

**Springfield Running Center - 6/13/2015**  
**Glenwood High School**  
**Results - Saturday**

**Event 1 Women 100 Meter Dash**

Name	Year Team	Seed	Finals
Finals			
1 Erin Roesch	Unattached	12.80	13.38
2 Rebecca Downs	Unattached	12.80	13.48
3 Eniola Babington	Unattached	14.14	14.95

**Event 2 Men 100 Meter Dash**

Name	Year Team	Seed	Finals
1 Kahlil Wassell	Unattached	10.88	11.40
2 Kelvin Asare	Unattached		11.54
3 Tristan Blair	Unattached	11.06	11.62
4 Kert McAfee	Team Fast Hair	12.00	12.14
5 Lucas Western	Unattached	12.04	13.28

**Event 3 Mixed 1500 Meter Run**

Name	Year Team	Seed	Finals
1 Ethan Bluhm	M Unattached	4:30.00	4:33.26
57.270 (57.270)	2:13.155 (1:15.886)	3:28.525 (1:15.370)	4:33.259 (1:04.734)
2 Eli Cook	M Rockets	4:20.00	4:34.34
57.114 (57.114)	2:13.360 (1:16.246)	3:28.439 (1:15.079)	4:34.340 (1:05.902)
3 Johnathan Carter	M Springfield	5:15.00	5:16.01
57.624 (57.624)	2:20.449 (1:22.825)	3:52.907 (1:32.458)	5:16.001 (1:23.095)
4 Kelly Fox	W MZ Braves	5:45.00	5:16.39
1:03.952 (1:03.952)	2:28.116 (1:24.164)	3:53.463 (1:25.348)	5:16.386 (1:22.923)
5 Daniel Lillyman	M MZ Braves	5:30.00	5:39.68
1:06.047 (1:06.047)	2:37.814 (1:31.768)	4:10.212 (1:32.398)	5:39.678 (1:29.466)
6 Shannon Cole	W Young Female	6:00.00	6:07.99
1:05.090 (1:05.090)	2:42.261 (1:37.172)	4:26.291 (1:44.030)	6:07.988 (1:41.698)
7 Randi Lucas	W Team Fast Pants	6:00.00	6:14.48
1:05.130 (1:05.130)	2:44.335 (1:39.206)	4:29.442 (1:45.107)	6:14.480 (1:45.038)
8 Sarah White	W MZ Braves	7:00.00	7:23.68
1:19.345 (1:19.345)	3:22.885 (2:03.540)	5:28.553 (2:05.669)	7:23.671 (1:55.118)
9 Que Broadnax	W MZ Braves	6:00.00	7:41.17
1:19.692 (1:19.692)	3:23.037 (2:03.346)	5:33.963 (2:10.926)	7:41.161 (2:07.199)

**Event 4 Women 400 Meter Dash**

Name	Year Team	Seed	Finals
1 McKenzie Swope	Rockets	1:03.90	1:05.18
2 Kortney Klockenga	Young Female	1:03.64	1:07.36



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**Event 5 Men 400 Meter Dash**

Name	Year Team	Seed	Finals
1 Stephen Paca	Old Man Relay		1:20.06

**Event 7 Women 200 Meter Dash**

Name	Year Team	Seed	Finals
1 Rebecca Downs	Unattached	26.70	27.90
2 Erin Roesch	Unattached	26.90	27.95

**Event 8 Men 200 Meter Dash**

Name	Year Team	Seed	Finals
1 Kahlil Wassell	Unattached	22.22	22.81
2 Tristan Blair	Unattached	22.39	23.12
3 Blake Carlino	Springfield	23.10	23.64
4 Dearis Herron	Unattached	23.28	23.65
5 Kert McAfee	Team Fast Hair	24.99	24.74
6 Lucas Western	Unattached	24.62	25.14

**Event 9 Women 800 Meter Run**

Name	Year Team	Seed	Finals
1 Que Broadnax	MZ Braves		3:45.87
1:50.151 (1:50.151)	3:45.862 (1:55.712)		
2 Kelly Fox	MZ Braves		3:46.15
1:49.934 (1:49.934)	3:46.150 (1:56.216)		

**Event 10 Men 800 Meter Run**

Name	Year Team	Seed	Finals
1 Joshua Cable	Unattached	1:56.00	1:58.97
56.714 (56.714)	1:58.968 (1:02.254)		
2 Collin Biesiada	Unattached	2:00.00	2:07.41
1:00.765 (1:00.765)	2:07.402 (1:06.637)		
3 Johnathan Carter	Springfield	2:20.00	2:43.22
1:13.475 (1:13.475)	2:43.219 (1:29.744)		

**Event 11 Mixed 1600 Sprint Medley**

Team	Seed	Finals	H#
1 The Fast Guys 'A'		4:11.18	2
51.879 (51.879)	1:52.039 (1:00.161)	2:58.475 (1:06.436)	4:11.171 (1:12.696)
2 Rockets 'A'		4:15.02	1
57.449 (57.449)	2:04.332 (1:06.884)	3:08.740 (1:04.408)	4:15.015 (1:06.275)



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## ....Event 11 Mixed 1600 Sprint Medley

