Marysville Track & Field

Vs. WWoods Tower		Indiv 5-3-1pts/Relays 5-0pts			Date: 4/12/16		Temp:47 pcl w	
High Jump	Split/Dist	Pl	Pts		***Long Jump***	Split/Dist	Pl	Pts
Wilson	5' 6"	T2nd	2		Rhodes	16' 9"	2nd	3
B.Lee	5' 0"				Ellul	16' 1"	3rd	1
Hall	5' 0"				Hall	15' 1"		
Ellul	5' 3"				Wilson	14' 10"		
					A.Lee	?		
					Aspenson	14' 1"		
					Leonard	9' 0"		
Shot Put					***Discus***			
Ellul	45' 9"	1st	5		Js.Holaway	129' 3"	1st	5
Js.Holaway	40' 10"	2nd	3		Barber	111' 11"	2nd	3
Barber	39' 0"	3rd	1		D.Bell	108' 0"	3rd	1
Bowman	34' 1"				Bowman	69' 7"		
D.Bell	39' 4"	*			Latham	85' 5"		
M.Bell	31' 3"				Easter	78' 8"		
Easter	34' 10.5"				Moldenhauer	73' 2"		
Moldenhauer	25' 8"				Coleman	79' 2"		
Coleman	28' 0"				M.Bell	69' 10"		
Latham	25' 0"				Burch	66' 11"		
Burch	27' 10"				Iglesias	71' 1"		
Iglesias	24' 7.5"				Gross	76' 4"		
Sullivan	32' 8"				Head	67' 4"		
Gross	26' 10"				Hude	65' 9"		
Head	27' 1"							
Sargent	30' 7"							
McLane	29' 2.5"							
Hude	27' 7"							
Pole Vault					***4 X 800m (A)***			
Rasnick	11' 0"	1st	5		Coha	61,2:11.27	1st	1.25
Hansen	10' 9"	2nd	3		C.Hepinstall	67,2:20.78		1.25
Farnsworth	10' 9"	3rd	1		Simpson	65,2:17.35		1.25
Sieloff	NH				Hollandsworth	63,2:11.41		1.25
Leonard	NH					9:02.41		
4 X 800m (B)					***110m HH***			
McLane	72,2:32.66				Rasnick	16.19	1st	5
Miller	74,2:38.84				Sroka	18.68	3rd	1
Carroll	75,2:39.78				Mitchell	19.51		
Dziubinski	71,2:32.17							
	10:24.30							

100m	Split/Dist	Pl	Pts		***100m***	Split/Dist	Pl	Pts
Zeller	11.36	1st	5		Foukes	13.13		
Sergent	12.08				An.Colombo	13.20		
Rhodes	12.62				Schomer	15.99		
Moore	12.62				Hinkle	13.32		
Jn.Holaway	12.82				Leonard	17.39		
Campbell	13.14				Easter	12.36		
					Sargent	12.86		
4 X 200m (A)					***1600m***			
Sullivan	25.56	1st	1.25		J.Turpel 73	2:33,5:12.93	1st	5
Simpson	23.59		1.25		C.Hepinstall 74	2:37,5:18.61	2nd	3
Hollandsworth	24.56		1.25		Harrington 75	2:43,5:21.48	3rd	1
Zeller	24.38		1.25		Rogers 75	2:43,5:33.06		
	1:37.90				Z.Turpel 76	2:42,5:33.44		
4 X 200m (B)					D.Trendy 72	2:32,5:42.51		
Jn. Holaway					Dziubinski 77	2:45,5:48.60		
Wilson					Rose 78	2:54,6:07.06		
Moore					McLane 78	2:42,5:30.61		
Aspenson					Carroll 78	2:49,5:50.68		
					Bucko 86	3:02,6:11.41		
4 X 100m (A)					***4 X 100m (B)***			
Sullivan	11.84				Campbell	14.57		
Sergent	12.12				Foulkes	13.97		
Rhodes	DQ				Moore	12.25	DQ	
Zeller					Aspenson	12.90		
	?					54.02		
400m					***300m IH***			
Hollandsworth	54.08	1st	5		Rasnick	44.58	1st	5
Hall	57.36	2nd	3		Mitchell	45.41	3rd	1
B.Lee	57.62	3rd	1		Sroka	49.98		
Cameron	1:01.97				McNeil	57.44		
Black	1:07.94							
Farnsworth	1:08.26							
Rivers	1:04.26							
Giles	1:13.94							
800m					***200m***			
Coha	65,2:15.11	1st	5		Zeller	24.39	1st	5
Simpson	66,2:19.06	2nd	3		Sergent	26.73		
Harrington	70,2:29.42				Hansen	27.59		
McLane	?				Moore	27.56		
Seacat	81,2:44.97				Wilson	26.90		
Ad.Colombo	77,2:35.38				Aspenson	28.52		
D.Trendy	78,2:37.52				An.Colombo	30.02		
Miller	73,2:32.06				Schomer	35.79		
P.Hepinstall	79,2:40.93				Hinkle	28.88		
Marlett	74,2:56.41				Foulkes	29.18		
C.Trendy	85,2:58.09				Sargent	26.98		
O'Grady	80,2:54.87				Stroh	29.55		
Bucko	?				Giles	?		
McGrath	80,2:50.08							
Burch	80,2:40.93							

