**100 Meters**

Eli Quelette and Gabe Kugler lead a group of 14 new PRs. We were 14/20. On a hot windy day, we can be better.

**200 Meters**

7 out of 10 racers set a PR here. We need to take advantage of warm conditions!

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**400 Meters**

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2/5 PRs in this event. A tough wind into the homestretch requires a high level of toughness to finish a race.

**800 Meters**

7/11 PRs in the 800. Cael Mensah and John Strabala went AFTER it and go 1-2. Aaron Dawson gets 6th by dropping his PR by 5 seconds! Great work, guys!

**1600 Meters**

4 out of 12 PRs. This was a great race for the Titans. We worked well together to go 1-3! Big points for us!

**3200 Meters**

NO RACE DUE TO WEATHER

**110 High Hurdles**

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Ian blows away the field and gets the win! We go 1-3 with 4 PRs!

**300 Intermediate Hurdles**

NO RACE DUE TO WEATHER

**4x100 Relay**

NO RACE DUE TO WEATHER

**4x400 Relay**

NO RACE DUE TO WEATHER

**4x800 Relay**

1. Sam Decker 9:25.12

John Strabala

Henry Stamps

Micah Lewis

This group ran very well to win by 32 seconds!

**Shot Put**

10/11 PRs is ALWAYS a great thing! We also go 2-3-4 in a heated competition for a varsity spot. Keep competing!

**Discus**

4 PRs and a 1-2 finish for Austin and Matt! Matt moves up to #16 all-time in Titan History and Austin joins the all-time top 20 with his performance!

**High Jump**

We did ok here. We pick up 2 PRs, but we can and will do better. Warm weather should equal better jumps.

**Pole Vault**

NO ENTRIES

**Long Jump**

2 PRs and Tre’ ties his PR to get 3rd! We have to learn to trust our approach so we can be aggressive with it.

**Triple Jump**

NO ENTRY

TEAM RESULTS

O. Burke 161

**PAPIO SOUTH 144**

O. Westside 72

O. Benson 6

We FINALLY get a warm day, and it gets shortened by a nasty thunderstorm. We might have had a chance to win it with the 300 hurdles yet to be ran. I’m happy with the guys that have started to make serious improvements in performance. Keep working hard in practice and results will come. Stopwatches and tape measures don’t lie!