



Monarch Relays Thursday, April 3



Sprint Med 1:37.16				
Name	Split	Place	PR	Heat Lane
Morgan Wood	11.65			
Chris Lovan	10.80			
Wilson Riphin	26.60			
Brayden Adams	56.5			
Total	1:44.89	3	1:45.70	

Distance Med 3:35.32				
Name	Split	Place	PR	Heat Lane
Morgan Wood	24.50			TOP 10
Wilson Riphin	25.00			
Anthony Arambula	51.2			
Kevin Sanchez	2:10.0			
Total	3:52.30	3	4:05.58	

200 Meter Dash 21.67				
Name	Time	Place	PR	Heat Lane
Abraham Dukes	25.41	8		
Francisco Escalante	28.14			
Abdiel Corona	27.56			
Chris Castro	28.80			
Jonathan Marquez	26.45			

3200 Meter Run 9:26.99				
Name	Time	Place	PR	Seeded
Matthew Sandoval	12:25.33			

400 Meter Dash 49.82				
Name	Time	Place	PR	Heat Lane
Angel Bautista	57.02	4		
Francisco Escalante	1:03.13		1:04.57	
Owen Hartwig	1:03.16			
Abdiel Corona	1:01.86		1:04.63	
Chris Castro	1:07.40			
Jonathan Marquez	1:04.00			
Israel Bernal	1:04.43			

400 Meter Hurdles 54.99				
Name	Time	Place	PR	Heat Lane
Brayden Adams	1:01.89	6	1:01.00	
Angel Bautista	1:10.92			

4x800 8:03.68				
Name	Split	Place	PR	
Kevin Sanchez	2:08			
Anthony Valtierra	2:15			
Ethan Olsen	2:24			
Edgar Ortiz	2:17			
Total	9:05.33		9:02.53	

1600 Meter Run 4:16.86				
Name	Time	Place	PR	Seeded
Ethan Olsen	5:08.74	7	5:10.62	
Omar Ramos	5:33.77		5:35.86	

Shuttle - None				
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100 Meter Dash 10.61				
Name	Time	Place	PR	Heat Lane
Chris Lovan	11.98	5	11.73	
Abraham Dukes	12.13	6	12.56	
Owen Hartwig	12.94		13.34	
Angel Bautista	12.42		12.93	
Abdiel Corona	13.30			
Chris Castro	13.59			
Jonathan Marquez	12.82			

4x200 1:32.30				
Name	Split	Place	PR	Heat Lane
Morgan Wood	25.20			TOP 10
Chris Lovan	23.20			
Wilson Riphin	24.60			
Anthony Arambula	23.10			
Total	1:36.86	4	1:39.95	

4x100 43.88				
Name	Split	Place	PR	Heat Lane
Morgan Wood	11.20			
Chris Lovan	10.90			
Wilson Riphin	11.50			
Anthony Arambula	12.30			
Total	46.47	5	47.35	

110 High Hurdles 14.74				
Name	Time	Place	PR	Heat Lane
Brayden Adams	16.79	6	16.75	TOP 10

4x400 3:24.90				
Name	Split	Place	PR	Heat Lane
Edgar Ortiz	56.70			
Matthew Sandoval	1:01			
Abraham Dukes	57.70			
Anthony Valtierra	57.50			
Total	3:53.55	6	3:58.91	

Long Jump 23'1"				
Name	Jump	Place	PR	Flight
Anthony Arambula	19-09	1	21-01	
Abraham Dukes	19-03	3	18-02.75	
Edgar Ortiz	16-07		17-05	

800 Meter Run 1:57.37				
Name	Time	Place	PR	Heat Lane
Kevin Sanchez	2:10.43	5	2:10.71	TOP 10
Omar Ramos	2:22.98	8		
Ryder Luth	2:33.86			
Israel Bernal	2:38.74			

Shot Put 65'00"				
Name	Throw	Place	PR	Flight
Dominik Garcia	39-03	5	43'9"	
Alex Segoviano	34-01.25		36-02	
Elliot Green	35-02.5		36-00	
Gabriel Henningsen	37-07.5	8	36-09	

Discus 175'00"				
Name	Throw	Place	PR	Flight
Dominik Garcia	112-03	7	117'10.25"	
Gabriel Henningsen	110-10	8	102-09	
Alex Segoviano	106-09		81-03	

Place	School		Points
1	Lewis Central	LEW	141.50
2	Riverside, Oak	RIVO	134
3	LeMars	LMRS	127.50
4	Harlan	HAR	95
5	Woodbine	WBNE	88
6	Denison-Schlswg	DENS	74.50
7	W Monona	WMON	45.50
8	Atlantic	ATL	4
Total			710.00

Great night to run. The weather was great and it was great competition. We had a lot of PRs whether it be from just this year or overall PR. We had 4 things make the top 10 board as well. Distance Med, 4x2, 110 Highs, and the open 8 all made that list. We ended with 17 PRs which is great to see. We need to clean up handoffs and continue to work in practice.