

Donegal vs LMH

April 18, 2007

Conditions: 50, breezy, cloudy

Location: Donegal HS

Shot Put

1 Hoffmaster	28 7.5
Sommers	21 7.75
Hollinger	22 7
Book	19 4
Embly	18 3.25
Kreiser	17 8.5

Javelin

3 B Martin	87 11*
Hoffmaster	60 8
Hollinger	58 9
Sommers	34 4
Embly	41 3
Book	43 0

Discus

2 Hoffmaster	66 5
3 Sommers	65 10*
Hollinger	59 5
Book	59 11
Embly	48 4
Kreiser	40 6

100 Meters

1 Kt Rice	13.2
2 T Spence	13.6*
Kr Rice	14.0
Ruhl	14.0
A Springer	15.4*
Delp	14.5*

200 Meters

1 Spence	27.9
3 Ruhl	29.6*
KR Rice	29.8
Meshey	30.5*
Khuu	32.0*
Franklin	33.3
A Springer	32.2
Hockenberry	32.7

400 Meters

1 Ensminger	64.5*
Neely	67.1*
Khuu	74.0*
Hollister	78.4
Hockenberry	81.2*
C Keener	83.6*

110 Meter Hurdles

1 Diffenderfer	18.6*
Pelton	<u>21.3*</u>

300 Meter Hurdles

1 B Martin	52.1
2 Diffenderfer	56.3
3 Pelton	58.1*

4 x 100 Meters

1 Spence	
Ruhl	
Rice, Kr	
KT Rice	54.4

800 Meters

3 Martin, R	2:32.2*
S. Keener	2:47
Morrissey	2:54
Munck	3:02*
Howell	3:04
Sadler	3:08

1600 Meters

S. Keener	6:17.2
Morrissey	6:19
Sadler	6:45.7
Howell	6:47.7

4 x 800 Meters

1 Morrissey	2:48.3
McDonald	2:36
Keener	2:42.0
Martin, R	2:33.9
	10:40.6*

High Jump

1 Ruhl	4 4
2 B Martin	4 4
Service	NH
Sager	4 0

Long Jump

3 Gebhart	12 1
Springer, J	10 11.5
Sager	12
Service	10 10.25
Kruschinsky	8 10.75

3200 Meters

1 McDonald	12:06.0*\$\$
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\$\$ # 4 all-time top 10 list

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<u>Pole Vault</u>		<u>Triple Jump</u>		<u>4 x 400 Meters</u>	
1 Delp	7 6	1 KT Rice	32 4.5*\$\$	Ensminger	65.0
2 Gebhart	7 0	2 Delp	27 9	KT Rice	64.7
3 Sager	7 0*	3 Service	26 1.25*	Neely	68.0
Diffenderfer	6 6	Franklin	25 8.5*	Spoonhour	66.8
		Gebhart	25 0.5*		4:24.7*
		Kruschinsky	24 0.75*		
		\$\$ Now #10 all-time top top at Donegal			

Outstanding Performances

McDonald- Big PR in the 2 mile

Female Triple Jumpers- a lot of PR's!!!!

4 x 800- Wow, probably one of the 10 fastest times in the league this season

KT Rice- Wow in the triple jump.

Athlete Of the Meet

Jen Ensminger- Jen has worked really hard this year, and she is starting to see results. Yesterday she ran 2 400's in 65 or under. Quite an accomplishment!!

Score

Donegal 87 LMH 62

section record 3-0

overall 3-2

Coach's Comments

Sometimes despite the conditions you just have to go out and be a competitor. Today was more about competition than running PR's. The coaches saw a lot of great individual efforts and positive attitudes that helped push the team. It was extremely exciting to score 90 points today. Congrats to all who scored points. If you are not a point scorer yet, don't be discouraged. Keep at it. You will improve! Just having you push other people makes them better, and when the team wins you are a part of the win.

We will now look ahead towards ELCO on Monday. They will be extremely tough, but we match up with them really well. It will take everything we've got to beat them. It may also be our 1st day of 70 degree weather. I can't wait. I know when the warm weather comes, times will drop, distances will improve, and heights will soar. Get yourself mentally and physically ready. Bring your A game!!! Let's try to run our record to 4-0!!!

Next Meet: Friday @ MC, Bus time 2:35, Monday @ Home v ELCO

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Location: Donegal HS

Shot Put

1 Steiner	42 9.5*
2 LJ	40.3
3 Schimp	36 5.5*
Aument	33 4*
Rorabaugh	31 4.5
Stern Courney	20 5

Javelin

1 Musser	134 1
2 Steiner	123 9
Heinly	108 6
Rorabaugh	81 3
LJ	95 3
Malave	76 9
Brumfield	92 5
Aument	92 7*

Discus

1 LJ	117 6*
2 Steiner	103 11
Schimp	83 0.5*
Rorabaugh	68 8.5
Stern-Courney	47 11
Aument	85 9*

100 Meters

1 N Martin	11.7*
3 Blair	11.9
Musser	12.0*
Malave	13.1*
Grab	13.3*

200 Meters

1 Meyerhoffer	23.6*
2 N Martin	23.8*
Grab	27.5*

400 Meters

1 Heisey	54.3
Krady	58.4
Brumfield	62.2
Heinly	66.3*
McNaughton	65.7*
Malave	64.5*

110 Meter Hurdles

2 Schaum	17.6*
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300 Meter Hurdles

1 Schaum	44.4*
2 Blair	45.3*

4 x 100 Meters

1 Wittle	
Meyerhoffer	
Blair	
Martin, N	45.6*

800 Meters

1 Martin, P	2:12.2*
Nelson	2:37
Foehlinger	2:42
Wert	2:28.5*
Perry	2:41

1600 Meters

3 Spoonhour	4:59.8*
Wert	5:24.0*
Perry	5:57.0
Foehlinger	6:04*

4 x 800 Meters

Spoonhour	2:13
Martin, P	2:11.7
Brumfield	2:22.9
Nelson	2:33.8
	9:21.4

Long Jump

2 Strickland	16 10.75
Wolgemuth	15 4.25
Brown	12 10.5
Higby	13 0.5

3200 Meters

3 Spoonhour	11:22.6*
Gall	12:04*

Triple Jump

2 Meyerhoffer	37 8.25*
Wolgemuth	34 5.75*
Schaum	31 0.75
Brown	29 10.5*

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<u>Pole Vault</u>		<u>High Jump</u>		<u>4 x 400 Meters</u>	
1 Wittle	12 0	1 Strickland	5 6	1 Blair	54.6
2 Steiner	9 6			Krady	57.9
3 Heisey	9 0*			N Martin	52.9
				Heisey	53.9
					3:39.3

Outstanding Performances

Aaron Sponhour- Good to have you back. First racees back in the 1 and 2 miles were PR's.

P Martin- Got the win in the 800 and ran two best ever 800's.

Josh Aument- 3 PR's on the day. Way to Go!!!

Grab and Malave continue to improve- both with 2 PR's

Steiner, LJ- Pr's in Shot and Disc respectively to score huge wins.

Athlete Of the Meet

Ben Meyerhoffer- Ben's attitude and heart have been in the right place all year. He ran .2 of the all-time top 10 at Donegal in the 200 and PR'ed in the Triple Jump and helped the relay run their season best.

Score

Donegal 90 LMH 60

season record 2-3

section record 2-1

Coach's Comments

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