Meet: Lemont, Hillcrest, @ EP Date: March 30, 2010 Start Time: 4:30

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| Record/ State Qualifying | Event | Name | Time/Dis. | Name | Time/Dis. | Name | Time/Dis. | Name | Time/Dis. | ALT. |
| 17'3.5" | **Long Jump** | Silas | 13’0 | Spencer | 12’10 | Murphy | 12’0 |  |  |  |
| SQ: 16’10” |  | Bennet | 13’2 | Howard | n/d | Harris | 10’9 |  |  |  |
| 36'10" | **Triple Jump** | R.Reed | 21’8.5 | Spencer | 25 ‘.5 |  |  |  |  |  |
| SQ: 34’6” |  | Epply | 18’8 |  |  |  |  |  |  |  |
| 5’2” | **High Jump** | Silas | 4’6 -4th | Hunter | NH | R.Reed | NH |  |  |  |
| SQ: 5’1” |  | Jakalitis | 3’10 | Falconer | 4’0 | Bennet | 4’0 | Kovach | 3’6 |  |
| 40’8 | **Shot Put** | Do. Williams | 28’3 | Hunter | 28’6.5 | D.Reed | 25’1 | T.Reed | 22’4 |  |
| SQ: 36’6” |  | Gray | 21’5 | D.Lewis | 20’7 | Cannon | 20’4 |  |  |  |
| 117'3" | **Discus** | Do. Wiliams | 80’6 | Hunter | 81’6 | Cannon | 56’6 | T.Reed | 67’2 |  |
| SQ: 112’6” |  | Gray | 48’4 | D.Lewis | 52’9 | D.Reed | 62’11 |  |  |  |
| 11:04.7 | **4x800m. Relay** |  |  |  |  |  |  |  |  |  |
| SQ: 10:12.0 |  |  |  |  |  |  |  |  |  |  |
| 51.5 | **4x100m. Relay** | Lewis | 13.76 | Brown | 13.01 | Di. Williams | 15.63 | Do. Williams | 13.82 | 57.22 - 3rd |
| SQ: 51.0 |  | Jeschke | 16.59 | Howard | 13.54 | Tate | 16.91 | Falconer | 14.01 | 1:00.81- 2nd |
| 10:38.2 | **3200m. Run** |  |  |  |  |  |  |  |  |  |
| SQ: 11:54 |  |  |  |  |  |  |  |  |  |  |
| 15.2 | **100m. Hurdles** | Piet | 20.55 |  |  |  |  |  |  |  |
| SQ:15.8 |  | Fuentes |  |  |  |  |  |  |  |  |
| 12.6 | **100m. Dash** | Lewis | 14.82 | Woods | 14.68 -4th | Di. Williams |  |  |  |  |
| SQ: 12.4 |  | Kovach |  | Jacqulez |  | Giles |  |  |  |  |
| 02:20.4 | **800m. Run** | Murphy | 2:48.32 2nd |  |  |  |  |  |  |  |
| SQ: 2:23.7 |  | Spiewak | 3:05.67 3rd | Fuentes | 3:22.8 | Harris | 3:27.3 |  |  |  |
| 01:47.8 | **4x200m. Relay** | M. Lewis |  | Brown |  | Woods |  | Spencer |  | 2:03.25-3rd |
| SQ: 1:49.0 |  | Jeschke |  | Howard |  | Vasquez |  | Falconer |  | 2:13:03 – 2nd |
| 60.0 | **400m. Dash** | Di. Williams | 1:19.7 | R.Reed | 1:22.06 |  |  |  |  |  |
| SQ: 60.6 |  | Jakalitis | 1:19.9 4th | Giles | 1:21.42 | Kovach | 1:26.10 |  |  |  |
| 49.7 | **300m. Hurdles** | Silas | 1:01.13 | Piet | 1:01.57 |  |  |  |  |  |
| SQ: 47.6 |  |  |  |  |  |  |  |  |  |  |
| 04:53.9 | **1600m. Run** | Murphy | 6:22.37 -1st |  |  |  |  |  |  |  |
| SQ: 5:27.0 |  | D. Lewis | 8:52 1st |  |  |  |  |  |  |  |
| 26.2 | **200m. Dash** | M. Lewis | 31.47-3rd | Brown | 33.05 | Do.Williams | No time☹ |  |  |  |
| SQ: 26.0 |  | Epply |  | Tate |  | Vasquez |  |  |  |  |
| 04:01.9 | **4x400m. Relay** | Silas | 1:14 | Piet | 1:19 | Woods | 1:08 | Spencer 1:11 |  | 4:52.71 -3rd |
| SQ: 4:11.5 |  | Anna | 1:15 | Leigh | 1:13 | Monica |  | Marina |  | 5:17.99- 2nd |