

# Donegal vs ELCO

## April 23, 2007

Conditions: mid-80's, sunny, warm

Location: Donegal

### Shot Put

1 Hoffmaster	28 4.75
Sommers	26 5.75*
Hollinger	22 7
Book	22 5.75*
Embly	18 6.25
Kreiser	18 9*

### Javelin

3 B Martin	85 8
Hoffmaster	62 1
Hollinger	56 1
Sommers	41 3
Embly	41 5
Kreiser	40 5*
Book	28 2

### Discus

3 Hoffmaster	76 8*
Sommers	52 7
Hollinger	59 10
Book	57 10
Embly	54 9*
Kreiser	41 8

### 100 Meters

1 Kt Rice	13.2
2 T Spence	13.3*
Kr Rice	14.1
Mackley	15.1*
A Springer	15.1*

### 200 Meters

2 Spence	28.0
Ruhl	30.2
KR Rice	29.2*
Mackley	32.3
Khuu	33.0
Franklin	33.1
A Springer	32.3
Hockenberry	32.1*

### 400 Meters

2 Ensminger	65.5
Neely	68.0
Khuu	74
C Keener	84

### 110 Meter Hurdles

3 Diffenderfer	18.9
Pelton	<u>19.3*</u>

### 300 Meter Hurdles

2 B Martin	52.4
Diffenderfer	55.8
Pelton	55.8*

### 4 x 100 Meters

1 Spence	
Ruhl	
Rice, Kr	
KT Rice	53.9*

### 800 Meters

2 Martin, R	2:30.8**
3 Morrissey	2:43.0*
Munck	2:59.2
Howell	3:11.6
Sadler	3:12.9

### 1600 Meters

2 McDonald	5:49
3 S. Keener	6:09
Sadler	7:00.4
Howell	6:52.7

### 4 x 800 Meters

1 Morrissey	2:46.2
McDonald	2:38.3
Keener	2:43.7
Martin, R	2:35.1
	10:42.5

^^#10 all time top 10 Donegal Honor roll

### High Jump

1 B Martin	4 10**
Ruhl	4 2
Service	NH
Sager	NH

^^ ties # 7 all time Donegal top 10

### 3200 Meters

2 McDonald	12:33.8
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### Long Jump

2 Ruhl	13 3.75
Springer, J	12 1.75
Sager	12 6.5*
Gebhart	11 6
Service	11 0.75
Kruschinsky	10 2.5

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<u>Pole Vault</u>		<u>Triple Jump</u>		<u>4 x 400 Meters</u>	
2 Spoonhour	7 6	2 KT Rice	31 6.75	1 Ensminger	65.8
Delp	7 0	Delp	28 11.75*	KT Rice	65.2
Sager	7 0	Service	26 3.25	Neely	67.7
Diffenderfer	6 6	Franklin	24 11.5	T Spence	62.8
Gebhart	6 6	Gebhart	26 5		4:21.3*
		Kruschinsky	26 0.5*		

### Outstanding Performances

Steph Kreiser- 2 PR's in the throws

3 Relays- the 3 relay sweep is a really big deal. Really good job against a good ELCO team!!!

Moriah Pelton- two big PR's in the hurdles

Roanna Martin- now on the Donegal Honor roll

Jen Morrissey- two fastest 800's to date in one day

### Athlete Of the Meet

Becky Martin- Becky had a pretty rough day. After not making finals in the long jump, and having a less than ideal day at Javelin, Becky went out and jumped a personal best 4 10 in the high jump that placed her tie with #7 on the Donegal top 10 list. Becky later placed 2nd in the 300 hurdles. Becky exemplified persistence when she stuck with it despite being discouraged.

### Score

ELCO 85 Donegal 65

section 3-1

overall 3-4

### Coach's Comments

ELCO is an extremely good track team. You could clearly see the desire to do well and be competitive in their body language and in their eyes. They also showed great sportsmanship during and at the end of the meet. Their program and ours have many of these similarities. Unfortunately it was their day. Despite the loss don't lose sight of our objectives, to be competitive, display sportsmanship at its highest, and to strive to do our best. Keep these in mind, because they are the foundation of our program and of success.

