

Panther Relays at Mount Pleasant - 04/22/14

2:30 Bus leaves from gym lot

Wednesday: New Gym & Weights: 2:30 - 3:15

Thursday: Kingston 3:30 - 5:00

Shot Put	5:00	Smith	21-06.00	Thurmond	21-05.00
Discus	5:00	Kuba	88-01	Thurmond	66-00
High Jump	5:00	Prohaska	4-04.00	Powell	N/H
Long Jump	5:00	Upshaw	13-10.75		
3000 M Run	5:00	Ely			
		11:42.94			
4x800	5:20	Hanna	Hargrove	Meyer	Koenigsfeld
10:15.60		72?230.3	75/2:37.4	74/2:35.9	73/2:31.7
Shuttle Hurdles	5:50	Trosky	Kitterman	Parke	Autumn
1:12.64		17.73	17.54	18.39	18.78
100 M Dash	6:05	Beard	Belew		
		13.86	13.85		
Distance Medley	6:20	Powell	Vanous	Jenna	Robinson
5:15.85		31.64	32	74.07	85/2:57.8
400 M Dash	6:40	Meyer	Ely		
		66.86	69.30		
4x200	6:55	Beard	Belew	Upshaw	Antons
1:55.41		29.1	27.97	29.28	28.66
100 M Hurdles	7:05	Kitterman	Autumn		
		17.5	18.8		
800 M Run	7:20		Robinson		
			85/2:57.84		
200 M Dash	7:30	Trawick	Upshaw		
		31.12	29.99		
400 M Hurdles	7:50	Parke			
2nd Place		73.72			
Sprint Medley	8:05	Beard	Trosky	Antons	Powell
2:08.21			27.21	28.67	71.32
1500 M Run	8:20	Hanna	Netz		
		5:22.71	6:00.52		
4x100	8:40	Vanous	Jenna	Prohaska	Trawick
60.05					
4x400	8:50	Kitterman	Autumn	Belew	Hargrove
4:18.78 - 1st		64.48	63.01	64.06	66.93