

Donegal vs Northern Lebanon

April 9, 2007

Conditions: Cold and windy!!!

Location: Donegal High School

Shot Put

2) LJ	42 0.5*
3) Steiner	40 8
Robertson	33 6.25
Aument	32 4
Rorabaugh	29 11
Stern Courney	18 2.5

Javelin

1) Musser	130 10
3) Steiner	129 5*
Heinly	102 7
Rorabaugh	92 3*
LJ	91 2*
Malave	81 6*
Brumfield	76 10

Discus

3) Steiner	102 7
LJ	92 7
Robertson	89 6*
Aument	81 0*
Heinley	70 6*
Stern-Courney	58 2*

100 Meters

2) Blair	12.6
3) Wittle	12.7
Musser	13.0
Malave	13.7
Brumfield	13.9*
Grab	14.1
McNaughton	14.5*

200 Meters

2) Blair	25.2
3) Behmer	25.5
Krady	26.5
Grab	28.9
McNaughton	30.2*

400 Meters

1) Heisey	55.7
2) Behmer	55.8
Krady	59.1
Brumfield	64.3
Malave	67.1
Nelson	68.5*

110 Meter Hurdles

3) Schaum	19.3
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300 Meter Hurdles

1) Martin	43.9
3) Schaum	46.8

4 x 100 Meters

1) Wittle	
Musser	
Blair	
Martin, N	47.3

800 Meters

1) Martin, P	2:18.3
Foehlinger	2:52.6
Schweers	3:12.6

1600 Meters

2) Martin, P	5:23
Wert	6:05
Foehlinger	6:44
Schweers	6:46

4 x 800 Meters

Gall	2:30
Perry	2:39
Nelson	2:41
Wert	2:43
	10:33

3200 Meters

Gall	12:47.5
Perry	13:42

Triple Jump

1) N Martin	38 10
Wolgemuth	34 6*
Schaum	30 6
Brown	29 7.5*

Long Jump

2) Strickland	17 10*
3) Behmer	17 6.5
Wolgemuth	16 5*
Brown	13 1*
Higby	12 6

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Pole Vault

2) Wittle 11 6* ##
3) Steiner 10 6*
Heisey NH
Ties #7 all time top 10

High Jump

1) Strickland 5 6*
3) Wolgemuth 4 10

4 x 400 Meters

1) Blair 56.8
Behmer 57.6
Heisey 55.6
Martin, N 54.6
3:44.6

Outstanding Performances

Stephon Strickland- In his 1st meet he won the HJ with a 5 6.

LJ- big PR in the Shot

McNaughton- 2 PR's sprinting into the wind

P Maritn- 1st 800 win

Athlete Of the Meet

Andy Wittle is going to start making some noise in our league. His 11 6 vault puts him at #7 all time at Donegal. If he continues to improve at this rate he will have a great shot at a medal at leagues.

Score

NL 77.5 Donegal 72.5 section record 1-0 overall 1-1

Coach's Comments

Today was not the best of weather circumstances. Days like these are not days for a lot of PRs. Despite the strong wind and cold temperatures we were extremely competitive. A close loss is never easy to swallow, but we made it a competitive competition, something we have not seen from a Boy's track team in a while. We also found out today that we have several clutch performers and athletes that don't let the weather circumstances affect them.

We are starting to click as a team and get healthy at just the right time. Warm weather and good meet conditions will return. Stay positive and don't get frustrated. A positive attitude always leads to good things. Thursday will be a tune up before we turn our attention to our next section opponents, LMH. Let's stay healthy and keep on the right track.

Next Meet: Monday, April 12 @ Ephrata, dismiss at 2:10

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