

Donegal vs Ephrata

April 12, 2007

Conditions: 50's, light breeze, damp

Location: Ephrata MS

Shot Put

3) Steiner	41 9.25*
LJ	38 2.75
Robertson	30 6.5
Schimp	34 0.5*
Rorabaugh	29 6.5
Stern Courney	20 1

Javelin

1) Musser	140 3
Steiner	122 5
Heinly	108 0
Rorabaugh	78 10
LJ	96 0*
Malave	73 6
Brumfield	89 11
Stern Courney	51 0

Discus

3) LJ	111 2*
Steiner	104 3
Robertson	92 5*
Rorabaugh	86 8
Stern-Courney	47 7

100 Meters

2) Meyerhoffer	11.4*#
3) Blair	11.5*
Behmer	11.8
Musser	12.1*
Malave	13.4*
Grab	13.5*

200 Meters

2) Blair	24.3
Heisey	24.6*
Grab	28.1*
McNaughton	29.7*

400 Meters

2) Heisey	54.5
Krady	59.2
Brumfield	61.7
Heinly	66.7
McNaughton	67.2*
Nelson	67.6*

Ties for 10th all time on the Donegal honor roll

110 Meter Hurdles

2) Schaum	18.0
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300 Meter Hurdles

2) Martin	42.3
3) Schaum	44.7*

4 x 100 Meters

Wittle

Meyerhoffer

Blair	
Martin, N	45.8

800 Meters

2) Martin, P	2:15.7
Wert	2:29*
Foehlinger	2:50.4
Schweers	3:06.4*

1600 Meters

Martin, P	5:06.5
Wert	5:40.5
Gall	5:45.7*

4 x 800 Meters

Gall	2:27
Schweers	3:01
Nelson	2:28
Foehlinger	2:40
	10:36

3200 Meters

Perry	13:11*
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Triple Jump

2) Meyerhoffer	37 5.25*
Wolgemuth	32 3.75
Brown	28 9

Long Jump

3) Strickland	18 1.75*
Behmer	16 8.5
Wolgemuth	16 1.5
Brown	13 6.25*
Higby	14 4.75*
Buckwalter	14 1.5*

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Pole Vault

1) Steiner 11 0*
2) Wittle 11 0

High Jump

2) Strickland 5 6*
Wolgemuth NH

4 x 400 Meters

Schaum 56.8
Kradly 57.6
Brumfield 55.6
Malave 54.6
3:44.6

Outstanding Performances

Steiner- 2PR's on the day
Higby/ Buckwalter- BIG LJ PR's
Meyerhoffer- ties #10 all time on Donegal top 10, and TJ PR
Throwers 4x400- that takes guts

LJ 77
Rorabaugh 69.7
Schimp 66
Aument 64.1
4:36.8

Athlete Of the Meet

Stephon Strickland- as the season goes and it warms up, Stephon will be invaluable. He gives us a chance to score points in every meet in the HJ. His jumps today were both PR's.

Score

Donegal 42 Ephrata 107 section record 1-1 overall 1-3

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 you 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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