

**CHS Indoor Track Meet Summary 2009-10**

**GIRLS**

**(Bold = Personal Best Performance; Italics = Unofficial Time)**

<u>EVENTS</u>	<u>TIME/ DISTANCE</u>	<u>PLACE</u>	<u>DATE</u>	<u>MEET</u>
<b><u>55 METER HURDLES</u></b>				
Irby, Shannon	<i>11.44</i>		<i>12-10-09</i>	<i>PG Invite</i>
	<b>11.01</b>		<b>12-30-09</b>	<b>Friends</b>
	11.13		1-4-10	Calvert
	11.35		1-23-10	SMAC
Yates, Courtney	<i>10.04</i>		<i>12-10-09</i>	<i>PG Invite</i>
	10.05		12-30-09	Friends
	15.95		1-4-10	Calvert
	<b>9.79</b>	<b>6<sup>th</sup></b>	<b>1-18-10</b>	<b>St. Mary's</b>
	9.83		1-23-10	SMAC
	9.86		2-15-10	Regions
	<b>9.68</b>		<b>2-22-10</b>	<b>States</b>
<b><u>200 METERS (*RELAYS: 2:12.20; 2:10.93; 2:12.28; 2:20.69; 2:11.32; 2:18.30)</u></b>				
Armingier, Ashley	34.75*		1-4-10	Calvert
	<b>32.27*</b>		<b>1-8-10</b>	<b>St. Mary's</b>
	32.95*		1-23-10	SMAC
	37.02*		2-15-10	Regions
Baxtrom, Jessica	38.25*		1-8-10	St. Mary's
Irby, Shannon	29.08*		12-10-09	PG Invite
	30.51*		12-30-09	Friends
	30.30*		1-4-10	Calvert
	30.29*		1-23-10	SMAC
Yates, Courtney	33.22*		12-10-09	PG Invite
	<b>32.12*</b>		<b>12-30-09</b>	<b>Friends</b>
	<b>31.84*</b>		<b>1-4-10</b>	<b>Calvert</b>
	<b>30.75*</b>		<b>1-8-10</b>	<b>St. Mary's</b>
	<b>30.67*</b>		<b>1-23-10</b>	<b>SMAC</b>
Roberson, Amanda	38.53*		1-8-10	St. Mary's
	<b>37.04*</b>		<b>1-23-10</b>	<b>SMAC</b>
	<b>37.02*</b>		<b>2-15-10</b>	<b>Regions</b>

Yeatman, Katherine	34.50* <b>33.20*</b>	1-4-10 <b>2-15-10</b>	Calvert <b>Regions</b>
Yeatman, Cindy	34.68* <b>34.04*</b> 34.10*	12-10-09 <b>12-30-09</b> 2-15-10	PG Invite <b>Friends</b> Regions

### **300 METER DASH**

Irby, Shannon	50.44 <b>49.96</b> <b>49.48</b>	12-30-09 <b>1-4-10</b> <b>1-23-10</b>	Friends <b>Calvert</b> <b>SMAC</b>
Yates, Courtney	52.68 52.95	12-30-09 1-23-10	Friends SMAC

### **500 METER DASH**

Baxtrom, Jessica	1:47.24 1:53.58 1:58.45 1:54.65 1:47.97	12-10-09 12-30-09 1-4-10 1-8-10 1-23-10	PG Invite Friends Calvert St. Mary's SMAC
Roberson, Amanda	1:52.17 <b>1:50.19</b> <b>1:46.21</b>	1-4-10 <b>1-23-10</b> <b>2-15-10</b>	Calvert <b>SMAC</b> <b>Regions</b>
Yeatman, Katherine	1:38.24 1:41.96 1:41.92 1:52.54	12-10-09 12-30-09 1-4-10 1-8-10	PG Invite Friends Calvert St. Mary's