3200m		Split/Dist	Pl	Pts		***4 X 400m (A)***	Split/Dist	Pl	Pts
J.Turpel	80	5:42,11:27.12	1st	5		Simpson	56.08	1st	1.25
Rogers	80	5:58,12:21.46	2nd	3		B.Lee	59.54		1.25
Ad.Colombo	90	6:39,13:21.27				Coha	56.44		1.25
Carroll	96	6:51,13:11.59				Hollandsworth	26.50		1.25
Bucko	98	6:43,13:34.78					3:48.56		
4 X 400m (B)						***4 X 400m (C)***			
Cameron		1:02.43				C.Hepinstall	1:04.53		
Mitchell		1:00.44				Harrington	1:06.98		
McNeil		1:19.05				Seacat	1:07.44		
P.Hepinstall		1:08.48				Rivers	1:04.05		
		4:29.50					4:23.40		
						Teams:			***Pts***
						Warren Woods Tower			33
						Marysville			**104**
						MAC Gold Record: (1-0)			

Gosh, if I didn't know better, we just came off spring break. Hmm. Let's just say that we were not sharp. Did we beat team easily...yes, so what? Our opponents are going to be a difference caliper in the weeks to come. If we are ever going to reach our potential, we need to get rid of excuses and focus on the preparation. This includes everyone.

Food For Thought:
There is a big difference between wanting to and willing to.

Anon

Marysville Track & Field

Vs. L'Anse Creuse		Indiv 5-3-1pts/Relays 5-0pts			Date: 4/19/16		Temp:62 sun	
High Jump	Split/Dist	Pl	Pts		***Long Jump***	Split/Dist	Pl	Pts
Wilson	5' 6"	1st	5		Ellul	17' 1"	2nd	3
B.Lee	5' 3"				A.Lee	16' 11"	3rd	1
Ellul	5' 0"				Rhodes	15' 4"		
Detary	5' 0"				Roehl	16' 1"		
					Wilson	15' 7"		
					D.Bell	Too Late		
					McGrath	12' 9"		
					Leonard	9' 6"		
					Aspenson	?		
					Stroh	?		
Shot Put					***Discus***			
Ellul	44' 6.5"	1st	5		Js.Holaway	132' 1"	1st	5
Js.Holaway	42' 10"	2nd	3		Barber	125' 5"	2nd	3
Barber	40' 11"	3rd	1		D.Bell	109' 9"	3rd	1
D.Bell	37' 8"				M.Bell	82' 9"		
Bowman	37' 0"				Bowman	82' 4"		
Easter	35' 8"				Hude	81' 5"		
Sullivan	34' 9"				Coleman	80' 11"		
M.Bell	32' 9"				Moldenhauer	78' 4"		
Sargent	31' 4"				Easter	78' 4"		
Iglesias	31' 0"				Latham	71' 9"		
Gross	30' 5"				Gross	70' 6"		
McLane	29' 3"				Head	64' 11"		
Coleman	27' 4"				Iglesias	61' 0"		
Hude	27' 4"							
Head	25' 8"							
Latham	24' 5"							
Moldenhauer	23' 6.5"							
Pole Vault					***4 X 800m (A)***			
Rasnick	10' 0"	1st	5		Coha	62,2:08.38	1st	1.25
Hansen	10' 0"	T2nd	2		C.Hepinstall	67,2:17.34		1.25
Farnsworth	10' 0"	T2nd	2		Simpson	72,2:21.93		1.25
Sieloff	NH				Hollandsworth	62,2:07.66		1.25
Leonard	NH					8:55.92		
4 X 800m (B)					***110m HH***			
J.Turpel	62,2:15.49				Rasnick	16.14	1st	5
McLane	73,2:32.73				Sroka	18.02	2nd	3
Seacat	76,2:47.49							
Dziubinski	76,2:34.86							
	9:59.57							

