

**Cedarville Early Bird
Saturday January 16, 2010**

**10 am start
High Jump (2 pts)
Harrison-5'8 (7th)**

**Shot Put (8 pts)
Bennett- 51'8 (2nd)
Lee- 40'2 (16th)**

**Long Jump (0 pts)
Harrison- 18'0 1/2 (12th)**

**Weight (14 pts)
Bennett- 57'6 (3rd)
Lee- 53'8 (4th)**

**55 Hurdles (2 pts)
Melchor- 8.13/8.12* (7th)
Morgann- 8.60/8.51* (13th)
Ramsey- 8.63/8.45* (12th)**

**55 Dash (0 pts)
Melchor- 6.86/6.84* (9th)
Memme- 6.96* (21st)**

**4x800- 9:04.88 (2nd) 8 pts
Wooddell- 61, 2:10.2
Overstreet- 63, 2:19.9*
Frazier- 65, 2:14.5
Omer- 68, 2:20.3***

**4x200- 1:38.66 (2nd) 8 pts
Memme- 24.1
Melchor- 24.8
Ramsey- 24.9
Morgann- 24.5**

**1600 (0 pts)
Fish- 71, 76, 76, 71: 4:55.72*
(12TH)**

**Wurster- 72, 77, 82, 82:
5:08.40* (24TH)
Omer- 73, 84,86, 78:5:22.66*
(42ND)
Frazier- 70, 79, 80, 76:
5:07.64* (19TH)**

**400 (5 PTS)
Overstreet- 54.73* (6TH)
Wooddell- 54.74* (7TH)
Memme- 55.63* (12TH)
Ramsey- 58.97* (29TH)**

Quote of the Meet:

**"I lost my spirit when I did not see Frazier after my 3rd lap."
Overstreet after the 4x8 and his tuff last lap.**

**Team scores: (36 teams scored and 987 athletes competed)
Wayne- 189.3
Cincy Withrow- 63.3
Centerville- 58**

Good first meet for many. First time we have had 3 guys in the hurdle finals in any meet (congrats), first high jump placer in 6 years & 63rd meet in a row with at least one placer in the 25lb weight throw.

Take advantage of opportunities and get ready for OSU Saturday. Key the next 4 weeks is to stay healthy and keep working hard, the plan is in place to make great stuff happen!