

Donegal at Elizabethtown
April 2, 2009

Conditions: mostly sunny, high 50s

Location: Elizabethtown High School

Shot Put

Melhorn 28 8*
Book 24 4*
Ferruzza 21 8*

Javelin

3 Randazzo 70 5*
Kelly 69 7*
Ferruzza 60 8*
Book 60 0
Melhorn 59 3*

Discus

3 Melhorn 68 8
Ferruzza 65 7*
Ross 54 3*
Book 46 11

Pole Vault

Kelly FOUL
Smith FOUL

100 Meters

2 Smith 13.9
Kr Rice 14.5
Hockenberry 14.9
Springer 15.0
S Barger 16.0

200 Meters

2 Spence 27.5
3 Ensminger 28.6
Ka Rice 29.1
Kr Rice 30.0
Springer 31.6
Hockenberry 32.2
S Barger 33.2*

400 Meters

1 Spence 60.9
3 Ka Rice 63.9
Smith 65.9

300 Meter Hurdles

1 Ensminger 51.5*\$
\$ #10 on Donegal Honor Roll

High Jump

3 J Garber 4 2

4 x 100 Meters

Kr Rice
Ka Rice
Smith
Spence 54.7

800 Meters

3 S Keener 2:47.9
C Bundy 3:32.0
A Keener 3:05.6

1600 Meters

S Keener 6:13.7
A Keener 6:52.5
C Bundy 7:13.8

3200 Meters

2 McDonald 12:29.5
3 Sadler 15:05.2

Triple Jump

J Garber 25 11
C Garber FOUL

Long Jump

J Garber 13 0
Hahn 10 10
Neideigh 9 10

Donegal at Elizabethtown
April 2, 2009

Outstanding Performances

Tori Spence- Fastest 400 time in the league so far

Female Throwers- just look at all the PRs!!!!!!!

Amber smith- Great time and place in the 100m

Athlete Of the Meet

Jenn Ensminger- Jen ran the 10th fastest 300m hurdle time in school history, and the good news is that she only ran this race for the 2nd time ever.

<u>Score</u>	<u>Section Record</u>	<u>Over All Record</u>
ET 123 Don 26	1-0	1-1

Coach's Comments

I think Monday, Tuesday and Wednesday were a little tougher workout days than I realized. We were a little flat today. Yet despite that, and it only being our second meet, there were some great individual performances. The throwers performed well, and Tori and Jenn ran awesome setting a great example of what it takes to compete in meets.

Let's follow their example and step up our game. We have a lot more talent than we have shown, and after some rest we will begin to pop great performances. I am so ready for our section schedule and big invite schedule. It is going to be a lot of fun. And in 5 1/2 weeks, when leagues rolls around, we will have a lot of proud and excited young women thrilled about their performances.

So let the the downhill part of the rollercoaster begin, and have fun. The major work load is over, but continue to do the little things that champions do to be the champions they are when it counts. Let's go beat Northern Lebanon!!!

**Next Meet: Saturday, White Rose Invite
Monday, Northern Lebanon**