### **800 METERS (\*RELAYS: 12:25.85; 12:13.60; 13:06.17; 12:30.47)**

Armingier, Ashley	3:10* <b>3:07</b> 3:12* 3:09* <b>3:08.82</b> <b>3:04.44*</b> 3:12.08 3:14.24	12-10-09 <b>12-10-09</b> 12-30-09 1-4-10 <b>1-4-10</b> <b>1-8-10</b> 1-8-10 2-15-10	PG Invite <b>PG Invite</b> Friends Calvert <b>Calvert</b> <b>St. Mary's</b> St. Mary's Regions
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Baxtrom, Jessica	3:19*		12-10-09	PG Invite
	3:27*		12-30-09	Friends
	3:37*		1-4-10	Calvert
	3:29.87*		1-8-10	St. Mary's
Roberson, Amanda	3:15		12-10-09	PG Invite
	3:27*		1-4-10	Calvert
	3:21.56*		1-8-10	St. Mary's
	<b>3:12.89</b>		<b>1-8-10</b>	<b>St. Mary's</b>
	<b>3:05.90</b>		<b>1-23-10</b>	<b>SMAC</b>
Parris, Caroline	2:39.18*		12-30-09	Friends
	<b>2:32.51</b>	<b>3<sup>rd</sup></b>	<b>1-4-10</b>	<b>Calvert</b>
	2:34.10		1-8-10	St. Mary's
<i>Yeatman, Cindy</i>	<b>2:48*</b>		<b>12-10-09</b>	<b>PG Invite</b>
	2:55*		12-30-09	Friends
	2:50*		1-4-10	Calvert
	254.28		1-23-10	SMAC
Yeatman, Katherine	3:06*		12-10-09	PG Invite
	3:17.12		1-4-10	Calvert

### **1600 METERRUN**

Arminger, Ashley	6:45.20		12-30-09	Friends
	7:00.71		1-8-10	St. Mary's
	6:48.99		1-23-10	SMAC
Parris, Caroline	5:40.73		12-30-09	Friends
	5:42.67	1 <sup>st</sup>	1-4-10	Calvert
	<b>5:32.93</b>	<b>2<sup>nd</sup></b>	<b>1-23-10</b>	<b>SMAC</b>
	5:38.01	1 <sup>st</sup>	2-15-10	Regions
	5:39.96	6 <sup>th</sup>	2-22-10	States
Yeatman, Cindy	6:17		12-10-09	PG Invite
	6:32.94		1-8-10	St. Mary's
	6:18.59		1-23-10	SMAC
	<b>6:10.18</b>	<b>4<sup>th</sup></b>	<b>2-15-10</b>	<b>Regions</b>
	<b>6:02.62</b>		<b>2-22-10</b>	<b>States</b>

**3200 METER RUN**

Parris, Caroline	<b>12:21.11</b>	<b>1<sup>st</sup></b>	<b>1-8-10</b>	<b>St. Mary's</b>
	12:45.83		1-23-10	SMAC
	12:31.53		2-15-10	Regions
Yeatman, Cindy	13:38.87	6 <sup>th</sup>	1-4-10	Calvert

**LONG JUMP**

**TRIPLE JUMP**

**HIGH JUMP**

Yates, Courtney	4-8		12-10-09	PG Invite
	NH		12-30-09	Friends
	4-4		1—8-10	St. Mary's
	4-4		1-23-10	SMAC
	4-6	4 <sup>th</sup>	2-15-10	Regions

**SHOT PUT**

**CHS Indoor Track Meet Summary 2009-10  
BOYS**

(Bold= Personal Best Performance; *Italics= Unofficial Time*)

