

Springfield Running Center - 8/2/2014
Glenwood High School
Results

Event 1 Women 100 Meter Dash

Name	Year Team	Seed	Finals	Wind
Finals				
1 Mariah Woods	Five Alive	12.38	12.80	0.5
2 Laylah Wilks	Five Alive	13.50	13.26	0.5
3 Erin Roesch	SRC	12.90	13.79	0.5
4 McKenzie Swope	SRC		14.39	0.5
5 Thara Nallamothu	SRC		16.31	0.5

Event 2 Men 100 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Dontae Adams	Five Alive	10.80	11.07	1.2	1
2 Tristan Blair	SRC	10.93	11.39	1.2	1
3 Desmond Berdell	Five Alive	11.40	11.64	1.2	1
4 Keith Wilson	SRC	11.40	11.67	1.2	1
5 Dominick Pickens	SRC	11.28	11.71	1.2	1
6 Jemeal Hall	SRC	11.20	11.73	1.2	1
7 Joel Thomas	SRC	11.20	11.81	1.2	1
8 Jake Wayda	SRC	12.00	12.33	0.6	2
9 George Wayda	SRC		12.36	0.6	2

Event 3 Mixed 1500 Meter Run

Name	Year Team	Seed	Finals
1 Justin Stewart	M SRC	3:59.00	4:19.84
50.68 (50.68)	1:58.09 (1:07.41)	3:08.64 (1:10.55)	4:19.84 (1:11.20)
2 Tyler Jones	M SRC	4:30.00	4:32.53
52.39 (52.39)	2:04.21 (1:11.83)	3:18.46 (1:14.26)	4:32.53 (1:14.07)
3 Joshua Cable	M SRC	4:30.00	4:34.69
51.92 (51.92)	2:03.90 (1:11.99)	3:18.78 (1:14.88)	4:34.69 (1:15.92)
4 Paul Giganti	M SRC	4:51.00	4:44.49
53.81 (53.81)	2:07.83 (1:14.02)	3:25.97 (1:18.15)	4:44.49 (1:18.52)
5 Randy Thoroman	M SRC	5:25.00	4:58.55
55.37 (55.37)	2:13.00 (1:17.63)	3:36.03 (1:23.03)	4:58.55 (1:22.53)
6 Kelly Fox	W SRC	6:20.00	5:08.14
58.60 (58.60)	2:20.56 (1:21.96)	3:45.69 (1:25.13)	5:08.14 (1:22.46)
7 Katelyn Halligan	W SRC		6:09.64
1:04.75 (1:04.75)	2:47.58 (1:42.84)	4:31.76 (1:44.18)	6:09.64 (1:37.88)
8 Cameron Fairbanks	M SRC	6:00.00	6:17.46
1:07.22 (1:07.22)	2:53.21 (1:46.00)	4:40.32 (1:47.11)	6:17.46 (1:37.15)
9 Tracy Bremerkamp	W SRC		6:20.21
1:07.51 (1:07.51)	2:53.10 (1:45.59)	4:41.64 (1:48.55)	6:20.21 (1:38.58)
10 Monet Jennings	W Five Alive	6:45.00	6:25.86
1:01.66 (1:01.66)	2:50.60 (1:48.94)	4:41.66 (1:51.07)	6:25.86 (1:44.21)

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Event 4 Women 400 Meter Dash

Name	Year Team	Seed	Finals
1 Laylah Wilks	Five Alive	1:05.12	1:05.41
2 Mariah Woods	Five Alive	1:02.50	1:06.67
3 Katelyn Halligan	SRC		1:16.24
4 Susan Becker	SRC		1:29.00

Event 5 Men 400 Meter Dash

Name	Year Team	Seed	Finals
1 Trevor Dowell	SRC	49.00	51.42
2 Keith Wilson	SRC	51.30	53.12
3 Dontae Adams	Five Alive	53.80	55.52
4 Desmond Berdell	Five Alive		55.93
5 Len Rideout	SRC	1:30.00	1:17.91