100m	Split/Dist	Pl	Pts		***100m***	Split/Dist	Pl	Pts
Zeller	11.18	1st	5		Jn.Holaway	12.72		
Sullivan	11.77				Foukes	13.08		
Sergent	12.14				Campbell	13.11		
Rhodes	12.24				Moore	13.14		
Easter	12.24				Hude	13.48		
A.Lee	12.42				Hinkle	13.50		
Roehl	12.64				Schomer	16.88		
Sargent	12.67				Leonard	17.83		
4 X 200m (A)					***1600m***			
Sullivan	24.79	1st	1.25		J.Turpel 70	2:23,5:01.41	2nd	3
Simpson	23.93		1.25		Harrington 71	2:30,5:17.11		
Hollandsworth	25.59		1.25		D.Trendy 74	2:36,5:24.21		
Zeller	22.61		1.25		McLane 78	2:37,5:28.19		
	1:36..92				Z.Turpel 78	2:38,5:29.20		
4 X 200m (B)					Rogers 78	2:41,5:30.47		
Jn.Holaway	28.77				Carroll 81	2:45,5:31.93		
Wilson	25.51				Dziubinski 79	2:43,5:38.57		
Moore	28.78				Seacat 78	2:55,5:46.82		
Aspenson	25.43				Rose 82	2:47,5:51.96		
	1:48.49				Bucko 91	3:09,6:22.48		
					Marlett 86	3:12,6:48.18		
4 X 100m (A)					***4 X 100m (B)***			
Sullivan	11.91				Campbell	DQ		
Sergent	12.45				Foulkes			
Rhodes	12.08				Moore			
Zeller	10.60				A.Lee			
	46.99							
4 X 100m (C)					***400m***			
Sargent	12.69				Hollandsworth	52.20	1st	5
Ellul	12.71				Simpson	55.25	2nd	3
D.Bell	11.37				B.Lee	55.82	3rd	1
Js.Holaway	12.15				Cameron	59.70		
	49.92				Rivers	1:01.73		
					Black	1:04.73		
					Farnsworth	1:07.34		
					Giles	1:09.38		
300m IH					***800m***			
Rasnick	43.69	1st	5		C.Hepinstall	66,2:17.96	2nd	3
Sroka	46.56	2nd	3		Harrington	69,2:22.05	3rd	1
McNeil	57.59				Seacat	73,2:26.94		
					P.Hepinstall	72,2:28.38		
					Ad.Colombo	76,2:29.32		
					Marlett	94,3:11.24		

