

“The secret of success is to be ready when your opportunity comes.”

Were we ready? For the most part. We certainly showed improvement and promise. But it is also obvious to compete with the very best there is more work to be done. here is no substitute for experience and practice. Last night gave us more experience. Today I ask you commit yourselves to be ready each day to seize the opportunity whether it is practicing handoffs, running intervals, lifting weights, getting your steps down or perfecting your technique. We are way ahead of last year if we improve as much between indoor and the end of outdoor as we did a year ago we will have a very successful season. That is no secret.

Long Jump	Nelson 15'9"SB	Ward 14'7"		
High Jump	Johnson, V 5'2" (8th)	Brooks 4'8"		
Shot Put	Kunc, M 31'8"	Hyché 32'1"		
3000	Richardson 11:07.83*	Kregel		
4 x 200m Relay	Nelson	Mills	Coleman	Wilkinson
1:49.31SB (4th)	26.9*	27.4	28.0*	26.9*
4 x 800m Relay	Fagan 2:32.8	Fuller 2:32.0	Langenfeld 2:32.3*	Yagla 2:26.8*
60m Hurdle	Jordan 9.50			
60m Dash	Burian 8.73	Ward 9.12		
1500	Rethwisch, R 5:07.74*	Holman 5:16.86*		
400m	Hynes 66.39SB	Coleman 67.20		
60m Hurdle Final	Jordan 9.55(3rd)			
200m	Hynes 30.21	Ward 30.47		
800m	Langenfeld 3:35.13	Rethwisch, A 2:38.50SB		
4 x 100m Relay	Burian	Nelson	Jordan	Wilkinson
53.3DQ, SB				
4 x 400m Relay	Mills 64.0	Sullivan, J 66.5	Yagla 64.1*	Wilkinson 63.5SB
4:18.60 (8th)				