3 Team Fast Hair 'A'					4:33.23	2
	55.036 (55.036)	2:04.439 (1:09.404)	3:15.288 (1:10.849)	4:33.227 (1:17.940)		
4 Young Female Relay Team 'A'					4:48.76	2
	1:01.951 (1:01.951)	2:14.937 (1:12.986)	3:32.258 (1:17.322)	4:48.753 (1:16.496)		
5 Old Man Relay 'A'					4:50.40	1
	1:10.795 (1:10.795)	2:19.115 (1:08.320)	3:32.004 (1:12.890)	4:50.399 (1:18.395)		
6 Ghs 'A'					5:13.18	1
	1:13.098 (1:13.098)	2:26.600 (1:13.502)	3:49.753 (1:23.154)	5:13.172 (1:23.419)		
7 Team Fast Pants 'A'					5:28.52	2
	1:19.177 (1:19.177)	2:39.779 (1:20.602)	3:59.605 (1:19.827)	5:28.512 (1:28.907)		

## Event 12 Mixed 3000 Meter Run

Name	Year Team	Seed	Finals
1 Bryan Glass	M Rockets	9:40.00	9:24.26
	39.445 (39.445)	1:56.953 (1:17.508)	3:13.334 (1:16.381)
	5:44.740 (1:15.058)	6:59.803 (1:15.063)	8:14.057 (1:14.254)
2 Eric Mason Jr.	M Unattached	9:49.70	10:16.86
	39.652 (39.652)	1:57.073 (1:17.422)	3:14.588 (1:17.515)
	5:59.379 (1:24.238)	7:26.120 (1:26.741)	8:55.851 (1:29.731)
3 Jon Bluhm	M Unattached	11:15.00	10:45.01
	43.301 (43.301)	2:08.949 (1:25.648)	3:37.214 (1:28.265)
	6:30.799 (1:25.126)	8:00.061 (1:29.262)	9:27.531 (1:27.470)
4 Katherine Petty	W Rockets	12:00.00	10:45.56
	42.841 (42.841)	2:10.103 (1:27.262)	3:38.325 (1:28.222)
	6:36.545 (1:28.366)	8:06.260 (1:29.716)	9:30.523 (1:24.264)
5 Kelly Fox	W MZ Braves	12:00.00	11:01.09
	45.237 (45.237)	2:12.569 (1:27.332)	3:39.640 (1:27.072)
	6:32.883 (1:26.607)	8:02.661 (1:29.778)	9:32.601 (1:29.941)
6 Lindsay Rogers	W Unattached	10:50.00	11:08.52
	42.183 (42.183)	2:07.697 (1:25.515)	3:35.621 (1:27.924)
	6:36.480 (1:30.584)	8:06.504 (1:30.024)	9:38.665 (1:32.161)
7 Jared Owens	M Unattached	10:00.00	11:12.73
	42.415 (42.415)	2:04.790 (1:22.376)	3:28.731 (1:23.941)
	6:27.661 (1:32.587)	8:04.337 (1:36.677)	9:40.407 (1:36.070)
8 Daniel Lillyman	M MZ Braves	12:00.00	11:16.63
	42.068 (42.068)	2:07.909 (1:25.841)	3:37.535 (1:29.626)
	6:41.927 (1:32.748)	8:15.341 (1:33.414)	9:48.490 (1:33.149)
9 Joshua Bluhm	M Unattached	11:15.00	11:39.51
	43.373 (43.373)	2:09.075 (1:25.702)	3:37.422 (1:28.348)
	6:43.294 (1:35.437)	8:22.315 (1:39.021)	10:03.613 (1:41.299)
10 Donna Hansen	W Ghs	12:20.00	12:39.35
	42.951 (42.951)	2:13.701 (1:30.750)	3:50.083 (1:36.382)
	7:19.643 (1:47.762)	9:10.735 (1:51.092)	10:59.804 (1:49.070)
11 Shannon Cole	W Young Female	13:00.00	12:59.54
	44.185 (44.185)	2:15.554 (1:31.369)	3:58.467 (1:42.913)
	7:25.627 (1:44.380)	9:16.251 (1:50.624)	11:10.332 (1:54.081)



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**....Event 12 Mixed 3000 Meter Run**

12 Sarah White	W MZ Braves	14:00.00	13:29.58
45.343 (45.343)	2:21.934 (1:36.591)	4:07.449 (1:45.515)	5:56.775 (1:49.327)
7:49.273 (1:52.498)	9:44.081 (1:54.808)	11:40.477 (1:56.397)	13:29.577 (1:49.100)
13 Que Broadnax	W MZ Braves	13:00.00	15:56.12
50.483 (50.483)	2:44.694 (1:54.212)	4:49.165 (2:04.471)	6:58.889 (2:09.725)
9:10.814 (2:11.925)	11:26.027 (2:15.213)	13:44.096 (2:18.070)	15:56.115 (2:12.019)

**Event 13 Mixed 4x400 Meter Relay**

Team	Seed	Finals
1 Team Fast Hair 'A'		4:23.61
1:06.931 (1:06.931)	2:17.145 (1:10.214)	3:20.368 (1:03.224)
4:23.602 (1:03.234)		
2 Rockets 'A'		4:25.71
1:11.397 (1:11.397)	2:19.174 (1:07.777)	3:18.908 (59.734)
4:25.701 (1:06.793)		
3 Old Man Relay 'A'		4:56.21
1:09.846 (1:09.846)	2:38.507 (1:28.662)	3:48.463 (1:09.956)
4:56.208 (1:07.746)		
4 Young Female Relay Team 'A'		5:21.74
1:23.477 (1:23.477)	2:49.678 (1:26.201)	4:10.958 (1:21.280)
5:21.731 (1:10.774)		
5 Springfield Striders Track Clu 'A'		5:32.47
1:17.940 (1:17.940)	2:32.067 (1:14.128)	3:52.627 (1:20.560)
5:32.465 (1:39.839)		
6 Team Fast Pants 'A'		5:40.94
1:26.784 (1:26.784)	2:59.801 (1:33.017)	4:16.788 (1:16.988)
5:40.937 (1:24.149)		

