

MVC INDOOR
 @ UNI Dome
 03/17/14

1:55 PM
2:15 PM
4:00 PM

Dismiss from class
 Busses leave from gym parking lot
 Team warm up

Tuesday: **Wts @ 3:10**
Wednesday: **Kingston @ 12:45**

Shot Put 6 Entries	4:30 PM	Eivins 43-06.00 Wirtner 36-08.00	Smith 40-04.00 Moore 38-03.00	McInerney 37-04.00 Hawkins 34-04.00		
High Jump 4 Entries	4:30 PM	Szabo 5-10.00	Borseth 5-08.00	Hummell	Hart 5-08.00	
Long Jump 6 Entries	4:30 PM	Chittick 18-07.50	Soko 16-08.00	Webb 15-00.00		
3200 M Run 4 Entries	4:30 PM	Henderson 12:47.47				
4 X 800 M Relay 4 Entries	4:55 PM	Cortez 2:13.27 Jeff 2 Homan 2:33.49 Jeff 3 Berger 2:37.86	Baxter 2:13.52 Burnett 2:26.51 Moorman 2:39.53	Pady 2:15.87 Hager 2:30.34 Moriston 2:58.54	Gesling 2:17.86 Krambeer 2:40.79 Hampshire 3:59.16	9:00.52 10:11.13
Shuttle H Relay 2 Entries	5:25 PM	Bounds 8.58 Jeff 2 Petersen 10.60	Moncivais 9.57 Eivins 10.12	Tomkins 9.55 Hummell 12.63	Furnish 8.48	36.18
60 M Dash 4 Entries	5:50 PM	Karlan 6.97	Chittick 6.99	Harbor 6.95	Beaton 7.14	
400 M Dash 4 Entries	6:10 PM	Short 55.99	Webb 61.08	Hart 62.21	Stufflebeam 63.13	
4 X 200 M Relay 2 Entries	6:25 PM	Chittick 23.46 Jeff #2 May	Beaton 23.46 Soko	Larson 23.46 Bonheur	Karlan 23.62 Borseth	1:34.00 1:38.85
1600 M Run 8 entries	6:45 PM	Hitchings 5:07.26 Berger 5:47.37	Szabo 5:19.93 Owens 6:14.74	Burnett 5:30.09	Henderson 6:00.99	

60 M Hurdles 4 Entries	7:15 PM	Bounds 8.35	Furnish 9.04	Tomkins 9.56		
200 M Dash 8 Entries	7:25 PM	Larson 23.92 Bonheur 24.51	May 24.41 Webb 27.17	Soko 23.51 Stafford 28.10	Weiland 27.52	
Medley Relay 2 Entries	7:55 PM	Moncivais 26.25 Ridenour 26.51	Short 25.3 Morford 26.39	Borseth 56.67 Hager 59.25	Gesling 2:19.97 Homan 2:23.50	4:08.19 4:15.65
800 M Run 4 Entries	8:15 PM	Hitchings 2:18.44	Baxter 2:18.18	Szabo 2:27.03	Cortez 2:21.93	
4 X 100 M Relay 2 Entries	8:30 PM	Furnish Jeff 2	Chittick Bounds	Beaton Moncivais	Karlan Borseth	45.31 47.84
4 X 400 M Relay 4 Entries	8:45 PM	Larson 54.19 Bonheur 60.45	Pady 55.3 Hart 63.97	May 56.50 Ridenour 63.35	Short 58.13 Webb 66.70	3:44.12 4:13.47
Petersen	Jeff 3	Hummell 68.60	Petersen 68.1	Eivins 59.49	Morford 66.21	4:22.40
	Jeff 4	Hager 57.8	Weiland 65.01	Stufflebeam 64.7	Stafford 64.18	4:07.43
	Jeff 5	Hitchings 59.38	Baxter 57.94	Gesling 61.08	Homan 62.32	4:00.72
	Jeff 6	Szabo 57.81	Burnett 65.1	Cortez 60.67	Owens 75.11	4:18.69
	Jeff 7	Berger 66.48	Moorman 65.76	Moriston 73.72	Henderson 68.88	4:34.84

Things to bring:

Sweats
Speed suit
Shorts
Wear only school colors
Spikes, socks
Food

Meet notes:

Relay captain = lead off runner
If the schedule gets ahead, it will stay ahead.
Spikes will be allowed in this meet (only on track surfaces)
Fast runners/relays in first heats.

Do not leave your sweats unattended!!