200m		Split/Dist	Pl	Pts		***200m***	Split/Dist	Pl	Pts
Zeller		23.01	1st	5		Detary	27.66		
Wilson		25.70				Stroh	28.60		
Sergent		26.16				Hinkle	28.79		
Roehl		26.21				Giles	30.70		
Sargent		26.40				McGrath	31.24		
Aspenson		26.95				Schomer	36.63		
Moore		26.98							
3200m						***4 X 400m (A)***			
J.Turpel	79	5:29,11:12.32	1st	5		Simpson	57.73	1st	1.25
Z.Turpel	82	5:42,11:48.23	2nd	3		B.Lee	57.33		1.25
Rogers	79	5:41,11:58.06	3rd	1		Coha	54.60		1.25
Russel	82	5:58,12:27.54				Hollandsworth	53.31		1.25
							3:42.94		
4 X 400m (B)						***4 X 400m (C)***			
Cameron		1:02.43				C.Hepinstall	1:02.25		
Dzuibinski		1:03.15				Harrington	1:03.21		
McNeil		1:07.40				Black	1:05.52		
P.Hepinstall		1:06.75				Rivers	1:02:29		
		4:19.73					4:13.29		
						Teams:			***Pts***
						L'Anse Creuse			35
						Marysville			**102**
						MAC Gold Record: (2-0)			

Great day to compete. Coach and I are starting to see some improvement. As I stated on the bus, the hunger to succeed needs some attention. I am not talking about winning at all cost, but we are missing the element of true desire. Are we preparing ourselves for the next level or are we coasting by letting any destraction get the better of us? Be hungry, but humble. Be respective to what the coaches are trying to get accross. Leave the excuses for the other team, not us.

Food For Thought:
You draw nothing out of the bank of life except what you put into it.

Anon

Marysville Track & Field

Vs. Lakeview		Indiv 5-3-1pts/Relays 5-0pts			Date: 4/26/16		Temp:48 wind	
High Jump	Split/Dist	Pl	Pts		***Long Jump***	Split/Dist	Pl	Pts
Wilson	5' 4"	2nd	3		Rhodes	18' 4"	1st	5
B.Lee	5' 0"	T3rd	0.5		A.Lee	17' 2"	3rd	1
Detary	5' 0"	T3rd	0.5		Wilson	15' 8"		
					Seacat	14' 1.75"		
					Aspenson	13' 10.5"		
					Stroh	11' 9.25"		
					McGrath	11' 1"		
Shot Put					***Discus***			
Js.Holaway	40' 11"	2nd	3		Js.Holaway	133' 9"	1st	5
Bowman	38' 4"	3rd	1		D.Bell	101' 2"		
D.Bell	36' 8"				Bowman	73' 8"		
Easter	35' 9"				Easter	91' 10"		
M.Bell	34' 0"				Hude	88' 1"		
Sullivan	33' 3"				M.Bell	78' 4"		
McLane	31' 2"				Moldenhauer	70' 6"		
Gross	30' 7.5"				Gross	69' 9"		
Sargent	30' 2.5"				Latham	69' 4"		
Roehl	30' 2.5"				Iglesias	68' 9"		
Hude	26' 10"				Head	65' 2"		
Iglesias	26' 1.5"							
Head	26' 0"							
Foulkes	25' 5"							
Latham	23' 1.5"							
Moldenhauer	?							
Pole Vault					***4 X 800m (A)***			
Rasnick	12' 6"	1st	5		Coha	62,2:07.47	1st	1.25
Hansen	10' 6"	3rd	1		C.Hepinstall	68,2:21.02		1.25
Sieloff	NH				Simpson	69,2:19.87		1.25
					Hollandsworth	61,2:11.70		1.25
						9:00.88		
4 X 800m (B)					***110m HH***			
Dziubinski	67,2:27.15				Rasnick	15.86	1st	5
McLane	77,2:45.21				Sroka	17.37	2nd	3
Seacat	72,2:25.47				Mitchell	19.47		
McNeil	74,2:32.76				Sargent	19.53		
	10:02.19				Hansen	20.00		
100m					***100m***			
Zeller	11.06	1st	5		Jn.Holaway	12.98		
Sullivan	11.79	3rd	1		Foulkes	13.64		
Sergent	12.10				Campbell	12.96		
Rhodes	12.55				Moore	12.74		
Easter	12.78				Hude	13.06		
A.Lee	12.67				Hinkle	12.79		
Roehl	12.76				Schomer	17.94		

