

MITS meet
Mt Pleasant, January 29

3200m Run (run in conjunction with 3200m relay)

Dathan Ritzenhein	NKRC	1st	8:47.4
Brian Smith	NKRC	2 nd	9:35.1

Note: Dathan came here tonight wanting to run the 3200...only that was not on the schedule. So he ran a 3200 during the 3200 Relay, he also ran the 1600, an 800 in the DMR and a leg in the 4 x 400.

3200 (ran it amongst the 3200 relay) 200 M splits-

33.3,
32.0, 65.3
31.7, 1:37.0
32.3, 2:09.3
32.2, 2:41.4
32.2, 3:13.6
32.2, 3:45.8
32.8, 4:18.6
32.7, 4:51.3
32.8, 5:24.1
33.5, 5:57.6
33.8, 6:31.4
33.5, 7:04.9
34.0, 7:38.9
34.2, 8:13.1
34.2, 8:47.3

Dathan's teammate Brian Smith also ran the 3200 coming in 2nd at 9:35.1 and coming in 3rd was the relay team of JR's Bunch at 9:55. Dathan won the 1600 in a time of 4:27.5 with splits of 35.67, 34.35, 33.32, 32.85, 33.26, 34.05, 32.37, 31.59. He ran a 2:01 split in the DMR and we did not get his split in the 4x 400. All times were hand times. If I can be of any more service just let me know.

3200m Relay

JR's Bunch
1st 9:55.0

1600m Relay

NKRC	1st	3:48.6
Ledges	2 nd	3:56.0
Mancini	3 rd	4:07.6
NKRC 2	4 th	4:12.4

1600m Run				
Dathan Ritzenhein	NKRC	1st	4:27.5	
Chris Schiemann	Williams	2nd	4:28.1	
Kyle Fujimoto	NKRC	3rd	4:32.7	
Clifton Lindsey	Striders	4th	4:36.3	
Aaron Cromar	Striders	5th	4:40.2	
Jeff Fowler	NKRC	6th	4:41.4	
Alex Lucio	JR's Bunch	7th	4:45.8	

200m				
Jewell Pearson	Striders	1st	23.5	
Joel Clark	Team Green	2nd	23.9	
Bryan Pass	Mancini	3rd	24.5	
Rob Ellerman	Mancini	4th	24.5	
Aaron Supianoski	Mint	5th	24.5	

Shot Put				
John Jenkins	Winter Warriors	1st	44-10.25	
Nick Natale	2nd	42'3"		
Paul Schmidt	3rd	41-3.5		
Daniel Depelsmaker	4th	40' 2"		

DMR				
NKRC	10:59.5			
Ledges	11:11.5			

Pole Vault				
Jeremy Grant	Howel	12'6"		
Adam Dickerson	12			

1600m Run				
Brian Smith	NKRC	1st	4:45.9	

800m Relay				
Straight Riders	1:41.5			
Fast Crackers	1:41.6			

800m Run				
Chris Catton	Grand Blanc	1st	2:06.6	
Josh Grawey	Clare	2nd	2:08.6	
Clifton Lindsay	Striders	3rd	2:08.9	
Jarren Pierson	All World	4th	2:09.8	
Carl Merrick	5th	2:09.8		

400m

Kaj Johansson	Bad Dogs	1st	52.7	
Sogi Jibowu	Mancini	2nd	53.2	
Ian Vanhoover	Cool Runnings	3rd		53.4
Deford	JR's Bunch	4th	53.4	
Josh Slater	All World	5th	53.9	

Long Jump

James Morley	1st	21-0
Mario Guerrero	2nd	20-3.5
Byron Pass	3rd	19-9.5
Josh Quist	4th	19-7

High Jump

Rob Ellerman	1st	6'6"
Mario Guerreo	2nd	6'2"
Scott Rant	3rd	6'0"