

Donegal vs Ephrata

April 12, 2007

Conditions: 50's, light breeze, damp

Location: Ephrata MS

Shot Put

2) Hoffmaster	26.5
Sommers	23 10
Hollinger	21 0
Book	18 5
Embly	16 8
Kreiser	19 4*

Javelin

3) B Martin	87 8*
Hoffmaster	70 11
Hollinger	57 10
Sommers	47 4*
Embly	42 6*
Book	39 6

Discus

2) Hoffmaster	58
3) Sommers	57 3*
Hollinger	57 2
Book	52 1
Embly	51*
Kreiser	46

100 Meters

3) Kt Rice	13.4
T Spence	13.6*
Kr Rice	14.3
J Mackley	15.1*
A Springer	15.5*

200 Meters

2) Spence	28.9*
KR Rice	29.7
Ruhl	30.3
Meshey	30.8
Khuu	32.2
Mackley	32.2*
Franklin	33.3
A Springer	32.6*
Hockenberry	34.5
Hollister	35.0*
C. Keener	37.2*

400 Meters

1) Ensminger	67.7*
Meshey	72.3*
Khuu	76.4*
Hollister	78.5
Hockenberry	82.1*
C Keener	84.1*

110 Meter Hurdles

3) Diffenderfer	18.9
Pelton	25.5*

300 Meter Hurdles

3) B Martin	51.9
Diffenderfer	57.0

4 x 100 Meters

1) Delp	
Ruhl	
Rice, Kr	
KT Rice	55.1*

800 Meters

2) Martin, R	2:33*
3) S. Keener	2:45.3
Morrissey	3:01
Howell	3:11

1600 Meters

2) McDonald	5:40.5*
S. Keener	6:05.3

4 x 800 Meters

Morrissey	2:50
McDonald	2:40
Sadler	3:13
Howell	3:07
	11:44.1

Long Jump

3200 Meters	
3)Sadler	15:19.0*

Ruhl	12 11
Springer, J	12 7.5
Gebhart	11 7.75
Service	11 7.5*
Kruschinsky	10 9.25*

Triple Jump

1) KT Rice	30 2.75
Delp	28 2*
Service	25 6.25
Franklin	F
Kruschinsky	F

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Pole Vault

1) Delp	7 6
2) Gebhart	7 0*
3) Spoonhour	7 0
Diffenderfer	6 6 or 7 0

High Jump

3) B Martin	4 6
Ruhl	4 2
Service	4 2*
Sager	4 2*

4 x 400 Meters

1) Ensminger	66.8
KT Rice	64.9
Martin, R	68.4
Spoonhour	67.9
	4:27.9*

Outstanding Performances

Ashton Springer, Tori Spence, and Cassie Keener- 2 PR's on the day in sprints

Sarah Embly, Brittany Sommers- 2 PR's in the throws

Kirstin Gebhart- ties PR on top ten list

Emily Sadler- 3rd in the 2 mile

Athlete Of the Meet

Roanna Martin- Not only is Roanna a good student and a good leader, she is really tough and strong mentally and a great competitor. At Ephrata she dropped her 800 meter PR by 5 seconds. She also helped anchor the 4x400 relay in a great split, leading to a season PR for the relay.

Score

Donegal 47 Ephrata 103

section record 2-0

overall 2-2

Coach's Comments

The meet at Ephrata was not the best of circumstances, but it gave several athletes the opportunity to get more experience and practice their technique in the field events. We are in the middle of a stretch that seems to be met after meet, and the weather is not cooperating. You may find yourself fatigued and a little run down, and you may not be as fresh as you want for every race. Stay focused and give your best, and be sure you take good care of yourself. Hydrate, think about good nutrition (don't just think about it, eat well), and get plenty of rest/ sleep. After we make it through next week we only have 2 and a half weeks of the regular season.

We are very proud of the hard work and efforts you are putting in. Continue to ask about learn about your events, become a student of your sport. I also had several good reports this week from opposing coaches and bus drivers about your positive attitudes, sportsmanship, and behavior. Keep up the great job, have a great prom weekend, and come ready to compete, and beat LMH!!!

**Next Meets: Sat. @ Hemp Invite- Bus Time 8:00am
and Monday, April 16 @ Home vs LMH, be at track at 2:50**

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