

Donegal @ Etown

March 26, 2007

Conditions: Partly Cloudy, high 50's

Location: Elizabethtown High School

Shot Put

1) Hoffmaster	28 6
Sommers	25 1*
Hollinger	22 9
Embly	17 2*
Book	19 2*
Kreiser	17 4*

Javelin

2) Hoffmaster	85 5*
Hollinger	62 1*
Book	54 11*
Embly	42 4*
Sommers	42 1*

Discus

Hoffmaster	62 1
Hollinger	59 4
Sommers	55 9*
Book	52 9*
Embly	39 9*
Kreiser	39 0*

100 Meters

KT Rice	13.8 DQ
Ruhl	14.2
Meshey	14.5
Delp	14.6
Gebhart	15.2
Springer, J	15.8*

200 Meters

Ensminger	30.2*
Rice, Kr	30.5
Meshey	30.9
Franklin	33.8*
Khuu	34.1
Springer, A	34.3*
Munck	35.0*

400 Meters

2) Spoonhour	69.8
3) Neely	70.9
Munck	75.9*
Khuu	76.9
Springer, A	83.0*

110 Meter Hurdles

2) Diffenderfer	19.1
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300 Meter Hurdles

2) Diffenderfer	56.3
3) Pelton	59.2*

4 x 100 Meters

Delp	
Ruhl	
Rice, Kr	
KT Rice	56.8 DQ

800 Meters

2) Martin, R	2:43.4*
3) S. Keener	2:49.0*
Sadler	3:10.5*

1600 Meters

1) McDonald	5:44* ##
3) Morrissey	6:38*
Howell	6:57*
## Freshman Record	

4 x 800 Meters

Neely	2:53
Martin, R	2:40
S. Keener	2:43
Sadler	3:10
	11:26.0

3200 Meters

1) McDonald	12:47* ##
## Freshman Record	

Triple Jump

3) KT Rice	28 3.75
Service	25 11.5*
Franklin	22 0.5

Long Jump

Springer, J	11 11*
Gebhart	11 6
Service	10 10
Kruschinsky	10 0

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Pole Vault

1) Delp	7 3
3) Spoonhour	7 0
Gebhart	NH
Diffenderfer	NH

High Jump

2) Ruhl	4 6*
Service	4 2*
Spoonhour	NH
Franklin	NH
Hockenberry	NH
Krushinsky	NH

4 x 400 Meters

1) Ensminger	67.2
R Martin	71.6
KT Rice	66.6
Spoonhour	71.4
	4:36.8
Pelton	77.2
Morrissey	80
Hockenberry	82
Howell	81.8
	5:21.2

Outstanding Performances

Katie Rice- despite being DQ for switching lanes in the 100m dash. Katie out dashed the field.

Sara Hoffmaster and the female jav throwers. We will need our throwers to step it up this year. All had PR's

Roana Martin- Pulling off the dreaded double 800 and a 400 is tough. Roanna stepped in when help was needed to run the 4x400. Way to set a great example of doing what is needed for the team.

Athlete Of the Meet

Jessica McDonald- It is not too often that records fall on the very 1st meet, Jessica's off-season dedication is beginning to pay off. Her performances also put her at 7th all time in the 3200m and 8th all time in the 1600m at Donegal.

Score

Etown 103 Donegal 46

Coach's Comments

It appears, from looking at the score, we have some work to do if we are to get back to last year's level of performance. Etown is a good section 1 team, but I know we can do better. We will need individuals to make sacrifices and step it up for the team. It is still early, and we will improve drastically as the year goes. We are also learning a lot about our strengths and weaknesses. Stay positive and keep working hard, realizing the hard work will pay off.

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 c

Thursday is a true test of how far we have come this season. 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.