<u>EVENTS</u>	<u>TIME/ DISTANCE</u>	<u>PLACE</u>	<u>DATE</u>	<u>MEET</u>
<b><u>55 METER DASH</u></b>				
Cooke, Torez	7.19		1-8-10	St. Mary's
	7.26		1-23-10	SMAC
	<b>7.12</b>		<b>2-15-10</b>	<b>Regions</b>
Edwards, Jeontae	7.04		<i>12-10-09</i>	<i>PG Invite</i>
	<b>6.84</b>	5 <sup>th</sup>	<b>1-4-10</b>	<b>Calvert</b>
	6.95		1-8-10	St. Mary's
Jones, Tyrone	8.24		<i>12-10-09</i>	<i>PG Invite</i>
	<b>7.70</b>		<b>1-8-10</b>	<b>St. Mary's</b>
<b><u>200 METERS (*RELAY: 1:40.54; 1:49.88; 1:45.50; 1:41.07; 1:49.78; 1:40.98)</u></b>				
Cooke, Torez	25.40*		12-10-09	PG Invite
	?		1-4-10	Calvert
	<b>24.71*</b>		<b>1-8-10</b>	<b>St. Mary's</b>
	25.38*		2-15-10	Regions
Dang, Victor	29.32*		12-30-09	Friends
	31.83*		1-23-10	SMAC
Edwards, Jeontae	24.66*		12-10-09	PG Invite
	24.69*		1-08-10	St. Mary's
Harmon, Donnie	27.68*		12-30-09	Friends
	<b>27.13*</b>		<b>1-23-10</b>	<b>SMAC</b>
	<b>26.82*</b>		<b>2-15-10</b>	<b>Regions</b>
Howe, Tyler	25.90*		12-10-09	PG Invite
	<b>25.38*</b>		<b>12-30-09</b>	<b>Friends</b>
	27.30*		1-8-10	St. Mary's
	26.07*		1-23-10	SMAC
	<b>25.28*</b>		<b>2-15-10</b>	<b>Regions</b>
Jones, Tyrone	?		1-4-10	Calvert

Stuphin, Kyle	27.50* <b>26.96*</b>	12-30-09 <b>1-4-10</b>	Friends <b>Calvert</b>
Washington, Teddy	24.58* 25.10* <b>24.01*</b> 24.31* 25.28*	12-10-09 1-4-10 <b>1-8-10</b> 1-23-10 2-15-10	PG Invite Calvert <b>St. Mary's</b> SMAC Regions

### **300 METER DASH**

Cooke, Torez	40.16 <b>39.91</b> 40.32 40.35	1-4-10 <b>1-8-10</b> 1-23-10 2-15-10	Calvert <b>St. Mary's</b> SMAC Regions
Edwards, Jeontae	41.39	1-8-10	St. Mary's
Howe, Tyler	<i>41.34</i>	<i>12-30-09</i>	<i>Friends</i>
Gardner, Ray	<i>45.94</i>	<i>12-30-09</i>	<i>Friends</i>
Washington, Teddy	38.85 <b>38.36</b> <b>38.34</b>	1-23-10 <b>2-15-10</b> <b>2-22-10</b>	SMAC <b>Regions</b> <b>States</b>

4<sup>th</sup>

### **500 METER DASH**

Gardner, Ray	1:32.30	1-4-10	Calvert
Harmon, Donnie	1:26.34 <b>1:23.16</b> <b>1:21.10</b>	1-8-10 <b>1-23-10</b> <b>2-15-10</b>	St. Mary's <b>SMAC</b> <b>Regions</b>
Howe, Tyler	1:23.07	1-23-10	SMAC
Larson, David	<i>1:32.24</i> 1:40.29 1:34.39 1:39.13 1:37.71	<i>12-10-09</i> 12-30-09 1-4-10 1-8-10 1-23-10	<i>PG Invite</i> Friends Calvert St. Mary's SMAC
Stuphin, Kyle	1:26.75 <b>1:20.99</b>	12-30-09 <b>1-8-10</b>	Friends <b>St. Mary's</b>

