**Millard South Invite**

Friday, April 7th at Buell Stadium

Conditions: temps in the upper 60s, winds from the S at 15-25 mph

**Discus**

1. Caiden Fredrick 179’10

5. Kael Nauslar 135’6

10. Matt Thompson 128’2

***Caiden throws solid to win the competition by 15’. Kael throws consistently to get 5th! Congrats guys!***

**Pole Vault**

5. Michael Johnson 11’6

***Michael steps up a little and competes well! A few minor adjustments and we are ready to fly!***

**High Jump**

6. Tre’von Johnson 5’10

8. Dade Larsen 5’8

9. Trent Krogman 5’6

***A bit of a struggle on the high jump apron. There is a lot left in this group! Keep working!***

**Long Jump**

12. Tre’von Johnson 19’0

22. Gavin Hoffmann 18’0.5

29. Alex Patterson 15’10.5

***Tre’ has a couple of good jumps. Gain jumps ok. We need to warm up better with this group!***

**Shot put**

**1. Caiden Fredrick 62’10.75**

5. Kael Nauslar 43’8.5

12. Henri Supenski 43/11

***Caiden drops a MASSIVE BOMB to set a new PR, School Record and #10- all time in NEBRASKA History! Kael competes well to get 5th!***

**Triple Jump**

24. Alex Patterson 33’2.5

***We’ll get better at this meet!***

**4x800 Relay**

**\*Splits on back**

1. Papio South 8:09.29

***This group got after it! Very proud of how they got out and stayed in front! We had several great splits and we are trending in the right direction! This was a great way to start us off on the track!***

**110 m Hurdles**

8. Matt Valenta 16.76/16.49

17. Kade Wilson 17.67/DNQ

***Matt runs a PR to get a medal! Kade also PRs! Love the direction of this group***

**100 m Dash**

3. Anthony Jones 10.95/10.94

15. Tre’von Johnson 11.41/DNQ

30. Cael Mensah 11.88/DNQ

***Anthony gets 3rd with the 5th fastest time in Titan History! Tre’ runs a massive PR to solidify his spot on the 4x1 relay!***

**400 m Dash**

6. Cam Ralston 52.18

7. Reece Santamaria 52.38

28. Owen Fox 56.14

***All 3 run PRs at a tough meet. Cam’s time is just .2 from the all-time top 10! Reece breaks the all-time 9th grade record once held by Jameson Allen!***

**3200 m Run**

**\*Splits on back**

7 John Fiedler 10:03.38

10. Noah Ryan 10:11.37

***Outstanding effort by these 2! John runs solid for the 1st time this year and Noah drops a HUGE PR!***

**200 m Dash**

3. Anthony Jones 22.67/22.64

14. Eli Quelette 23.47/DNQ

29. Max Niiya 24.68/DNQ

***Anthony runs near his PR to get 3rd! Eli and Max stay solid.***

**800 m Run**

**\*Splits on back**

4. Michael Stamps 2:03.83

7. Mason Langabee 2:06.43

10. John Strabala 2:07.50

***Michael has his best bounce back race to run an open PR! Mason gets his first taste of varsity competition and earns a medal! John also PRs!***

**300 m Hurdles**

5. Matt Valenta 42.28

24. Khamari Williams 46.21

28. Albert Brooks 47.96

***All 3 get out great! Matt takes 5th and Khamari and Albert both PR! Great job guys!***

**1600 m Run**

**\*Splits on back**

5. Bo Crews 4:26.72

8. Caden Miser 4:29.51

9. Quin Karas 4:30.29

***ALL 3 run HUGE PRs! Bo’s time is 5th fastest in school history! Caden’s is 7th fastest and Quin’s is 10th fastest in school history! Unbelievable effort!***

**4x100 Relay**

8. PL South 44.75

Tre’von Johnson

Anthony Jones

Max Niiya

Eli Quelette

***We need to be better with this race.***

**4x400 Relay**

3. PL South 3:31.22

Reece Santamaria- 52.8

Cam Ralston- 51.5

Cael Mensah- 53.1

Xavier Mallow- 53.7

***This group runs the fastest time of the year. Cam runs the 14th fastest split in school history! Xavier gets his first taste of the 400!***



