

CRANDIC 9-10 Monday April 21

“No yesterdays are wasted for those who give themselves today” ---- Brendan Francis

It was a good day for sprinters who got some well deserved warm weather yesterday. We continue to show improvement as a team and will do so as long as we “give today” (see above). It was particularly gratifying to see prs at the end of the day in people who had already competed in multiple events!

4:30	Long Jump	McCurn 11'11.5" *
4:30	High Jump first	Brooks 4'6" (3 rd)
4:30	Shot Put NW	Sieren 21'9" Dvorsky 25'0" Hyche 30'3" (5 th)
4:30	Discus NW	Sieren 62'8" * Dvorsky 66'5" Hyche 85'4"
4:30	3000 M Run (Boys 4x8)	Shinnick-Gordon 12:23.00 (6 th)
	4 x 800 Meter Relay (boys 3200)	Fuller Holman Hudachek Abrams (2 nd) 2:33.7 2:41.4 2:42.3 2:50.8 10:48.89
	(boys shuttle) Shuttle Hurdle Relay	Kunc Lines Hudachek McCurn DQ
	100 M Dash (boys 100)	Kooker 14.3
	Distance Medley	Coleman Mueller Fleming Hynes (5 th) 27.1* 27.7* 71.6 2:51.4 4:58.68
	400 M Dash (boys 400)	
	4 x 200 Relay (boys 4x2)	Suchanek Fuller Burian Cochran 29.7* 28.5* 28.1 30.5*
	100 M Hurdles (boys 110H& 1600)	Lines 17.65* Kunc 17.17*
	800 M Run	Fleming 2:53.3* Shinick-Gordon 2:52.5
	200 M Dash (boys 200)	Mueller 28.05* Hynes 29.7
	400 M Hurdles (boys 400H)	Coleman 71.67* (2 nd) Sotelo 72.06 (3 rd)
	(boys dmed) Sprint Medley Relay	Suchanek Mueller Kunc Fuller (5 th) 14.4 13.6 29.9 65.5* 2:03.78
	1500 M Run (boys 800)	Holman 5:22.66 (3 rd) Abrams 5:49.4 Bodnarek 5:54.2*
	4 x 100 M Relay (boys 4x1)	Kooker Mueller Lines Burian (2 nd) 14.5 13.4 13.5* 13.2 54.56
	4 x 400 Meter Relay (boys 4x4)	Coleman Hynes Sotelo Cochran (5 th) 62.3* 68.7 65.3* 73.3* 4:28.2