

MHAL CHAMPIONSHIPS				2014									
Running Events													
	Seed			Seed			Seed			Seed			Seed
100 HH (Q 21.0)			3000 (Q 14:00.0)			400 (Q 70.0)			100 (Q 14.6)			800 (Q3:00.0)	
Holmes	16.8		A. Williams	11:13.5		Mildner	65.6		Drake	13.6		Reyna	02:38.7
Conklin	18.6			4th		Klosterman	66.3		Williams	14.3		Smith	03:01.5
Emanuelle	18.8					Haber	67.8		Walton	14.1		Joyce	02:45.5
Holmes (Final)	15.3	2nd											
2000 Steeple (Q NT)			400 IH (Q 83.0)			200 (Q 30.0)			1500 (Q6:00.0)			Pent (Q NT)	
L. Dineen	09:19.9		Conklin	76.2		Wood	27.5		Collins	05:23.3			
						Drake	28.6						
						Walton	29.3						
						Wood Final	27.8						
							7th						
F/S SMR (Q NT)			4x800 (Q NT)			4x100 (Q NT)			4x400 (Q NT)				
Conklin			Reyna	02:41.0		Williams			Mildner	69.2			
Sozio			M. Collins	02:46.6		Foti			Haber	73.6			
Emanuelle			L. Dineen	02:52.0		Walton			Klosterman	66.7			
Cordova			A. Williams	02:48.9		Drake			Drake	66.5			
	05:25.6			11:09.0		Alt. Allard	54.9			04:36.2			
			(M. Smith)										
Field Events			Joyce										
	Seed			Seed			Seed						
Long (Q 13-0)			Triple (Q25-0)			High Jump (Q4-4)							
Wood	15-1	7th	Wood	33-6.5	2nd	Mildner	4-6		5th				
Allard	13-3.5		Allard	f		Klosterman	4-6		5th				
Foti	14-8.5		Foti	26-11		Hernandez	4-0						

Shot (Q24-0)			Discus (Q70-0)			Pole Vault (Q7-0)						
Adams	30-7.5		Adams	81-3		Dolan	9-6					
Rivera	25-0		Darcy	69-6.5		MHAL Champion						
Daniels	23-2		V. Sozio	65-2								