

Top 10 times- Thru State Meet (** = F.A.T time adjusted to Hand Held subtract .24- round up)

Lincoln High Sprinters- 2013 track season

100 meters

A. Belhaj	10.8
Z. Campbell	11.1
C.Quintinillia	11.1
M. Wagner	11.2
D. Arntz/Q. Score	11.3
N. Sudbeck	11.3
J. Morris	11.4
B. Large/Z. Khan	11.7
J.Smith/R Lund/J.Pena	11.8
N. Jalandra	11.9

200m /open

A. Belhaj	21.9
C. Quintinillia	23.2
Z. Campbell	23.2
J. Morris	23.3
D. Hodges	23.3
D. Bartow	23.4
Q. Score	23.4
N. Sudbeck	23.7
J. Pena	23.9
L. Foss	23.9

400m/open

A. Belhaj	49.4
N. Sudbeck	51.0
Z. Kahn	53.3
T. Bork	53.6
L. Foss	53.9
I. Bindert	53.9
C. Weber	54.1
E. Weber**	55.1
L. Meyers	55.5
L. Pacek	56

4x100 relay

Quintinillia-Campbell**	43.6
Morris- Bartow	
Quintinillia-Morris	44.2
Campbell-Belhaj	
Quintinillia-Campbell	44.8
Morris-Score	
Morris-Arntz	45.5
Score- Decosse	
Jsmith-Foss	46.1
Cweber-Bindert	

4x200 relay

Morris-Bartow **	01:29.6
Campbell-Belhaj	
Belhaj-Morris	01:31.6
Sudbeck-Bartow	
Morris-Sudbeck	01:34.5
Hodges-Campbell	
Morris-Sudbeck	01:34.9
DeCosse-Campbell	
Score-Foss	01:35.7
Arntz-Khan	

Medley R

Moris-Quintinillia**	03:37.3
Sudbeck-Jelen	
Morris- Sudbeck**	03:37.4
Belhaj-Jelen	
Morris-Bindert	03:43.4
Sudbeck-Fitzsimmn	
Campbell-Foss**	03:46.0
Sudbeck-Fitzsimmn	
Zino-Pacek	03:51.9
Cweber-Bork	

4x400 relay

Sudbeck-Bork**	03:29.8
Foss-Bindert	
Sudbeck-Bindert**	03:30.2
Foss-Khan	
Sudbeck-Bork	03:33.6
Jelen-Schroeder	
Fitzsimmons-Bump	03:35.7
Schroeder-Jelen	
Belhaj-Schroeder**	03:36.5
Bork-Sudbeck	

200m/split

A. Belhaj	21.4
J. Morris	22.2
D. Bartow	22.3
Z. Campbell	22.5
I. Bindert	22.9
L. Foss	23.1
C. Quintinillia	23.1
Z. Khan	23.2
N. Sudbeck	23.2
C. Weber	23.4

400m/split

A. Belhaj	49.5
N. Sudbeck	50.6
T. Bork	52.1
I. Bindert	52.2
L. Foss	52.4
Z.Khan	52.5
N. Schroeder	52.7
L. Jelen	53.9
K. Fitzsimmons	54
F. Bump	54.3