

**GWOC Track & Field Championships  
Friday May 14, 2010 Springfield HS**

**Results**

**Discus (14 pts)**

Bennett- 151'1 (1<sup>st</sup>)  
McGowan- 140'5 (4<sup>th</sup>)

**Long Jump (14 pts)**

Melchor- 21'8 ¼\* (2<sup>nd</sup>)  
Harrison- 21'0 ¼ (3<sup>rd</sup>)

**Shot Put (16 pts)**

Bennett- 54'4 (1<sup>st</sup>)  
McGowan- 48'3 (3<sup>rd</sup>)

**Pole Vault (10 pts)**

Hansford- 13'0\* (1<sup>st</sup>)  
Houck- NH

**High Jump (.50 pts)**

J Briggs- 5'10\* (T6th)  
Sathoud- 5'7 (8<sup>th</sup>)

**4 x 800 Relay (10 pts) 8:10.41\* (1<sup>st</sup>)**

Ball- 58/2:02.2  
Frazier- 58/2:03.4  
Wooddell- 57/2:01.3  
Wurster- 58/2:02.9

**110 Hurdles (8 pts)**

Melchor- 15.39 (3<sup>rd</sup>)  
Ifeadi- 16.41 (5<sup>th</sup>)

**100 Meters (2 pts)**

Melchor- 11.42 (5<sup>th</sup>)  
Harrison- 11.97 (9<sup>th</sup>)

**4 x 200 Relay (10 pts) 1:31.41\* (1<sup>st</sup>)**

Memme- 21.9\*  
Overstreet- 23.1  
Boykin- 22.2\*  
Morgann- 23.6

**1600 Meters (14 pts)**

Fish- 4:35.24\* (1<sup>st</sup>)  
Franks- 4:43.51 (4<sup>th</sup>)

**4 x 100 (8 pts) 42.89\* (2<sup>nd</sup>) #2 CHS**

Harrison- 10.7  
Melchor- 10.5  
Morgann- 10.1  
Ifeadi- 11.2

**400 Meters (10 pts)**

Memme- 51.29 (3<sup>rd</sup>)  
Dempe- 52.88 (4<sup>th</sup>)

**300 Hurdles (7 pts)**

Overstreet- 40.45 (3<sup>rd</sup>)  
Ifeadi- 41.68 (6<sup>th</sup>)

**800 Meters (12 pts)**

Wooddell- 1:57.89\* (1<sup>st</sup>)  
Ball- 2:01.36 (5<sup>th</sup>)

**200 Meters (3 pts)**

Morgann- 23.53 (6<sup>th</sup>)  
Ifeadi- 23.46 (5<sup>th</sup>)

**3200 Meters (6 pts)**

Steible- 10:15.92 (4<sup>th</sup>)  
Wurster- 10:16.82\* (5<sup>th</sup>)

**4 x 400 Relay (10 pts) 3:27.51 (1<sup>st</sup>)**

Memme- 51.9  
Ramsey- 52.5  
Overstreet- 51.4  
Wooddell- 51.3

**Quote of the Meet:**"This is the best track meet of my life!" Matt Morgann after winning the 4x2 and getting ready for the 4x1

**Team Scores: Central Division**

Centerville- 154.5  
Wayne- 134  
Springfield- 89  
Northmont- 69  
Fairmont- 39  
Beavercreek- 36.5

**Hypothetical Overall score:**

Centerville- 102.75  
Lebanon- 95.3  
Wayne- 88.3  
Trotwood- 69.5  
Springfield- 60.8  
Miamisburg- 52  
Sidney- 33  
VB- 31  
Piqua- 27.5  
Fairborn & Northmont- 23  
Troy- 12.9  
Springboro & Fairmont- 11.5  
Xenia- 11  
Beavercreek- 10

**Congratulations on the 2<sup>nd</sup> central division and overall GWOC championship. I was impressed with so many steady performances. You did not panic and realized that every point and place was critical to our success. This is what great teams do! Get ready for a fun filled 3 week journey to the state meet- it starts Wednesday!**