

Split Sheets Ashland Meet

5/14/81

1

Field Events

INDOOR RECORDS

ESTABLISHED Keep-Working

SHOT-PUT-

Joe 40'7 1/2" 40'6" 37'11 1/2"
TODD 48'2" 45'1 1/2" 45'9"

TECH-

RECORD - Low + Quick

JS-

DAN 17'4 1/4" 18'11" 18'11 1/2"
Steve 19'2 1/2" 26'4" 19'11"

(Run-throughs)

plants - Head-up RECORD

HS-

DAN 5'4" legs Flex
Steve 5'4" Good

5'6" Speed

Take-off PLANT

Pole-Vault

Dave - 10' standards

10'6"

RECORD 11'

SWEATS?

SCOTT - Hips

HIPS

Last-Jump

HANDS
Steps

Hips T5

Take-offs - same sz.

60Yd. H H (Start Tech Poor)

LYLE - 7.85 } ARMS +
KEITH - 8.1 } Lean

7.35 } Tech
8.3 } Flat

50Yd. DASH

MIKE 6.1 } Slow 6.
BRUNO 6.4 } 1st 256.

mile RUN

	1/4	1/2	3/4	T
TIM	67	69	82	← 6:02
JOHN	67	70	84	← 6:04

440

SCOTT 55.9 - ARMS - LEAN
FLOAN 57. ARMS

1000

TODD 59 - 2:16 2:30.9
BIONKO 70 3:01.2

Ashland Splits (CONT)

2

600

Polce 58 1:30.4 > more Base Needed
 McCombs 57 1:34.5

8 Lap Relay Chet 45 Bruno 43.6 Kevin 45 Mike 40.4
 250.4 N. Phila 2:47

300

Mike 35.7 5th

Rob 39.0 Confidence

880

Doug 64 - 2:48 Base work

Chris 64 2:25.7

2 mile

Ken 11:14.9 Pace 5th

Bob 11:47 - Pace FRONT PART

move-up

24 Lap Relay 10:13.1

Doug - 2:30

Todd 2:22 - POSITIONED TEAM

Vince 2:30 - Keep

Tim 2:35+

12 Lap Relay 4:23

Jay 65

Phil 68.4

Scott 65

Steve 64.3