

# Donegal @ Columbia

## March 23, 2009

Conditions: 40's, breezy

Location: Columbia High School

<u>Shot Put</u>		<u>Javelin</u>		<u>Discus</u>	
1 Woods	27 8.75	1 Book	64 11	2 Melhorn	75 7.5
2 Melhorn	27 3	2 Randazzo	59 4	3 Woods	74 11
3 Book	23 10.5	Melhorn	55 6	Book	54 3
Ferruzza	21 2.5	Ferruzza	542	Ferruzza	60 1

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

<u>100 Meters</u>		<u>200 Meters</u>		<u>400 Meters</u>	
2 Ka Rice	14.0	2 Spence	28.1	1 Spence	62.0
Kr Rice	14.7	3 Ka Rice	28.2	2 Smith	64.7
Springer	15.2	S Barger	34.5		
Hockenberry	15.2	Hockenberry	32.4		
Barger	17.0	Springer	31.0		
		Smith	29.5		
				<u>4 x 100 Meters</u>	
				1 Kr Rice	
				Ka Rice	
				Smith	
				Spence	57.0
<u>110 Meter Hurdles</u>		<u>300 Meter Hurdles</u>			
2 Oberholtzer	21.9	1 Ensminger	55.4		
		2 Oberholtzer	62.8		
<u>800 Meters</u>		<u>1600 Meters</u>		<u>4 x 800 Meters</u>	
1 S Keener	2:48	1 McDonald	6:00.5	1 S Keener	2:55.7
3 C Bundy	3:20.0	3 A Keener	6:52.0	A Keener	3:01.0
				C Bundy	3:26.1
				McDonald	2:50.5
					12:27.0
<u>3200 Meters</u>		<u>Triple Jump</u>		<u>Long Jump</u>	
1 A Keener	14:58.6	1 J Garber	27 3	2 J Garber	12 11
		2 C Garber	22 6.5	3 Neideigh	11 0
				Hahn	10 4.5
		<u>High Jump</u>			
		1 J Garber	4 4		

"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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### 4 x 400 Meters

1 Ensminger	65.2
Kr Rice	74.5
Ka Rice	65.9
Smith	67.5
	4:33.1

### Outstanding Performances

Woods and Melhorn- good start to season in shot. Let's get that over 30 in a week.

Jess Garber- two good jumps for early in the season. Something to build on.

### Athlete Of the Meet

Anna Kenner- Big day for Anna. Anna ended up running an 800, 1600, and 3200. That is a tough triple that I am pretty sure the rest of you wouldn't want to do. Congrats on your 1st victory!!

<u>Score</u>	<u>Section Record</u>	<u>Over All Record</u>
<u>Donegal 107 Columbia 32</u>	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**