**800 METER RUN ( \*RELAY: DNF; 10:08.34; 9:58.50; 10:11.65**

Dang, Victor	2:35*	12-10-09	PG Invite
	2:39	12-10-09	PG Invite
	2:37*	12-30-09	Friends
	<b>2:30.97*</b>	<b>1-4-10</b>	<b>Calvert</b>
	2:34.79*	1-8-10	St. Mary's
	2:39.24	1-8-10	St. Mary's
	2:34.99	1-23-10	SMAC
	<b>2:29.62</b>	<b>2-15-10</b>	<b>Regions</b>
Gardner, Ray	2:47	12-10-09	PG Invite
	2:52.07	1-8-10	St. Mary's
Harmon, Donnie	2:29*	12-10-09	PG Invite
	<b>2:26*</b>	<b>12-30-09</b>	<b>Friends</b>
	2:30.47*	1-4-10	Calvert
	<b>2:26.64*</b>	<b>1-8-10</b>	<b>St. Mary's</b>
Howe, Tyler	2:38.24*	1-8-10	St. Mary's
Kruder, Nathaniel	2:21.68*	12-30-09	Friends
	2:22.86*	1-4-10	Calvert
Reid, Jason	2:35*	12-10-09	PG Invite
	2:39.09	1-8-10	St. Mary's
Stuphin, Kyle	DNF*	12-10-09	PG Invite
	2:42*	12-30-09	Friends
	<b>2:33.96*</b>	<b>1-4-10</b>	<b>Calvert</b>
	<b>2:31.62*</b>	<b>1-8-10</b>	<b>St. Mary's</b>

**1600 METER RUN**

Harmon, Donnie	5:41	12-10-09	PG Invite
Gardner, Ray	6:04.03	1-8-10	St. Mary's
	6:10.09	1-23-10	SMAC
	6:22.05	2-15-10	Regions
<b>Kruder, Nathaniel</b>	<b>5:18.52</b>	<b>12-30-09</b>	<b>Friends</b>
	<b>5:09.61</b>	<b>1-23-10</b>	<b>SMAC</b>
	5:13.59	2-15-10	Regions

Reid, Jason	5:59	12-10-09	PG Invite
	<b>5:56.47</b>	<b>12-30-09</b>	<b>Friends</b>
	6:04.37	1-4-10	Calvert
	<b>5:46.63</b>	<b>1-8-10</b>	<b>St. Mary's</b>
	<b>5:43.22</b>	<b>1-23-10</b>	<b>SMAC</b>

### 3200 METER RUN

Kruder, Nathaniel	11:39.04	1-4-10	Calvert
	<b>11:24.04</b>	<b>1-23-10</b>	<b>SMAC</b>
	<b>11:14.70</b>	<b>2-15-10</b>	<b>Regions</b>

### SHOT PUT

Collins, Zack	31-9	12-10-09	PG Invite
	<b>32-2.5</b>	<b>12-30-09</b>	<b>Friends</b>
	<b>32-4.5</b>	<b>1-4-10</b>	<b>Calvert</b>
	32-2	2-15-10	Regions
	31-8	2-22-10	States

4<sup>th</sup>

Long, Chris	28-0	12-10-09	PG Invite
	27-10	12-30-09	Friends
	<b>29-9.0</b>	<b>1-4-10</b>	<b>Calvert</b>
	29-4	1-8-10	St. Mary's
	<b>31-10</b>	<b>2-15-10</b>	<b>Regions</b>

Wilson, Jaron	27-3.5	1-4-10	Calvert
	<b>28-1</b>	<b>1-8-10</b>	<b>St. Mary's</b>
	<b>28-10.75</b>	<b>1-23-10</b>	<b>SMAC</b>

Ray, Gianazzi	25-1	1-8-10	St. Mary's
	<b>28-8</b>	<b>1-23-10</b>	<b>SMAC</b>

### LONG JUMP

Edwards, Jeontae	19-3	12-10-09	PG Invite
	17-6.5	1-4-10	Calvert
	19-2	1-8-10	St. Mary's
Washington, Teddy	17-6	1-8-10	St. Mary's



## TRIPLE JUMP

Cooke, Torez	35-11 <b>38-5.0</b>	<b>3<sup>rd</sup></b>	1-8-10 <b>1-23-10</b>	St. Mary's <b>SMAC</b>
Howe, Tyler	33-7 31-10 <b>33-8.5</b> <b>34.5.0</b>		12-30-09 1-4-10 <b>1-8-10</b> <b>1-23-10</b>	Friends Calvert <b>St. Mary</b> <b>SMAC</b>
Washington, Teddy	33-6 <b>39-3</b> 39-05 39-0.5	<b>2<sup>nd</sup></b> <b>2<sup>nd</sup></b> <b>1<sup>st</sup></b>	<i>12-10-09</i> <b>1-4-10</b> 1-8-10 1-23-10	<i>PG Invite</i> <b>Calvert</b> St. Mary's SMAC