Silver Hawk JV Invite @ Southwest H.S. — Tuesday, April 3, 2007

3200 M Relay	Time
S. Johnson	2:55.4
Sh. Zajicek	2:57.9
A. Lehman	2:55.1
G. Koch	2:56.7
	11:45.2
T. Petitt	2:39.6
T. Menter	2:36.5
C. Southwick	2:39.4
S. Gentry	2:52.4
	10:47.7

100 M HH	Time
J. Herstein	:21.5
S. Gray	:19.2
M. Leazer	:19.6
V. Erickson	:19.5
W. Scheideler	:18.1
A. Kilgore	:19.8

100 M Dash	Time
C. Smith	:14.5
D. Zobel	:12.1
J. Wilderman	:11.9
J. Ristow	:12.1

3200 M Run	Time
K. Dwyer	14:54.7
J. Rife	11:41.1

400 M Dash	Time
M. Novak	1:15.2
E. Wrenholt	1:20.3
H. Boone	1:20.8
J. Ristow	1:04.2
T. Maahs	:59.6
L. Jablonski	1:04.9

200 M Dash	Time
C. Smith	:32.0
A. Peterson	:26.9
J. Wilderman	25.1
G. Weber	:27.2

300 M LH	Time
M. Lenzen	1:01.9
M. Leazer	:57.8
J. Herstein	1:02.2
K. Conkel	:46.9
E. Rice	:47.7
V. Erickson	:50.8

1600 M Run	Time
Sh. Zajicek	6:26.2
S. Johnson	6:38.6
S. Gentry	6:18.0
C. Southwick	5:59.7

800 M Run	Time
M. Ragsdale	3:20.8
G. Koch	2:59.8
J. Kerrigan	3:00.1
T. Petitt	2:42.1
G. Ostrander	2:59.3
S. Sneed	2:58.6

400 M Relay	Time
M. Leazer	1:00.5
C. Smith	
S. Gray	
M. Lenzen	
D. Zobel	:49.2
J. Morrison	
W. Scheidler	
J. Wilderman	

1600 M Relay	Time
Sa. Zajicek	1:22.5
J. Herstein	1:14.4
M. Novak	1:12.7
M. Lenzen	1:20.3
	5:09.9
A. Peterson	1:00.9
W. Schiedeler	:57.2
K. Conkel	:57.6
T. Maahs	:58.6
	3:54.2

Shot Put	Height
C. Collier	15' 6"
S. Gray	21' 5"

Triple Jump	Distance
W. Ernst	31' 6.5"
D. Zobel	30' 1"
J. Morrison	35' 2"

Long Jump	Distance
C. Smith	13' 3"
M. Lenzen	11' 3"
D. Zobel	15' 5"
W. Ernst	14' 9"
T. Menter	15' 10"

High Jump	Height
M. Novak	4' 4"
I. Scott	4' 10"

Discus	Distance
C. Collier	32' 6"
S. Gray	66' 5"
B. Forst	90' 5"
M. Lau	96' 2"
C. Hamer	67' 4"

Pole Vault	Height
M. Vifquoin	5' 2"
A. Runge	5' 8"
K. Schnittker	NH
J. Morrison	9' 2"
G. Bowmaster	8' 2"