

2009 SOUTH DAKOTA STATE MEET - BOYS

FRIDAY MY 29th @ STURGIS, AND SATURDAY MAY 30th @ RAPID CITY

FIELD EVENTS

FRIDAY

BOLD NAMES - ALL CLASS GOLD MEDAL

12:30 PM	LONG JUMP	Ochan F.	19' 1.5"	Anthony M.	DNJ
2:00 PM	DISCUS	Greg H.	136' 11"	Armin A.	DNT
4:00 PM	TRIPLE JUMP	Ochan F.	DNJ		

SATURDAY

11:30 AM	HIGH JUMP	Brett M..	5' 9"	James L.	NH
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RUNNING EVENTS

FRIDAY

FAT TIMES

11:15 AM	110 HH (Pre)	Justin A.	15.58	Oscar A.	DQ	James L.	16.89		
11:30 AM	4x800m RELAY	Luke H.	2:01.6	Adam J.	1:59.9	Will R.	2:11.34	Justin F.	2:11.6
	TOTAL TIME		8:23.27						
12:00 PM	100m Dash (Pre)	Lucas T.	11.19	G. Godi	11.48				
12:45 PM	4x200m Relay(Pre)	Houston H.	23.2	Tony B.	22.8	Brett A.	22.2	Lucas T.	21.7
	TOTAL TIME		1:30.40						

BREAK

2:40 PM	4x100 Relay (Pre)	G. Godi		Ochan F.		Houston H.		Lucas T.	
	TOTAL TIME		43.56						
3:00 PM	400m Dash (Pre)	Brett A.	50.16	Tony B.	51.99	Amadu M.	52.63		
3:30 PM	300IH (Pre)	Justin A.	40.69	Hashim G.	41.38				
4:00 PM	Medley Relay (Pre)	G. Godi	22.9	Brian G.	23.9	Adam J.	51.1	Luke H.	2:01.5
	TOTAL TIME		3:39.28						
4:25 PM	800m RUN	Brett A.	1:57.35	3rd					
4:50 PM	200m Dash (Pre)	Lucas T.	22.36	Zach M.	24.09				
5:25 PM	3200m Run	TJ G.	10:13.89	Damon F.	10:42.52				
6:00 PM	4x400 Relay (Pre)	Amadu M.	52.1	Tony B.	50.8	Brett A.	51.7	Adam J.	50.7
	TOTAL TIME		3:25.21						

SATURDAY - ALL FINALS

FAT TIMES

9:45 AM	110HH	Justin A.	15.42	5th	Oscar A.	DNQ	James L.	DNQ	
10:15 AM	100m Dash	Lucas T.	11.03	4th	G. Godi	DNQ			
10:45 AM	4x200 Relay	Houston H.	23.4	Brett A.	22.0	Tony B.	22.7	Lucas T.	22.1
	TOTAL TIME		1:30.26	3rd					
11:20 AM	1600m RUN	Luke H.	4:28.92	5th	TJ G.	4:41.39			
11:55 AM	4x100 Relay	G. Godi		Ochan F.		Houston H.		Lucas T.	
	TOTAL TIME		44.09	4th					
12:25 PM	400m Dash	Brett A.	49.17	1st	Tony B.	52.70	8th	Amadu M.	DNQ
12:55 PM	300IH	Justin A.	DNQ	Hashim G.	DNQ				
1:25 PM	Medley Relay	G. Godi	23.2	Houston H.	22.8	Adam J.	50.9	Luke H.	2:07.5
	TOTAL TIME		3:44.12	5th					
2:00 PM	200m Dash	Lucas T.	22.49	3rd	Zach M.	DNQ			
2:40 PM	4x400 Relay	Amadu M.	51.8	Tony B.	51.7	Brett A.	49.2	Adam J.	50.6
	TOTAL TIME		3:23.48	1st					

MEET INFORMATION

We will Depart for the State Meet at 9:00 on Thursday Morning. We will be loading the bus at 8:30. The meet is at Sturgis on Friday and Rapid City on Saturday. We will be staying at the Days Inn in Rapid City Both Nights. We should return back to Sioux Falls at 12:00 am Sunday Morning.

