



Ken Carstens Relays Tuesday, April 9



Sprint Med (100-100-200-400)					1:37.16
Name	Split	Place	PR	Heat Lane	
Jake Fink	10.88				
Anthony Arambula	10.80				
Morgan Wood	25.17				
Edgar Ortiz	57.80				
Total	1:44.25	8	1:40.25		

Distance Medley Relay (200-200-400-800)						3:35.32
Name	Split	Place	PR	Heat Lane		
Trae Hartwig	26.76					
Chris Lovan	24.39					
Enrique Santos	1:00.00					
Edgar Ortiz	2:24					
Total	4:16.56		4:18.42			

200 Meter Dash					21.67
Name	Time	Place	PR	Heat Lane	
Anthony Arambula	23.39	2	23.94		
Trae Hartwig	27.47		27.30		

3200 Meter Run					9:26.99
Name	Time	Place	PR	Heat Lane	
Juan Diaz	12:57.88		13:10.92		
Brody Skarin	12:47.56		13:04.46		

400 Meter Dash					49.82
Name	Time	Place	PR	Heat Lane	
Morgan Wood	58.41	8			

400 Meter Hurdles					56.66
Name	Time	Place	PR	Heat Lane	
Jake Fink	59.46	5	58.34		

4x8 - NONE

4x2 - NONE

1600 Meter Run					4:16.86
Name	Time	Place	PR	Heat Lane	
Cammerin Palmer	5:52.25		6:01.29		
Brody Skarin	5:50.61		6:05.37		

Shuttle Hurdle					8:03.68
Name	Split	Place	PR	Heat Lane	
Jake Fink	17.08				
Brayden Adams	16.64				
Francisco Escalante	18.49				
Morgan Wood	18.57				
Total	1:11.05	4	1:16.61		

110 High Hurdles					14.74
Name	Time	Place	PR	Heat Lane	
Brayden Adams	18.61		18.29		
Francisco Escalante	20.01		19.43		

4x100					43.88
Name	Split	Place	PR	Heat Lane	
Trae Harwig	11.33				
Chris Lovan	11.75				
Brayden Adams	13.06				
Francisco Escalante	13.64				
Total	49.38	8	50.87		

100 Meter Dash					10.61
Name	Time	Place	PR	Heat Lane	
Anthony Arambula	11.59	5	11.57		
Cammerin Palmer	13.43				

800 Meter Run					1:57.37
Name	Time	Place	PR	Heat Lane	
Leo Sanchez	2:31.88		2:37.52		
Enrique Santos	2:31.81		2:46.82		

Discus					175'00"
Name	Throw	Place	PR	Flight	
Garret Plagge	117'06"		142'07"		
Alex Segoviano	105'08"		107'09"		

Long Jump					23'1"
Name	Jump	Place	PR	Flight	
Anthony Arambula	19'11"	3	21'1"		
Edgar Ortiz	16'2.25"		17'1"		

Shot Put					65'00"
Name	Throw	Place	PR	Flight	
Garret Plagge	41'8"		44'5.5"		
Alex Segoviano	40'4"		39'00.25"		

High Jump					6'8"
Name	Jump	Place	PR	Flight	
Jake Fink	5'6"	7	5'10"		

We were pretty short handed tonight with a lot of activities going on. We continued to have good handoffs and we put together some good individual times. Our shuttle ran of of the fastest times I have had as a coach which is promising. Anthony had a good night running with a top 10 in the 200 and was close to a PR in the 100. Jake had a top 10 in the 400H for his first time running those. We need to rest and recover.