

Donegal vs Northern Lebanon

April 9, 2007

Conditions: Cold and windy!!!

Location: Donegal High School

Shot Put

2) Hoffmaster	29 9.5*
Sommers	26 0.5*
Hollinger	24 0.5*
Book	18 6
Embly	15 10
Kreiser	18 1

Javelin

2) Hoffmaster	75 4
Hollinger	54 10
Sommers	45 6
Book	40 ?
Embly	39 10

Discus

2) Hoffmaster	62 5
Hollinger	59 11
Sommers	53 7
Book	49 8
Embly	44 11*
Kreiser	F

100 Meters

2) Ruhl	14.6
Spence	14.6*
Delp	15.0
Meshey	15.0
Rice, Kr	15.2
Gebhart	15.7
Springer, A	16.3
Hockenberry	16.3*
Hollister	16.6*
C. Keener	17.7*

200 Meters

1) Spence	29.3*
2) KT Rice	29.4
Spoonhour	31.0
Meshey	32.3
Khuu	34.0
Springer, A	34.7
Hollister	36.3*
C. Keener	38.0*

400 Meters

1) KT Rice	67.0
3) Ensminger	70.1
Khuu	79.0

4 x 100 Meters

1) Delp	
Ruhl	
Rice, Kr	
KT Rice	57.2

110 Meter Hurdles

2) Diffenderfer	19.5
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300 Meter Hurdles

2) Diffenderfer	56.4
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800 Meters

1) Martin, R	2:38*
2) S. Keener	2:47
3) Morrissey	2:51*
Howell	3:08
Sadler	3:16

1600 Meters

1) McDonald	6:05
3) S. Keener	6:15
Sadler	6:59
Howell	7:00

4 x 800 Meters

1) Morrissey	2:57
McDonald	2:40
Martin, R	2:41
S. Keener	2:52
	11:12

3200 Meters

1) McDonald	13:54.4
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Long Jump

3) Ruhl	13 5.5
Springer, J	13 1
Sager	12 3
Gebhart	12 7
Service	11 0
Kruschinsky	10 5

Triple Jump

2) KT Rice	31 5.5
3) Delp	28 0.5
Service	26 10*
Franklin	21 7
Kruschinsky	22 9

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Pole Vault

1) Spoonhour	7 6
2) Delp	7 0
Diffenderfer	6 6
Gebhart	NH

High Jump

3) Ruhl	4 4
Sager	4 2
Service	4 0

4 x 400 Meters

1) Ensminger	67.3
McDonald	67.4
Martin, R	68.8
Spoonhour	71.0
	4:34.5

Outstanding Performances

Spoonhour/ Delp combo- 1-2 clutch performance to clinch the meet

Roanna Martin, Steph Keener, Jen Morrissey- 800 sweep with Jen's come from behind finish

Spence- 1st win in a meet, in 1st meet

Sommers- Big PR in the Shot

Athlete Of the Meet

Sarah Hoffmaster- Last year Sarah lived in the shadow of A. Young. This year she is being asked to lead our throwers. She came up with some great throws and lock 2nd in all three to secure 9 valuable points.

Score

Donegal 79 NL 71

section record 2-0

overall 2-1

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. We found out today that we have several clutch performers. Near the end we were down 70 to 65, but a win in the 4x400 and the 1-2 punch in the pole vault put us "over the top". The distance squad did a great job taking 25 of the 32 points in the distance events.

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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