

# Forwald/Coleman Relays, April 19, 2012

Note that hand timed Garza 100, Perez 100H and Sullivan 200 all would meet Standard of Excellence

	Varsity			
Long Jump	Ward 16'5" <sup>**</sup> (6th)		Washpun 17'4.5" SB (1st)	
Shot Put	Lehman 36'10.5" SB (3rd)		Gustafson 41'5.5" (1st) <b>5th All-Time</b>	
Discus	Lehman 109' 2" (4th)		Gustafson 122' 8" (1st)	
High Jump	Hartley 4' 8" <sup>**</sup>		Saehler 4'6"	
<b>Varsity</b>				
3000 Meter Run	Richardson 10:20.99* (1st) <b>5th All-Time</b>			Arch 11:23.67*
4 x 800 relay	Taffa 2:27.1*	Sammons 2:25.5*	Danielson 2:24.5 SB	Beasley 9:46. 2:29.1
Shuttle Hurdle Relay	Perez 17.2	A. Miller 17.4*	Feeney 17.0*	Ward 1:07.78SB (3rd) <b>Tied for 3rd All-Time</b> 16.1*
100 Meter Dash	Crew 12.81 (3rd)			Garza 13.44*
Distance Medley	Kuddes 26.5	Hansche 27.8 SB	Carman 61.3*	Traore 4:18.28SB (2nd) 2:22.4*
400 Meter Dash	Crew 60.49 SB (2nd)		Plock 60.85* (3rd)	
4 x 200 relay	Kuddes 27.1	Garza 27.0*	Sullivan 26.3 SB	Washpun 1:46.41 (2nd) 25.7
100 Meter	Ward 15.75* (2nd) <b>2nd All-Time</b>		Perez 16.83* <b>4th All-Time</b>	
800 Meter Run	Carman 2:26.06 (4th)		Langenfeld 2:28.88 SB	
200 Meter Dash	Crew 26.94 SB (1st)		Sullivan 27.82 SB	
400 Hurdles	Plock 66.73 (1st)		Sammons 68.81 (DQ) would be pr	
Sprint Medley	Kuddes 12.6 SB	Crew 13.1	Washpun 25.8	Danielson 1:51.38 SB (2nd) 59.6 SB
1500 Meter Run	Richardson 5:15.77		Arch 5:30.81	
4 x 100 Meter	Kuddes 13.3	Hansche 12.6	Plock 13.0*	Ward 51.73 12.6 SB
4 x 400 Meter	Sullivan 62.5 SB	Traore 61.8*	Carman 61.9	Washpun 4:07.47 (3rd) 60.9 SB