Continue to work hard and focus. We have but 2 weeks left in the season. We will give you every opportunity to run, throw, and jump your best at the end of the season. Take every opportunity and make it count. Now is the time of the season to reach for and make your goals happen. The weather has turned nice and you have no excuses. Go Donegal.

## Next meet Monday at Lancaster Catholic

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Conditions: mid-80's, sunny, warm

Location: Donegal

### Shot Put

1 Steiner	41 7
LJ	34 10.5
Schimp	34 10
Aument	32 4.5
Rorabaugh	31 9
Stern Courney	17

### Javelin

1 Musser	129 9
3 Steiner	120 11
Heinly	106 2
Rorabaugh	101 4
LJ	97 3
Malave	80 2
Brumfield	88 5

### Discus

2 LJ	110 4
Steiner	106 11
Schimp	94 10*
Rorabaugh	94 10
Stern-Courney	51 7
Aument	89 9.5

### 100 Meters

1 Meyerhoffer	11.3*
2 Blair	11.6
Musser	11.8*
Malave	13.2

### 200 Meters

1 Meyerhoffer	23.9
2 Blair	24.3
Krady	25.8
Grab	27.6
Malave	27.8

### 400 Meters

1 Behmer	54.7
3 Heisey	54.8
Krady	59.1
Brumfield	63.3
McNaughton	69.0

### 110 Meter Hurdles

1 Schaum	16.6*
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### 300 Meter Hurdles

1 Martin, N	42.0
3 Schaum	46.0

### 4 x 100 Meters

1 Wittle	
Meyerhoffer	
Blair	
Martin, N	44.9*

### 800 Meters

Martin, P	2:13.7
Nelson	2:52.4
Foehlinger	2:50.4
Wert	2:27.0

### 1600 Meters

2 Spoonhour	5:04.9
Nelson	5:31.2
Wert	5:43.2
Perry	7:13.3

### 4 x 800 Meters

Brumfield	2:32.3
Perry	3:06.0
Foehlinger	2:44.5
Schweers	3:07.5
	11:30.3

### Long Jump

1 Meyerhoffer	18 5
Wolgemuth	F
Brown	14 2.5
Higby	13 10.75
Buckwalter	15 1

### 3200 Meters

2 Spoonhour	11:19.9*
Gall	13:00.8

### Triple Jump

1 Martin	39 5.5*
Wolgemuth	36 3.25*
Brown	30 2.25*

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<u>Pole Vault</u>		<u>High Jump</u>	<u>4 x 400 Meters</u>	
1 Wittle	11 6	NH	1 Blair	54.3
2 Steiner	10 6		Krady	
Heisey	9 6*		N Martin	
			Heisey	3:34.7
			Buckwalter	62.7
			Brumfield	
			Grab	
			McNaughton	4:24.0

### Outstanding Performances

Musser- 100 PR and Jav win

Triple Jumpers- all PR's!!!!

Peter Schaum- 1 second improvement in the 110HHurdles??!!!!

Meyerhoffer and Blair- 26 points between the 2 of them for the team

Spoonhour- Pr in the 3200 and two 2nds.

### Athlete Of the Meet

Troy Behmer- Troy came back from his injury and stepped it up. Troy went out and ran a great 400 time and won, then later came back to help the winning 4x400 meter race. Running through pain isn't always easy. I think Troy is ready to step up his leadership and do the little things to make this a better boy's team.

### Score

Donegal 81 ELCO 68

section 3-1

overall 3-4

### Coach's Comments

What a great day for the program and the boy's track team. You have all shown a competitive spirit this spring that I have not seen on the track before. I sincerely hope you can carry this momentum over into all other boy's sports teams at Donegal next year.

Continue to work hard and focus. We have but 2 weeks left in the season. We will give you every opportunity to run, throw, and jump your best at the end of the season. Take every opportunity and make it count. Now is the time of the season to reach for and make your goals happen. The weather has turned nice and you have no excuses. Go Donegal.

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