

2009-04-18 Capitol City Classic

11:00 Shot

SCOTT - 31' 4
GIULIANNI - 39' 1/2
MICKEY - 36' 9.5
KYLE - 37' 0

11:00 Discus

MICKEY - 108' 0
KYLE - 83' 9
SCOTT - 91' 2"
GIULIANNI - 76' 3

11:00 LJ

DEMADRA - 21' 1/2
LARRY - 16' 6.5

11:00 TJ

DEMADRA - 40' 0

11:00 HJ

TROY - 6' 4"

11:00 PV

RADLEY - NH
TOM - 10' 6
ERIC - NH
LOGAN - 10' 0

11:00 110HH

TROY - 15.19
LARRY - 17.56

11:10 100 PRE

DEMITRI - 11.97
RYNE - 12.85

11:20 3200R FS

CALEB - 2:10
LOGAN - 2:13
TYLER - 2:09
ROMAN - 2:07

11:35 3200

SLOW HEAT

11:50 200 PRE

DARIUS - 23.22
JERRY - 23.04

12:00 3200R

HAYDEN - 2:11
ADAM - 2:07
AUSTIN - 2:08
JEFF - 2:09

12:15 400R FS

CHRISTIAN
NICK
DINO
DEMITRI

12:25 400R

DEMADRA - 11.5
TROY - 10.8
DARIUS - 10.8
JERRY - 10.8

12:35 3200

DREW - 9:46.18
WADE - 10:38.84

12:50 110HH

TROY - 14.82

12:55 100

1:00 800

BRYCE - 2:01.35
KEVIN - 2:10.54

1:10 800R FS

CHRISTIAN - 24.9
NICK - 26.2
DINO - 24.1
DEMITRI - 24.4

1:20 800R

LARRY
DEMADRA
RYNE R.
JEREMY

1:30 400 Dash

JERRY - 49.62

1:40 300 LH

TROY - 42.43
JEFF - 50.35

1:50 1600 Run

AUSTIN - 4:39.09
ADAM - 4:49.02

2:05 200

DARIUS - 23.08
JERRY - 23.20

2:10 1600R FS

BRYCE - 56.8
DINO - 56.0
ROMAN - 55.5
DREW - 59.6

2:20 1600R

KEVIN - 53.3
CHRISTIAN - 52.9
JEREMY - 54.0
JERRY - 50.0