

**Edwin C. Moses Dayton Relays**  
**Friday April 24, 2009**  
**Results**

**Long Jump (10<sup>th</sup>- 0 pts)**  
Pennock- 19'11  
Harrison- 19'5

**Discus (1<sup>st</sup>- 10 pts)**  
Bennett- 152'10  
Beyland- 136'8\*

**4x1600 Relay (3<sup>rd</sup>- 6 pts)**  
Wright- 4:33.4  
Fish- 4:47.5  
Roberts- 4:23.7\*  
Montavon- 4:42.4

**4x200 Relay (1:31.42q/1:33.11) 6<sup>th</sup>- 3 pts**  
Daly- 22.0/21.9  
Overstreet- 23.1/23.0  
Lambdin- 22.0/22.6  
Ifeadi- 23.5/22.9

**4x110 Hurdles (64.80) 5<sup>th</sup>- 4 pts**  
Melchor- 15.3  
Ramsey- 16.6  
Daulton- 16.1  
Morgann- 16.6

**4x100 Relay (43.64q/44.33) 8<sup>th</sup>- 1 pt**  
Daly- 11.0/10.7  
Melchor- 10.6/10.7  
Morgann- 10.3/10.3  
Ifeadi- 11.2/11.8

**Pole Vault (1<sup>st</sup> 10 pts)**  
Arnold- 13'6  
B Miller- 13'0

**Shot Put (1<sup>st</sup> 10 pts)**  
Bennett- 52'4 1/4\*  
McGowen- 50'5\* NFR

**High Jump (0 pts)**  
Harrison- NH  
Reilich- 5'3

**4x800 Relay (4<sup>th</sup>- 5 pts) 8:21.36**  
Eslinger- 2:05.6  
Frazier- 2:10.5  
Roberts- 1:57.9  
Adi- 2:07.0

**SMR (4<sup>th</sup>- 5 pts) 2:41.17**  
Daly- 22.4  
Overstreet- 23.3  
Kern- 53.1  
Wooddell- 2:01.4

**DMR (6<sup>th</sup>- 3 pts) 11:20.01**  
Eslinger- 2:08.1  
Hansford- 53.4  
Frazier- 3:32.1  
Wright- 4:44.3

**4x400 (8<sup>th</sup>- 1 pt) 3:28.02**  
S Hansford- 53.2  
Overstreet- 51.3  
Kern- 52.3  
Roberts- 49.7\*

**Team Scores**  
Mason- 59  
Centerville & Reynoldsburg- 58  
Wayne- 55  
Dunbar- 52  
Trotwood - 42  
Northmont- 33  
Lebanon- 27  
Vandalia- 24  
Fairmont- 16.50  
Celina- 14.50  
Springfield- 12.50  
Bellbrook- 12  
Carroll- 11  
Upper Arlington- 9  
Stivers- 5  
Meadowvale- 4.5  
CJ- 4  
Alter & Thurgood Marshall- 2

**Quote of the Meet:**  
"Rock, Paper, Scissors" Coach Somerlot in  
the play off for the 1<sup>st</sup> place trophy

In my 20 years of going to Dayton Relays I have not seen such a competitive competition. When we left the meet we felt like a team who did big things however when looking at results on Sunday night I noticed that we did not finish 8<sup>th</sup> in the long jump therefore we were one point short of victory. I then went back and looked at where else we were short-.01 in the 4x1 from 8<sup>th</sup> to 7<sup>th</sup>, .24 in the SMR from 4<sup>th</sup> to 2<sup>nd</sup>, .15 in the 4x4 from 7<sup>th</sup>. we ran 30 seconds slower than last week and would have been 2<sup>nd</sup> with that time and even 10'9 placed in the high jump.

These were all situations where we controlled our effort and outcomes. Every meet starts with clean situations and every meet has events where small differences make the biggest difference. Most people only look at these situations when they are looking to see what happened. We must continue to look at where we can fill in the spots and where we can make the big adjustments to be a complete team. This week it was down distance and jumps while last week it was sprints. What area will struggle next week or will this be the week that we all come together and get it done?

Congrats to the 3 1<sup>st</sup> place relay teams- Pole Vault Nick & Bryan both handled the long night, high winds and great competition. In the throws we won the shot put (Michael & Benny- nice new 9<sup>th</sup> grade record) with huge pr's late in the meet to get us back into it while Michael & Matt had great competitive days as well. Matt was impressive as he overcame a hard day and threw a lifetime best

while Michael had 3 fouls and then threw the longest throw of the day to secure the win. These kinds of days will build confidence and should let you know that when we cut back lifting and start to throw light implements you will see huge throws coming soon.

The area of concern right now is health- we have to ice everyday and start to be smart. If it is hurt then we need to back off but if it is sore then we need to get tougher. Everyone is hurting now but we will start to taper soon and your legs will start to feel awesome. You have to do your part a stop doing the extra stuff like basketball, soccer or other fun games until the season's over- rest is best and when we have planned rest days you cannot change it up because you are bored, be smart and get ready to finish the season strong.

If you don't believe in what we are doing yet then maybe this week will show you where we are and what we can do. Inch by inch is a cinch and yard by yard is hard- translation- little things make the biggest difference. Be big!!