

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>	
1 Melhorn	29 1	2 Lehman	88 10	1 Melhorn	83 1
3 Woods	27 6.5	Melhorn	54 5	Ferruzza	64 0
Ferruzza	24 1*	Book	56 4	Book	66 0
Book	22 9			Woods	64 7

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>	
1 T Spence	12.8*#	1 T Spence	26.9	2 Smith	64.1
K Rice	13.9	2 Ka Rice	28.2		
Lehman	14.2*	Kr Rice	29.2*	<u>110 Meter Hurdles</u>	
Springer	14.8	Springer	31.7	Oberholtzer	21.2*
S Barger	15.1*	Hockenberry	32.5		
Hockenberry	15.4			<u>300 Meter Hurdles</u>	
#5 on Donegal Honor Roll				3 Oberholtzer	1:01.6

<u>800 Meters</u>		<u>High Jump</u>		<u>4 x 100 Meters</u>	
1 McDonald	2:37.5	J Garber	4 2	Kr Rice	
2 S Keener	2:42.8			Smith	
A Keener	3:04.1			Ka Rice	
				Spence	
					54.7
		<u>Triple Jump</u>			
		3 Ensminger	30 0.25		
		C Garber	FOUL	<u>4 x 800 Meters</u>	

<u>3200 Meters</u>		<u>Long Jump</u>		<u>4 x 800 Meters</u>	
1 Emily Sadler	14:44.3	J Garber	13 8.75*	1 Ensminger	2:38.1
		Hahn	11 2.75*	McDonald	2:39.8
		Neideigh	10 10.75	A Keener	2:58.2
				S Keener	2:46.0
					11:02.1
<u>4 x 400 Meters</u>					
1 Ensminger	66.2				
KA Rice	65.2	<u>Pole Vault</u>			
Barger	73.9	Chantelle Garber	6-0		
Spence	60.0				
	4:25.0				

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

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Outstanding Performances

Kristie Rice- great job on the 200 m PR

Kathryn Ferruzza- 2 ft PR in Shot

Long Jumpers all set PRs

Abby Oberholtzer- PR in the HH and nearly a PR in the 300 low hurdles(last hurdle was too high!!)

Tori Spence- Tori continues to heat up the track with another Donegal honor roll time.

Athlete Of the Meet

Steph Keener- Steph scored 13 points for the team and ran her season best in the 800 after she already ran an 800 and a mile.

Someone may beat me, but they will have to bleed to do it. - Pre

<u>Score</u>		Section Record	Over All Record
Lancaster Catholic 90	Donegal 60	1-2	1-4
Throws	Distance	Jumps	Sprints
Don 14	Don 23	Don 1	Don 22
LC 13	LC 13	LC 35	LC 33

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**