

Volunteer Classic Results Friday 4/17 & Saturday 4/18

Friday April 17, 2009

2,000 Steeplechase (10 pts)

Roberts- 6:14.50 (1st & MR) # 2 US & #3
CHS
Wurster- 7:05.80 (13th)
Ruschmann- 7:10.64 (15th)

4x200 (13th)

A – 1:32.30
Ehrensberger- 22.3
Ingham- 23.9
Overstreet- 21.9
Daly- 23.7

B – 1:35.50 (21st)

Lambdin- 22.8*
Pennock- 23.1*
Reese- 23.8*
Pierce- 25.8

Triple Jump

Burtenshaw – 35'5 (34th)

DMR –

A- 11:03.78* (9th)
1200- Wright – 3:17 (2:10 @ 8)
400- S Hansford- 52.8
800- Eslinger- 2:04.3* (58)
1600- Franks- 4:48.0* (2:15 @8)

B – 11:27.77 (15th)

1200- Frazier- 3:28 (2:19 @8)
400- Hartmann- 54.8*
800- Ball- 2:07.18 (62)
1600- Omer- 4:56.7* (74 last lap)

4 x 110 Hurdles 68.42 (39's) 3rd (6pts)

Daulton- 2.5, 1.3, 1.4, 1.3, 1.4, 1.4, 1.4,
1.5, 1.4, 1.6, 2.0- 17.1
Ramsey- 2.3, 1.5, 1.3, 1.3, 1.4, 1.4, 1.5,
1.5, 1.4, 1.6, 2.0- 17.0
Burtenshaw- 2.4, 1.6, 1.4, 1.5, 1.3, 1.4, 1.5,
1.5, 1.5, 2.2- 17.7*
Morgann- 2.1, 1.4, 1.3, 1.3, 1.4, 1.3, 1.4,
1.3, 1.5, 1.9- 16.2

Pole Vault (8 pts)

B Miller – 13'6 (7th)
Arnold- 14'0 (3rd)
Kennard- 13'0 (9th)

Two Mile Run

Montavon- 70, 72, 75, 76, 78, 79, 80, 73-
10:07.34* (38th)
Fish- 71, 73, 75, 77, 78, 79, 80, 72-
10:07.13* (37th)
Berling- 72, 74, 76, 79, 94, 93, 96, 83-
11:27.78* (69th)

Saturday April 18, 2009

110 Hurdles

M Morgann- 2.4, 1.2, 1.3, 1.3, 1.4, 1.2, 1.4,
1.5, 1.3, 1.4, 2.1- 16.98
Melchor- 2.4, 1.2, 1.4, 1.3, 1.3, 1.2, 1.3,
1.4, 1.4, 1.3, 2.0- 16.54
Ramsey- 2.5, 1.2, 1.3, 1.4, 1.4, 1.3, 1.5,
1.4, 1.5, 1.7, 2.0- 17.71

4x800

A – 8:16.97 (9th)
Wooddell- 58, 2:00.1
Eslinger- 59, 2:03.5*
Frazier- 60, 2:06.4*
Adi- 60, 2:06.3*

**We need to work handoffs- we had 2
bad ones that killed us from placing and
was worth about 3 seconds and 4 places

B – 8:44.57 (18th)

Ball- 60, 2:06.9*
Sipniewski- 61, 2:10.3
Thornhill- 60, 2:10.9*
Guiney- 61, 2:15.9

Discus (5 pts)

Bennett- 160'0* (4th) # 6 CHS
Beyland 130'7 (16th)
Kohls 118'4 (24th)

100 Meters

Melchor 11.52
Ehrensberger 11.53
Daly 11.60 (slip from blacks)

400 Meters

S Hansford 53.44
 Woddell 52.55
 Ifeadi 52.60*

300 Hurdles

Kern 42.13 (2 1st H 6.2)
 Overtsreet 41.52 (2 1st H 6.0)
 Ramsey 42.82* (2 1st H 6.1)

Shot Put (4 PTS)

Bennett 50'5 (5TH)
 Beyland 40'8
 McGowen 47'1 1/2* (11TH)

High Jump

Reilich NH
 Harrison- 5'9*
 Riveria Clack NH

200 Meters

Boykin 24.29
 Ifeadi- 23.15* (heat winner)
 Lambdin- 23.81

Long Jump

Harrison 20'3*
 Pennock 20' 1/2*
 Riveria-Clack 17'9*

4x100

A – 44.61 (17th)
 Lambdin- 11.5
 Melchor- 10.9
 Daly- 10.9
 Ehrensberger- 10.8

B – 45.37 (26th)

Boykin- 11.4*
 Morgann- 10.9*
 Harrison- 11.5*
 Memme- 11.3*

One Mile Run

Wright- 64, 67, 72, 68- 4:32.73* (17th)
 Fish- 4:47.50 (46th)
 Montavon- 4:40.24* (35th)

800 Meters

Roberts- (59.9) 1:58.31 (5th)
 Eslinger (62) 2:10.17
 Adi (fell 1st lap) 2:18.49 (74th)

4x400

A 3:28.63 (9th)
 Kern- 53.4
 Overstreet- 51.3
 Roberts- 52.1
 Wooddell- 52.3

B 3:37.82 (20th)

Hansford- 52.4 (Great leg)
 Memme- 53.4*
 McDaniel- 55.5
 Guiney- 55.8

Team Scores:

Parkview (SC)- 54
 Trotwood (OH)- 51
 Brookwood (TN)- 49
 Mason (OH)- 47
 Centerville (OH)- 38

Highest finish in school history as there were 1,182 boys who competed for 149 teams!

Quote of the Meet:

"That was the most physical race of my life- I am glad they restarted it but I got crushed again at the start- good experience and it won't happen again."
 Shawn after his 800 experience

Ifeadi Quote of the Weekend:

"My incentive to go to college and run track is these girls coach. Have you noticed any of them?"

I want you all to look at the score and realize what a pleasure it is to compete with the best teams in the country on a week in and week out basis. 3 of the top teams in the meet are from our area. This shows you that you can compete with anyone and if we continue to develop and work hard, we will challenge current thinking and standings- we control our efforts and outcomes- Believe that. It is Dayton Relays week- Big things happen to people who make them happen- SO BE BIG!!!