**Thornwood Invite – March 3rd, 2012**

*160 Yard Indoor Track*

3200 Meters

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 880y | Mile | 2640y | 2 Mile | Conversion to 3200m |
| Angel Arroyo | 2:41.4 | 2:42.7 (5:24.1) | 2:47.9 | 2:41.8 (5:29.7) | 10:50.6 |
| Isaac Murray | 2:32.4 | 2:43.5 (5:15.9) | 2:52.2 | 2:47.2 (5:39.4) | 10:51.5 |
| Trevor DuBois | 2:37.2 | 2:50.2 (5:27.4) | 3:02.8 | 2:56.8 (5:59.6) | 11:23.8 |
| Brian Cashin | 3:05.4 | 2:57.8 (6:03.2) | 2:58.9 | 2:54.2 (5:53.1) | 11:51.1 |

4x800 Splits

|  |  |  |  |
| --- | --- | --- | --- |
|  | 440 | 880 | Conversion to 800m |
| Tim Athans | 1:05.9 | 1:11.1 | 2:16.3 |
| Philip Meyer | 1:08.3 | 1:09.1 | 2:16.4 |
| John Ultreras | 1:07.1 | 1:15.0 | 2:21.5 |
| Shawn Watson | 1:08.3 | 1:21.5 | 2:29.1 |
| Desmond Washington | 1:10.6 | 1:24.6 | 2:34.4 |
| Ismael Gomez | 1:04.0 | 1:38.0 | 2:40.3 |
| Daniel Olvera |  | Missed Splits | 2:42.3 |
| Ryan Jones | 1:20.2 | 1:23.5 | 2:43.0 |

800 Meters

|  |  |  |  |
| --- | --- | --- | --- |
|  | 440 | 880 | Conversion to 800 |
| Tim Athans | 1:01.7 | 1:12.0 | 2:12.9 |
| AJ Vasquez | 1:07.0 | 1:27.6 | 2:35.6 |

1600 Meters

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 440 | 880 | 1320 | Mile | Conversion to 1600 |
| Philip Meyer | 1:10.3 | 1:15.9 | 1:16.0 | 1:15.2 | 4:56.1 |
| Eric Miller | 1:17.7 | 1:24.2 | 1:26.3 | 1:26.8 | 5:31.2 |
| Daniel Olvera | 1:18.6 | 1:26.4 | 1:32.9 | 1:25.9 | 5:42.2 |
| Ryan Jones | 1:23.6 | 1:27.8 | 1:30.5 | 1:28.0 | 5:48.4 |

**Meet Recap**

We had a good amount of rust to shake off at the Thornwood Invite after a long stretch of training and no racing. A very positive takeaway from the meet was our strength in the longer events! Our 2 Milers looked strong! **Angel Arroyo, Brian Cashin,**and **Isaac Murray** ran really fantastic races! Angel's converted 3200-meter time of 10:50.3 was our SECOND BEST SOPHOMORE 3200 EVER! His time placed him only 5 seconds behind ZBXC legend Noel Gonzalez's sophomore time. This mark also places him at #10 on our all time list! He ran a very evenly paced race and COMPETED! He fought hard to keep himself in the race and finished in 2nd place in the F/S 2 Mile. Our other sophomore in the 2 Mile, Isaac Murray, ran to a nice 9 second PR with a 10:51.9! (this was also on the back of his heaviest week of training ever!) Our other 2 Milers were Senior **Trevor DuBois**, who ran a nice comeback 11:23, and Freshman **Brian Cashin** who began his high school career with an optimistic 11:51.

 As the races decreased in length, we looked further and further out of our element. With the amount of base training and strength we have done lately, this should not come as a surprise. As the season progresses, our athletes will see these times drop precipitously.

In the sprints, Junior **Keontay Williams** took first place in the 50-yard dash. Although he got second in both his prelim and semi races, he was able to come back strong in the finals and grab 1st!

As the season moves forward, we clearly have a good amount of work to do, however, the Thornwood Invite demonstrated that we have the pieces to make a very special team.