Frosh/Soph Conference
May 3, 2013

4 x 800 Relay	10:27.22	Ozog	2:33.2	Shaver	2:34.8	Kochert	2:39.0	Moody	2:39.9
4x100 Relay	54.16	Paterakis		Bader		Murray		Daniels	
3200 Run		Sedall	11:45.65	Berneche	12:39.51				
100 m. Hurdles		Lentz	21.34	Harnboonzong	20.77				
100 m. Dash		Rogus	14.05/14.25	Daniels	13.61/13.54				
800 m. Run		Shaver	2:32.51	Arduino	2:43.16				
4x200 Relay	1:57.06	Paterakis		Bader		Johanson		McEnroe	
400 Dash		Murray	66.3	Daniels					
300 Hurdles		Burt	56.29						
1600 Run		Ozog	5:35.64	Moody	5:38.32				
200 Dash		Paterakis	29.15/28.95	Bader	28.86/28.94				
4x400	4:21.36	Murray	65.4	Johanson	67.9	McEnroe	65.0	Daniels	62.9
Long Jump		Wulffen	11-5.5	Harnboonzong	11-10.5				
Triple Jump		Bader	28-1	Aubrey	29-7				
High Jump		Winter		Luczak					
Shot Put		Dau	27-1	Goleash	22-.5				
Discus		Dau	58-4	Goleash	84-6				
Pole Vault									

Quick Reminders:

Be prepared for any weather--bring

hats
gloves
extra socks
towels--throws/jumps
newspaper for shoes
proper food
proper drinks