4 X 200m (A)	Split/Dist	Pl	Pts		***1600m***		Split/Dist	Pl	Pts
Sullivan	24.79				J.Turpel	71	2:26,5:01.23	3rd	1
Simpson	25.45				C.Hepinstall	72	2:31,5:13.14		
Hollandsworth	25.84				Z.Turpel	79	2:44,5:32.83		
Zeller	23.46				McLane	80	2:43,5:28.90		
	1:37.20				Rogers	78	2:43,5:31.40		
4 X 200m (B)					Dziubinski	73	2:40,5:40.34		
Jn.Holaway	27.41				Rose	80	2:49,5:54.17		
Aspenson	27.89				Latham	89	3"02,6:03.12		
Moore	27.47								
Wilson	27.07								
	1:49.93								
4 X 100m (A)					***4 X 100m (B)***				
Sullivan	12.87				Campbell		13.42		
Roehl	12.70				Foulkes		13.58		
Sergent	11.51				Moore		12.49		
Zeller	11.24				A.Lee		12.57		
	48.09						52.24		
4 X 100m (C)					***400m***				
Sargent	11.88				Hollandsworth		52.77	1st	5
Hude	14.38				B.Lee		57.57	3rd	1
D.Bell	11.66				Rivers		1:02.51		
Js.Holaway	13.26				Black		1:04.64		
	50.99				Giles		1:09.95		
300m IH					***800m***				
Rasnick	43.43	1st	5		Coha		63,2:08.66	1st	5
Mitchell	44.63	2nd	3		Simpson		64,2:12.87	2nd	3
Sroka	47.74				Seacat		71,2:27.29		
McNeil	57.05				P.Hepinstall		73,2:33.50		
					Latham		?		

200m	Split/Dist	Pl	Pts		***200m***	Split/Dist	Pl	Pts
Zeller	23.32	1st	5		Rivers	27.61		
Sergent	25.97				Hinkle	29.01		
Rhodes	26.07				Detary	29.13		
Sargent	27.07				Stroh	29.18		
Roehl	27.16				Giles	31.38		
Wilson	27.22				McGrath	33.13		
Aspenson	27.34				Schomer	35.65		
Moore	27.57				Black	???		
					Sroka	???		
3200m					***4 X 400m (A)***			
J.Turpel 80	5:20,11:10.63	3rd	1		Simpson	54.84	1st	1.25
Z.Turpel 81	5:32,11:30.31				B.Lee	55.78		1.25
Rogers 81	5:37,11:41.30				Coha	54.25		1.25
Russel 81	5:44,11:57.74				Hollandsworth	53.54		1.25
						3:38.39		
4 X 400m (B)								
Rivers	1:03.27							
Dzuibinski	1:04.69				***Teams:***			***Pts***
McNeil	1:09.49				Lakeview			58
P.Hepinstall	1:04.95				**Marysville**			**79**
	4:22.40							
					MAC Gold Record: (3-0)			

I now believe that is a crazy season. Just about anything can happen, except to be warm and sunny.? It seems as though we are sometimes our own worst enemy. We do foolish things that are going to bite us in the rear end and yet despite these things, we held ourselves pretty good against a tough opponent. Not great, but pretty good. I know the weather isn't great, but waiting for it to change could take weeks...we don't have that long. We put ourselves in the driver's seat for our dual meet challenge. Make sure to take care of business (where have I heard that before?). It was nice to return the favor from a year ago.

Food For Thought:
If you don't have time to do it right, when will you have time to do it over?

