53.33 PR	Fletcher 5:51.31 PR	
200	M-B 4th-A 24.17 SB	Pugh 25.28 SB	Lama 31.38 SB	Steele 30.64 SB	
	Estremera 26.08 SB	Roggy 30.37 SB	Bader 27.91 SB		
400 H	Butler 1st-A 58.06 SB	S Scott 3rd-A 59.77 SB	Thompson 6th-A 62.10 SB	Africa 63.48 SB	Milder 65.92 SB
	R Moore 64.26 PR	Deprenger 62.75 PR	Murphy 71.82 PR		
Medley	J Jones 24.36	Keita 22.97 SB	Rethwisch 52.28 PR	Ja Mom 2:04.69 PR	Time 1st-A

					3:44.71
	Johnson 26.11	Pugh 25.30 PR	Mulligan 54.40 PR	Turnbough 2:25.70 PR	Time 4:11.10
	Greimann 28.73 SB	Burtch 25.97 SB	Hefley 65.58 PR	Shabani 2:16.47	Time 4:17.28
800	McMillan 3rd-A 2:00.74 PR	Seabold 5th-A 2:06.47	RTW 7th-A 2:12.96	Parr 2:18.32 PR	Lie 2:22.03 PR
	O Jones 2:23.58 PR	Friton 2:48.05 PR	Esbeck 2:48.92 PR	Rouabhi 2:51.71 PR	
4x100	Z Jones	Dillon	M-B	Estremera	Time 1st-A 44.59
	Doucoure	Fifi	Bader	Young	Time 54.34
	Deprenger	Kimber	Colon	Milder	Time 49.53
4x400	Z Jones 52.15	Scott 52.82	Roggeveen 52.79	Firmstone 51.52 PR	Time 1st-A 3:29.96
	Usachev 58.44 PR	Meardon 60.10 SB	McNabb 63.70 SB	Baloci 68.10 SB	Time 3:55.71
	Ja Mom 55.80 PR	Brands 58.60 PR	Traore 55.30 PR	R Moore 58.90 PR	Time 3:49.19

Thanks to all who have contributed to last night's performance, 2016 WASHINGTON RELAYS CLASS A CHAMPIONS! We have reached a goal that is just one step in this long journey. I especially want to thank the coaches for everything they do for this program while maintaining their most important jobs, family and teaching/banking. This team and the head coach are blessed to have coaches that "get it"! Men, please take time to thank Casey, Smith, Freeman, Ahlers and Hollingsworth for everything they do.