

**400 Meter Dash**

	Loomis	Nagisetty	Rauh	Cappon
	32	32.7	29.4	27.4
Cappon won his heat	<u>36.9</u>	<u>36.6</u>	<u>31.8</u>	<u>29</u>
	<b>68.9</b>	<b>69.3</b>	<b>61.2</b>	<b>56.4</b>

**800 Meter Run**

	H. Hill	Bauer	Rauh
	33	31.5	32.3
	35.4	34	33.3
Hill Ran uneven but faster	<b>68.4</b>	<b>65.5</b>	<b>65.6</b>
Hank ran his 2nd 800 even	39.2	34.7	35.3
	39.7	34	33.8
	<b>78.90</b>	<b>68.70</b>	<b>69.10</b>
	<b>02:27.3</b>	<b>02:14.2</b>	<b>02:14.7</b>

**3200 Meter Run**

	McKeena	N. Rauh	Nunez
<b>400</b>	82	89.5	90.3
<b>800</b>	02:45.3	300.5	3:03
	<b>05:30.7</b>	<b>06:10.4</b>	<b>06:21.5</b>
next 800	241.1	03:16.2	03:33.8
final 800	02:33.6	03:03.6	03:34.3
2nd mile	<b>05:14.7</b>	<b>06:19.8</b>	<b>07:08.1</b>
<b>Final Time</b>	<b>10:45.4</b>	<b>12:30.2</b>	<b>13:29.6</b>

McKeena ran 1st mile at 5k pace

Rauh ran even

**4x400 Relay**

	Mauk	Bauer	McCaffrey	Cappon
	57.8	60.2	61.3	57.2
				03:56.5

Great Triple by Cappon and Bauer

Nice double by Mauk and McCaffrey

	Sustar	Ehrlich	Loomis	Nagisetty
	58.2	60.2	64.3	67.7

Nice double by all 3 athletes

04:10.5