Anon

Marysville Track & Field

Vs. St. Clair		Indiv 5-3-1pts/Relays 5-0pts			Date: 5/3/16		Temp:63 sun	
High Jump	Split/Dist	Pl	Pts		***Long Jump***	Split/Dist	Pl	Pts
Wilson	5' 7"	1st	5		Rhodes	18' 10.5"	T1st	4
B.Lee	5' 0"	T2nd	2		Hall	16' 6"		
Detary	NH				A.Lee	16' 5.5"		
					Wilson	15' 11.5"		
					Detary	14' 5"		
					Seacat	14' 3.5"		
Shot Put					***Discus***			
Js.Holaway	42' 4"	1st	5		Js.Holaway	144' 7"	1st	5
D.Bell	39' 4"	3rd	1		D.Bell	105' 7"	3rd	1
Bowman	37' 4"				Easter	101' 3"		
Sullivan	36' 10"				M.Bell	90' 9"		
Easter	35' 8"				Bowman	87' 2"		
M.Bell	34' 8"				Iglesias	81' 2"		
Roehl	33' 1"				Hude	81' 1"		
Sargent	31' 10"				Gross	80' 4"		
McLane	30' 9"				Coleman	79' 11"		
Gross	30' 5"				Head	78' 0"		
Burch	27' 11"				Moldenhauer	71' 10"		
Hude	27' 1"				Burch	68' 4"		
Coleman	26' 9"							
Moldenhauer	26' 8"							
Foulkes	26' 1"							
Iglesias	26' 0"							
Head	25' 8"							
Pole Vault					***4 X 800m (A)***			
Farnsworth	11' 0"	1st	5		Coha	59,2:03.63	1st	1.25
Rasnick	10' 0"	2nd	3		C.Hepinstall	62,2:10.95		1.25
Hansen	8' 0"	3rd	1		Simpson	58,2:06.06		1.25
Sieloff	NH				Hollandsworth	57,2:00.57		1.25
						8:21.21		
					110m HH			
					Rasnick	16.32	1st	5
					Mitchell	17.46	2nd	3
					Sroka	18.19		
100m					***100m***			
Zeller	11.33	2nd	3		Moore	12.67		
Sullivan	11.75				Campbell	13.04		
Sergent	12.14				Hinkle	13.42		
Rhodes	12.45				Schomer	16.70		

4 X 200m (A)	Split/Dist	Pl	Pts		***1600m***	Split/Dist	Pl	Pts
Sullivan	24.31	1st	1.25		J.Turpel 70	2:33,4:50.12		
Simpson	24.35		1.25		C.Hepinstall 75	2:36,5:10.06		
Hollandsworth	24.18		1.25		Harrington 73	2:34,5:12.06		
Zeller	22.73		1.25		Rogers 76	2:44,5:22.68		
	1:35.67				D.Trendy 77	2:41,5:23.23		
4 X 200m (B)					Ad.Colombo 77	2:39,5:26.11		
Jn.Holaway	27.68				Carroll 80	2:48,5:30.09		
Sargent	26.30				Dziubinski 78	2:46,5:35.75		
Moore	26.53				Latham 83	2:50,5:40.06		
Wilson	25.64							
	1:46.25							
4 X 100m (A)					***4 X 100m (B)***			
Sullivan	11.75				Campbell	12.31		
Sergent	11.52				An. Columbo	13.81		
D.Bell	12.07				Moore	13.67		
Js.Holaway	12.54				Burch	12.99		
	47.88					52.78		
4 X 100m (C)					***400m***			
					Hollandsworth	53.45	1st	5
					Hall	55.62	3rd	1
					B.Lee	57.19		
					Rivers	59.55		
					Black	1:02.78		
					Giles	1:10.74		
300m IH					***800m***			
Rasnick	43.86	1st	5		Coha	62,2:05.87	1st	5
Mitchell	46.31	2nd	3		Simpson	67,2:12.13	3rd	1
Sroka	50.21				Seacat	70,2:20.07		
					P.Hepinstall	70,2:29.10		
					Ad.Colombo	72,2:28.21		
200m					***200m***			
Zeller	23.14	1st	5		Wilson	26.46		
Rhodes	26.13	*			Hinkle	27.42		
A.Lee	26.16	*			Black	29.00		
Sergent	26.20	3rd	1		O'Grady	29.65		
Sargent	26.20	*			Giles	31.81		
Moore	26.30				Schomer	33.80		
					Sroka	34.71		
3200m					***4 X 400m (A)***			
J.Turpel 77	5:31,11:22.78				Simpson	55.92	1st	1.25
Z.Turpel 78	5:35,11:49.40				B.Lee	58.18		1.25
D.Trendy 84	5:52,11:54.53				Coha	54.83		1.25
Rogers 84	5:52,12:03.83				Hollandsworth	55.80		1.25
Russel 88	5:52,12:07.58					3:44.73		

