

Donegal at Northern Lebanon
April 6, 2009

Conditions: mostly cloudy, wet, mid 40s

Location: Northern Lebanon High School

Shot Put

| | |
|--------------|---------|
| 1 Carr | 39 6.75 |
| 2 Robertson | 34 7 |
| 3 Villacorta | 34 0 |
| Boyer | 31 .25 |
| Cortez | 26 3.5 |

Javelin

| | |
|-------------|-------|
| 1 Brumfield | 127 8 |
| 2 W Frey | 125 6 |
| 3 Thomas | 112 7 |
| Pappas | 106 |

Discus

| | |
|------------|-------|
| 2 Brosius | 106 9 |
| Robertson | 114 5 |
| Carr | 97 1* |
| Villacorta | 95 3 |
| Cortez | 64 2 |
| Boyer | 64 1* |

100 Meters

| | |
|------------|-------|
| 2 Arnold | 12.0 |
| 3 Moran | 12.1 |
| J Martin | 12.1 |
| Hall | 12.4* |
| Pappas | 12.6 |
| M Spence | 12.6* |
| Fellenbaum | 13.3 |
| W Bundy | 13.5 |
| Grab | 14.0 |

200 Meters

| | |
|------------|-------|
| 1 Sopko | 24.2* |
| 3 J Martin | 25.1 |
| Moran | 25.3* |
| M Spence | 25.6 |
| Sager | 26.6 |
| W Bundy | 27.6* |
| Fellenbaum | 28.5 |
| Dabusky | 30.5* |

400 Meters

| | |
|---------|-------|
| 1 Krady | 55.6* |
| Hall | 57.9* |

4 x 100 Meters

| | |
|---------|------|
| 1 Moran | |
| Arnold | |
| Martin | |
| Krady | |
| | 47.9 |

110 Meter Hurdles

| | |
|--------|-------|
| Thomas | 18.2* |
|--------|-------|

300 Meter Hurdles

| | |
|--------|------|
| W Frey | 50.0 |
|--------|------|

4 x 800 Meters

| | |
|-----------|--------|
| 1 Wert | 2:18.3 |
| Frey | 2:20.4 |
| P Martin | 2:14.0 |
| Spoonhour | 2:20.0 |
| | 9:12.7 |

800 Meters

| | |
|------------|---------|
| 1 P Martin | 2:13.9 |
| 2 Wert | 2:17.1* |
| Foehlinger | 2:38.0 |

Long Jump

| | |
|--------------|----------|
| 1 Brumfield | 19 2* |
| 3 Buckwalter | 18 4* |
| Kirwin | 16 11.5* |
| Thomas | 16 9.5 |
| McNiff | 16 8.5 |
| Johnson | 16 2.5 |
| Schweers | 14 4* |

Triple Jump

| | |
|-------------|----------|
| 1 Brumfield | 38 2.5* |
| 2 Thomas | 37 10.5* |
| McNiff | 36 0.25 |
| Krizner | 33 4 |

3200 Meters

| | |
|-------------|---------|
| 1 Spoonhour | 11:37 |
| McNamee | 12:10.7 |

| | |
|---------|--------|
| W Bundy | 13 4.5 |
| Krizner | FOUL |

Pole Vault

| | |
|------------|-------|
| 3 Dietrich | 10 6* |
| Keener | 8 6 |
| Farr | NH |

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| <u>1600 Meters</u> | | <u>High Jump</u> | | 1 | <u>4 x 400 Meters</u> |
|--------------------|---------|------------------|------|---|-----------------------|
| 1 Spoonhour | 4:42.1* | Brumfield | 5 6* | | Krady 56.6 |
| 2 R Frey | 5:06.2* | McNiff | 5 2* | | M Spence 56.9 |
| McNamee | 5:29.6 | Johnson | 5 2* | | Sager 57.9 |
| Foehlinger | 5:32.3 | Buckwalter | 5 2* | | Sopko 58.5 |
| | | Kirwin | 5 0 | | 3:49.7 |

Outstanding Performances

Brumfield- 3 PR's

Sebastian Hall, Riley Thomas and Jacob Buckwalter- 2 PR's

Detrich- finally, 10' 6" in the pole vault

Tony Sopko- 1st win of the year

Athlete Of the Meet

Aaron Spoonhour had a great meet. 2 days after being yanked off the track at White Rose he came back and ran a huge PR in the mile. Aaron also won the 2 mile and was apart of the winning 3200m relay.

| <u>Score</u> | <u>Section Record</u> | <u>Over All Record</u> |
|-------------------------|-----------------------|------------------------|
| <u>Donegal 88 NL 62</u> | 2-0 | 2-1 |

Coach's Comments

Great meet for our guys team. It is always important to start out 2-0 to build up some steam. Our toughest 2 dual meets of the season will be coming up against Lancaster Catholic and ELCO. If we would happen to win those 2, there is a chance that we would go undefeated in the section.

But we have a long way to go before we start to think about that. We are finally starting to look pretty good, but the little things still concern me (are we warming up properly, drilling properly, focusing in practice, disciplining ourselves both at meets and practice and on time time or outside of the practice?) It is the discipline in the little things that win the close meets and make champions, so if we are to acheive the things we want to, we must discipline ourselves and hold each other accountable.

Just as iron sharpens iron, let's make each member of our team better with a positive attitude, healthy internal competition, and a focused mind set. We go against ELCO in just under 2 weeks. Who we be the mentally prepared, disciplined, focused team?

Next Meet: Manheim Central

Dismissal at 2:30; Depart at 2:45