

## Calvert Indoor Track Personal Bests 2010 2011

### GIRLS

(\*)= relay split; cannot be used for seeding

*Italics = Unofficial Time; cannot be used for seeding*

Breistein, Ingeborg

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
Shot Put	18-2	1-29-11	SMAC
400m*	1:13.89*	12-28-10	<i>Friends of Indoor</i>
500m	1:32.16	1-29-11	SMAC
800m*	2:44	2-21-11	<i>States</i>
800m*	2:49* / 3 <sup>rd</sup> (6pts)	2-15-11	<i>Regionals</i>
800m*	2:51.24* / 6 <sup>th</sup> (3pts)	1-7-11	<i>St. Mary's Invite</i>
1000m	3:43.29	12-28-10	Friends of Indoor

Emerson, Alexis

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
55m	8.54	12-21-10	Charles Invite
200m*	30.84*	12-28-10	<i>Friends of Indoor</i>
400m*	1:17.10*	12-28-10	<i>Friends of Indoor</i>

Graziano, Laura

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
500m	1:53.76	12-21-10	Charles Invite

Hite, Brianna

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
200m*	30.70*	1-7-11	<i>St. Mary's Invite</i>
300m	50.54	12-17-10	Catonsville Invite
400m*	1:12.24*	12-21-10	<i>Charles Invite</i>
500m	1:36.78	1-29-11	SMAC
800m*	2:44* / 3 <sup>rd</sup> (6pts)	2-15-11	<i>Regionals</i>
800m	2:55.54 / 8 <sup>th</sup> (1pt)	12-21-10	Charles Invite
800m*	2:56.24* / 6 <sup>th</sup> (3pts)	1-7-11	<i>St. Mary's Invite</i>
1600m	5:49.36	2-21-11	States
1600m	6:00.10 / 4 <sup>th</sup> (4pts)	2-15-11	Regionals
1600m	6:15.96 / 8 <sup>th</sup> (1pt)	1-7-11	<i>St. Mary's Invite</i>

Irby, Shannon

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
55m	8.33	1-29-11	SMAC
55m Hurdles	10.94	12-21-10	Charles Invite
200m*	31.09*	2-15-11	Regionals
300m	51.64	12-21-10	Charles Invite

Mattson, Courtney

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
200m*	34.27*	1-7-11	St. Mary's Invite
300m	55.65	1-29-11	SMAC
400*	1:17.38*	1-29-11	SMAC
500m	1:41.58	12-21-10	Charles Invite
800m*	2:44.14*	2-21-11	States
800m*	2:49* / 3 <sup>rd</sup> (6pts)	2-15-11	Regionals
800m	2:50.66	1-7-11	St. Mary's Invite
1000m	3:45.42	12-28-10	Friends of Indoor

Parris, Caroline

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
400m*	67.27*	12-28-10	Friends of Indoor
500m	1:27.95	12-28-10	Friends of Indoor
800m	2:30.14 / 1 <sup>st</sup> (10pts)	12-21-10	Charles Invite
800m	2:31.40 / 3 <sup>rd</sup> (6pts)	1-29-11	SMAC
800m*	2:34.55* / 6 <sup>th</sup> (3pts)	1-7-11	St. Mary's Invite
1600m	5:24.75 / 4 <sup>th</sup> (5pts)	2-21-11	States
1600m	5:33.76 / 1 <sup>st</sup> (10pts)	1-29-11	SMAC
1600m	5:39.10 / 1 <sup>st</sup> (10pts)	2-15-11	Regionals
1600m	5:41.84 / 1 <sup>st</sup> (10pts)	12-21-10	Charles Invite
3200m	11:58.62	1-15-11	Liberty College
3200m	11:58.70 / 5 <sup>th</sup> (4pts)	2-21-11	States
3200m	12:05.84 / 2 <sup>nd</sup> (8pts)	1-29-11	SMAC
3200m	12:20.40 / 1 <sup>st</sup> (10pts)	2-15-11	Regionals
3200m	12:24.76 / 1 <sup>st</sup> (10pts)	1-7-11	St. Mary's Invite