Event 6 Mixed 4x800 Meter Relay

Team	Seed	Finals
1 Springfield Running Center 'E'		8:45.62
1) Daniel Plunkett	2) David Plunkett	
1:03.36 (1:03.36)	2:06.23 (1:02.88)	3:04.14 (57.92)
5:15.06 (1:02.22)	6:31.08 (1:16.02)	7:33.60 (1:02.52)
8:45.62 (1:12.03)		
2 Springfield Running Center 'A'	13:00.00	9:27.34
1) Justin Hollinshead	2) Grant Kaiser	
3) Landon Skelly	4) Ryan Riedesel	
1:05.83 (1:05.83)	2:14.30 (1:08.47)	3:17.21 (1:02.92)
5:49.37 (1:21.84)	7:06.78 (1:17.41)	8:14.88 (1:08.11)
9:27.34 (1:12.47)		
3 Springfield Running Center 'C'		10:52.54
1) Kate Petty	2)	
1:14.02 (1:14.02)	2:34.53 (1:20.51)	3:53.15 (1:18.62)
6:35.09 (1:11.31)	7:59.10 (1:24.02)	9:20.38 (1:21.29)
10:52.54 (1:32.17)		
4 Springfield Running Center 'D'	11:30.00	12:20.45
1) Emily Wendel	2)	
1:21.02 (1:21.02)	2:49.81 (1:28.79)	4:16.59 (1:26.79)
7:27.36 (1:39.06)	9:26.25 (1:58.89)	10:48.43 (1:22.19)
12:20.45 (1:32.02)		

Event 7 Women 200 Meter Dash

Name	Year Team	Seed	Finals	Wind
1 Mariah Woods	Five Alive	25.90	26.82	0.7
2 Laylah Wilks	Five Alive	27.05	27.72	0.7
3 Erin Roesch	SRC	27.30	28.95	0.7
4 McKenzie Swope	SRC		29.37	0.7
5 Linda Castor	SRC	35.00	33.64	0.7
6 Heather Dunn	SRC	35.00	40.73	0.7



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Event 8 Men 200 Meter Dash

Name	Year Team	Seed	Finals	Wind	H#
1 Dontae Adams	Five Alive	21.80	22.49	1.3	1
2 Tristan Blair	SRC	23.07	22.87	1.3	1
3 Trevor Dowell	SRC	23.00	23.27	1.3	1
4 Desmond Berdell	Five Alive	23.10	23.42	1.3	1
5 Joel Thomas	SRC	22.90	23.59	1.3	1
6 Keith Wilson	SRC	21.71	23.61	1.3	1
7 Jemeal Hall	SRC	22.90	24.20	1.3	1
8 George Wayda	SRC		24.43	1.8	2
9 Jake Wayda	SRC	24.50	24.99	1.8	2
10 Ryan Dunn	SRC	30.00	34.60	1.8	2

Event 9 Women 800 Meter Run

Name	Year Team	Seed	Finals
1 Jessica Larson	SRC	2:45.00	2:50.86
1:26.97 (1:26.97)	2:50.86 (1:23.89)		
2 Katelyn Halligan	SRC		3:00.05
1:27.35 (1:27.35)	3:00.05 (1:32.71)		
3 Monet Jennings	Five Alive		3:12.82
1:31.16 (1:31.16)	3:12.82 (1:41.66)		
4 Susan Becker	SRC		3:27.78
1:41.09 (1:41.09)	3:27.78 (1:46.69)		

Event 10 Men 800 Meter Run

Name	Year Team	Seed	Finals
1 David Plunkett	SRC		2:07.85
1:02.18 (1:02.18)	2:07.85 (1:05.68)		
2 Joshua Cable	SRC		2:08.59
1:02.89 (1:02.89)	2:08.59 (1:05.70)		
3 Justin Hollinshead	SRC		2:22.12
1:08.78 (1:08.78)	2:22.12 (1:13.34)		
4 Ryan Riedesel	SRC		2:35.57
1:15.55 (1:15.55)	2:35.57 (1:20.03)		

Event 11 Mixed Distance Medley

Team	Seed	Finals
1 Springfield Running Center 'D'	11:50.00	12:18.27
1) Lindsay Rogers	2)	
1:10.87 (1:10.87)	2:24.81 (1:13.95)	3:41.25 (1:16.44)
6:12.25 (1:18.62)	7:36.10 (1:23.86)	8:44.61 (1:08.51)
11:08.07 (1:12.68)	12:18.27 (1:10.20)	9:55.40 (1:10.79)

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....Event 11 Mixed Distance Medley

