

**Wayne Invitational
Friday April 30, 2010**

**Hammer (13 pts)
Jim Lee- 152'9 (4th)
Montavon- 175'8* (2nd)**

**Discus (11 pts)
Bennett- 149'7 (3rd)
McGowan- 145'4 (4th)**

**Pole Vault (0 pts)
Hansford- 12'6 (13th)
Daulton- 11'0 (20th)**

**Long Jump (0 pts)
Pennock- 20'0* (15th)**

**High Jump (0 pts)
J Briggs- 5'9 (10th)
Sathoud- 5'6 (19th)**

**Triple Jump 98 (8 pts)
Sathoud- 40'4 ½ (2nd)
Bolan- 36'6 (10th)**

**Shot Put (9 pts)
Bennett- 55'10 ½ (2nd)
McGowan- 47'4 (8th)**

**4x800 8:19.03 (4th) (5 pts)
Wooddell- 1:59.2
Wurster- 2:04.9
Frazier- 2:06.8
Murakami- 2:09.7**

**110 Hurdles (5 pts)
Melchor- 15.80Q/14.71* (4TH)
Ifeadi- 15.98 (11TH)**

**100 Meters (4 pts)
Melchor- 11.40Q/11.21* (5th)
Boykin- 11.85 (23rd)**

**200 Meters (2 pts)
Morgann- 22.84*Q/23.01 (7th)
Dempe- 23.02* (10th)**

**4x200 1:30.77 (6th) (3 pts)
Boykin- 22.6
Overstreet- 21.8*
Morgann- 22.5
Dempe- 23.6**

**1600 Meters (0 pts)
Ball- 4:39.148 (19th)
Fish- 4:38.22* (17th)**

**4x100 43.2* (T3rd) (5.5 pts)
Boykin- 11.1
Melchor- 10.6
Morgann- 10.3
Ifeadi- 10.9**

**300 Hurdles (4 pts)
Overstreet- 40.3 (6th)
Ifeadi- 40.7* (8th)**

**400 Meters (5 pts)
Memme- 50.6* (4th)
Ramsey- 52.7* (19th)**

**800 Meters (2 pts)
Wooddell- 1:59.85 (7th)
Wurster- 2:02.81* (17th)**

**3200 Meters (0 pts)
Steible- 10:09.78* (16th)
Franks- 10:21.04* (19th)**

**4x400 Meters 3:25.8* (3rd) (6 pts)
Memme- 51.6
Ifeadi- 51.5
Overstreet- 51.4
Wooddell- 51.3**

Quote of the Meet: "so if I run at 15 past midnight what time do I need to warm up?" Franks as he prepared for his 1st race of May- the 3,200 even though the meet was on Friday April 30th

**Team score
Wayne- 84
Cville- 83.5
Lebanon- 83
29 teams competed**

Overall I thought that we handled the length of the meet very well HOWEVER we gave that meet away. It starts with me. I did not enter us right and spend enough time getting you ready for this type of meet (competition, how long it would take and heat/hydration). We did not handle these very well in many cases and to me that means that I did not do enough to get you ready. This will not happen again on this end and I know that we will be ready to go for the next 6 weeks!

If you look at the closeness of the score you will see many 0's by events (5 total) but what you don't see is the closeness in event by event results that we can see after the meet is over. Start w/the hammer throw- Jim tied the Wayne kid and Wayne won on 2nd best throw- 2 point swing right there. How about the high jump w/Jarrett? If he makes 5'9 on his 2nd attempt he gets 6th instead of 10th or in the pole vault where Nick makes 13'0 instead of 12'6 and scores or if Andy in the 800 runs a 56 1st lap instead of a 61 and races to win instead of getting 7th? What if we race people in the distance races or stop stuttering in the 300 hurdles? We are not talking about big things but they all add up to big things & that is the point- take care of your part and contribute to the team!

You can see the margin is very close in what we do- if we take care of business we win by 25 or so points again but when we skip the important stuff we fall back and allow other teams to take our trophies. I was surprised that so many of you forgot to drink water again during the week or that as we are passing the flu around the school so many of you share water bottles w/each other. The main thing that can shorten a season's worth of work is illness and if at the right time can end the season immediately.

You need to make sure that you are getting rest now, as that becomes the most important part of recovery that we cannot control. I also would like to see more focus on track stuff right now- the dodge ball and walk a thons & camp outs are fun and important but you each have made a commitment to each other & the team & this is when you need to follow it and hold each other accountable to it as well. It will be obvious when push comes to shove who is with you and who is against you!

Bring your hammer this week and get ready to close the book on Wayne at the race to read!

GWOC in 10 days- are you where you want to be?