

Lake Conference Relays - Friday, April 14, 2023

WHS Stadium - 60-80 degrees, breezy/calm, sunny/light rain (Perfect!)

4x800m Relay

	Splits
2:00.2 Hayes McMillan	29.0, 30.0, 30.7, 30.5
2:03.6 Ronan Leonard	30.7, 31.2, 31.3, 30.4
2:10.0 Dan Salatino	29.8, 31.9, 34.1, 34.2
2:09.4 Luke Greseth	31.8, 33.6, 31.6, 32.4

4x800m Relay - JV

	Splits
2:12.6 Jack Kahlstorf	31.6, 33.4, 34.7, 32.9
2:10.7 Liam Stroup	30.4, 31.8, 34.3, 32.2
2:13.8 Will Strommen	32.1, 33.9, 34.5, 34.1
2:17.2 Hudson McMillan	31.1, 34.3, 37.0, 34.8

4 x 1600m (Individual)

	Splits
4:30.18 Hamza Mohamed	65.3, 67.8, 67.6, 69.5
4:32.84 Parker Dietrick	65.9, 68.1, 70.5, 68.3
4:46.03 Alex Haag	72.6, 73.0, 72.2, 68.2

800m (Individual)

	Splits
2:05.68 Ronan Leonard	30.1, 30.9, 31.5, 33.2
2:13.05 Liam Stroup	30.7, 33.4, 34.0, 34.6
2:10.77 Jack Kahlstorf	31.4, 33.5, 33.2, 32.7
2:10.82 Dan Salatino	30.9, 32.6, 33.6, 33.7

1600m Sprint Medley

	Splits
2:17.2 Will Strommen	32.8, 34.6, 34.8, 35.0

4 x 3200m (Individual)

9:33.43 Will Weber	67,74,72,73,74,73,73,67.4
9:40.51 Tyler Kissell	68,73,73,72,74,74,75,71.5
9:43.23 Daniel McCollor	68,73,72,73,73,75,75,74.2
10:36.40 Robert Marshall	74,78,80,81,80,81,84,78.4

4x400m Relay

51.9 Hayes McMillan
54.1 Luke Greseth