



Tiger Relays Thursday, April 18



Sprint Med (100-100-200-400)				1:37.16	Heat Lane
Name	Split	Place	PR		
Jake Fink	11.93				
Morgan Wood	11.52				
Chris Lovan	24.80				
Kevin Sanchez	1:00.84				
Total	1:49.34			1:39.65	

Distance Medley Relay (200-200-400-800)				3:35.32	Heat Lane
Name	Split	Place	PR		
Trae Hartwig	27.08				
Wilson Riphin	24.18				
Edgar Ortiz	1:00				
Anthony Valtierra	2:19				
Total	4:11.01	6		4:08.50	

200 Meter Dash				21.67	Heat Lane
Name	Time	Place	PR		
Chris Lovan	26.31		24.59		
Trae Hartwig	26.94		26.61		

3200 Meter Run				9:26.99	Heat Lane
Name	Time	Place	PR		
Juan Diaz	13:08.22		12:57.88		
Omar Ramos	12:51.83		13:23.34		

400 Meter Dash				49.82	Heat Lane
Name	Time	Place	PR		
Enrique Santos	1:01.39		1:02.51		
Leo Sanchez	1:02.97		1:03.03		

400 Meter Hurdles				56.66	Heat Lane
Name	Time	Place	PR		
Jake Fink	57.88	1	59.46		
Morgan Wood	1:05.53				

4x8 NONE			
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4x2 NONE			
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1600 Meter Run				4:16.86	Heat Lane
Name	Time	Place	PR		
Omar Ramos	5:35.86		5:40		
Cammerin Palmer	5:56.68		5:52.25		

Shuttle				1:00.05	Heat Lane
Name	Split	Place	PR		
Jake Fink	15.52				
Brayden Adams	17.52				
Francisco Escalante	19.16				
Morgan Wood	18.27				
Total	1:10.58			1:11.05	

110 High Hurdles				14.74	Heat Lane
Name	Time	Place	PR		
Brayden Adams	18.58		17.69		
Francisco Escalante	20.05		19.43		

4x100				43.88	Heat Lane
Name	Split	Place	PR		
Trae Hartwig	11.70				
Wilson Riphin	12.60				
Francisco Escalante	12.40				
Chris Lovan	13.08				
Total	50.25			45.97	

100 Meter Dash				10.61	Heat Lane
Name	Time	Place	PR		
Chris Lovan	12.50		12.03		
Cammerin Palmer	13.45		13.08		

800 Meter Run				1:57.37	Heat Lane
Name	Time	Place	PR		
Kevin Sanchez	2:14.07		2:14.88		
Anthony Valtierra	2:21.92		2:25.46		

4x400				3:24.90	Heat Lane
Name	Split	Place	PR		
Edgar Ortiz	58.30				
Enrique Santos	1:02				
Leo Sanchez	1:03				
Anthony Valtierra	1:02				
Total	4:07.03			4:03.69	

Long Jump				23'1"
Name	Jump	Place	PR	
Edgar Ortiz	16'11"		17'05"	
Wilson Riphin	16'10.5"		16'11.5"	

Discus				175'00"
Name	Throw	Place	PR	
Garret Plagge	132'09"		142'7"	
Gabe Henningsen	102'09"		101'1"	

Shot Put					65'00"
Name	Throw	Place	PR	PR	
Garret Plagge	44'5.5"		44'5.5"		
Dominik Garcia	39'00.75"		43'9"		

High Jump				6'8"
Name	Jump	Place	PR	
Jake Fink	5'6"	5	5'10"	

Male Team Scores

School	Points
Gilbert	133
Underwood	83
Kuemper Cath	66
Carroll	62
Lewis Central	50
Boone	49
Atlantic	49
Greene County	46
Clarinda	30
Denison-Schlschw	13
Harlan	8

We went to carroll tonight and came away with a first place (Jake Fink in the 400 Hurdles - Top time since 2006) and a couple 5th/6th places. It was a good night for our younger kids to get a lot of running in and I thought they did a nice job getting handoffs and working through the cold/wind. We did some good things tonight. Had a PR in the shuttle, some PR's in the distance events and the throwers did a nice job as well. We are through the meat of our schedule and now it is just fine tuning handoffs or get healthy.