

Detailed Rockford Splits from FootLocker
2M, Dathan Ritzenhein (440 yard splits)

71.4

65.3 (2:16.8)

68.1 (3:24.9)

64.4 (4:29.3)

65.5 (5:34.8) – breaks away from field

64.4 (6:39.2)

64.2 (7:43.4)

63.9 (8:48.06) – wins by 50 meters; breaks Bill Weidenbach's 8:53.0 Michigan Record from 1977; converts to 8:45.00 for 3200m, inferior to his 8:41.10 record from earlier in the season. Clocked in 8:11.59 at 3000m en route (kilometer splits: c2:47.0, 2:45.9 [5:32.9], 2:38.7). One statistician who specializes in the 2000m said he clocked 5:21.0 for the final 2000m, significantly faster than the listed national high school record of 5:25.3 in the rarely run event.

Note that Todd Mobley went out harder than he did at the state meet in his 9:08.97; at 2000m he was two seconds ahead of that pace, and less than 17 seconds behind Ritzenhein.

4 x Mile, 1. Rockford 17:21.57 Michigan Record (old record 17:40.6 Ann Arbor Pioneer 1974; also betters 4x1600 record of 17:33.9 by Rockford 2000), #10 all-time nationally

(note that these are all 440y splits)

Seth Folkertsma 68.3, 64.2 [2:12.5], 65.9 [3:18.4], 63.3 [4:21.7]

Andy Martin 61.5, 67.8 [2:09.3], 68.9 [3:18.2], 65.1 [4:23.3]

Brian Smith 60.6, 65.1 [2:05.7], 68.9 [3:14.6], 69.8 [4:24.4]

Dathan Ritzenhein 59.3, 64.4 [2:03.7], 63.9 [3:07.6] 64.6 [4:12.2]

Distance Medley, Rockford 10:03.09 Michigan Record (#17 all-time nationally)

1200-Seth Folkertsma 62.0, 63.3 [2:05.3], 60.8 [3:06.1]

400-Chad Rehkopf 50.8

800-Andy Martin 56.0, 60.5 [1:56.5]

1600-Dathan Ritzenhein 58.4, 61.8 [2:00.2], 63.9 [3:04.1], 65.5 [4:09.7]

Girls

4 x 800, 1. Rockford 8:57.52 Michigan Record (old record 9:07.07 Rockford 2000), #5 all-time nationally

Kalin Toedebusch 65.4, 70.4 [2:15.8]

Aimee Keenan 66.6, 68.1 [2:14.7] – her strong drive on the final stretch broke the race open

Nora Colligan 64.4, 70.7 [2:15.1]

Linsey Blaisdell 61.8, 70.1 [2:11.9]

4 x Mile, 1. Rockford 20:30.57 National Record (old record 20:34.4 Ridgewood, NJ 1983; inferior to 4x1600 national record of 20:20.87), Michigan Record (old

record 21:38.0 Rochester 1979; also betters 4x1600 record of 20:57.1 Rockford 1999)

(note that these are all 440y splits)

Nora Colligan 75.9, 80.3 [2:36.2], 83.0 [3:59.2], 77.8 [5:17.0]

Kalin Toedebusch 72.0, 81.2 [2:33.2], 81.1 [3:54.3], 73.7 [5:08.0]

Emily Blakeslee 70.8, 78.4 [2:29.2], 79.5 [3:48.7], 75.5 [5:04.2]

Linsey Blaisdell 69.2, 76.5 [2:25.7], 79.4 [3:45.3], 76.1 [5:01.4]

Distance Medley (metric splits) 11:49.44 meet record, Michigan Record (old record 11:57.22 Rockford 1999) (#4 all-time nationally)

1200-Kalin Toedebusch 69.9 75.8 [2:25.7], 73.1 [3:38.8]

400-Nora Colligan 58.8

800-Aimee Keenan 63.9, 72.1 [2:16.0]

1600-Linsey Blaisdell 66.4, 77.7 [2:24.1], 77.7 [3:41.8], 74.0 [4:55.8]