

### Sterling 2008

Last night we learned that we are improving, that meets are unpredictable and that we have more work to do. None of this comes as a surprise. I was very pleased with the level of enthusiasm in general and of how many of you stepped in to help when needed. As coaches we know we expect a lot from you and as a team you have responded wonderfully. Keep the spirit and continue the training and your achievements will continue to grow.

<b>SP</b>	<b>5:00</b>	<b>Tutson 40'2"*</b> <b>(5<sup>th</sup> All-Time)</b>	Kenney 27'8.25"	Koeppel 27'9"	Smith 27'1.5"	M Kunc <b>28'7"*</b>	Rodrigue <b>17'1"*</b>
		Nicholson 18'6.5"	Dvorsky 26'4"	Sieren 22'6.5"	Hyche 29'0"	Osborne <b>21'8"*</b>	
<b>LJ</b>	<b>5:00</b>	Whiting 15'7"	Maynard 14'4"	Burian 14'5"	Harris 15'5"		
<b>HJ</b>	<b>5:00</b>	Brooks 4'10"	McCurn 4'4"	Rew 4'4"	Johnson 5'1"		
<b>3000m</b>	<b>5:00</b>	S-Gordon <b>12:37*</b>	Kregel 12:30				
<b>4x800</b>	<b>5:15</b>	RRehwisch <b>2:35.7*</b>	Fuller <b>2:42.2*</b>	Coleman <b>2:46.2*</b>	Holman 2:44.5		
<b>Shuttle</b>	<b>5:30</b>	Whiting 10.5	Harris 9.7	Sotelo 10.5	Jordan 9.2	39.97 <b>(1<sup>st</sup>)</b>	
		Lines 11.0	S Kunc 10.8	McCurn 11.4	Hudachek 11.2	44.53	
<b>55m</b>	<b>5:45</b>	Wilkinson 7.11 (1 <sup>st</sup> )	Lines 8.13	Sparks 7.69			
<b>4x200</b>	<b>6:00</b>	Sparks 29.7	Jordan 28.8	Krei 27.1	Wilkinson 27.6	1:53.25 <b>(1<sup>st</sup>)</b>	
		Burian 28.6	Maynard 30.8	Mills 29.0	Mueller 28.3	1:56.71	
		Stephenson 28.8	Fleming <b>29.9*</b>	Hynes 30.7	Kamber 32.8	2:02.60	
		S Kunc <b>29.6*</b>	Sotelo 31.4	Kregel 32.4	Feeney 30.5	2:04.51	
<b>1500m</b>	<b>6:15</b>	Fagan <b>5:21.5 (1<sup>st</sup>)</b>	Chavez <b>5:59.1*</b>	Bodnarek <b>6:25.8*</b>	Torres <b>6:32.7*</b>		
<b>400m</b>	<b>6:30</b>	Maynard 69.9					
<b>55H</b>	<b>6:45</b>	Jordan 8.48		Whiting 9.55			
<b>800m</b>	<b>7:00</b>	ARethwisch 2:49.8	Hannah 2:52	S-Gordon 2:56	Harris 2:50	Hudachek 2:53	
		Cronbaugh 3:15.6	Abrams 2:56.3	Fleming <b>3:11.6*</b>	Rodriguez 3:25.4		
<b>200m</b>	<b>7:15</b>	Kamber 31.87	Sparks 29.85		Whiting 32.5		
			Lines <b>30.96*</b>	McCurn 32.93	S Kunc <b>30.95*</b>		
<b>4x400</b>	<b>7:30</b>	Stephenson <b>66.7*</b>	Wilkinson 67.5	Mills 67.9	Krei 59.6	4:22.4	
		Jordan 68.6	Coleman 69.9	Fuller 66.9	Fagan 67.4	4:32.9	
		Sotelo <b>69.9*</b>	RRehwisch <b>67.9*</b>	Hynes 68.9	Feeney 70.3	4:37.1	
		Abrams 78.4	Holman 75.4	Hudachek <b>75.0*</b>	ARethwisch 72.1	5:01.2	

\*=pr (note that coach Cooper has both relay split and open prs hence Kunc 2 prs in 200)