

Donegal vs Lancaster Catholic  
April 27, 2009

Conditions: sunny, low 90s

Location: Lancaster Catholic High School

<u>Shot Put</u>		<u>Javelin</u>		<u>Discus</u>	
2 Carr	40 8	2 Pappas	133 5*	2 Robertson	118 2
Brosius	34 10.5*	Thomas	118 10	4 Cortez	104 8*
Boyer	33 7.5	Boyer	101 10	Brosius	89 9
Robertson	33 1.75	Schweers	74 10*	Villacorta	80 2
Villacorta	31 10.5	W Frey	FOUL	Carr	75 5.5
				Boyer	66 6.5*

Athlete's Creed: I will win; if I cannot win, I shall be second; if I cannot be second, I shall be third; if I cannot place at all, I shall still do my best!

<u>100 Meters</u>		<u>200 Meters</u>		<u>400 Meters</u>	
2 Moran	11.9	2 Krady	24.7*	2 Sager	56.5*
3 J Martin	11.9	3 J Martin	25.0	E Keener	58.6*
Arnold	12.2	Kearney	25.1*	Dabusky	72.8*
Pappas	12.7	M Spence	25.7		
W Bundy	12.9*	McNiff	25.7*		
C Barger	13.1*	W Bundy	27.7	<u>4 x 100 Meters</u>	
Grab	13.3	Dabusky	31.1	J Martin	
Fellenbaum	13.8			Hall	
Dabusky	14.4*			Arnold	
				Moran	46.9
<u>110 Meter Hurdles</u>		<u>Long Jump</u>		<u>4 x 800 Meters</u>	
Thomas	17.4*	2 Thomas	18 0.75*	1 Krady	2:15.7
		3 McNiff	17 10*	P Martin	2:13.4
		Kirwin	17 4*	Wert	2:19.1
<u>800 Meters</u>		Krizner	16 8.75*	Spoonhour	2:03.9
1 Spoonhour	2:14.1	Kearney	15 6.5*		
Wert	2:18.4	W Bundy	14 3*		
Shultz	2:31.8*	Schweers	FOUL		
<u>1600 Meters</u>		<u>High Jump</u>		<u>4 x 400 Meters</u>	
1 Spoonhour	5:10.0	3 Kirwin	5 2	1 P Martin	57
McNamee	5:47.2	McNiff	NH	Krady	56.4
Foehlinger	6:01.0			Hall	56.8
Shultz	6:02.8	<u>Triple Jump</u>		Spence	54.7
Weller	6:04.0	2 Thomas	36 5.25		3:44.9
		3 Krizner	35 11*	<u>Pole Vault</u>	
		McNiff	35 10.5	Dietrich	9 0
<u>3200 Meters</u>		Kearney	33 4*	Farr	9 0
1 R Frey	11:44.6			Kenner	NH
Foehlinger	14:27.7				

Whether you think you can or think you can't, you are right! - Henry Ford

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Outstanding Performances

Pappas- Big Jav PR, not too bad being 2nd to the national leader in jav  
Jay Kearney, Conner McNiff, Shane Dabusky, Lucas Krizner- all 2 PRs, Lucas-1st varsity points  
4 x 400 is coming together!!!  
Alonso Cortez- Really big PR improvement in Disc. Way to go Prom King!!

Athlete Of the Meet

Riley Thomas- Big day for Riley. Riley dropped his HH time by almost a second. He also was  
2nd in the LJ with a foot PR and placed second in TJ. Great job, keep working hard!!

<u>Score</u>		<u>Section Record</u>	<u>Over All Record</u>
Lancaster Catholic 96	Donegal 54	2-1	2-3
<u>Throws</u>	<u>Distance</u>	<u>Jumps</u>	<u>Sprints</u>
Don 9	Don 20	Don 9	Don 16
LC 18	LC 16	LC 27	LC 39

Coach's Comments

I am always concerned about the team the Monday after Prom, but I didn't have anything to worry about. There were many PRs, and some great performances. It is important to remember, whoever the competition is, however tired you may feel, you always give your best and nothing less.

We are now entering that time of year when you are at your peak performance level. Have confidence and go out and get those season best performances. Surprise yourself, your teammates, and your coaches and throw, jump, and run beyond what you think you are capable of doing.

**Next Meet: @ ELCO**  
**Dismissal at 2:15; Depart at 2:30**