2008 SOUTH DAKOTA STATE MEET - GIRLS

FRIDAY MY 29th @ STURGIS, AND SATURDAY MAY 30th @ RAPID CITY

FIELD EVENTS

FRIDAY

BOLD NAMES ALL CLASS GOLD MEDAL

10:30 AM	LONG JUMP	Meghan L. <u>16' 8.75" 7th</u>	Mary W. <u>16' 4.75"</u>	Carley C. <u>16' 10.75" 4th</u>
12:30 PM	DISCUS	Bekah H. <u>99' 6"</u>		
2:00 PM	TRIPLE JUMP	Meghan L. <u>37' 3" 1st</u>	Mary W. <u>36' 0.5" 3rd</u>	Carley C. <u>36' 7" 2nd</u>

SCHOOL RECORD

2:00 PM	POLE VAULT	Abbie H. <u>11' 3" 3rd</u>
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SATURDAY

9:00 AM	HIGH JUMP	Mary W. <u>5' 8" 1st</u>	Abbie H. <u>4' 8"</u>	Crysta D. <u>5' 0"</u>
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SCHOOL RECORD

RUNNING EVENTS

FRIDAY

11:00 AM	100 HH (Pre)	Nevada S. <u>14.47</u>			
11:50 AM	100m Dash (Pre)	Caiti S. <u>13.25</u>	Karmen N. <u>13.02</u>	Kirsten N. <u>13.46</u>	
12:10 PM	4x800m RELAY	Emily H. <u>2:31.7</u>	Carly H. <u>2:32.2</u>	Saprina R. <u>2:35.7</u>	Laura R. <u>2:33.6</u>
	TOTAL TIME	<u>10:15.12</u>			
12:30 PM	4x200m Relay(Pre)	Nevada S. <u>27.6</u>	Kirsten N. <u>27.3</u>	Caiti S. <u>26.9</u>	Karmen N. <u>26.3</u>
	TOTAL TIME	<u>1:48.11</u>			

BREAK

2:30 PM	4x100 Relay (Pre)	Nevada S. <u> </u>	Kirsten N. <u> </u>	Caiti S. <u> </u>	Karmen N. <u> </u>
	TOTAL TIME	<u>50.90</u>			
2:50 PM	400m Dash (Pre)	Shanice H. <u>DNR</u>			
3:15 PM	300 LH (Pre)	Nevada S. <u>46.72</u>			
3:45 PM	Medley Relay (Pre)	Kirsten N. <u>28.4</u>	Lynn U. <u>27.5</u>	Saprina R. <u>63.5</u>	Emily H. <u>2:34.9</u>
	TOTAL TIME	<u>4:34.64</u>			
4:15 PM	800m RUN	Gretchen P. <u>2:36.26</u>			
4:35 PM	200m Dash (Pre)	Karmen N. <u>26.96</u>	Caiti S. <u>28.00</u>	Kelli A. <u>28.33</u>	
5:05 PM	3200m Run	Carly H. <u>12:20.02</u>			
5:40 PM	4x400 Relay (Pre)	Meghan L. <u>64.8</u>	Saprina R. <u>67.5</u>	Kelli A. <u>63.8</u>	Emily H. <u>67.1</u>
	TOTAL TIME	<u>4:23.91</u>			

SATURDAY - ALL FINALS

9:30 AM	100 IH	Nevada S. <u>14.12 1st</u>			
		SCHOOL RECORD - CONVERTED TO Hand Held IS 13.9			
10:00 AM	100m Dash	Caiti S. <u>DNQ</u>	Karmen N. <u>DNQ</u>	Kirsten N. <u>DNQ</u>	
10:30 AM	4x200 Relay	Nevada S. <u>26.7</u>	Kirsten N. <u>26.8</u>	Caiti S. <u>26.3</u>	Karmen N. <u>25.3</u>
	TOTAL TIME	<u>1:45.41 2nd</u>			
11:00 AM	1600m RUN	Carly H. <u>5:39.27</u>			
11:45 AM	4x100 Relay	Nevada S. <u> </u>	Kirsten N. <u> </u>	Caiti S. <u> </u>	Karmen N. <u> </u>
	TOTAL TIME	<u>51.40 6th</u>			
12:10 PM	400m Dash	Shanice H. <u>DNR</u>			
12:40 PM	300IH	Nevada S. <u>44.50 1st</u>			
1:10 PM	Medley Relay	Kirsten N. <u> </u>	Lynn U. <u> </u>	Saprina R. <u> </u>	Emily H. <u> </u>
	TOTAL TIME	<u>DNQ</u>			
1:45 PM	200m Dash	Karmen N. <u>26.84 7th</u>	Caiti S. <u>DNQ</u>	Kelli A. <u>DNQ</u>	
2:25 PM	4x400 Relay	Meghan L. <u> </u>	Saprina R. <u> </u>	Shanice H. <u> </u>	Emily H. <u> </u>
	TOTAL TIME	<u>DNQ</u>			