

**University of Akron
Zip City Invitational
February 20, 2010**

**Weight Throw (15 pts)
Bennett- 61'1* (2nd) NSR
Beyland- 49'6 (7th)
Lee- 55'4 (4th)**

**Shot Put (6 pts)
Bennett- 51'8 (4th)
Beyland- 48'7 (8th)
McGowen- 47'8 (9th)**

**Long Jump (4 pts)
Melchor- 21'2* (5th)
Sathoud- 17'1 (41st)**

**Triple Jump (4 pts)
Sathoud- 38'10 (5th)**

**4x200- 1:37.00 (11th)
(0 pts)
Memme- 23.6
Ramsey- 24.2
Morgann- 23.9
Dempe- 24.4**

**60 Hurdles (6 pts)
Melchor- 2.3, 1.2, 1.2, 1.0, 1.3, 1.2- 8.48q
finals 2.4, 1.1, 1.2, 1.2, 1.1, 1.1- 8.31* NSR
(3rd)
Ramsey- 2.3, 1.3, 1.3, 1.3, 1.3, 1.3- 9.55
(28th)
Morgann- 2.4, 1.3, 1.2, 1.3, 1.3, 1.3- 9.22
(22nd)**

**60 Dash (3 pts)
Melchor- 7.31q/7.29* (6th)
Sathoud- 7.56***

**4x800 (3rd) 8:22.89*
Ball- 58, 2:04.2
Woddell- 59, 2:01.6
Fish- 60, 2:07.9
Overstreet- 58, 2:08.1**

**1600 Meters (0 pts)
Franks- 66, 75, 78, 68-
4:53.19* (11th)**

400 Meters (1 pt)

**Overstreet- 53.53 (8th)
Memme- 53.73* (9th)**

**800 Meters (7 pts)
Wooddell- 61, 2:05.58* (4th)
Ball- 60, 2:07.94* (7th)**

**200 Meters
No entry in gold**

**3200 Meters (0 pts)
Fish- 10:22.46* (17th)
Wenstrup- 10:51.95* (26th)
Wurster- 10:38.85* (23rd)**

**4x400 (8th) (1 pt) 3:35.15*
Overstreet- 52.9
Ramsey- 55.1
Memme- 53.6
Woddell- 53.3**

**Quote of the Meet: "I like
where we are at but I love
where we are headed!" Melchor
after his big day was over.**

We scored 53 points, which would have won the meet! There were several stand out performances and 2 school records (Bennett in the weight @ 61'1 & Melchor in the 60 hurdles @ 8.31) Congratulations to these record holders and continue to work hard and re set these two more times. I was also excited to see the 4x8 get into the race (well done Payne) and they were rewarded with a 24 second drop in time from last meet. I also like that we continue to drop time in the 4x2 and 4x4. Right now we are qualified for both but we have work to do to score at the state meet. I am looking for ways to get track time for us, as that is the key for sure.

Franks ran well and looked like he is ready to go this spring. That was a great job of getting yourself ready and racing- well done for sure and a nice breakthrough for you. Overstreet, Ayiende, Memme, & Andy all did a great job with their triple- it shows that you are getting into shape so keep it up. Overall everyone did a nice job and should be pleased with where they are. The next step is to become consistent with training (easier said than done)

I like the way that you all got ready and competed. The intensity is great and the way you went about the work that needed to be done was outstanding. I also like how you all interact with each other. I know this seems like a small detail but I feel that to do what we all want to do we all need to get along and support each other.

We are starting to see some guys emerge as breakout performers but you each hold each other accountable to the team and strive to beat them in everything we do. The key is to make sure that you each keep working hard and not to get satisfied with what you did but be looking ahead at what you can and will do in one month.

Good teams win meets but great teams win championships- Bring the Hammer!