

Chad Gates Invitational

"Racing is about people not clocks" --- Steve Ovett, previous mile and 800 record holder

"The key is not to see how fast you can run (throw or jump) but how fast you can run tired" ---Quentin Cassidy in Once a Runner

It was another challenging event against other schools' varsities. The competition brought out solid performances and hurdlers had an especially good night. I thank you for your persistence in effort both at meets and in practices. It is paying off well.

Long Jump	Maynard 14'2" Whiting 14'9.75" (3 rd)
High Jump	McCurn Rew 4'2" (5 th)
Shot Put	Smith 24'10" Sieren 21'8"
Discus	Sieren 53'9" Smith 73'8"
3000 M Run	Panther 12:16.49 (3 rd)
4 x 800 Meter Relay	Abrams, Chavez, Hynes, Fleming (6 th) 2:43.5 2:45.7* 2:59.5 3:02.4 11:31.10 SKunc, Lines, Hudachek, Whiting (5 th)
Shuttle Hurdle Relay	18.8 18.1 19.2 17.7 SB 1:14.38
100 M Dash	McCurn 15.76 Kooker 14.48
Distance Medley Relay	Kamber, Feeney, Maynard , Bodnarek (6 th) 5:04.17 29.5 SB 29.8 67.9 SB 2:56.9*
400 M Dash	
4 x 200 Relay	Kooker, Hynes, Fleming, Feeney 1:58.56 29.5 29.0 30.2 29.5 Moen, Neu
100 M Hurdles	17.6 SB 16.64 SB
800 M Run	Rodriguez 3:17.32 Magdalena 3:33.80*
200 M Dash	Cochran 30.94* Lines 30.19*
400 M Hurdles	Hudachek 1:16.61* Coleman 1:12.98* Neu, Kooker, Kunc, Fleming 2:09.71

Sprint Medley Relay	13.8 SB 13.7* 30.2 71.4*
1500 M Run	Chavez 5:43.33 (6 th)
4 x 100 M Relay	Kooker, Lines, Kamber, Moen 55.6
	14.2 13.9 13.6 SB 13.8
4x400	Hynes, Feeney, Kunc Cochran (6 th) 4:45.14
	65.5 SB 73.9 72.4 73.4*