

**1<sup>st</sup> Team Southwest Region**  
**Centerville Track & Field 2010**

**Discus**  
**Michael Bennett**

**Shot Put**  
**Michael Bennett**

**2<sup>nd</sup> Team Southwest Region**  
**Centerville Track & Field 2010**

**Long Jump**  
**Jeremy Harrison**

**Discus**  
**Benny McGowan**

**4 x 100 Relay**  
**Jeremy Harrison, Michael Melchor, Matt Morgann & Ifeadi Odenigbo**

**Special Mention Southwest Region**  
**Centerville Track & Field 2010**

**Long Jump**  
**Michael Melchor**

**Shot Put**  
**Benny McGowan**

**110 Hurdles**  
**Michael Melchor**

**100 Meters**  
**Michael Melchor**

**4 x 200 Relay**  
**Memme Onwudiwe, Jon Overstreet, Tristan Boykin & Andy Wooddell**

**4 x 400 Relay**  
**Memme Onwudiwe, Ifeadi Odenigbo, Jon Overstreet & Andy Wooddell**