2 Springfield Running Center 'C'	13:13.86
1) Kelly Fox	2)
1:13.73 (1:13.73)	2:33.65 (1:19.92)
6:27.71 (1:17.08)	7:44.90 (1:17.19)
11:53.44 (1:26.17)	13:13.86 (1:20.43)
3 Five Alive Blazers Track Club 'A'	13:53.14
1) Dontae Adams	2) Desmond Berdell
3) Laylah Wilks	4) Mariah Woods
1:14.03 (1:14.03)	2:38.69 (1:24.66)
7:06.12 (1:37.11)	8:43.91 (1:37.79)
12:35.08 (1:21.46)	13:53.14 (1:18.06)
4 Springfield Running Center 'A'	13:53.24
1) Bernadette Tournoux	2)
1:27.82 (1:27.82)	3:02.75 (1:34.94)
7:15.66 (1:19.58)	8:37.44 (1:21.78)
12:35.79 (1:22.80)	13:53.24 (1:17.45)

Event 12 Mixed 3000 Meter Run

Name	Year Team	Seed	Finals
1 Justin Stewart	M SRC		9:12.48
39.09 (39.09)	1:54.75 (1:15.67)	3:07.75 (1:13.00)	4:20.16 (1:12.41)
5:32.44 (1:12.29)	6:45.49 (1:13.05)	7:59.74 (1:14.26)	9:12.48 (1:12.74)
2 Rob Kirby	M SRC		9:38.08
39.41 (39.41)	1:55.14 (1:15.73)	3:09.81 (1:14.67)	4:25.80 (1:16.00)
5:43.48 (1:17.68)	7:02.68 (1:19.21)	8:21.31 (1:18.64)	9:38.08 (1:16.77)
3 Jared Owens	M SRC	11:00.00	10:35.16
40.87 (40.87)	2:05.58 (1:24.71)	3:30.96 (1:25.39)	4:55.19 (1:24.23)
6:19.63 (1:24.45)	7:46.02 (1:26.40)	9:13.09 (1:27.07)	10:35.16 (1:22.07)
4 Greg Bennett	M SRC	12:00.00	12:04.61
45.58 (45.58)	2:21.21 (1:35.63)	3:56.77 (1:35.57)	5:30.36 (1:33.59)
7:05.69 (1:35.33)	8:46.35 (1:40.67)	10:28.58 (1:42.23)	12:04.61 (1:36.04)
5 Kerraline Wurl	W SRC	12:00.00	12:04.69
45.58 (45.58)	2:21.20 (1:35.63)	3:56.80 (1:35.60)	5:30.39 (1:33.60)
7:05.83 (1:35.44)	8:46.55 (1:40.73)	10:29.06 (1:42.52)	12:04.69 (1:35.63)
6 Ron Yoakum	M SRC		12:39.22
45.99 (45.99)	2:22.05 (1:36.06)	3:59.68 (1:37.63)	5:38.89 (1:39.21)
7:22.75 (1:43.86)	9:11.89 (1:49.14)	11:00.86 (1:48.97)	12:39.22 (1:38.37)
7 Colleen Gleason	W SRC	13:00.00	12:57.99
49.67 (49.67)	2:32.84 (1:43.17)	4:15.00 (1:42.16)	5:58.23 (1:43.24)
7:42.88 (1:44.66)	9:28.57 (1:45.69)	11:16.03 (1:47.46)	12:57.99 (1:41.96)
8 Thara Nallamotheu	W SRC	13:00.00	13:13.37
50.19 (50.19)	2:33.47 (1:43.28)	4:15.84 (1:42.38)	6:02.29 (1:46.45)
7:52.56 (1:50.27)	9:45.75 (1:53.19)	11:38.05 (1:52.31)	13:13.37 (1:35.33)
9 Emily Wendel	W SRC		13:13.90
49.79 (49.79)	2:32.89 (1:43.10)	4:15.07 (1:42.19)	6:01.56 (1:46.49)
7:54.67 (1:53.12)	9:47.63 (1:52.96)	11:40.19 (1:52.56)	13:13.90 (1:33.72)



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....Event 12 Mixed 3000 Meter Run

10 Cameron Fairbanks	M SRC			13:00.00	14:05.52		
	53.92 (53.92)	2:43.42 (1:49.51)		4:34.28 (1:50.87)	6:28.94 (1:54.66)		
	8:23.99 (1:55.05)	10:28.66 (2:04.67)		12:27.69 (1:59.03)	14:05.52 (1:37.83)		

Event 13 Mixed 4x400 Meter Relay

Team	Seed	Finals
1 Springfield Running Center 'A'	5:00.00	4:53.72
1) Stephen Paca		2)
2 Springfield Running Center 'B'		5:09.93
1) Linda Castor		2)