Roberson, Amanda

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
300m	58.14	12-21-10	Charles Invite
1000m	4:26.95	12-28-10	Friends of Indoor

Sbrocco, Olivia

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
200m*	31.96*	1-7-11	St. Mary's Invite
300m	52.30	2-15-11	Regionals
400m*	1:13.24*	12-21-10	Charles Invite
500m	1:37.48	12-28-10	Friends of Indoor
800m*	2:48.31*/6 <sup>th</sup> (3pts)	1-7-11	St. Mary's Invite
800m*	2:53 / 3 <sup>rd</sup> (6pts)	2-15-11	Regionals
800m	2:53.17	1-29-11	SMAC
1000m	3:44.15	12-28-10	Friends of Indoor
1600m	6:12.30	1-29-11	SMAC

Wedge, Nicole

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
55m	8.16	1-29-11	SMAC
200m*	30.78*	12-28-10	Friends of Indoor
300m	50.36	1-29-11	SMAC

Yates, Courtney

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
High Jump	4-6 / 3 <sup>rd</sup> (6pts)	2-15-11	Regionals
High Jump	4-4 / 8 <sup>th</sup> (1pt)	12-21-10	Charles Invite
55m Hurdles	9.71 / 7 <sup>th</sup> (2pts)	2-21-11	States
55m Hurdles	9.85 / 4 <sup>th</sup> (5pts)	1-29-11	SMAC
55m Hurdles	9.94 / 4 <sup>th</sup> (5pts)	12-28-10	Charles Invite
55m Hurdles	10.38 / 2 <sup>nd</sup> (8pts)	2-15-11	Regionals
200m*	30.91*	12-28-10	Friends of Indoor
300m	52.94	12-21-10	Charles Invite

Yeatman, Cindy

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
3200m	13:25.64 / 6 <sup>th</sup> (1pt)	1-7-11	St. Mary's Invite
3200m	13:52.14 / 7 <sup>th</sup> (2pts)	12-21-10	Charles Invite

Top Relay Performances

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
4 x 200	2:04.14	12-28-10	Friends of Indoor
4 x 400	4:51.14	12-21-10	Charles Invite
4 x 800	11:02.52	2-21-11	States

**Calvert Indoor Track Personal Bests 2010 2011**

**BOYS**

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Cagle, Devin

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
300m	46.13	1-7-11	St. Mary's Invite
400m*	<i>1:05.01* / 8<sup>th</sup> (1pt)</i>	<i>1-29-11</i>	<i>SMAC</i>
500m	1:30.10	12-28-10	Friends of Indoor
800m	2:43.80	2-15-11	Regionals

Collins, Zack

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
Shot Put	38-8 / 3 <sup>rd</sup> (6pts)	2-15-11	Regionals
Shot Put	37-2 / 5 <sup>th</sup> (4pts)	1-7-11	St. Mary's Invite
Shot Put	36-11 / 7 <sup>th</sup> (2pts)	1-29-11	SMAC

Francisco, David

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
400m*	<i>1:09.24*</i>	<i>12-21-10</i>	<i>Charles Invite</i>
500m	1:20.47	1-7-11	St. Mary's Invite
800m*	<i>2:12.08* / 8<sup>th</sup> (1pt)</i>	<i>2-21-11</i>	<i>States</i>
800m*	<i>Time ? / 2<sup>nd</sup> (8pts)</i>	<i>2-15-11</i>	<i>Regionals</i>
800m*	<i>2:21.04* / 4<sup>th</sup> (5pts)</i>	<i>1-7-11</i>	<i>St. Mary's Invite</i>
1600	5:03.13	1-29-11	SMAC
3200m	11:27	2-15-11	Regionals

Gardner, Ray

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
300m	44.17	1-29-11	SMAC
800m*	<i>2:41*</i>	<i>12-21-10</i>	<i>Charles Invite</i>

