

College of St. Mary Indoor Meet

Friday, March 17th 2023, at College of St. Mary

Conditions: Perfect

High Jump

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|------------------|-----|
| 3. Dade Larsen | 6'0 |
| 6. Tre' Johnson | 5'8 |
| 7. Trent Krogman | 5'8 |

Fantastic start to the year! Dade PRs by 8"! Incredible! Tre' and Trent start where they left off last year. Keep working!

Shot Put

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|--------------------|--------|
| 1. Caiden Fredrick | 55'7 |
| 5. Kael Nauslar | 44'9.5 |
| 6. Henri Supenski | 44'5.5 |

Caiden gets the win and Kael and Henri place! This group needs to continue getting better. Competition with your teammates will push you to do great things!

Pole Vault

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|-------------------|----|
| - Michael Johnson | NH |
|-------------------|----|

Bad days happen. Better now than later. Learn from it!

Discus

Too cold, no competition

Long Jump

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|--------------------|---------|
| 8. Tre' Johnson | 19'2.25 |
| 13. Alex Patterson | 17'0.5 |

Neither could find the board and that is on your coach. Both show promise and marks will improve. Alex PRs in his first LJ competition!

Triple Jump

NO ENTRANTS

4x800 Meter Relay

*Splits on back

- | | |
|------------------|---------|
| 1. PAPIO SOUTH | 8:28.29 |
| - Michael Stamps | |
| Victor Garza | |
| Noah Ryan | |
| John Strabla | |

Great job by this group! We ran solid splits and did not panic when were behind. A lot of positives to take from this race!

1600 Meter Run

*Splits on back

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|------------------|---------|
| 5. Bo Crews | 4:32.52 |
| 8. Xavier Mallow | 4:38.77 |
| 9. Caden Miser | 4:39.08 |

This was an incredible race with some serious competition! All 3 run solid PRs! Caden went out hard and took a chance! Xavier closed hard! Find a balance!

400 Meter Dash

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|-----------------|-------|
| 12. Cael Mensah | 57.31 |
| 13. Owen Fox | 57.52 |

Owen runs faster than he did last year. This group will need to train better to run better times.

200 Meter Dash

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|---------------------|-------|
| 4.. Anthony Jones | 23.51 |
| 8. Reece Santamaria | 24.17 |
| 14. Max Niyya | 25.36 |
- Anthony runs fantastic to get 4th! Reece gets his first taste of varsity competition and runs a great race! Keep working hard and results will come!**

800 Meter Run

*Splits on back

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|-------------------|---------|
| 4. Quin Karas | 2:02.52 |
| 10. Henry Stamps | 2:13.09 |
| 11. Kaden Hawkins | 2:14.38 |

Quin runs the fastest 800 in school history! Henry has to run by himself and Kaden learns a good lesson against tough competition. We'll continue to get better!

60 Meter Hurdles

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|-------------------|-----------|
| 6. Matt Valenta | 9.10/9.04 |
| 12. Albert Brooks | 10.02/DNQ |
| 13. Kade Wilson | 12.36/DNQ |

Excellent hurdle season debuts for Matt and Albert! Matt runs 8th fastest time in Titan History for 6th! Albert gets his first taste of varsity competition and runs well! Kade had a hurdle knocked into his lane.

60 Meter Dash

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|------------------|-----------|
| 4. Anthony Jones | 7.05/6.98 |
| 16. Eli Quelette | 7.46/DNQ |
| 18. Gabe Kugler | 7.68/DNQ |

Great day for Anthony! NEW SCHOOL RECORD!! Eli and Gabe learn that blocks are important in such a short race

3200 Meter Run

*Splits on back

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|-------------------|----------|
| 3. John Fiedler | 10:07.98 |
| 6. Drew Schuler | 10:34.14 |
| 8 Dalan Hochstein | 11:19.89 |
- John and Drew get 3rd and 6th. Dalan gains great race experience! We cannot just let people go. Stay on their hip and let them pull us around the track.**

4x400 Meter Relay

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|------------------|---------|
| 3. PL South | 3:40.74 |
| Matt Valenta | 54.2 |
| Reece Santamaria | 55.7 |
| Michael Stamps | 56.2 |
| Quin Karas | 54.7 |

Your coach messed up and put us in the slow heat. It would have been interesting to find out how we would have competed against the faster heat. Great time running by ourselves! This group can be special this year!

TEAM SCORES

- | | |
|-----------------|-----|
| 1. Prep | 101 |
| 2. Millard West | 90 |
| 3. O. Westside | 83 |
| 4. Elk. South | 71 |
| 5. Papiro South | 59 |
| 6. O. Burke | 16 |
| 7. O. South | 0 |

Varsity Record: 2-4

It was very interesting seeing how we stack up against those teams around the metro. They have some talented kids, but so do we. We need to improve as the year goes on to see if we can close the gap or surpass those kids before metros. I thought we competed with great intensity and I saw almost all of you cheering on your teammates. We can still get better at this!

4 x 800m relay					
Leg	Athlete	200m	400m	600m	800m
1	Michael Stamps	30	61 (31)	1:32 (31)	2:04.5 (32.5)
2	Victor Garza	30	61 (31)	1:32 (31)	2:05.1 (33.1)
3	Noah Ryan	31	62 (31)	1:35 (33)	2:09.5 (34.5)
4	John Strabala	29	61 (32)	1:35 (34)	2:09.1 (34.1)

Overall Place : 1	Time: 8:28.29
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3200m									
Place	Athlete	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
3	John Fiedler	71	2:22 (71)	3:37 (75)	4:53 (76)	6:13 (80)	7:33 (80)	8:54 (81)	10:07.98 (74)
6	Drew Schuler	73	2:28 (75)	3:46 (78)	5:07 (81)	6:29 (82)	7:51 (82)	9:13 (82)	10:34.14 (81)
8	Dalan Hochstein	73	2:28 (75)	3:56 (88)	5:23 (87)	6:52 (89)	8:22 (90)	9:54 (92)	11:19.89 (86)

1600m					
Place	Athlete	400m	800m	1200m	1600m
5	Bo Crews	64	2:15 (69)	3:25 (70)	4:32.52 (67)
8	Xavier Mallow	66	2:19 (72)	3:32 (73)	4:38.77 (66)
9	Caden Miser	65	2:16 (71)	3:29 (73)	4:39.08 (70)

800m					
Place	Athlete	200m	400m	600m	800m
4	Quin Karas	29	59 (30)	1:31 (32)	2:02.52 (31)
10	Henry Stamps	31	63 (32)	1:37 (34)	2:13.09 (36)
11	Kaden Hawkins	31	63 (32)	1:37 (35)	2:14.38 (36)