

Athlete	Event	ML@ DLHS (3.16.10)	ML@ HF (3.29.10)	ML@ P2P (4.06.10)	Frederick Pow Wow (4.06.10)	Tiger Tornado (4.10.10)	League Relays @ HF (4.13.10)	St Vrain Invitational at Longmont (4.23.10)	ML@ DLHS (4.27.10)	Shipwreck Invitational @ Englewood (4.30.10)	League @ HF (5.07.10)	Regionals @ HF (5.13.10)	State Meet (5.20.10)	SEASON BEST
Acosta, Eddie	Shot Put	24'2"	25'8.25"						25'1.00"					25'8.25"
Acosta, Eddie	Discus	78'7"	84'11.0"						90'8.00"					90'8.00"
Bennet, Sammie	100							00:14.36			00:14.44			00:14.36
Bennet, Sammie	200							00:30.41			00:30.01			00:30.01
Bennet, Sammie	400								01:13.27					01:13.27
Besel, Kierstyn	400				01:08.95									01:08.95
Besel, Kierstyn	300 LH					00:57.75			00:56.53					00:56.53
Besel, Kierstyn	Triple Jump	28'8.00"	29'7.00"		28'0.50"	28'11.00"		29'10.00"	28'7.25"	28'9.00"		28'6.75"		29'10.00"
Crane, Wes	100	00:11.55	00:12.03			00:11.85		00:12.01	00:11.45	00:11.82	00:11.88	00:11.84		00:11.45
Crane, Wes	800		02:23.71											02:23.71
Crane, Wes	Long Jump								18'8.00"	18'3.5"		18'3.75"		18'8.00"
DeBell, Melinda	1600	07:17.96	07:21.03	07:21.58										07:17.96
DeBell, Melinda	Long Jump		11'4.00"	10'4"										11'4.00"
DeBell, Melinda	Triple Jump			26'0.5"										26'0.5"
Forrester, Destiny	Shot Put	27'6"	27'8.5"		26'5.00"	26'3.5"		28'4.5"	27'6.00"	25'4.00"	28'11.5"	27'4.5"		28'11.5"
Forrester, Destiny	Discus	75'11"			74'8.00"	77'5.0"		78'1.00"	76'11.0"	65'2.5"	84'1.00"	82'11.00"		84'1.00"
Gager, Taylor	100				00:14.07						00:13.83			00:13.83
Gallmeyer, Tina	Shot Put	26'9"	28'2.0"		27'10.00"	26'4.75"		27'6.0"	27'7.00"	27'8.25"	23'8.00"	26'9.25"		28'2.0"
Gallmeyer, Tina	Discus	104'1"			101'3.00"	100'10.50"		107'0.00"	90'3.00"	99'1.00"	107'3.00"	108'5.00"	99'8.00"	108'5.00"

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Gonzalez, Martin	Shot Put		30'10.5"											30'10.5"
Gonzalez, Martin	Discus		74'5.5"											74'5.5"
Gray, Keely	200										00:27.41			00:27.41
Gray, Keely	High Jump	4'8.0"	4'8.00"		4'6.00"	4'6.0"		4'6.00"	4'10.00"	4'10.00"	4'4.00"	4'6.00"		4'10.00"
Gray, Keely	Long Jump			10'4"	11'10.00"				14'8.25"					14'8.25"
Halpern, Evan	400	01:06.44												01:06.44
Halpern, Evan	800										02:33.29	02:31.51		02:31.51
Halpern, Evan	3200					13:32.07								13:32.07
Halpern, Evan	Long Jump	13'6.25"												13'6.25"
Halpern, Evan	Shot Put	22'0.5"	22'3.5"						23'1.00"					23'1.00"
Halpern, Evan	Discus	56'9"	62'3.5"						63'6.5"					63'6.5"
Halpern, Evan	1600									05:58.87				05:58.87
Joseph, Mark	800				02:10.26					02:03.44				02:03.44
Joseph, Mark	1600	04:53.59	04:57.00		04:52.69			04:36.49	04:31.71		04:34.02	04:39.43	04:36.40	04:31.71
Joseph, Mark	3200	11:42.26	11:41.82			10:32.86		10:17.48	11:24.16		10:20.49	10:12.76	10:07.97	10:07.97
Kitashima, Justin	110 HH				00:20.42	00:18.92								00:18.92
Kitashima, Justin	300 IH								00:44.51	00:49.61	00:44.37	00:43.76		00:43.76
Kitashima, Justin	High Jump	5'6"	5'4.00"						5'2.00"	5'2.00"				5'6.00"
Kitashima, Justin	Long Jump		15'3.00"											15'3.00"
Kitashima, Justin	Triple Jump	36'4.25"	37'8.00"		37'10.50"				37'2.00"	34'6.00"	36'0.25"	36'5.00"		37'10.50"
Langewisch, Ryan	100				00:12.46					00:12.39	00:12.08			00:12.08
Langewisch, Ryan	High Jump		5'6.00"			5'4.00"						5'8.00"		5'8.00"
Langewisch, Ryan	Long Jump									17'8.75"	19'2.00"	19'6.5"	17'9.75"	19'6.5"
Langewisch, Ryan	Triple Jump								34'5.5"		33'9.00"			34'5.5"

