

BOYS METRO CONFERENCE MEET @ HOWARD WOOD FIELD

FRIDAY APRIL 26th 2019

METRO CONFERENCE TEAM CHAMPIONS!!!!!!!!!!!!!!!

199 TEAM POINTS - BV 2nd 95.5

FIELD EVENTS - 3:00 PM Start Check Order

2:30	HIGH JUMP G-B	Nathan P. <u>6' 3 1st</u>	Jared J. <u>6' 2" 3rd</u>	Christian M. <u>5' 4"</u>	Kesaun L. <u>NH</u>
G-B	DISCUS	Tyler H. <u>168' 9" 1st</u>	Bobby A. <u>111' 10"</u>	Grant T. <u>ND</u>	Cody E. <u>113' 11"</u>
B	LONG JUMP	Hunter M. <u>22' 5" 1st</u>	Michael A. <u>20' 2" 3rd</u>	Leo K. <u>19' 11.75 5th</u>	Nathan P. <u>20' 0" 4th</u>
B-G	SHOT PUT	Grant T. <u>51' 7.5" 2nd</u>	Tyler H. <u>56' 4" 1st</u>	Alex O. <u>41' 3"</u>	Jack H. <u>37' 10"</u>
after LJ	TRIPLE JUMP	Leo K. <u>41' 3.75" 1st</u>	Wilson F. <u>40' 9" 2nd</u>	Hunter M. <u>38' 10.5 5th</u>	Michael A. <u>37' 3"</u>
Tog.	POLE VAULT	Brandon K. <u>13' 0" 3rd</u>	Austin S. <u>NH</u>	Collin B. <u>NH</u>	Braedon L. <u>NH</u>

RUNNING EVENTS - 4:00 PM Start - Girls followed by Boys

ALL TIMES FAT

4:00	4X800 RELAY	Gabe F. <u>2:02.8</u>	Zeb M. <u>2:04.3</u>	Ryan S. <u>2:06.1</u>	Josh S. <u>2:06.5</u>
	TOTAL TIME:	<u>8:19.02 2nd</u>			
4:30	100/110 HH (FINAL)	Wilson F. <u>15.69 3rd</u>	Andrew M. <u>15.61 1st</u>	Sam S. <u>17.95</u>	Russ K. <u>17.77</u>
4:50	100m Dash (FINAL)	Wilson F. <u>11.34 1st</u>	Jerome S. <u>11.73</u>	Austin S. <u>11.99</u>	Hunter M. <u>11.57 4th</u>
5:05	4x200 RELAY	Andrew M. <u>23.4</u>	Sam S. <u>23.8</u>	Russ K. <u>23.6</u>	Matt G. <u>23.5</u>
	TOTAL TIME:	<u>1:34.32 2nd</u> alt Andy B/Christian M/Sunny B			
5:15	1600m RUN	Jack E. <u>4:27.47 2nd</u>	Sam E. <u>4:30.64 3rd</u>	Andrew L. <u>4:25.98 1st</u>	Rob B. <u>4:45.35</u>
5:30	4X100 RELAY	Hunter M. _____	Nate P. _____	Jerome S. _____	Wilson F. _____
	TOTAL TIME:	<u>43.82 1st</u> alt Leo K/Andy B./Matt G.			
5:45	400m Dash	Gavin F. <u>51.45 1st</u>	Josh S. <u>54.98</u>	Christian M. <u>55.33</u>	Isaac S. <u>53.92</u>
6:00	300m IH	Andrew M. <u>41.14 2nd</u>	Gabe C. <u>45.58</u>	Russ K. <u>41.61 3rd</u>	Sam S. <u>44.91</u>
6:15	MEDLEY RELAY	Sunny B. <u>24.6</u>	Andy B. <u>24.5</u>	Bailey A. <u>53.1</u>	Ryan S. <u>2:06.9</u>
	TOTAL TIME	<u>3:47.35 1st</u> alt Jerome S.			
6:30	800m RUN	Sam E. <u>2:03.33 1st</u>	Gabe F. <u>2:07.55</u>	Rob B. <u>2:17.77</u>	Mark P. <u>DNR</u>
6:50	200m Dash	Andrew M. <u>23.25 2nd</u>	Gavin F. <u>23.54 3rd</u>	Matt G. <u>24.59</u>	Jackson F. <u>24.52</u>
7:05	3200m Run	Jack E. <u>9:55.46 3rd</u>	Andrew L. <u>9:45.55 1st</u>	Zeb M. <u>9:53.99 2nd</u>	Slater D. <u>10:26.04</u>
7:35	4X400 RELAY	Gavin F. <u>52.2</u>	Josh S. <u>53.3</u>	Isaac S. <u>53.9</u>	Bailey A. <u>53.1</u>
	TOTAL TIME	<u>3:32.65 1st</u> alt Christian M/Jackson F.			

