

# SEASON'S BEST 2011

(\*) denotes split out of starting blocks

## FIELD EVENTS:

SHOT PUT	Edelen 34' 00.00"	Aquice 24' 05.00"	Beastrom 24' 07.00"	Barrera 20' 04.00"
DISCUS	Edelen 115' 00.00"	Aquice 80' 07.00"	Beastrom 43' 07.00"	Barrera 47' 07.00"
LONG JUMP	Gruwell 13' 08.00"	Madsen 15' 01.00"		
HIGH JUMP	Broghammer 4' 04"			

## HURDLES:

55 M HURDLES	Jacobson 9.26	Carber 9.23			
60 M HURDLES	Anderson 12.48	Parke 11.82	Schlicher 12.27		
100 M HURDLES	Parke 20.15	Schlicher 23.90	Carber 16.34	Gruwell 17.72	Anderson 20.18
	Ranschau 16.28				
SHUTTLE HURDLES	Jacobson 16.42	Ranschau 16.52	Gruwell 17.97	Carber 16.36	Anderson 23.00
	Parke 20.24				
400 M HURDLES	Gruwell 1:14.23	Anderson 1:16.12	Parke 1:22.40	Schlicher 1:26.24	

## SPRINTS

55 M DASH	Ranschau 7.72	Robertson 8.01			
60 M DASH	Robertson 8.71	Terrington 9.52	Freeze 9.94	Wilde 9.77	
100 M DASH	Broghammer 12.40	Terrington 15.21	Ratliffe 12.78	Robertson 13.36	Cahalan 13.99
	Clark 14.64	Freeze 14.94	Hovey 13.83		
200 M DASH	Carber 28.15	Robertson 28.38	Parke 33.76	Freeze 33.05	Wilde 34.00
	Ranschau 28.63	Ratliffe 27.02	Terrington 32.46	Hovey 28.69	Howard 32.54

	Cahalan 29.99	Clark 31.26			
200 M SPLITS	Madsen 27.18	Jacobson 25.57	Ranschau 28.45	Robertson 27.75	Cahalan 29.20
	Hovey *27.39	Anderson *31.77	Schlicher 30.86	Carber 25.59	Howard 31.18
	Terrington 31.04	Broghammer 25.20	Rattliffe *25.21	Parke *31.69	Freeze 32.15
	Clark 29.96	Wilde 34.30	Gruwell 29.47	Zikes 35.11	Sedlacek 28.31
400 M DASH	Gruwell 71.30	Hovey 70.16	Howard 66.96	Clark 74.51	Cahalan 72.51
	Zikes 82.65	McDowell 71.01	Hunter 82.28		
400 M SPLITS	Jacobson 59.70	Madsen 62.67	Sedlacek 63.89	Carber 61.71	Steimer 67.39
	Hovey 69.82	Ritchie 64.37	Anderson *71.05	Gruwell 69.43	Ranschau 70.80
	Cahalan 74.00	Robertson 71.16	Howard 68.68	Schlicher 70.17	Broghammer 57.81
	McDowell 72.02	Miller 70.52	Zikes 85.52	Clark 68.67	Parke 76.93
	Freeze 77.48	Rattliffe 62.27			
<b><u>DISTANCE:</u></b>					
800 M RUN	Miller 2:48.13	Zikes 3:04.43	Steimer 2:45.95	McDowell 2:42.26	Jacobson 2:29.38
	Sedlacek 2:31.79	Ritchie 2:41.62	Howard 2:47.18	Howington 3:02.06	
800 M SPLITS	Sedlacek 2:27.5	Steimer 2:39.9	Miller 2:42.2	Bruns 2:52.2	Ritchie 2:33.9
	McDowell 2:48.3	Hunter 3:21.7	Zikes 3:08.4	Howard 2:52.1	Howington 3:08.5
	Anderson 2:49.2				
1500 M RUN	Bruns 6:01.87	Hunter 6:42.64	Miller 5:49.81	Sedlacek 5:28.20	Steimer 6:03.57
	Zikes 6:56.85				

**RELAYS:**

4 X 100 M	VAR	Ratliffe	Jacobson	Carber	Broghammer	50.70
	JV	Robertson	Ranschau	Anderson	Hovey	55.95
4 X 200 M	VAR	Ratliffe	Carber	Jacobson	Broghammer	1:42.53
	JV	Robertson	Hovey	Cahalan	Clark	1:56.87
SPRINT MEDLEY	VAR	Ratliffe	Carber	Jacobson	Broghammer	1:49.18
	JV	Robertson	Cahalan	Sedlaceck	Ritchie	2:05.08
DISTANCE MEDLEY	VAR	Hovey	Robertson	Madsen	Sedlacek	4:25.86
	JV	Hovey	Sedlacek	Clark	Ritchie	4:43.55
4 X 400 M	VAR	Jacobson	Madsen	Broghammer	Carber	4:07.67
	JV	Anderson	Gruwell	Steimer	Ranschau	4:42.97
4 X 800 M	VAR	Ritchie	Steimer	Miller	McDowell	10:59.28
	JV	McDowell	Howard	Anderson	Zikes	11:56.42
SHUTTLE HURDLE	VAR	Jacobson	Ranschau	Carber	Gruwell	1:07.24