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Schilling, Sam	200	00:26.60												00:26.60
Schilling, Sam	800		02:25.00			02:18.82		02:16.88	02:20.59	02:16.63	02:16.29			02:16.29
Schilling, Sam	1600	05:39.62		05:47.64		05:31.85		05:29.71	05:28.91	05:27.13	05:23.44	05:14.71		05:14.71
Schreiner, Daniel	Shot Put	34'7"	34'2.5"		35'2.00"	35'6.25"			37'4.00"	36"10.5"	37'4.5"	39'0.75"		39'0.75"
Schreiner, Daniel	Discus	101'0"	116'2.0"		102'4.00"	108'5.0"			109'8.00"	105'0.00"	108'4.00"	109'9.5"		116'2.0"
Schwake, Anna	Shot Put					21'9.5"			23'4.5"	23'3.5"	24'8.75"			24'8.75"
Schwake, Anna	Discus	53'4.5"				60'2.5"			61'8.5"	50'4.00"	59'11.5"			61'8.5"
Stelling, Zach	Long Jump					14'8.00"								14'8.00"
Stelling, Zach	Triple Jump			31'0.5"		22'11.5"								31'0.5"
Stelling, Zach	Shot Put	25'11"												25'11"
Stelling, Zach	Discus	59'0"												59'0"
Sturms, Jordyn	1600	06:09.65									06:23.90			06:09.65
Strums, Taylor	200				00:27.85				00:27.07					00:27.07
Sturms, Taylor	High Jump	4'10.0"			5'0.00"	5'0.00"		5'2.00"	5'0.00"	5'2.00"	5'2.00"		5'2.00"	5'2.00"
Sunday, Brian	100		00:11.85		00:12.14						00:11.43	00:11.42	00:11.57	00:11.42
Sunday, Brian	200	00:24.39	00:23.94			00:24.22		00:24.05		00:23.62	00:23.44	00:23.29		00:23.29
Sunday, Brian	400								00:56.33					00:56.33
Trost, Ana	100			00:16.33				00:15.08		00:14.91	00:14.93			00:14.91
Trost, Ana	200	00:32.45		00:32.40				00:30.48		00:30.55	00:30.15			00:30.15
Trost, Ana	High Jump		4'6.00"	4'4.00"		4'2.00"			4'6.00"	4'4.00"	4'6.00"	4'4.00"		4'6.00"
Trost, Ana	Discus	49'1"												49'1"
Trost, Damian	400										00:53.20	00:56.72		00:53.20
Trost, Damian	High Jump		5'8.00"											5'8.00"
Trost, Damian	Triple Jump		39'8.00"								38'11.75"	40'6.5"	40'3.25"	40'6.5"

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Walsh, Rain	100	00:13.75	00:14.32	00:15.93		00:20.97		00:14.20						00:13.75
Walsh, Rain	200			00:30.95				00:29.75		00:30.20		00:29.26		00:29.26
Walsh, Rain	100 HH					00:20.97		00:20.17	00:20.39	00:23.84	00:19.74	00:19.72		00:19.72
Walsh, Rain	High Jump		4'4.00"	4'2.00"										4'4.00"
Walsh, Rain	Long Jump	13'11.5"	13'4.25"	13'7.5"		13'2.25"			14'0.00"	13'1.75"	13'1.00"	13'6.25"		14'0.00"
Walsh, Rain	Triple Jump					26'1.75"			26'10.75"	26'5.25"		27'6.00"		27'6.00"
Boys	4x100 Relay	00:47.26	00:46.32		00:46.86		46.52	00:45.78	00:45.45	00:45.86	00:45.84	00:44.92	00:44.14	00:44.14
Boys	4x200 Relay	01:37.37	01:44.06		01:38.16	01:37.18		01:35.09	01:36.45	01:36.41	01:34.92	01:33.66	01:32.99	01:32.99
Boys	4x400 Relay					03:50.36			03:51.17			03:43.38		03:43.38
Girls	800 Medley Relay	02:01.18	02:05.16		01:59.87	01:54.86	02:10.56	01:56.02	01:56.26	01:55.00	01:56.86	01:55.26	01:54.00	01:54.00
Girls	4x100 Relay	00:54.38	00:56.76		00:53.93	00:53.37	56.15	00:53.82	00:56.22	00:55.88	00:54.97	00:52.42	00:52.07	00:52.07
Girls	4x200 Relay	01:56.20	02:01.00			01:51.89	01:56.93	01:50.35	01:55.63	01:51.28	01:49.92	01:47.20	01:47.30	01:47.20