

White Rose Invitational  
April 4, 2009

Conditions: Windy, upper 50's

Location: Central York HS

Shot Put

Carr 38 4.5  
Villacorta 35 4.5\*

Javelin

Frey 114 9  
Brumfield 112 0

Discus

Robertson 97 2  
Villacorta 72 4

100 Meters

Moran 12.24 FAT  
Arnold 12.73 FAT

200 Meters

Spence 25.84 FAT\*  
J Martin 25.88 FAT

400 Meters

9 Krady 57.10 FAT

110 Meter Hurdles

Thomas 18.83 FAT\*

3200 Meters

A Spoonhour DNF

4 x 100 Meters

J Martin  
Krady  
Arnold  
Moran DQ

800 Meters

Wert 2:20.70 FAT  
P Martin 2:22.25 FAT

1600 Meters

R Frey 5:13.30 FAT

4 x 400 Meters

Hall  
Spence  
Sager  
Krady DQ

Long Jump

8 Brumfield 18 10.5\*  
Thomas 16 2

Triple Jump

8 Brumfield 37 1  
McNiff 36 2

Coach's Comments

Today is an example where performance times and distances are not all that important. First, the wind played a major factor in performances, so it really came down to, who can you beat, and how competitive can you be? The weather just didn't lend to great performances, so you have to just go out and give all you have. Second, we really need the big meet experience, and we got that today. Despite not scoring points or medaling, there were some positive PR's and performances.

Special congrats to Brumfield and Krady for their outstanding performances, and to Spence and Villacorta for the PR's. Let's keep staying positive, because I believe the experience will be invaluable when we go to Hempfield in another week.