

## Lancer JV April 18<sup>th</sup>, 2011

I congratulate you all for your enthusiasm last night on another cold, windy and in the end, wet day. You competed well and despite adverse conditions we saw several PRs and season's bests. The 4x400 was a fitting Grand Finale with the fearsome foursome running alone for the last 3 legs thanks to a great opening carry was icing on the cake. Now we prepare for the challenge of the Forwald Coleman Relays. Keep up the good work girls!

Long Jump	Clemons 11'3"	Omar 14'3.5"(2 <sup>nd</sup> )		
High Jump	C Jacobsen 4'2" (5 <sup>th</sup> )			
Shot Put	Lehman 32'3" (1 <sup>st</sup> )	Embery 27'3"		
Discus	Reyes 63'8"	Wortman 109'5"(1 <sup>st</sup> )		
3000				
4 x 800m				
Shuttle	Sammons 19.01	Miller 20.02	Alderson 19.97	Omar 19.90
100m	Clemons 15.6	Wortman 16.1		
D Med 4:55.47 5th	Landau 30.9	Corell 31.1	Perret 68.3	Cabbage 2:44.6
400m	Omar 64.85 (1 <sup>st</sup> )	Panini 1:25.00		
4 x 200m 2:03.6	Correl 31.8	Alderson 29.9	Hauge 32.9	Langenfeld 28.9
100m hurd	Feeney 17.16 (2 <sup>nd</sup> )	Perez 17.38 (3 <sup>rd</sup> )*		
800m	Sammons 2:41.36 (2 <sup>nd</sup> )	Perret 2:35.71 (1 <sup>st</sup> )		
200m Dash	Conrad 33.26	Clemons 34.38		
400m H	Perez 1:15.11 (2 <sup>nd</sup> )			
Sprint Med 2:13.84 2 <sup>nd</sup>	Fenney 15.0	Hauge 15.1	Landau 29.8	Cabbage 73.6
1500	Ali 6:11.56 SB			
4 x 100m 57.46 2 <sup>nd</sup>	Fenney 14.2	Alderson 15.2	Miller 14.2	Langenfeld 13.8
4 x 400m 4:06.67 1 <sup>st</sup>	Washpun 62.5	Danielson 62.1	Carman 63.1	Crew 58.6

\*Assuming FAT time