

**State Indoor Meet
Saturday March 21, 2009
University of Akron**

**Weight Throw (8 pts)
Bennett- 57'3 (3rd)
Beyland- 55'10 (7th)**

**Pole Vault (1 pt)
Miller- 13'6 (8th)
Arnold- 13'0 (10th)**

**Shot Put (0 pts)
Bennett- 46'9 (12th)
Beyland- 44'9 (14th)**

**Triple jump (0 pts)
Burtenshaw- 39'9 (10th)**

**4x800 (13th) 8:30.51
Eslinger- 2:05.9
Woddell- 2:05.5
Fish- 2:10.4
Frazier- 2:08.3**

**1,600 Meters (0 pts)
Roberts- 4:37.26 (12th)**

**800 Meters (0 pts)
Roberts- DNR**

25th place

**Quote of the Meet:
"I hate times like this where I
know I should be happy but I
am pissed." Mike Bennett**

**Congratulations to all 3 of the all-
state athletes. I was impressed in
that only B Miller had competed
at the GWOC meet (of the 3 of
you) and you all overcame a lot
of nerves and competed. I
thought that we did a nice job of
this as a team but I, like you,
wanted to see more podium
efforts.**

**I like the way you all warmed up
and the way that you went about
your business. What you should
have taken from this experience
is that you are not that far away
from being big time but there is a
fine line that separates the top
level of state athlete from
everyone else- hard work. Hard
work will break down the barrier
and send you where you want to
be. On top of the Mountain.**

**You are lucky that you can
change the feelings you had after
your effort and make something
happen outdoors. The season
coming up starts now! We host the
Elk Relays (our biggest meet) and
it is the best field we have hosted
in 10 years. With spring break
starting Friday we will be able to
see if you can get your
teammates to focus and
compete at the level you know
we will need to be at to defend
our title.**

**Finish the quarter strong in the
classroom and be ready to race
at home for the Elk Relay title!**