

**Cedarville Invitational- Results
Saturday January 27, 2007**

10 am- Shot Put

Zapf- 43'5 (throw hard)
Frydryk- 38'11 (balance)
Davis- 34'9 (bend knees)
Somto- 39'11 (throw hard)
Shea- 35'3 (knees)
Krumm – 32'6 (hard?)
Hall- 33'5 (all at once)
Cravens- 40'1* (good times 2 come)

Pole Vault

Keller- 12'0 5th (new poles)
Adam- 13'6* 2nd TSR (NICE!)
B Miller- 11'0* (wow)
N Jespersen- 10'0* (good start)

Weight Throw

Frydryk- 44'2* 4th (close-so close)
Davis- 42'3* 5th (arms out)
Zapf- 46'2* 3rd (\$ throw)
Krumm- 42'0* 6th (Great job JP)
Hall- 35'9* (# huge ft!)
Somto- 34'3* (Better)
Cravens- 37'9*

55 Hurdles (semi)

Keller- 8.55*(Mr Consistent)
Adam- 9.37* (under 9 next week)
L Jespersen- 8.79* (Trail leg)
Pennington- 10.01* (under 10?)
Hansford- 10.31*(smoother)

55 Dash (semi)

Collins- 6.70*(Good phases)
T Williams- 6.96*(Nice 1st race)
Cravens- 7.01*(powerful race)
Sturgill- 7.15*(Much improvement)

55 hurdles (finals)

Keller- 8.56 14th (see above)

55 dash (finals)

Collins- 6.66* 6th (Better start)

4x800- 8:38.85* 1st place (statement!)

Schmidt- 64/2:13.5*

Knapp- 59/2:08.1

Stoecklein- 63/2:08.5*

Cronley- 61/2:08.7

4x200- 1:40.50* SR (congrats)

Ozio- 25.7*

T Williams- 24.6*

Cravens- 26.2*

Collins- 23.6*

1600

DeRussy- 4:58.95*(tight)

B Williams- 5:16.05 (fell)

Montavon- 5:07.05 (raced who)

Schmidt- 4:56.29* (slow start)

O'Connell- 5:23.50 (???)

T Ozio- 5:39.76*(nice 1st race)

400

Cronley- 54.81 (raced)

L Jespersen- 58.88 (shape?)

Knapp- 55.72 (solid)

Collins- 56.09*(smooth)

Cook- 60.22 (in shape?)

Ozio- 57.60 (ran good curves)

Eslinger- 58.74 (guts)

Guiney- 61.63*(aggressive)

Hansford- 59.85* (nice win)

Ingham- 58.19* (sick)

Pennington- 66.43

Sipniewski- 59.82* sick

800

Yosua- 2:11.98* 8th

Crabtree- 2:17.74 (went hard)

DeRussy- 2:19.86 (good double)

Husfelt- 2:18.52 (welcome to elk track)

Sweeterman- 2:23.90* (good 1st one)

B Williams- 2:21.91 (better effort)

Montovan- 2:23.93 (raced better)

O'Connell- 2:21.56 (better job)

Eslinger- 2:25.94 (impressive!)

200

Sturgill- 25.33 (nice day)
Cook- 26.01 (better effort)
Guiney- 27.50 (good job)
Ingham- 25.97 (great effort)

Team scores:

Wayne- 75.5 (w/3 relays in the 4x4 & 2 in the 4x2 = 22 extra pts)
Cville (us)- 48
Twood- 46
Middletown- 45
Princeton- 40
Tom Worthington- 43.5
Reynoldsburg- 24
42 teams' total- Great Start!

Quote of the Meet "I got to the back side of the track and I was like "woo-this is far""

Cravens after the 200 in the 4x200.

Coaches Corner-

I was surprised & impressed in many areas. It was a good meet for many of you and a great indicator of what you can do with the proper training and effort each day from here to June. We have just begun to see what we can do and I am excited that we were able to see where we are at, in this competitive setting. Congrats to the 4x800 team- big win. Very aggressive racing and it looked like you have been racing for about a month. The 4x200 team adjusted to many new experiences and set a new school record. It will take 1:33 or lower to get to Akron- we can do that! Danny tied the school record in the pole vault and looked close at 14. Outstanding body control right now- I can't help think that all of the push-ups, dips, chin-ups and crunches are making a huge difference. Keep up the great work.

The team scoring should show you each that we are for real and we can do anything that we want to do from here on out

For all of us we have a long way to go

However, your effort and attitude is outstanding right now. I love the way we started the week and that you all seem to know what your role is and are eager to set your standards high. I look forward to seeing us develop and get better everyday. It is important to use this week as the gage it was and now get to work and see where you can go. Everyone will be given chances, it will be up to you to take advantage of them.

Dates to remember:

CJ throws meet- 2/10
Cedarville Invite- 2/17 (all)
OSU Indoors- 2/24 (30 total entries)
Findlay Invite- 3/3 (var/jv)
Akron Invite (new meet/replaces OSU)- 2 per event + relays (overnight)
Gathering of Champions- 3/10
State Meet @ Akron- 3/17
Elk Relays- 3/24

Parents Meeting-

2/21 west commons- 6:30 pm