Gross, Philip

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
Shot Put	26-10.75	12-21-10	Charles Invite
55m	9.03	1-7-11	St. Mary's Invite

Hare, John

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
800m	2:26.65	1-29-11	SMAC
1000m	3:18.79	12-28-10	Friends of Indoor

Harmon, Donny

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
300m	40.04	12-21-10	Charles Invite
400m*	59.69*	12-28-10	Friends of Indoor
400m*	1:03.49 / 5 <sup>th</sup> (2pts)	2-15-11	Regionals
500m	1:17.33	12-28-10	Friends of Indoor
800m*	2:15.23* / 8 <sup>th</sup> (1pt)	2-21-11	States
800m*	Time ? / 2 <sup>nd</sup> (8pts)	2-15-11	Regionals
800m*	2:19.05* / 4 <sup>th</sup> (5pts)	1-7-11	St. Mary's Invite

Howe, Tyler

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
Triple Jump	37-2.75 / 7 <sup>th</sup> (2pts)	12-21-10	Charles Invite
55m	7.34	12-17-10	Catonsville Invite
55m	7.15	1-7-11	St. Mary's Invite
200m*	23.60* / 4 <sup>th</sup> (5pts)	1-7-11	St. Mary's Invite
200m*	23.94* / 7 <sup>th</sup> (2pts)	1-29-11	SMAC
300m	40.49	1-29-11	SMAC
400m*	1:00.47* / 5 <sup>th</sup> (2pts)	2-15-11	Regionals
500m	1:20.07	12-21-10	Charles Invite

Jones, Marcus

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
55m	6.94	12-21-10	Charles Invite
200m*	24.62* / 4 <sup>th</sup> (5pts)	1-7-11	St. Mary's Invite
200m*	25.14* / 7 <sup>th</sup> (2pts)	1-29-11	SMAC

Reid, Jason

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
1600m	5:27.47	1-29-11	SMAC

Kruder, Nathaniel

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
400m*	58.87*	12-28-10	Friends of Indoor
400m*	59.07* / 8 <sup>th</sup> (1pt)	1-29-11	SMAC
400m*	1:02.66* / 5 <sup>th</sup> (2pts)	2-15-11	Regionals
500m	1:17.84	12-28-10	Friends of Indoor
800m*	2:10.87* / 8 <sup>th</sup> (1pt)	2-21-11	States
800m*	2:14 / 2 <sup>nd</sup> (8pts)	2-15-11	Regionals
800	2:16.12 / 7 <sup>th</sup> (2pts)	1-7-11	St. Mary's Invite
800m*	2:16.77* / 4 <sup>th</sup> (5pts)	1-7-11	St. Mary's Invite
1600m	4:53.79	1-29-11	SMAC
3200m	10:42.49	2-21-11	States
3200m	10:51 / 3 <sup>rd</sup> (6pts)	2-15-11	Regionals

Morgan, Deontrae

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
200m*	24.01*	12-28-10	Friends of Indoor
200m*	24.25* / 7 <sup>th</sup> (2pts)	1-29-11	SMAC
300m	37.70 / 8 <sup>th</sup> (1pt)	1-29-11	SMAC
300m	39.20 / 1 <sup>st</sup> (10pts)	2-15-11	Regionals
400m*	54.49*	1-7-11	St. Mary's Invite
400m*	56.93* / 8 <sup>th</sup> (1pt)	1-29-11	SMAC
500m	1:09.93 / 4 <sup>th</sup> (5pts)	1-29-11	SMAC
500m	1:11.59 / 3 <sup>rd</sup> (6pts)	1-7-11	St. Mary's Invite
500m	1:12.90 / 1 <sup>st</sup> (10pts)	2-15-11	Regionals
500m	1:13.20 / 5 <sup>th</sup> (4pts)	12-21-10	Charles Invite
800m*	2:09.43 / 8 <sup>th</sup> (1pt)	2-21-11	States
800m*	2:11.90* / 4 <sup>th</sup> (5pts)	1-7-11	St. Mary's Invite
800m*	2:13* / 2 <sup>nd</sup> (8pts)	2-15-11	Regionals
1000m	2:51.57	12-28-10	Friends of Indoor

