

# SEASON'S BEST 2014

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

## FIELD EVENTS:

SHOT PUT	Bolden 33' 00.50"	Kuba 33' 02.25"	Stodola 25' 06.00"	Thurmond 25' 1.00"	Smith 23' 01.00"
----------	----------------------	--------------------	-----------------------	-----------------------	---------------------

DISCUS	Kuba 91' 06.00"	Bolden 86' 04.00"	Stodola 68' 04.00"	Thurmond 66' 00.00"	Smith 59' 04.00"
--------	--------------------	----------------------	-----------------------	------------------------	---------------------

LONG JUMP	A. Anderson 14' 05.50"	Upshaw 13' 10.75"
-----------	---------------------------	----------------------

HIGH JUMP	Prohaska 4' 08.00"	Powell 4' 2.00"
-----------	-----------------------	--------------------

## HURDLES:

55 M HURDLES	M. Ranschau 8.39	A. Ranschau 8.76	Kitterman 9.26
--------------	---------------------	---------------------	-------------------

60 M HURDLES	M. Ranschau 8.82 (HH)	A. Ranschau 10.32	Kitterman 10.16 (HH)	Vanous 11.68 (HH)	Kuhn 11.39 (HH)
--------------	--------------------------	----------------------	-------------------------	----------------------	--------------------

100 M HURDLES	M. Ranschau 14.88	Kitterman 16.92	A. Anderson 18.19	Vanous 20.22	Trosky 17.28
---------------	----------------------	--------------------	----------------------	-----------------	-----------------

	Kuhn 19.10	Parke 18.70 (HH)	J. Anderson 18.99 (HH)
--	---------------	---------------------	---------------------------

SHUTTLE HURDLES	A. Ranschau 15.33	Parke 18.00	Kitterman 16.50	M. Ranschau 14.55	A. Anderson 18.01
-----------------	----------------------	----------------	--------------------	----------------------	----------------------

	Trosky 16.68	J. Anderson 19.72	Kuhn 19.26	Vanous 19.28
--	-----------------	----------------------	---------------	-----------------

400 M HURDLES	Parke 71.36	Trosky 75.67	J. Anderson 87.68	Vanous 91.90
---------------	----------------	-----------------	----------------------	-----------------

SPRINTS

55 M DASH	A. Anderson 8.08	Schneekloth 7.47			
60 M DASH	Blue 7.73 (HH)	Meese 8.37	A. Anderson 8.71	Schneekloth 7.68 (HH)	Thurmond 9.73 (HH)
100 M DASH	Blue 12.51	Meese 13.51	Belew 13.85	Powell 15.54	Beard 13.86
	Upshaw 14.60 (HH)	Trawick 14.91			
200 M DASH	Blue 26.68	Meese 27.29	Schneekloth 25.17	A. Anderson 28.02	Prohaska 33.07
	Bolden 29.35 (HH)	Upshaw 29.99	Helgenberger 35.86 (HH)	Antons 29.76	Kuhn 32.90
	Clark 30.34	Beard 29.25	A. Ranschau 27.25	Belew 29.85	Trawick 31.12
	Trosky 30.02	Thurmond 33.23			
200 M SPLITS	Clark *29.82	Upshaw 28.13	M. Ranschau 27.10	A. Ranschau *25.68	A. Anderson 26.88
	Meese 25.50	Blue 24.53	Schneekloth 24.61	Belew 27.18	Beard 27.86
	Vanous 30.45	Kuhn *32.90	Trosky 29.97	J. Anderson 31.68	Parke 29.55
	Antons 28.66	Powell 29.84	Hargrove 30.72	Thurmond 31.66	Prohaska 32.45
	Bolden *30.60	Trawick 29.72	Kitterman *28.32		
400 M DASH	J. Anderson 71.90	Antons 71.50	Belew 63.74	Parke 66.94	Clarke 71.02

	Hargrove 65.40	Bertram 77.16	Meyer 66.86	Ely 69.30	Koenigsfeld 62.51
400 M SPLITS	Parke 68.40	Schneekloth 62.11	Koenigsfeld 60.80	Kitterman 61.93	Blue 55.71
	Trosky 68.54	Clark 68.35	J. Anderson 71.36	Rolwes 71.54	Hanna 66.04
	Meyer 65.09	Bertram 77.43	A. Ranschau 63.32	Meese 63.16	A. Anderson 60.55
	Belew 61.99	Beard 72.35	Terry 78.59	Helgenberger 87.19	Bertram 76.33
	Powell 71.32	Antons 67.38	Hargrove 66.93	Robinson 72.12	

**DISTANCE:**

800 M RUN	Hanna 2:45.75	Ely 2:34.96	Netz 3:04.25	Meyer 2:37.57	Bertram 2:54.87 (HH)
	Terry 3:02.13	Koenigsfeld 2:31.94	Robinson 2:48.10 (HH)		
800 M SPLITS	Hanna 2:26.7	Ely 2:35.9	Meyer 2:29.1	Koenigsfeld 2:25.3	Robinson 2:51.9
	Rolwes 2:55.5	Netz 2:53.8	Hargrove 2:29.9	Bertram 2:51.2	Terry 3:01.3
1500 M RUN	Ely 5:23.50	Hanna 5:12.92	Netz 6:00.52	Robinson 5:59.63	Bertram 6:15.20 (HH)
	Hargrove 5:19.66				
3000 M RUN	Ely 11:41.48				

RELAYS:

4 X 100 M RELAY

VAR	Schneekloth	A. Ranschau	Meese	Blue	48.17
JV	Trawick	Beard	Upshaw	Antons	54.96

4 X 200 M RELAY

VAR	A. Ranschau	Blue	Meese	Schneekloth	1:41.12
JV	Beard	Antons	Upshaw	Belew	1:53.44

SPRINT MEDLEY RELAY

VAR	M. Ranschau	A. Ranschau	Schneekloth	Blue	1:45.94
JV	Clark	Antons	Trosky	Meyer	2:06.00

DISTANCE MEDLEY RELAY

VAR	Kitterman	A. Anderson	Hanna	Meyer	4:37.65
JV	Vanous	Antons	J. Anderson	Bertram	5:05.98

4 X 400 M RELAY

VAR	Kitterman	Koenigsfeld	Schneekloth	Blue	4:06.63
JV	Koenigsfeld	A. Anderson	Kitterman	Belew	4:13.86

4 X 800 M RELAY

VAR	Hargrove	Hanna	Meyer	Koenigsfeld	9:51.38
JV	Hargrove	Bertram	Netz	Terry	11:25.87

SHUTTLE HURDLE RELAY

VAR	A. Ranschau	Kitterman	Trosky	M. Ranschau	1:04.65
JV	Kitterman	Trosky	A. Anderson	Parke	1:12.20