**TEAM SCORES**

1. Mill. South 101

2. **PL SOUTH** **89**

3. Gretna 78

4. Mill. North 76.5

5. Bell. West 61

6. SF Lincoln 49.5

7. Fremont 48

7. Monarchs 48

9. Lin. Northstar 42

10. Lin. Southeast 36

11. O. Burke 32

12. Lin. Northeast 2

***For this meet, we wanted to challenge you in different ways. Some of you increased your workload and others ran events different from what they usually run. The effort and grit that we showed was incredible to watch. Each one of you should be very happy with your efforts. We saw times come down almost across the board.***

***Without trying to win the meet, we gave Millard South all they wanted. This was an outstanding performance. The effort you showed will only help as we gear towards the end of the year. Keep improving and working hard in practice and we’ll be right where we need to be when it counts!***

***This meet: 10-1***

***Varsity Record: 24-8***

| ***4 x 800m relay*** | | | | | | |
| --- | --- | --- | --- | --- | --- | --- |
| ***Leg*** | ***Athlete*** | | ***200m*** | ***400m*** | ***600m*** | ***800m*** |
| ***1*** | ***Michael Stamps*** | | ***29*** | ***59 (30)*** | ***1:31 (32)*** | ***2:02.1(31)*** |
| ***2*** | ***Victor Garza*** | | ***28*** | ***57 (29)*** | ***1:28 (31)*** | ***2:01.3 (33)*** |
| ***3*** | ***Quin Karas*** | | ***28*** | ***58 (30)*** | ***1:30 (32)*** | ***2:02.7 (32)*** |
| ***4*** | ***Xavier Mallow*** | | ***28*** | ***59 (31)*** | ***1:31 (32)*** | ***2:03.1 (32)*** |

| ***Overall Place: 1*** | ***Time: 8:09.29*** |
| --- | --- |

| ***3200m*** | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Athlete*** | ***400m*** | | ***800m*** | ***1200m*** | ***1600m*** | ***2000m*** | ***2400m*** | ***2800m*** | ***3200m*** |
| ***John Fiedler*** | ***76*** | | ***2:35 (79)*** | ***3:51 (76)*** | ***5:07 (76)*** | ***6:22 (75)*** | ***7:37 (75)*** | ***8:54 (77)*** | ***10:03.38(69)*** |
| ***Noah Ryan*** | ***77*** | | ***2:36 (79)*** | ***3:52 (76)*** | ***5:10 (78)*** | ***6:26 (76)*** | ***7:43 (77)*** | ***9:01 (78)*** | ***10:11.37 (70)*** |
|  |  | |  |  |  |  |  |  |  |

| ***800m*** | | | | | |
| --- | --- | --- | --- | --- | --- |
| ***Athlete*** | | ***200m*** | ***400m*** | ***600m*** | ***800m*** |
| ***Michael Stamps*** | | ***29*** | ***60 (31)*** | ***1:31 (32)*** | ***2:03.83 (31)*** |
| ***Mason Langabee*** | | ***30*** | ***62 (32)*** | ***1:35 (33)*** | ***2:06.43 (31)*** |
| ***John Strabala*** | | ***30*** | ***63 (33)*** | ***1:35 (32)*** | ***2:07.50 (32)*** |

| ***1600m*** | | | | | |
| --- | --- | --- | --- | --- | --- |
| ***Athlete*** | ***400m*** | | ***800m*** | ***1200m*** | ***1600m*** |
| ***Bo Crews*** | ***64*** | | ***2:13 (69)*** | ***3:20 (67)*** | ***4:26.72 (66)*** |
| ***Caden Miser*** | ***65*** | | ***2:14 (69)*** | ***3:22 (68)*** | ***4:29.51 (67)*** |
| ***Quin Karas*** | ***64*** | | ***2:13 (69)*** | ***3:21 (68)*** | ***4:30.29 (69)*** |