Donegal @ Columbia
March 23, 2009

Conditions: 40's, breezy   Location: Columbia High School

Shot Put

1	Carr	39 11
3	Aument	37 3.5
	Robertson	34 11
	Brosius	33 2
	Villacorta	33 1.5
	Grab	31 7.5
	Boyer	29 4.5
	Cortez	27 8
	Stern-Cournery	23 0

Javelin

1	Frey	134 8
3	Thomas	123 1
	Brumfield	116 2.5
	Pappas	115 8
	Boyer	102 0
	Robertson	92 0
	Schweers	64 5.5

Discus

1	Aument	119 8
2	Brosius!	104 6
3	Villacorta	103
	Carr	87 6
	Robertson	85 10
	Cortez	75 3
	Boyer	61 1
	Stern-Cournery	53 2

Everyone's a champ until the pain sets in!!

100 Meters

1	Arnold	11.8
2	Moran	11.8
	J Martin	12.1
	Pappas	12.4
	Buckwalter	12.5
	M Spence	12.8
	Farr	13.1
	W Bundy	13.3
	Fellenbaum	13.4

200 Meters

1	J Martin	25.0
2	Moran	25.5
3	Arnold	26.3
	Spence	25.9
	Sager	26.0
	E Keener	26.2
	Farr	27.7
	Fellenbaum	27.8

400 Meters

1	Krady	57.4
2	Sager	58.2
3	E Keener	61.0

4 x 100 Meters

1	J Martin	
	Krady	
	Arnold	
	Moran	48.0

110 Meter Hurdles

1	Dietrich	20.7

300 Meter Hurdles

1	W Frey	51.0
2	Dietrich	53.0

4 x 800 Meters

1	Martin	2:23
	Wert	2:28
	McNamee	2:38.8
	Frey	2:28.7
		9:54.4

800 Meters

1	P Martin	2:16.0
2	Wert	2:23.7
	Shultz	2:43.0
	Weller	2:46.8
	Foehlinger	2:55.3

1600 Meters

2	R Frey	5:32.3
3	McNamee	5:38.0
	Foehlinger	5:40.6
	Weller	5:57.6
	Shultz	6:00.6

Triple Jump

1	Brumfield	36 5
2	McNiff	36 2.5
3	Thomas	36 2
	Krizner	30 4
	Kearney	30 1

3200 Meters

3	Hiestand	12:48.7

"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought
we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about."
PattiSue Plumer, U.S. Olympian

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	Long Jump			High Jump			4 x 400 Meters	
1	Brumfield	18 4	1	McNiff	5 0	1	P Martin	57.9
2	Thomas	17	2	Kirwin	5 0		W Frey	61
3	McNiff	16 5.5	3	Brumfield	5 0		Wert	61.2
	Kirwin	16 4		Thomas	NH		R Frey	60.6
	Johnson	15 6.5		Krizner	NH			4:00.6
	Krizner	15 1		Kearney	NH			
	Bundy	13.5		Johnson	NH	2	Krady	57.2
	Kearney	FOUL		Bundy	NH		J Martin	61
	Schweers	FOUL					Arnold	60
							Dietrich	64.1
								4:02.2

Outstanding Performances

Devon Brumfield- good early season jumps in the LJ & TJ. He definitely showed up to compete today!!

Mack Carr- huge PR in the shot!

Alex Arnold- Wow, a win in the 100m, you got my attention.

Riley Thomas- great throw in Jav for the 1st time ever

Athlete Of the Meet

Wow, lots of great performances, but I was impressed with how Wes Frey performed today. He was part of 2 individual wins and a relay victory helping the team score 15 points.This is the kind of senior leadership we need from our returning athletes if we are going to compete at a high level. Way to go Wes!!

Score	Section Record	Over All Record
Donegal 124 Columbia 21	1-0	1-0

Coach's Comments

We are off and running with the 2009 season (pun intended)!! We came out of the meet looking like a good team, but we still have a long way to go before we compete with the top teams in the section. Going into today I had a lot of questions about how the season and the roster will shape up. Some questions were answer, but many still remain to be answered. My biggest question is; Can we be more competative, and compete with the top teams in the section?

Many of you who had never competed before or knew little about what you could accomplish now have distances and times to work from to set realistic goals. Set early season obtainable goals and go after them desire and focus. Set them down in writing! You are much more likely to accomplish a goal you write down. Don't be afraid to step out of your comfort zone, risk failure, and really "swing for the homerun." Some of the top homerun hitters of all time are also the ones who struck out the most. To our younger athletes, keep in mind Rome wasn't built in a day, and Micheal Jordan didn't make his HS varsity basketball team right away. Never give up, always strive for excellence and to do your best!!

Don't be discouraged if you didn't run the best times. It was cold and windy, the 1st meet of the year, and we have worked you really hard for the 1st 3 weeks of the season. You bodies will adapt to the training, and you will begin to get more rest for the important meets as they come. In a week and a half we will find out just how much we have improved or still need to improve when we take on neighboring non-section rivals, Etown. Continue to develop and create some Donegal pride and get ready to take on the Bears!!!!!!!!!!!!!!!

Next Meet: Thursday, April 2nd @ E-Town
Dismiss at 2:30. Depart at 2:45