

# Donegal @ Etown

## March 26, 2007

Conditions: Partly Cloudy, high 50's

Location: Elizabethtown High School

### Shot Put

1) Steiner	39 10*
3) LJ	37 8.75*
Robertson	33 8.5*
Rorabaugh	29 8
Aument	27 10.5*
Heinley	26 9.75*

### Javelin

3) Musser	141 3*
Heinly	119 3*
Rorabaugh	91 8*
Brumfield	84 6*
Malave	65 4*
LJ	64 9*
Stern-Courney	63 11*

### Discus

1) Steiner	109 0*
3) Rorabaugh	90 5*
Robertson	89 7*
Aument	74 10
Stern-Courney	42 5*
LJ	Foul

### 100 Meters

1) Martin, N	11.9*
3) Behmer	12.3
Blair	12.0*
Wittle	12.5
Musser	12.5

### 200 Meters

3) Behmer	24.5*
Heisey	24.8*
Musser	25.7*
Krady	26.2*
Brumfield	28.1*
Grab	28.8*
Heinley	29.4*
Malave	29.4*

### 400 Meters

1) Heisey	54.8*
Krady	58.6*
Grab	66.2*
Malave	68.1*
McNaughton	70.3*

### 110 Meter Hurdles

2) Schaum	19.7
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### 300 Meter Hurdles

1) Martin, N	41.5
3) Schaum	47.1

### 4 x 100 Meters

1) Wittle	
Musser	
Blair	
Martin, N	46.4

### 800 Meters

Nelson	2:30*
Gall	2:36*
Foehlinger	2:37*

### 1600 Meters

2) Martin, P	5:04.0
Perry	5:49.4*

### 4 x 800 Meters

Brumfield	2:27
Spoonhour	2:10
Wert	2:31
Gall	2:38

### Triple Jump

Wolgemuth	33 2.25*
Schaum	31 5
Brown	Foul

### Long Jump

3) Behmer	16 3
Wolgemuth	15 8*
Buckwalter	14 8*
Brown	12 0*
Higby	11 11*

### 3200 Meters

Wert	13:19*
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### Pole Vault

1) Wittle                      10 0  
2) Heisey                      8 6\*

### High Jump

3) Wolgemuth              5 0\*  
Schaum                      NH  
Brown                        NH  
Higby                        NH

### 4 x 400 Meters

1) Blair                      56.4  
Heisey                        57.9  
Behmer                      58.8  
Wittle                        59.1  
3:52.1  
  
Kradly                        61.0  
Perry                        81.2  
Higby                        73.4  
McNaughton                72.6

### Outstanding Performances

Nils Martin- 300 hurdle performance was just off last year's district time. Look out AAA!  
4x100- We know we have some speed this year, but wow! Nail those hand offs and the school record will fall.  
Christian Wolgemuth- we need a jumper to step up this year. 3PR's on the day. Maybe he is our guy.  
200 m runners- all PR's? WOW!!

### Athlete Of the Meet

Dirk Steiner- Wow, What an athlete! I had no idea if Dirk was ready to compete Monday. He came out a little late and had to be tired from the musical. Dirk's performances in the Shot and Disc, as well as the other throwers, have given us a reliable throwing corp.

### Score

Etown 92 Donegal 57

### Coach's Comments

The Etown meet was a very good learning experience for us. We did well against a good section 1 team. We have learned we are deep in the sprints and are much stronger than last year in the throws. We have some holes to fill in the jumping events and distance areas before we are ready to compete and win in our section.

Many of you who had never competed before or knew little about what you could accomplish now have distances and times to work from to set realistic goals. Set early season obtainable goals and go after them desire and focus. Set them down in writing! You are much more likely to accomplish a goal you write down. Don't be afraid to step out of your comfort zone, risk failure, and really "swing for the homerun." Some of the top homerun hitters of all time are also the ones who struck out the most. To our younger athletes, keep in mind Rome wasn't built in a day, and Micheal Jordan didn't make his HS varsity basketball team right away. Never give up, always strive to do your best!!

Thursday is a true test of how far we have come. How strong are we growing, and are we becoming a complete team? We will need a lot of individuals to surprise us, the coaches, and turn it up a couple of notches. This is Columbia, bring your A game. Be ready to compete.

**Next Meet: Thursday, March 29 @ Home vs Columbia**  
**Meet at the track at 2:50 for our team huddle.**