Phillips, Sylvester

<b>Event</b>	<b>Time/Dist</b>	<b>Date</b>	<b>Meet</b>
55m	7.02	1-29-11	SMAC
200m*	24.53* / 4 <sup>th</sup> (5pts)	1-7-11	St. Mary's Invite
200m*	24.86* / 7 <sup>th</sup> (2pts)	1-29-11	SMAC
400m*	56.68* / 8 <sup>th</sup> (1pt)	1-29-11	SMAC
400m*	58.78*	1-7-11	St. Mary's Invite
400m*	1:05.83* / 5 <sup>th</sup> (2pts)	2-15-11	Regionals

Rerig, Matt

500m	1:23.73	1-29-11	SMAC
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Sutphin, Kyle

Event	Time/Dist	Date	Meet
300m	41.45	12-28-10	Friends of Indoor
300m	41.65	1-7-11	St. Mary's Invite
400m*	59.24*	12-21-10	Charles Invite
500m	1:20.58	1-29-11	SMAC
800m*	2:32*	12-21-10	Charles Invite

Thompson, Brendon

Event	Time/Dist	Date	Meet
500m	1:31.24	12-28-10	Friends of Indoor
800m	2:36.24	2-15-11	Regionals
1600m	6:08.38	12-28-10	Friends of Indoor
3200m	12:28.78	1-7-11	St. Mary's Invite

Wagner, Kane

Event	Time/Dist	Date	Meet
800m	2:31	12-21-10	Charles Invite
800m*	2:30*	12-21-10	Charles Invite
1000m	3:11.27	12-28-10	Friends of Indoor
1600m	5:38.42	1-7-11	St. Mary's Invite
3200m	12:07.57	1-29-11	SMAC

Wilson, Jaron

Event	Time/Dist	Date	Meet
Shot Put	35-10	2-15-11	Regionals

Top Relay Performances

Event	Time/Dist	Date	Meet
4 x 200	1:37.04 / 4 <sup>th</sup> (5pts)	1-7-11	St. Mary's Invite
4 x 400	3:54.41	12-28-10	Friends of Indoor
4 x 800	8:47.86 / 8 <sup>th</sup> (1pt)	2-21-11	States

### **SMAC PLACES REPORT**

The following Athletes placed in the top 8 in their event at the SMAC Track and Field Indoor Track Championships.

8<sup>th</sup> Places went to:

Deontrae Morgan in the 300 meter

Nathaniel Kruder in the mile

The mile relay team of Deontrae Morgan, Devin Cagle, Sylvester Philips, & Nathaniel Kruder

7<sup>th</sup> Places went to:



Zack Collins in the Shot Put

The 800 meter Relay team of Marcus Jones, Tyler Howe, Deontrae Morgan, & Sylvester Philips

4<sup>th</sup> Places went to:

Deontrae Morgan in the 500 meter

Courtney Yates in the 55 meter hurdles

3<sup>rd</sup> Places went to:

Caroline Parris in the half-mile

2<sup>nd</sup> Places went:

Caroline Parris in the two-mile

1<sup>st</sup> Places went to:

Caroline Parris in the mile

### **Personal Bests at SMAC**

Inga : shot put and 500m

Shorty: shot put

Nicole: 300m

Courtney Mattson: 300m and 400m

Caroline Parris: mile

Brianna: mile and 500m

Olivia: mile and 800

Yates: 55m hurdles

Tre: 300m and 500m

Tyler: 300m

Nathaniel: mile

Jason: mile

David: mile

Matt: 500m

Kyle: 500m

Kane: two-mile

John: 800m

Sylvester: 400m