

# Demon Indoor

## March 10th, 2009

We had good reason to be excited last night. We competed with several top programs from 1A through 4A, including the defending 4A State champions, and performed very well. We enjoyed success in the field events placing two in both the shot and high jump. We competed well in the hurdles and Mariah won the event. We had strong sprint performances placing in both the 60 and 200. Our 4x8 won in a very strong field and our "B" team placed 4th. We had three great performances in the 1500 and our D Med was a strong second. By any measure the night was a success for which we can be proud. We also know we need look no further than across the river to find tough competition.

This promises to be an exciting season. Last night was another step toward realizing our goals. Keep working hard to improve yourself and your team and we will enjoy even more success in the future.

High Jump	Johnson, V <b>5'2" (3rd)</b>	Brooks <b>5'0" (7th)SB</b>	Rew	Suh
Shot Put	Tutson <b>38'2.5"(3rd)</b>	Hyche <b>33'3"(8th)SB</b>	Nelson <b>32'4"*</b>	Kunc, M <b>31'1.50"*</b>
60 H	Jordan 9.07 (1st)	Kunc, S 10.63	Lines 10.56	
60	Sparks 8.35	Nelson 7.82 (3rd)	Marshall 8.30	
4 x 800 Meter Relay A	Yagla <b>2:27.5*</b>	Stephenson 2:34.5	Rethwisch, R <b>2:29.5SB</b>	Kregel <b>2:28.7SB</b>
4 x 800 Meter Relay B	Rethwisch, A 2:38.9	Langenfeld <b>2:35.9*</b>	Holman 2:39.3	McFarland <b>2:38.3*</b>
4 x 800 Meter Relay C	Hudachek 2:41.8	Shinnick Gordon <b>2:45.7*</b>	Tamerius <b>2:55.0*</b>	Fleming 3:06.3
200 M Dash	Burian <b>28.02(6th)*</b>	Suh <b>30.67*</b>	Muir <b>28.88*</b>	
400	Lines <b>68.88SB</b>	Hynes <b>67.33SB</b>	Sotelo 70.07	
1500	Richardson <b>5:12.44*</b>	Beasley <b>5:30.10*</b>	Mahaffa <b>5:34.50*</b>	
D Med	Nelson <b>27.1*</b>	Mueller <b>28.8*</b>	Wilkinson <b>63.5SB</b>	Fagan <b>2:31.7SB</b>
4 x 400 Meter Relay	Stephenson 67.0	Coleman 68.2	Sullivan, J 65.5	Mills <b>64.3SB</b>
4 x 400 Meter Relay	Eyman-Casey <b>69.0*</b>	Kunc, S 70.4	Feeney, H 72.1	Sparks 69.3
4 x 400 Meter Relay	Scobic <b>73.5*</b>	Baker <b>71.5*</b>	Ward <b>69.1*</b>	Klabo <b>75.1*</b>

\*=personal record

SB=season's best

Standard of excellence met

(requires multiple meet experience 2009)

