

## Don Gooden Invitational

Saturday, April 8, 2023, at Mendota

Sunny. 45° at start, 65° at end. 5 mph wind increasing to 12 mph ESE at end.

Meet started at 9:30 am. Over at 5:08 pm. Back about 6:45 pm.

### Girls

Team scores: EPG 99.83; 2nd, Princeton 91, Kewanee Wethersfield 81.75; Bureau Valley 73.5; Harvard 70, Sandwich 59.75; Amboy 55, Fieldcrest 47, Kewanee 46.83, Byron 32.33, Spring Valley Hall 27.75, Somonauk 2, Durand/Pecatonica 1, Hinckley-Big Rock 0.25. Mendota 0

Fully-automatic timing unless "h" hand-timed  
Scoring: Individual and relays 10-8-6-5-4-3-2-1

**100 m dash** - 6th, Kiefer 14.14; 7th, Stoller, 14.54.

**200 m dash** - 3rd, Cogdal 28.31 (#6 on EPG List, ##15 on All-Time List); 8th, Kiefer, 30.18.

**400 m dash** - 6th, Stoller, 1.06.89 (PR).

**800 m run** - 7th, Zimmerman 2:39.6h (78.1-81-5)  
8th, Hinthorne 2:41.6h (78.1-83.5).

**1600 m run** - 3rd, Melick, 84.1-84.8-86.4-88.0), 5:43.3h;  
4th, Wettstein (85.3-86.4-92.7-89.1), 5:53.5h. (#13 on All-Time List)

**3200 m run** - none.

**100 High Hurdles** - 2nd, Cogdal, 17.82 (PR, #12 on All-Time List)

**300 Low Hurdles** - 10th, Coppejans, 58.66 (PR)

**High Jump** - 1st, Phillips 1.52m [4-11.8];  
2nd, (tie); Deckard, 1.47m [4-9.9].

**Long Jump** - 6th, (tie), Phillips, 4.44m [14-6.8];  
10th, Harms, 4.20m [13-9.4].

**Triple Jump** - 7th, Harms, 9.36m [30-8.5] (PR, #8 on All-Time List.)

**Pole Vault** - 1st, Uphoff, 2.67m [8-9.1].]

**Shot Put** - 11th, Coppejans, 8.04 [26-4.5] (PR);  
15th, Martinez, 7.27 [23-10.2].

**Discus** - 7th, Coppejans, 24.66m [80-10.9] (PR);  
21st, Martinez, 15.90m [52-1.9].

**4 x 100 Relay** - 1st, (Cogdal 12.2, Stoller 13.0, Deckard 14.0, Phillips 13.8), 53.02.

**4 x 200 Relay** - 1st, (Cogdal 27.4, Deckard 30.3, Kiefer 27.3, Phillips 28.8), 1:53.80.

**4 x 400 Relay** - 5th, (Deckard 68.8, Zimmerman 69.3, Ehrhardt 71.2, Wettstein 68.0), 4:37.40.

**4 x 800 Relay** - 3rd, (Wettstein 2:31.3 (71.2-80.1), Ehrhardt 2:42.8 (77.7-85.1), Hinthorne 2:45.6 (81.9-83.7), Melick 2:33.6 (72.9-80.7)), 10:33.4 h.

### Boys

Team scores: EPG 156.5, Kewanee 109, Bureau Valley 78.5, Byron 66, Princeton 65, Amboy 45.5, Kewanee Wethersfield 40, Harvard 41, Durand/Pecatonica 24.5, Fieldcrest 24.5, Hinckley-Big Rock 23, Mendota 17.5, Somonauk 7, Spring Valley Hall 4.

Fully-automatic timing unless "h" hand-timed  
Scoring: Individual and relays 10-8-6-5-4-3-2-1

**100 m dash** - 1st, Golden, 11.81; 16th, Palmer, 12.87.

**200 m dash** - 2nd, Golden, 24.34; 5th, Neal 24.74 (PR).

**400 m dash** - 3rd, Gentes, 53.61 (PR, #6 on EPG List, #15 on All-Time List); 18th, Render, 1:00.17 (PR)

**800 m run** - 2nd, Graham, 65.2-65-5), 2:10.7 h (PR).  
7th, (tie), Newcomb, 66.3-74.4, 2:20.7 h.

**1600 m run** - 3rd, Holderby, 4:56.4 h, (73.1-74.5-76.0-75.9), (PR);  
7th, D. Witzig, 5:04.7 h, (74.3-78.1-77.1-75.2).

**3200 m run** - 1st, D. Witzig, 10:27.7 h (76.0-79.9-80.2-78.6 [5:14.5], 78.8-79.5-80.3-74.5 [5:13.2]); 7th, Porzelius, 11:11.9 h, (76.1-79.9-80.2-85.1 [5:21.1], 87.2-89.6-90.3-83.8 [5:40.8]).

**110 High Hurdles** - 4th, Yoss, 18.63; 11th, Ringger, 21.65.

**300 IM Hurdles** - 3rd, Yoss, 45.16; 9th, Kent, 53.25 (PR).

**High Jump** - 1st, Neal 1.82m [5-11.7];  
2nd, Yoss, 1.77m [5-9.7].

**Long Jump** - 1st, Golden, 6.05m [19-10.2];  
7th, Bergquist, 5.48m [17-11.7].

**Triple Jump** - 4th, Dohman, 11.36m [37-3.2];  
12th, Render, 10.58m [34-8.5].

**Pole Vault** - 1st, Czapar, 4.37m [14-4] (PR, EPG and All-Time record. Old record 4.34m [14-3] by Czapar on April 4); 2nd, Harlan, 3.43m [11-3] (PR, #2 on EPG List, tie #9 on All-Time List)

**Shot** - 8th, Allen, 11.43m [37-6]; 10th, Shaffer, 10.70m [35-1.25]

**Discus** - 14th, Allen, 28.96m [95-0];  
15th, Wieneke, 27.95m [91-8].

**4 x 100 Relay** - 2nd, (Neal 11.6, Palmer 11.4, Gentes 11.8, Golden 11.45), 46.25.

**4 x 200 Relay** - 1st, (Dohman, 23.4, Neal 28, Harlan 23.7, Hepp 25.5), 1:38.53.

**4 x 400 Relay** - 2nd, (Dohman 54.8, Harston 57.8, Graham 55.7, Porzelius 55.4), 3:43.80.

**4 x 800 Relay** - 2nd, (Holderby 2:13.0 (65.4-67.6), Romersberger 2:18.2 (69.3-69.0), Rigsby 2:15.6 (65.4-70.3), Harston 2:21.0 (69.9-71.1), 9:08.07.