4 X 400m (B)	Split/Dist	Pl	Pts					
Rivers	58.20							
Dzuibinski	1:05.01				***Teams:***			***Pts***
Black	1:04.07				St Clair			53
Mitchell	1:00.53				**Marysville**			**84**
	4:07.41							
					MAC Gold Record: (4-0)			

This meet had a different feel than some of our other dual meets. I like the fact that this meet had intensity in most events. I believe that if you are going to perform to your best of your ability, than you have to compete against a formidable foe. We had that today. You can bet your last dollar (not that there is any gambling in school) that they were trying to pull off the upset. They tried to take away some of our strengths, but that did not happen. Way to stand tall and hold your composure. Another element that came up against us that we have not seen in a while is warmth. Make sure to hydrate more so now than ever before. I believe that the season temps are about to change. Make sure to take care of your body (eat & rest).

Food For Thought:
What hunger is to food, zest as in relation to life.

Bertrand Russell

Marysville Track & Field

Vs. Roseville		Indiv 5-3-1pts/Relays 5-0pts			Date: 5/10/16		Temp:53 pcl r	
High Jump	Split/Dist	Pl	Pts		***Long Jump***	Split/Dist	Pl	Pts
Wilson	5' 7"	1st	5		Rhodes	17' 2"	2nd	3
Hall	5' 3"	3rd	1		A.Lee	16' 6.25"	3rd	1
B.Lee	5' 0"				Hall	16' 1.75"		
Detary	NH				Wilson	14' 7.5"		
					Aspenson	13' 2"		
					Detary	14' 5.75"		
					Seacat	12' 1"		
					Stroh	11' 0"		
					McGrath	????		
Shot Put					***Discus***			
Js.Holaway	40' 6"	2nd	3		Js.Holaway	128' 0"	1st	5
D.Bell	38' 4.5"	3rd	1		D.Bell	105' 2"	2nd	3
Easter	36" 5.5"				M.Bell	89' 5"		
Sullivan	36' 5.5"				Easter	86' 4"		
Bowman	35' 0"				Bowman	80' 1"		
M.Bell	35' 0"				Coleman	79' 2"		
Sargent	32' 8"				Roehl	77' 4"		
Gross	31' 7"				Iglesias	74' 2"		
Roehl	31' 5"				Moldenhauer	73' 3"		
Coleman	28' 11"				Head	70' 0"		
McLane	27' 5"				Burch	67' 1"		
Head	27' 1.5"				Gross	65' 7"		
Moldenhauer	26' 6"							
Foulkes	26' 1"							
Iglesias	26' 0"							
Burch	F							
Pole Vault					***4 X 800m (A)***			
Hansen	11' 6"	1st	5		Coha	60,2:08.23	1st	1.25
Farnsworth	10' 0"	2nd	3		C.Hepinstall	65,2:17.57		1.25
Rasnick	NH				Simpson	68,2:20.39		1.25
Sieloff	NH				Seacat	69,2:21.39		1.25
						9:07.58		
					110m HH			
					Rasnick	16.52	2nd	3
					Mitchell	17.30	3rd	1
					Sroka	18.06		
100m					***100m***			
Zeller	11.37				Moore	12.83		
Sullivan	11.72				Campbell	13.13		
Sergent	12.31				Hinkle	13.94		
Rhodes	12.84				Easter	13.94		
A.Lee	12.36				Schomer	17.41		
Foulkes	?????				O'Grady	????		
					Aspenson	13.34		

