

Donegal @ Hempfield Invite

April 14, 2006

Conditions: 50, breezy, sunny

Location: Hempfield HS

Boys Shot Put

LJ	38'8"
Gabe Robertson	32'11"
Kevin Rorabaugh	30'6.5"

Boys Javelin

Ryan Musser	130'5"
LJ	101'11"*
Devon Brumfield	95'4"*

Boys Discus

Gabe Robertson	99'9.5"*
LJ	99'2"
Kevin Rorabaugh	82'9.5"

Girls 100 Meters

6 Katie Rice	12.9*
Amanda Ruhl	13.9*
Kristie Rice	14.1

Girls 200 Meters

3 Tori Spence	27.0**
Ashton Springer	31.7*

^^ Freshman record & # 3 all-time in Donegal top 10

Girls 400 Meters

Tara Neely	68.3
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Boys 100 Meters

Ben Meyerhoffer	11.3**
Tony Blair	11.8*

^^ # 9 all-time in Donegal top 10

Boys 200 Meters

Ryan Krady	25.4*
Carlos Malave	27*

Boys 400 Meters

8 Ben Heisey	53.8*
Ryan Krady	57.9*
Devon Brumfield	60.1*

Girls 110 Meter Hurdles

Tessa Diffenderfer	19.2
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Girls 4 x 100 Meters

5 Krystan Delp	
Amanda Ruhl	
Kristie Rice	
Katie Rice	56.2*

Boys 4 x 100 Meters

4 Andy Wittle	
Ben Meyerhoffer	
Tony Blair	
Nils Martin	45.8

Boys 3200 Meters

Aaron Spoonhour	11:41
Shane Perry	12:43*

Girls 300 Meter Hurdles

Moriah Pelton	58.4*
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Boys 300 Meter Hurdles

2 Nils Martin	40.7**
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^^ # 4 all-time in Donegal top 10

Girls 800 Meters

8 Steph Keener	2:42.5
Elizabeth Howell	2:55.7*
Emily Sadler	3:02.2*

Girls 1600 Meters

1 Jessica McDonald	
86 86 77.7 81.4	5:31.6**
Jen Morrissey	
86 96 97 93.8	6:14.7*

Boys 1600 Meters

P Martin	5:05.1
Cody Wert	5:32.6*
Jeremy Gall	5:32.8*

^^ Freshman record & # 6 all-time in Donegal top 10

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Boys 800 Meters

Derek Nelson	2:27.5*
Brett Schweers	2:56.2*

Girls Pole Vault

6 Krystan Delp
Jenna Spoonhour
Kirstin Gebhart

Boys 4 x 400 Meters

4 Tony Blair	55.7
Ben Meyerhoffer	55.1
Ben Heisey	53.8
Nils Martin	52.4
	3:36.*

Boys Long Jump

8 Stephon Strickland	18 0
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Boys Pole Vault

3 Andy Wittle	12' 6"^^
^^ # 3 all-time in Donegal top 10	

Boys High Jump

2 Stephon Strickland	5 6*
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Girls High Jump

Amanda Ruhl	4 4
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Coach's Comments

Unbelievable!!! And Wow!! What a beautiful day (especially compared to what we have had) with some absolutely awesome performances. This meet may have been to most incredible meet I have seen Donegal have in quite a while, and the best meet I have been apart of at Donegal. The performances that were turned in were just spectacular. We are beginning to see all our hard work pay off. Just wait till the weather really turns beautiful.

I don't even know where to start talking about Outstanding Performances. There were over 30 Personal Records turned in, 2 freshman records, and 5 Donegal Top 10 Honor Roll performances.

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