

West Branch Invitational April 14th, 2011

The night was windy and cold but we made the most of it and had our best finish ever at this meet and earning some PRs and SBs along the way. The throwers did exceptionally well led by Emma who came very close to standard of excellence in both events. Also note Kate's 18+ second PR in the 3000 and Alison earning standard of excellence in the 1500.

Teams: Solon 143, West Branch 119, CHS 104, Lone Tree 102, Mt. Pleasant 98

| | | | | |
|--|--|--|-----------------------------------|-------------------------------------|
| Long Jump | Clemons 12'6.5" (4 th) | | | |
| High Jump | C Jacobsen 4'2" | | | |
| Shot Put | Leaman 32'6.75" (4 th) | Wortman 33'11.75"(3 rd) | Embery 28'5" | Brookfield 22' |
| Discus | Brookfield 55'3" | Embery 75'8" | Lehman 95'5"(2 nd) | Wortman 104'4"(1 st) |
| 3000 | Mendenahall 12:01.64 (6 th) | Peterson 12:22.61 | | |
| 4 x 800m 11:31.87(4 th) | Langenfeld 2:39.2 | Cabbage 2:49.5 | Aumueller 3:03.7 | Tamerius 2:59.0 |
| Shuttle 1:15.75(4 th) | Miller 19.4 | Larsen 18.3 | Alderson 19.4 | Sammons 18.6 |
| 100m | Hook 14.95 (3 rd) | Clemons 16.19 | | |
| Distance 5:06.02 (3 rd) | Marshall 30.7 | Correll 31.6 | HLngnfd 73.0 | Perez 2:49.8 |
| 400m | Bizzocchi 1:23.32 (5 th) | Panini 1:31.32 (6 th) | | |
| 4 x 200m 2:07.27 (4 th) | Kooker 31.4 | Hauge 30.7 | Hook 31.9 | Cook 33.7 |
| 100m hurd | Perez 17.19(3 rd) | Miller 19.18 | | |
| 800m | Arch 2:49.09 (6th) | | | |
| 200m Dash | Cook 34.28 | Conrad 34.40 | | |
| 400m Hurd | Perez 1:15.10 (3 rd) | Sammons 1:15.18 (4 th) | | |
| Sprint Med 2:06.51 (4 th) | Correll 13.3 | Alderson 14.2 | HLangenfeld 33.8 | Omar 64.9 |
| 1500 | Siglin 5:14.83SB(1 st) | Beasley 5:24.00 (2 nd) | | |
| 4 x 100m 57.05 (3 rd) | Kooker 13.6 | Miller 15.5 | Hauge 14.4 | Marshall 13.5 |
| 4 x 400m 5:08.22 (5 th) | Alderson 78.3 | Perez 71.3 | Cabbage 75.8 | Cook 82.7 |

SB=Season's Best

Red=PR

Red Name=Standard of Excellence met