

SEASON'S BEST 2012

(*) denotes split out of starting blocks (HH) denotes hand-held time
(updated thru State Meet)

FIELD EVENTS:

SHOT PUT	Edelen 33' 02.00"	Evans 31' 07.00"	Barrera 22' 05.00"	Crawford 20' 07.00"	
DISCUS	Evans 76' 04.00"	McDowell 62' 08.00"	Barrera 59' 02.00"	Edelen 125' 03.00"	Crawford 41' 01.00"
LONG JUMP	Meese 15' 04.00"	Schneekloth 15' 00.50"			
HIGH JUMP					

HURDLES:

55 M HURDLES	Ranschau 9.11	Anderson 10.99			
60 M HURDLES	Ranschau 9.51	Gruwell 10.58	Carber 9.84	Womochil 11.55	
100 M HURDLES	Gruwell 17.82	Womochil 17.99 (HH)	Ranschau 15.89	Parke 18.14 (HH)	Jacobson 16.55
	Anderson 19.67	Kuhn 19.06 (HH)	Carber 15.57	Jackson 19.05	
SHUTTLE HURDLES	Parke 18.01	Ranschau 15.94	Womochil 17.59	Carber 15.33	Kuhn 19.55
	Anderson 19.34	Jackson 19.31	Gruwell 17.43	Jacobson 15.66	Jackson 18.47
400 M HURDLES	Anderson 81.68	Parke 79.03 (HH)	Gruwell 74.76	Womochil 81.95	Jackson 78.49 (HH)
	Kuhn 89.01				

SPRINTS

55 M DASH	Ratliffe 7.70	Schneekloth 7.72			
60 M DASH	Ratliffe 8.14	Schneekloth 8.08	Rolwes 8.78	Freeze 9.58	
100 M DASH	Schneekloth 12.93	Meese 13.58 (HH)	Hovey 13.50 (HH)	Howard 14.11 (HH)	Broghammer 12.98
	Orhnstein 13.67	Kuhn 14.67	Freerksen 14.06	Ratliffe 12.70	Freeze 15.22 (HH)
	Rolwes	Jacobson			

	14.58	13.51			
200 M DASH	Womochil 28.70	Meese 27.67	Hovey 28.60	Clark 30.59	Freerksen 30.29
	Parke 32.25	Orhnstein 28.91	Carter 30.70	Kuhn 31.76	Freeze 32.52 (HH)
	Carber 27.31 (HH)	Howard 29.72 (HH)	Kuhn 31.02 (HH)	Broghammer 27.49 (HH)	Ratliffe 26.48 (HH)
	Rolwes 30.04 (HH)				
200 M SPLITS	Clark *29.36	Schlicher 27.98	Meese 26.91	Ranschau 28.26	Jackson 28.52
	Womochil 28.48	Hovey 27.49	Ohrnstein *27.70	Carter 30.10	Freerksen 29.42
	Schneekloth 26.13	Ratliffe 25.19	Carber 25.64	Rolwes *30.10	Broghammer 25.83
	Jacobson 25.79	Howard *29.64	Parke *31.16	Kuhn 32.36	Voll 28.55
400 M DASH	Anderson 74.21	Parke 72.34	Carter 68.83 (HH)	Howard 67.18	Freerksen 78.95
	Kuhn 77.53	Rolwes 72.52	Freeze 77.08	Hunter 85.64	Voll 67.16
	Clark 69.53 (HH)				
400 M SPLITS	Steimer 68.29	Ratliffe 64.77	Schneekloth 63.27	Howard 65.12	Parke 72.50
	Clark 68.23	Jacobson 59.79	Carber 63.33	Ratliffe 64.77	Broghammer 63.42
	Womochil 67.76	Rolwes 72.05	Meese 65.70	Gruwell *69.03	Hewitt 73.75
	Jackson 71.25	Zikes 72.02	Hovey 64.40	Ohrnstein *70.37	Schlicher 66.07
	Carter 68.90	Voll 69.23	Kuhn 78.92	Freerksen 78.26	McDowell 67.07
<u>DISTANCE:</u>					
800 M RUN	McDowell 2:35.8	Polansky 2:38.04	Hewitt 2:48.34 (HH)	Zikes 2:32.25	Steimer 2:40.97
	Hunter 3:16.07	Rolwes 2:53.39	Gruwell 2:41.05		
800 M SPLITS	Polansky 2:36.6	McDowell 2:34.7	Hewitt 2:50.3	Steimer 2:39.8	Zikes 2:33.1
	Hunter	Voll	Howard	Rolwes	Gruwell

	3:23.9	2:36.2	2:50.3	2:59.2	2:44.0
1500 M RUN	Zikes 5:17.29	Hunter 6:54.72 (HH)	McDowell 5:32.88	Steimer 6:00.57 (HH)	Hewitt 5:52.37 (HH)
	Polansky 5:30.94				

3000 M RUN	Zikes 11:00.88 (HH)				
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RELAYS:

4 X 100 M					
VAR	Broghammer	Ratliffe	Schneekloth	Carber	48.92
JV	Rolwes	Meese	Schneekloth	Schlicher	53.04
4 X 200 M					
VAR	Ratliffe	Broghammer	Jacobson	Carber	1:43.41
JV	Orhnstein	Hovey	Schlicher	Meese	1:52.43 (HH)
SPRINT MEDLEY					
VAR	Broghammer	Schneekloth	Ratliffe	Jacobson	1:50.75
JV	Ranschau	Meese	Schneekloth	Jacobson	1:58.27
DISTANCE MEDLEY					
VAR	Hovey	Schlicher	Howard	Zikes	4:40.75
JV	Clark	Freerksen	Carter	Voll	4:51.54
4 X 400 M					
VAR	Jacobson	Schneekloth	Carber	Broghammer	4:18.50
JV	Howard	Clark	Womochil	Steimer	4:30.82
4 X 800 M					
VAR	McDowell	Zikes	Steimer	Polansky	10:28.68
JV	Voll	Polansky	Steimer	McDowell	10:38.02
SHUTTLE HURDLE					
VAR	Ranschau	Gruwell	Jacobson	Carber	1:05.63
JV	Ranschau	Womochil	Parke	Gruwell	1:11.82