

Demon Indoor March 4th, 2013

The coaches were pleased with the results and enthusiasm of last night's meet. We competed well and supported one another. We gain experience and strength from each race, throw and jump! Thanks to those of you who came to support even if you weren't competing. Some highlights:

- Emma W. PR and standard of excellence in the shot put.
- Everyone who ran an 800 last week and this week improved their times including Soumba's standard of excellence run
- Ellen's pr and std. of excellence in the 1500
- Numerous prs in the 4x4s and a fine varsity effort by team A with all the girls coming back from challenging races earlier.
- Elke, Emma H., Ciarra, Olivia Hu., Laura all getting their first high school races overcoming nerves and performing very well.

5:00p	High Jump	Price 4'4"	Hyché 4'2"	Hartley 4'2"
	Shot Put	Miller 32'5"	Wortman 35'1.5"	Harris 24'9.5"
5:00p	60 M Hurdles (prelim)	Windschitl 10.99	Miller 10.55	Sabers 11.36
	60 Meter Dash (prelim)	Wells 9.33	Ali 9.67	Maurer 9.58
	4 x 800 Meter Relay A 10:20.02	S. Tarore 2:28.6SB	Sammons 2:36.8	Danielson 2:33.1
	4 x 800 Meter Relay B 11:42.25	F. Traore 2:41.1*	Parrott 2:47.1*	Shutt 2:51.3*
	200 Meter Dash	McIntire 3:03.8*	Hubbard 2:59.8*	
	60 Meter Hurdles (final)	Ali 34.59	Carroll 30.27	Langenfeld 32.78
	60 Meter Dash (final)			
	400 Meter Dash	Gevock 71.32	Alderson 72.79	Butlikofer 79.13*
	1500 Meter Run	Carman 4:57.58*		
	1600 Meter Medley 5:03.53	Windshitl 30.5*	Carroll 29.6SB	F Traore 67.7*
	4 x 400 Meter Relay A 4:19.76	Cornell 2:55.5*	S. Traore, Danielson, Carman, Sammons 64.8	64.4
	4 x 400 Meter Relay B 4:42.82	Omar 65.7SB	Miller 69.7*	Hubbard 70.5*
	4 x 400 Meter Relay C 4:54.09	Alderson 76.7	Gevok 73.63	Maurer 72.6*
		Wells 73.6	Parrott 74.1*	

*=PR SB= Season/s Best **Bold Red=Standard of Excellence**