4 X 200m (A)	Split/Dist	Pl	Pts		***1600m***		Split/Dist	Pl	Pts
Sullivan	24.58	1st	1.25		C.Hepinstall	70	2:29,5:03.77	1st	5
Simpson	24.48		1.25		Harrington	72	2:33,5:20.45	2nd	3
Hollandsworth	24.05		1.25		McLane	75	2:39,5:23.47	3rd	1
Zeller	22.48		1.25		D.Trendy	74	2:36,5:30.63		
	1:35.59				Rogers	78	2:47,5:34.35		
4 X 200m (B)					Dziubinski	78	2:44,5:35.16		
Jn.Holaway	28.06				Ad.Colombo	76	2:41,5:40.80		
Sargent	27.30				Latham	85	2:53,5:46.91		
Moore	25.41				Rose	81	2:52,5:52.57		
Wilson	27.22				Marlett	88	3:04,6:18.73		
	1:47.99								
4 X 100m (A)					***4 X 100m (B)***				
Sullivan	12.10				Sargent		12.29		
Sergent	12.31				Campbell		13.27		
D.Bell	12.10				Moore		12.96		
Js.Holaway	12.29				A.Lee		12.12		
	48.80						50.64		
4 X 100m (C)					***400m***				
Jn.Holaway	13.34				Hollandsworth		52.72	1st	5
Foulkes	12.58				Hall		56.43	3rd	1
Hinkle	13.92				B.Lee		56.82		
Head	15.48				Rivers		1:01.44		
	55.32				Black		1:05.56		
					Wilson		1:00.24		
					Giles		1:12.30		
					C.Trendy		1:16.34		
300m IH					***800m***				
Rasnick	42.67	1st	5		Coha		63,2:11.76	1st	5
Mitchell	45.72	2nd	3		Simpson		66,2:17.69	2nd	3
Sroka	49.60				Seacat		73,2:27.12	3rd	1
					Dzuibinski		70,2:31.03		
					Burch		70,2:32.17		
					Ad.Colombo		73,2:33.27		
					Latham		73,2:34.03		
					Marlett		85,2:55.06		
200m					***200m***				
Hollandsworth	23.45	1st	5		Aspenson		27.38		
Zeller	23.75	2nd	3		Detary		28.44		
Sergent	24.99				Black		30.11		
A.Lee	25.33				Giles		31.81		
Hall	25.59				Sroka		35.95		
Sargent	26.62				Schomer		36.93		
Rhodes	26.88				O'Grady		?????		
Moore	27.11				McGrath		?????		
Hinkle	27.35				Foulkes		?????		

3200m		Split/Dist	Pl	Pts		***4 X 400m (A)***	Split/Dist	Pl	Pts
Harrington	80	5:43,11:31.15	1st	5		Simpson	56.33	1st	1.25
Z.Turpel	80	5:43,11:34.90	2nd	3		B.Lee	57.33		1.25
Rogers	83	5:56,12:03.94	3rd	1		Coha	55.43		1.25
D.Trendy	81	5:53,12:12.29				Hollandsworth	54.12		1.25
Russel	84	6:02,12:39.09					3:43.81		
4 X 400m (B)									
Rivers		1:01.34							
Mitchell		1:04.70				***Teams:***			***Pts***
Black		1:03.51				Roseville			32
Dzuibinski		1:05.72				**Marysville**			**104**
		4:20.27							
						MAC Gold Record: (5-0)			

MAC CHAMPS! I never get tired of hearing that. Congrats! I thought that the meet was anticlimactic in a sense. We over powered them with our numbers. Now if we could get some weather to match the efforts of the day. Keep your focus for this is championship meet month. Our goals are now right for the taking. We must stick together and see it through. Don't be surprised that if teams are now locked in on us. Stay hungry!!!

Food For Thought:
If it is important to you, you will find a way, If not you'll find an excuse.

Anon