

White Rose Invitational
April 4, 2009

Conditions: Windy, upper 50's

Location: Central York HS

Javelin

Mackenzie Randazzo 65 6
Devon Kelly 55 10

300 Meter Hurdles

3 Ensminger 52.95 FAT

100 Meters

Kr Rice 14.85 FAT

200 Meters

8 Amber Smith 28.80 FAT*
Kristie Rice 31.03 FAT

400 Meters

1 Tori Spence 62.25 FAT
3 Karrie Rice 65.60 FAT

800 Meters

2 Jess McDonald 2:40.93 FAT
Anna Keener 3:05.13 FAT

1600 Meters

5 Jess McDonald 5:48.10 FAT
Steph Keener 6:16.10 FAT

Long Jump

Jess Garber 12 6

4 x 400 Meters

1 Tori Spence 65.8
Jenn Ensminger 64.6
Karrie Rice 64.6
Amber Smith 65.4

3200 Meters

9 Emily Sadler 15:22.10 FAT

High Jump

Jess Garber 4 4

4:20.40 FAT

Team Score

7th out of 14 teams 42 points

Coach's Comments

We may not be the strongest dual meet team, but we can sure score a lot of invite points. Imagine if we would load up and go for max points? We could have finished top 3.

Despite the adverse wind conditions you all came with your best. On days like these times and distances are out the window, and it becomes who can you beat. I love invites because of the competition. It is where you find out what you are made of. But the other advantage is the big meet experience, how do you handle the pressure? do you have heart? can you find that extra energy to beat someone? Congrats to all who medaled by finishing in the top 6. Hopefully this is a taste of what is yet to come.