

**Regional Championships**  
**Wednesday May 26 &**  
**Friday May 28, 2010**  
**Welcome Stadium**

**Discus (15 pts)**  
**Bennett- 196'3\* (1<sup>st</sup>) NSR & RR**  
**McGowan- 153'9 (4<sup>th</sup>)**

**Long Jump (6 pts)**  
**Melchor- 21'1 1/2 (7<sup>th</sup>)**  
**Harrison- 22'1\* (4<sup>th</sup>)**

**Pole Vault (0 pts)**  
**Hansford- 13'0" (10<sup>th</sup>)**

**4 x 800 Relay (1 pts) 8<sup>th</sup> 8:09.55**  
**Ball- 57/2:01.9**  
**Frazier- 58/2:03.7**  
**Wooddell- 55/1:57.9**  
**Wurster- 57/2:03.4**

**110 Hurdles (3 pts)**  
**Melchor- 15.10q/14.72 (6<sup>th</sup>)**  
**Ifeadi- 15.13\* (9<sup>th</sup>)**

**100 Meters (2 pts)**  
**Melchor- 11.04\*q/11.10 (7<sup>th</sup>)**

**4 x 200 Relay (2 pts)**  
**1:30.12\*q/1:30.34 (7<sup>th</sup>)**  
**Memme- 22.7/22.6**  
**Overstreet- 21.9/22.0**  
**Boykin- 22.5/22.5**  
**Morgann- 22.7/Wooddell- 22.7**

**4 x 100 (6 pts)**  
**43.02q/42.72\* (3<sup>rd</sup>)**  
**Harrison- 10.7/10.6**  
**Melchor- 10.8/10.9**  
**Morgann- 10.4/9.6\***  
**Ifeadi- 10.6/10.7**

**300 Hurdles (0 pts)**  
**Ifeadi- 39.93\* (9<sup>th</sup>)**  
**Overstreet- 39.86\*q/FS**

**4 x 400 Relay (3 pts)**  
**3:25.11q/3:23.31\* (6<sup>th</sup>)**  
**Memme- 50.5/52.8**  
**Ifeadi- 52.8/50.2\***  
**Overstreet- 51.3/50.5**  
**Wooddell- 49.9/50.5**

**Quote of the Meet: "It felt better to win at 196'3 than it did at 160 last year." Michael Bennett after the discus awards**

**Team Scores:**  
**Mason- 73**  
**Trotwood- 72**  
**LaSalle- 61.5**  
**Wayne- 61**  
**ELKS- 53**  
**Lebanon- 42**  
**Miamisburg- 23**  
**Springfield- 22**

**Congrats to Michael, Benny & Jeremy on advancing to state individually- outstanding performances by all and wow- 196'3- that's bananas far! Congrats to the 4x100 team as well- no one but us thought we could do it again- finish the job and get on that wall this year.**

**Bring the Hammer to State!**