

3/6/2010 HSR Qualifier at DePauw.

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total	Avg 200	Last Year
DMR																				
Bobbie	2	39.3	41.0	42.2	43.8	44.7	38.7											4:10.7 PR	41.8	DNR
			1:20.3		1:26.0		1:23.4													
					2:47.3															
Grace L		32.6	36.5															1:08.9 PR	34.4	DNR
Grace H		37.9	41.8	43.8	41.3													2:44.8	41.2	DNR
			1:19.7		1:25.1															
Kaisa		38.2	40.7	41.4	41.7	42.5	43.6	43.2	41.6									5:32.9 SB	41.6	DNR
			1:18.9		1:23.1		1:26.1		1:24.8											
					2:42.0				2:50.9									13:37.3	13:37.51	
Julian	2	34.5	34.5	34.0	33.4	34.1	31.5											3:22.0 PR	33.7	DNR (1)
			1:09.0		1:07.4		1:05.6													
					2:16.4															
Ben		27.5	30.6															58.1 SB	29.0	DNR
John		29.7	31.0	31.4	33.5													2:05.6 PR	31.4	DNR
			1:00.7		1:04.9															
Zane		33.0	34.6	35.4	35.5	35.3	32.7	33.4	33.8									4:33.7 PR	34.2	DNR
			1:07.6		1:10.9		1:08.0		1:07.2											
					2:18.5				2:15.2									10:59.4	10:59.58	
3200																				
Kaisa	1	43.9	45.0	44.0	44.7	45.6	45.4	46.0	45.5	46.6	46.2	47.6	46.7	44.7	47.2	45.4	38.9	12:03.4 SB	45.2	12:03.2
			1:28.9		1:28.7		1:31.0		1:31.5		1:32.8		1:34.3		1:31.9		1:24.3	12:03.58		
					2:57.6				3:02.5				3:07.1				2:56.2			
									6:00.1								6:03.3			
Zane	1	35.4	37.3	38.2	37.9	37.5	37.5	37.8	37.9	37.1	38.0	37.4	37.5	36.9	37.0	36.2	35.0	9:54.6 PR	37.2	DNR
			1:12.7		1:16.1		1:15.0		1:15.7		1:15.1		1:14.9		1:13.9		1:11.2	9:54.81		
					2:28.8				2:30.7				2:30.0				2:25.1			
									4:59.5								4:55.1			
Chase	9	37.8	39.1	39.3	39.1	38.8	39.5	40.4	39.6	40.9	40.2	40.5	41.3	41.0	40.5	39.7	37.9	10:35.6 PR	39.8	DNR
			1:16.9		1:18.4		1:18.3		1:20.0		1:21.1		1:21.8		1:21.5		1:17.6			
					2:35.3				2:38.3				2:42.9				2:39.1			
									5:13.6								5:23.0			
Joe		38.4	39.8	39.9	41.1	40.7	43.4	42.7	42.7	44.2	43.7	44.8	44.3	45.8	45.5	45.0	39.7	11:21.7 SB	42.6	11:01.7
			1:18.2		1:21.0		1:24.1		1:25.4		1:27.9		1:29.1		1:31.3		1:24.7	11:21.86		
					2:39.2				2:49.5				2:57.0				2:56.0			
									5:28.7								5:53.0			

4X800

Grace L	4	36.1	39.6	42.9	40.5		2:39.1	39.8	DNR
			1:15.7	1:23.4					
Grace H		39.7	40.9	41.9	41.6		2:44.1	41.0	DNR
			1:20.6	1:23.5					
Bobbie		40.2	40.1	43.2	41.9		2:45.4	41.4	DNR
			1:20.3	1:25.1					
Kaisa		39.5	42.8	41.4	41.8		2:45.5	41.4	2:36.8
			1:22.3	1:23.2		10:54.1	10:54.30		
Julian	6	30.2	31.6	33.4	33.3		2:08.5	32.1	DNR
			1:01.8	1:06.7					
Ben		32.8	35.1	38.1	33.1		2:19.1	34.8	DNR
			1:07.9	1:11.2					
Joe		33.6	34.2	37.4	38.4		2:22.6	35.6	DNR
			1:07.8	1:15.8					
Alex		32.8	36.9	39.5	36.2		2:25.4	36.4	DNR
			1:09.7	1:15.7		9:15.6	9:15.81		
4x400									
Ellen	3	31.3	34.3				1:05.6 SB	32.8	DNR
Grace L		33.5	38.1				1:11.6	35.8	DNR
Sarah		31.2	34.8				1:06.0 SB	33.0	DNR
Mackenzie		30.1	32.5				1:02.6 PR	31.3	DNR
John	4	26.7	28.3				:55.0 SB	27.5	:55.4
Aaron		26.1	29.6				:55.7 SB	27.8	DNR
Andrew		26.6	29.1				:55.7 SB	27.8	:56.1
Amen		27.3	28.3				:55.6 SB	27.8	DNR
4x200									
			LY						
Ellen		27.5	26.5			Aaron	23.9	23.3	
Sarah		29.2	28.6			Tola	24.8	DNR	
Mackenzie		28.8	DNR			Brian	24.8	DNR	
Whitney		29.2	DNR			Andrew	24.5	24.1	

Bold-Negative Split

* **Made reasonable goal.**

Made ultimate goal.

We had a lot of good things happen today. We had a number of PR's and some very good early season times. The boys DMR is only 6.7 seconds off of the school record. We have six weeks to improve to set that record at the Chesterton Relays. That should be pretty easy if the weather cooperates. This was the first indoor meet for many of you. Some of you were a little nervous and got a to excited at the start of your race. That is understandable and should be corrected as you run more races. Julian in the 1200 and Zane in both his 1600 and 3200 ran negative splits. Look at your pacing to see where you can improve. The boys DMR is #6 in the state 27 seconds ahead of the next small school time, Zane is #22 in the 3200, Andy #23 in the hurdles, the 4x200 is #21 and the 4x400 is #22. The girls DMR is #9, the 4x200 is #24, the 4x400 is #18, Kaisa is #20 in the 3200, Brittany is #16 in the HJ and #15 in the LJ and Kara is tied for #12 in the PV. That is a pretty good showing for the first meet. Lets improve upon everything this Thursday.