MEET INFORMATION

The meet starts at 2:30 at HWF in Sioux Falls. You will be dismissed at 1:25. HJ at 12:25. We will not have a bus for this meet. If you need a ride talk to one of your coaches. Make sure you arrive on Time! At least 90 minutes before you compete. We would like you to stay for the whole meet and support the team! This is the conference meet. Make sure you compete to place. The top five places score points for the team. Scoring is 8-6-4-2-1 for individual events and 8-6-4-2 for Relays. Give it that little extra to place one higher. Be supportive of your teammates and be sure to get a proper warm up. Good Luck, Have Fun and Compete!

GIRLS METRO CONFERENCE MEET @ HOWARD WOOD FIELD

FRIDAY APRIL 26th 2019

2nd PLACE IN THE METRO CONFERENCE! 120 Team Points - BV - 130 Pts

FIELD EVENTS - 3:00 PM Start Check Order

2:30	HIGH JUMP G-B	Morgan H. <u>4' 8"</u>	Sara C. <u>4' 10" 5th</u>	Abby A. <u>4' 6"</u>		
G-B	DISCUS	Morgan Hu <u>115' 8" 2nd</u>	Emma O. <u>76' 7"</u>	Allie V. <u>76' 1"</u>	Sienna S. <u>DNT</u>	
after LJ	LONG JUMP	Josephine D. <u>16' 11.5" 1st</u>	Lauren M. <u>16' 0" 3rd</u>	Sara C. <u>13' 11"</u>	Abby A. <u>14' 3"</u>	
B-G	SHOT PUT	Morgan Hu <u>35' 6" 5th</u>	Emma O. <u>34' 11"</u>	Allie V. <u>31' 4"</u>	Sienna S. <u>DNT</u>	
G	TRIPLE JUMP	Jerstad <u>33' 5.75" 4th</u>	Millie M. <u>30' 9"</u>	Sophie S. <u>32' 5"</u>	Taylor R. <u>33' 2.5" 5th</u>	
Tog.	POLE VAULT	Millie M. <u>7' 0"</u>				

RUNNING EVENTS - 4:00 PM Start - Girls followed by Boys

ALL TIMES FAT

4:00	4X800 RELAY	Hannah D. <u>2:26.3</u>	Addali D. <u>2:28.9</u>	Liz B. <u>2:22.0</u>	Radiana S. <u>2:29.2</u>	
	TOTAL TIME:	<u>9:47.98 1st</u>	alt Leah D.			
4:30	100/110 HH (FINAL)	Josephine D. <u>15.44 1st</u>	Anna L. <u>17.53</u>	Laine M. <u>19.01</u>	Morgan H. <u>17.73</u>	
4:50	100m Dash (FINAL)	Ellen M. <u>12.89 1st</u>	Lauren M. <u>13.36 3rd</u>	Emira B. <u>13.46 5th</u>	Alaina S. <u>13.87</u>	
5:05	4x200 RELAY	Lauren M. <u>28.4</u>	Ellen M. <u>26.5</u>	Elizabeth J. <u>26.7</u>	Caroline S. <u>26.9</u>	
	TOTAL TIME:	<u>1:48.20 2nd</u>	alt Alaina S.			
5:15	1600m RUN	Lila B. <u>5:16.5 3rd</u>	Leah D. <u>5:16.46 2nd</u>	Emma H. <u>5:49.48</u>	Leni O. <u>2:41.92</u>	
5:30	4X100 RELAY	Emira B. _____	Elizabeth J. _____	Lauren M. _____	Ellen M. _____	
	TOTAL TIME:	<u>51.19 2nd</u>	alt Alaina S.			
5:45	400m Dash	Caroline S. <u>62.32 5th</u>	Sydni W. <u>65.53</u>	Emma S. <u>65.86</u>	Sydney H. <u>66.00</u>	
6:00	300m IH	Josephine D. <u>46.52 2nd</u>	Anna L. <u>49.79 5th</u>	Sophie S. <u>52.09</u>	Laine M. <u>60.95</u>	
6:15	MEDLEY RELAY	Alaina S. <u>28.9</u>	Taylor R. <u>28.1</u>	Isabelle S. <u>61.6</u>	Radiana S. <u>2:31.9</u>	
	TOTAL TIME	<u>4:30.76 2nd</u>	alt Emira B.			
6:30	800m RUN	Lila B. <u>2:32.23 5th</u>	Liz B. <u>2:24.11 1st</u>	Leni O. <u>2:41.92</u>	Haley T. <u>2:39.83</u>	
6:50	200m Dash	Ellen M. <u>27.16 3rd</u>	Elizabeth J. <u>27.47</u>	Emira B. <u>27.75</u>	Caroline S. <u>27.44 5th</u>	
7:05	3200m Run	Hannah D. <u>11:42.40 2nd</u>	Addali D. <u>12:14.21</u>	Leah D. <u>11:30.49 1st</u>	Emma H. <u>12:31.43</u>	
7:35	4X400 RELAY	Josephine D. <u>62.3</u>	Liz B. <u>60.0</u>	Sydni W. <u>66.4</u>	Caroline S. <u>61.9</u>	
	TOTAL TIME	<u>4:11.29 2nd</u>	alt Isabelle S/Lila B./Emma S.			

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