

SJO INDOOR FINAL VARSITY BEST EFFORTS

Mar. 30, 2015

***school record**

8.84	60 HH	Cole Nachowicz	9.34	Nick Poff	9.96	Ethan Mizer		
7.38	60	Jesse Tice	7.45	Ryan Allen	7.46	Sean Barber	7.50	Orion Ciota
23.76	200	Orion Ciota	24.46	Sean Barber	24.63	Jesse Tice	24.81	Ethan Mizer
55.54	400	Nick Poff	56.05	Ryan Allen	56.94	Gabe Lyons	58.68	Nate Phillips
2:01.97	800	Nick Poff	2:05.28	Brennan Guido	2:05.98	Gabe Lyons	2:10.8	Austin Earp
4:38.94	1600	Brennan Guido	4:49.84	Ross Smetzer	4:50.94	Austin Earp	4:56.27	Justin Phillips
10:01.05	3200	Brennan Guido	10:10.62	Austin Earp				
18' 8"	LJ	Cole Nachowicz	18' 3"	Jake Pence	17' 0"	Brody Trimble		
5' 10"	HJ	Cole Nachowicz	5' 4"	Gabe Lyons				
40' 1"	TJ	Cole Nachowicz	38' 4"	Ethan Mizer	35' 9"	Jake Pence	34' 4"	Brody Trimble
15'1 ½"	PV	Matt Knipfer	13' 6"	Ethan Mizer	11' 6"	Ryan Allen		
47' 9"	Shot	Jake Behrens	40' 10"	Jannsen Sage	37' 3"	Robert Fisher	35' 1"	Max Cox
1:36.95	800 Relay	Sean Barber		Orion Ciota		Ryan Allen		Jesse Tice
3:35.63	1600 Relay	Nick Poff		Nate Phillips		Brennan Guido		Ryan Allen
8:29.50	3200 Relay	Nick Poff		Austin Earp		Justin Phillips		Gabe Lyons
				Best Relay Splits				
		800 Relay		1600 Relay		3200 Relay		
	23.5b	Orion Ciota	52.6	Ryan Allen	2:03.3	Nick Poff		
	24.4b	Sean Barber	52.6	Nick Poff	2:06.2	Brennan Guido		
	24.3	Jesse Tice	53.2	Brennan Guido	2:06.5	Gabe Lyons		
	24.4	Ethan Mizer	54.3	Nate Phillips	2:08.8	Austin Earp		
	24.5	Cole Nachowicz	55.1	Sean Barber	2:10.5	Nate Phillips		
	24.6	Ryan Allen	55.1	Gabe Lyons	2:19	Justin Phillips		
	25.6b	Nick Poe	57.2	Cole Nachowicz	2:24	Daylan Evans		
	24.7	Nick Poff	60.2	Ben Mattsey	2:30	Mitch Thompson		
	25.7	Albert Reihl	61.5	John Acklin	2:38	Braden Pridemore		