

Washington 3/21/17
Frosh/Soph

HJ	Vogel.	LJ	MFirm	Leopold	Kabat	Shot	Sherod	Vo	Ramirez
Result	NH		15-06.5	16-01.5	17-04		35-11	24-06	33-11.75
Place			7th	6th	3rd		5th	15th	8th
Discus	Greazel	Sherod	Oyarzun						
Result	81-05	104-05	78-05						
Place	13th	6th	14th						
3200	1	2	3	4	5	6	7	8	Time
OJones									11:24.44
Weaver									11:43.55
4x800	1	2	3	4	Split	100	Cotton	Roggy	
Hassan					2:46.06	Time	14.53	14.03	
Hornbuckle					2:45.53	Place	14th	11th	
Hynick					2:28.89				
Lie					2:26.08	Time	10:27.39	Place	3rd
400	Carter	Hornbuckle	Kraus	110 HH	Leopold	Vogel.			
Time	56.52	68.96	64.50	Time	17.27	19.12			
Place	1st	11th	8th	Place	1st	6th			
800	1	2	3	4	Time	Place			
Weaver					2:35.06	7th			
Smith					2:30.52	5th			
200		Cotton	Roggy	1600	1	2	3	4	Time
Time		27.98	30.30	Shabani					4:52.28
Place		9th	10th	Wilkes					5:20.41
				Champlin					5:48.59

4x100	Sila	Waikel	Cotton	Burtch	Time	DQ	Place		
4x400	Shabani	Kabat	Wilkes	Fletcher	Time	Place			
Split	60.90	58.60	65.80	65.90	4:12.00	4th			

JV

HJ	Burtch	LJ	Burtch	Cotton	Shot	Aman	Harbert s	Pugh	
Result	5-04		16-05	15-03		32-02.5	33-07.5	33-02.5	
Place	3rd		5th	8th		13th	10th	11th	
Discus	Vo	Harbert s	Pugh	SMR	Fiston	Doucoure	Steele	Seamans	Time
Result	67-07	94-09	82-04	Split	13.67	13.38	29.15	76.44	2:12.96
Place	16th	10th	12th					Place	
3200	1	2	3	4	5	6	7	8	Time
Strang									11:04.92
Maxwell									11:26.68
Rouabhi									12:42.40
4x800	1	2	3	4	Split				
NCochran					2:18.49				
Morgan					2:24.09				
Weigel					2:23.13	Time	Place		
Wortman					2:13.75	9:19.78	1st		
SHR	RMoore	Milder	Leopold	Vogel.	Time	Place			
Split					1:07.49	1st			
100	Steele	Fiston	Doucoure		400	Hynick			
Time	13.77	13.32	14.03			64.91			
Place	10th	8th	11th			9th			

4x800	1	2	3	4	Split	Time	Place		
JiMom					2:06.10	8:43.73	3rd		
Lucas					2:10.80				
Shabani					2:10.70				
JoMom					2:15.50				
SHR	Kimber	Deprenger	Thompson	ZJones	Time	Place	100	K-P	
Split	15.59	15.98	14.92	15.58	1:02.92	3rd	Time	12.71	
							Place	9th	
Medley	Kimber	Hunger	Lucas	Max	Time	Place	400	LFirm	Dodge
Split	25.02	25.54	59.97	2:19.90	4:10.96	5th	Time	52.68	57.76
							Place	1st	6th
4x200	Hunger	Deprenger	Milder	RMoore	Time	Place	110 HH	ZJones	Thompson
Split	25.33	24.40	24.48	25.58	1:40.06	4th	Time	15.88	16.39
							Place	3rd	5th
800	1	2	3	4	Time	Place	200	K-P	
McMillan					1:59.00	1st	Time	27.21	
Rethwisch					1:59.91	2nd	Place	9th	
Brown					2:02.84	3rd			
400 H	RMoore		1600	1	2	3	4	Time	Place
Time	63.97		Berg					4:35.67	1st
Place	6th		CTurn					4:47.79	5th
			Taylor					5:03.94	10th
4x100	Kimber	Thompson	Deprenger	Hunger	Time	47.36	Place	5th	
4x400	JiMom	LFirm	McMillan	RTW	Time	Place			
Split	53.41	53.89	52.93	55.41	3:36.10	2nd			

Great job in your first outdoor meet of the season! Stay positive each and every day of practice, work hard, train smart, and enjoy the process. Go City!