

Demon Indoor, March 6, 2012

The University track provided some with the opportunity to improve over last weeks meet in Rock Island and many others their first taste of competition. You took advantage of both situations and competed well. Great job girls. Now we look to improve times, heights and distances in the weeks ahead through hard work in practice and more experience in competition.

High Jump (starting height 4-6)	Hartley 4-6 Hyché Price
Shot Put (3 prelim, 3 finals)	Miller 30-4 Gustafson 37'4" (3 rd) Wortman 30-7.25
60 Meter Hurdles (prelim)	Ward 10.01 6 th Q A. Miller 11.06 Larsen 10.63
60 Meter Dash (prelim)	O. Ali 9.36
4 x 800 Meter Relay A	Sammons Traore Taffa Perret 10.13.94 (4 th) 2.29.4* 2:31.2SB 2.33.3* 2.39.7SB
4 x 800 Meter Relay B	O. Peterson Cabbage J. Beasley Milefchik 12.37.04 3:11* 3:06 3:00* 3:18*
200 Meter Dash	Sabers Correll Krishnan 31.15* 33.31 31.30*
55 Meter Hurdles (final)	Ward 10.55
400 Meter Dash	O. Ali Danielson A. Miller 77.42* 64.33 (1 st) 69.83*
1500 Meter Run	Richardson Carman 4.57.96 (2 nd) 5.06.66 (5 th)
1600 Meter Medley Relay	Ward Sullivan Perret Taffa 4.45.56 29.0 29.0 1.10.5 2.37
4 x 400 Meter Relay A	H. Langenfeld Sammons Larsen Hartley 4.46.62 76.5 65.0 71.6 73.1*
4 x 400 Meter Relay B	Correll Heath Wilburn Hansche 5.01.01 1.17.2 1.14.05 1.18.4* 1.11.0

Red times/distance/heights = Standard of Excellence Met

* = Personal Record

SB = Season's best