

Results of Boys

Dover 103
River Y. 6

Field Events 41 - 4
Sprints & Hurdles ~~30~~ - 2
(400 relay) 39
Distance 23 - 0

Outstanding Performances

Jay Martin 39'10 1/2 - Get in 40's
Jeff Dupler 38'4" " " "

Dan Van Epps 17'4 3/4 - 18+ next time
Dan Hurst 15'19 1/4 - 16+ next time
Todd Welsch 17+ Next time

Ron Meese, Bill Leiser, Ryan Armstrong 5'6"
(Work on weights) Goal 8' this year!

Greg Arbogast 17.5 Hurdles
Work on both legs - Get less
steps between hurdles

Chris Mills 100 m dash - 12.4

400 Relay of Arbogast
Mills 50.2 48.50 (Goal)
Heller
Welsch

Todd Welsch 25.7 200 m

1600 Relay splits - Morris 66
Miller 64
Phillips 64
Goal is 4:00 under
Arbogast 59.3

Improvements needed

1.) Shot Put - 45'

7th Graders putters

Weights

Speed

Use legs in putting

2.) Discus - 130' 140'

Work on spin

7th Grade Development needed. work your
tail off - less horsing around. what Coach
Armstrong tells you to do. You Do

3.) Long Jump - Dan VE 18 Hurst - 16 + 17 Welch - 17+

4.) High Jump Dan more thrust P. far roller more speed Greg - use arms Everybody give more thrust Plant Heel to toe

5.) Pole Vault - Dave - should be clearing 9+ Nick - 8+ Rest - 7

More speed down runway - lay back

~~Everybody~~ Everybody is equal - no intimidation

6.) Dash Chris under 12.0 - stay down Greg block work Need 7th grade sprinters

7.) Hurdles Greg - choppy steps work on both legs Dan - floating too much - jumping Chris - bring yourself down Jon K - work on this Tom M.

8) Phillips +
Groh - Push yourselves more
7th Graders - under 5:30

9) 400 Relay - Exchange practice

10) Muller 400 under 60.0

Kellecker + under 65
DeMarco

11) 800m - Under 2:25

7th Graders in the 2:30's

12) Good Job

7th graders need about 27-28

13) Mile Relay

More distance work +
track work for all of you

Results from yesterday

Shot Put

Wallace	19' 9 1/2"
Duvall	23' 8"
Archer	20' 7"
McCartney	29 (Good)
Parrish	25' 4"
Rennicker	27' 1"
Haney	29' 2"
Lupi	27' 7 1/2"
Cox	33' 6 1/2"
Martin	39' 10 1/2"
Dupler	38' 4"

Discus

Wallace	39' 7"
Duvall	50' 8"
Archer	45' 5"
McCartney	54' 9"
Parrish	58' 8"
Rennicker	76' 10"
Haney	69' 10"
Lupi	68' 7"
Cox	87' 10"
Martin	113' 8"
Dupler	100' 10"

High Jump

Wagner 4'4"
Groh 4'8"
Miller 4'10"
Heller 4'10"
Van Epps 5'1"

Long Jump

Walkoski 8'3"
Dearth 10'7 1/2"
Kellicker 13'9"
C. Miller 12'2"
Hurst 15'9 1/4"
Welsch 15'5 3/4"
Van Epps 17'4 3/4"
Smith 13'5 1/4"
Lorenz 11'8 1/4"
Mason 13'5"
Davis 13'2 3/4"
Feutz 14'0"

Daver
VS

RV
4/10/80

Pole Vault

Dallecheisa 5'6"
Armstrong 5'6"
Lieser 5'6"
Meese 5'6"
Nigro 6'0"
Maize 8'0"

Hurdles

Arbogast 17.5
Van Epps 19.5
Wagner 19.6

100 meter Dash

Mills 12.4
Heller 13.0

1600 meter Run

Phillips 5:35
Groh 5:37.2
Bienko 5:45.7

400 relay 50.2

400 m Dash

Miller 62.3
DeMarco 67.2
Kellicker 69.0

800 m Run

Groh 2:37.8
Bienko 2:39.6
Reynolds 2:42.8

200 m Dash

Welsch 25.7
Mills 26.9

1600 Relay

4:13.3

I apologize for not getting everyone's
time.
Coach Lenarz