



SQM Meet Thursday, May 9



Sprint Med					1:37.16
Name	Split	Place	PR	Heat Lane	
Jake Fink	10.34			2	
Anthony Arambula	12.29				
Chris Lovan	23.00				
Morgan Wood	56.8				
Total	1:41.65	5	1:39.65		

Distance Med					3:35.32
Name	Split	Place	PR	Heat Lane	
Trae Hartwig	25.80			1	
Wilson Riphin	24.20				
Edgar Ortiz	59.50				
Kevin Sanchez	2:15				
Total	4:06.06	7	4:00.89		

400 Meter Hurdles					55.91
Name	Time	Place	PR	Heat Lane	
Jake Fink	54.99	1	55.91	2-5	SCHOOL RECORD
Brayden Adams	1:01.00	7	1:03.11	1-4	

3200 Meter Run					9:26.99
Name	Time	Place	PR	Seeded	
Juan Diaz	13:02.03		12:57.66	12	

400 Meter Dash					49.82
Name	Time	Place	PR	Heat Lane	
Enrique Santos	1:02.66		1:01.26	1-6	

1600 Meter Run					4:16.86
Name	Time	Place	PR	Seeded	
Cammerin Palmer	5:59.69		5:48.07	18	
Ethan Olsen	5:10.62	8	5:16.42	12	

4x800					8:03.68
Name	Split	Place	PR	Seeded	
Kevin Sanchez	2:15			6th	
Anthony Valtierra	2:19				
Edgar Ortiz	2:25				
Ethan Olsen	2:27				
Total	9:27.65	6	9:17.82		

4x200					1:32.30
Name	Split	Place	PR	Heat Lane	
Grant Olsen	26.20			7	
Wilson Riphin	25.60				
Chris Lovan	26.20				
Morgan Wood	25.30				
Total	1:44.03	6	1:34.66		

4x100					43.88
Name	Split	Place	PR	Heat Lane	
Trae Hartwig	11.50			7	
Anthony Arambula	11.24				
Chris Lovan	11.34				
Morgan Wood	11.50				
Total	46.45	6	45.97		

30 Minute Mandatory Break

110 High Hurdles					14.74
Name	Time	Place	PR	Heat Lane	
Brayden Adams	16.75	7	16.77	2-1	

Shuttle - None

100 Meter Dash					10.61
Name	Time	Place	PR	Heat Lane	
Chris Lovan	11.95		11.73	1-4	

800 Meter Run					1:57.37
Name	Time	Place	PR	Seeded	
Kevin Sanchez	2:14.46		2:14.07	1-3	
Anthony Valtierra	2:16.72		2:16.41	1-7	

4x400					3:24.90
Name	Split	Place	PR	Heat Lane	
Grant Olsen	57.30			1	
Edgar Ortiz	57.30				
Enrique Santos	1:01.00				
Anthony Valtierra	1:02.00				
Total	3:59.02	7	3:54.94		

Long Jump					23'1"
Name	Jump	Place	PR	Seeded	
Anthony Arambula	20'4"	4	21'01"	2-7	
Edgar Ortiz	16'9"		17'05"	1-2	

20 Minute Mandatory Break

Shot Put					65'00"
Name	Throw	Place	PR	Seeded	
Garret Plagge	42'1.25		44'5.5"	1-4	
Dominik Garcia	42'3.75		43'9"	1-3	

High Jump					6'8"
Name	Jump	Place	PR	Seeded	
Grant Olsen	5'8"	6	5'6"	9th	

200 Meter Dash					21.67
Name	Time	Place	PR	Heat Lane	
Trae Hartwig	26.28		26.38	1-7	

Discus					175'00"
Name	Throw	Place	PR	Seeded	
Garret Plagge	126'7"		142'7"	2-1	
Dominik Garcia	110'8"		117'10.25"	1-3	

1	ADM, Adel	209
2	Glenwood	146
3	Harlan	101
4	Atlantic	99
5	Creston	64
6	Carroll	55
7	Denison-Schlswg	39
8	Storm Lake	21

We ended up 7th at the district meet. We did have 6 PRs on the night as well as Jake breaking his own school record in the 400 Hurdles. He won the district meet with an impressive time of 54.99 to qualify him for the state meet next week. It will be close with Anthony in the Long Jump and we will find out more tomorrow on that event. We need to improve in the off season and continue lifting and getting faster/stonger.