

Ashland Relays

3/13/82

HH's

LYLE 7.4 - 7.4 Low + Balance

KEITH 7.5 - 8.0 " " " Blocks

50 Dash

Mike 6.3

Block work

Greg 6.0 - 5.9 Back Leg Explosion

Tim 1600 5:02 Keep moving up - Pace

John 4:57 To much left (MIDDLE RACE PACE)

400

Dave 19 40 56 2nd

Mike 18 40 59.7 Base

8 Lap Relay

Chris 42.9 Good Contact

2:40.7 1st

Chris 39.0 EXCELLENT Leg

Mike 39.1 ARMS - GOOD CONTACT

Greg 38.7 WAY TO BRING IT HOME

1000

Todd 24 45 1:06 1:32 1:58 2:28 2:47.8 3rd

Kevin 24 48 1:19 1:49 2:20 2:56 3:07

To much left

500

Lew 21 44 70 1:21 ARMS + BASE

Rod 23 46 71 1:20 Pick Pace UP

24 Lap Relay 9:51 2nd

Doug 2:29 Related

Vince 2:23 Super Leg

Tim 2:26 move-up

Todd 2:28 Go all-out

300 Tim 42.7 relay

800

SCOTT L 25-46 118 148

SCOTT K 12:19 2:30

Todd 22 42 115 146

FAST 2:20 2:32

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Matt 27 54 121 150 2:19 2:52 3:24 3:57
4:33 5:08 5:42 6:18 6:55 7:31 8:08 8:45
9:20 9:57 10:34 11:12 11:42

Ken 27 55 124 153 2:12 2:52 3:26 4:00 4:32
5:02 5:34 6:04 6:33 7:06 7:39 8:12 8:42
9:20* 9:50 10:27 10:52 5:12

12 Lap Relay 4:14.6 - 2nd

Bryan 62

Mike 65

Dave 63

Greg 65

Field Events

HS

Wags 5'10"

2nd

Bryan 6'8"

Plant

Drive-up

PV

Maize 11'0"

4th 3rd

Burrell 10'6"

Drive 4th

SHOT

49'6 1/2

1st

TOOD

51'7"

ARM

49'8 1/4 STRAIGHT

JS

DAN 18'1"

F

F

DAN 17'7"

F

16'1/2

TS

35'

35'1"

35'8"

RICH

39'8"

39'2"

38'4"

Full

Techn