

# Donegal vs Columbia

## March 29, 2007

Conditions: 50's breezy, sunny

Location: Donegal High School

### Shot Put

|               |          |
|---------------|----------|
| 1) Hoffmaster | 26 7     |
| 3) Sommers    | 24 10.5  |
| Hollinger     | 20 4.5   |
| Book          | 19 8.25* |
| Embly         | 19 1.25* |
| Kreiser       | 18 4.25* |

### Javelin

|               |       |
|---------------|-------|
| 2) Martin, B  | 85 6* |
| 3) Hoffmaster | 73 11 |
| Hollinger     | 55 10 |
| Sommers       | 38 6  |
| Embly         | 31 8  |
| Book          | 30 6  |

### Discus

|               |       |
|---------------|-------|
| 2) Hoffmaster | 66 8  |
| Book          | 61 3* |
| Hollinger     | 60 5  |
| Sommers       | 56*   |
| Kreiser       | 47 5* |
| Embly         | 44 7* |

### 100 Meters

|                             |          |
|-----------------------------|----------|
| 2) KT Rice                  | 12.9* ## |
| 3) Kr Rice                  | 13.0* ^^ |
| Gebhart                     | 14.8*    |
| A Springer                  | 16.0*    |
| ##- ties #5 all time top 10 |          |
| ^^- Ties #9 all time top 10 |          |

### 200 Meters

|             |       |
|-------------|-------|
| 3) Rice, Kr | 29.5  |
| Neely       | 30.6  |
| Ruhl        | 29.8* |
| Khuu        | 32.1* |
| Hockenberry | 32.4* |
| Franklin    | 33.0* |
| A Springer  | 33.0* |
| Munck       | 33.7* |

### 400 Meters

|              |       |
|--------------|-------|
| 1) Ensminger | 68.8* |
| 2) Spoonhour | 71.7  |
| 3) Khuu      | 77.6  |
| Munck        | 75.1* |
| Hollister    | 77.9* |
| Keener, C    | 87.0* |

### 4 x 100 Meters

|          |      |
|----------|------|
| Delp     |      |
| Ruhl     |      |
| Rice, Kr |      |
| KT Rice  | 56.6 |

### 110 Meter Hurdles

|                 |      |
|-----------------|------|
| 1) Diffenderfer | 19.1 |
|-----------------|------|

### 300 Meter Hurdles

|                 |      |
|-----------------|------|
| 2) Diffenderfer | 59.1 |
| 3) Pelton       | 60.0 |

### 800 Meters

|              |        |
|--------------|--------|
| 2) Martin, R | 2:40.4 |
| 3) S. Keener | 2:45.3 |
| Howell       | 3:02*  |

### 1600 Meters

|                           |              |
|---------------------------|--------------|
| 2) McDonald               | 5:40.5* \$\$ |
| Sadler                    | 6:45*        |
| Howell                    | 6:46*        |
| \$\$- new Freshman record |              |

### 4 x 800 Meters

|           |          |
|-----------|----------|
| 1) Neely  | 2:55     |
| McDonald  | 2:53     |
| Martin, R | 2:50     |
| S. Keener | 2:56.3   |
|           | 11:34.3* |

### 3200 Meters

|                           |               |
|---------------------------|---------------|
| 1) McDonald               | 12:40.1* \$\$ |
| Morrissey                 | 15:01*        |
| \$\$- new Freshman record |               |

### Triple Jump

|             |         |
|-------------|---------|
| 1) KT Rice  | 29 3*   |
| 2) Service  | 25 11   |
| 3) Delp     | 25 4.5  |
| Franklin    | 23 9    |
| Kruschinsky | 22 8.5* |

### Long Jump

|                |         |
|----------------|---------|
| 1) Springer, J | 12 9*   |
| 2) Ruhl        | 12 4.5  |
| 3) Gebhart     | 11 2.75 |
| Service        | 10 11   |
| Kruschinsky    | 9 11    |

# Donegal vs Columbia

## March 29, 2007

### Pole Vault

|                 |     |
|-----------------|-----|
| 1) Delp         | 7 6 |
| 2) Spoonhour    | 7 0 |
| 3) Diffenderfer | 6 0 |

### High Jump

|              |     |
|--------------|-----|
| 1) Martin, B | 4 4 |
| 2) Ruhl      | 4 4 |
| 3) Service   | 4 0 |
| Franklin     | NH  |
| Spoonhour    | NH  |
| Krushinsky   | NH  |

### 4 x 400 Meters

|           |      |
|-----------|------|
| Ensminger | 71.2 |
| Neely     | 68.2 |
| KT Rice   | 65.7 |
| Spoonhour | 68.6 |

4:34.1\*

### Outstanding Performances

Becky Martin- good to have you back. 8 points on the day

Jana Springer- won the long jump

Rochelle Book- almost took third in Disc

All Jumpers- A complete Sweep!

### Athlete Of the Meet

Katie Rice- what a day. Huge PR's in the 100 and Triple Jump. # 5 all time in the 100m dash at Donegal.

### Score

Donegal 89 Columbia 60

section record 1-0

overall 1-1

### Coach's Comments

On Monday you stepped it up and met the challenge before you. The challenge was to turn it up a notch, and that is exactly what you did. We couldn't ask for a better effort from you. It was exciting to see us be competitive and win our 1st section meet of the year. It is a great feeling to be 1-0 in the section. And as a coach, my concerns, worries, and anxieties have been greatly reduced. I know we can be competitive, and are back on track to be a team to be contended with in section 3 this year. Winning is contagious. Hopefully this win will give us the confidence to compete all season long.

The coaches are extremely proud of everyone's efforts, sportsmanship, attitude, and competitiveness. I also want to applaud you because of the positive comments I received from the Columbia coaches. You are all a great group of athletes to work with each day and I know you are going to continue to improve. Continue to have a positive attitude and work hard. Progress doesn't happen over night. Focus on the positives and learn from the negatives.

Thursday we will compete against a section 2 team, Cocalico. They are not a deep and talented team, but we don't want to underestimate them. We will be tested to see what kind of team we are when faced with a team that we again can compete with closely. Be ready to fly with the eagles of Cocalico.

## Next Meet: Thursday, April 5 @ Home vs Cocalico