

3200 1st

9:06.04 Josh Thorson (68.8, 66.3, 66.9, 69.4, 67.9, 68.5, 68.5, 69.3)

4x800 1st – 7:52.56

James Smith 1:57.7 (27.6, 29.7, 30.1, 30.3)

Scott Sippel 1:59.7 (30.4, 30.3, 29.8, 29.2)

Derek Peterson 1:57.0 (27.7, 29.2, 30.4, 29.7)

Brian Jarvey 1:57.9 (27.1, 29.1, 30.2, 31.5)

1600 2nd

4:13.61 Josh Thorson (63.7, 63.2, 64.2, 62.2)

4x400 1st – 3:18.36

50.0 James Smith

49.6 Jarod Jackson

49.8 Brian Jarvey

48.6 Michael Smith