

# 7AAA True Team Championships - Wednesday, May 7, 2025

WHS Stadium - 60-65 degrees, sunny, wind 10mph (Perfect!)

## 4x800m Relay - 8:13.33

	Splits
2:01.9 Nolan Wandler	28.7, 30.7, 30.5, 32.0
2:05.4 Hudson McMillan	30.3, 32.1, 32.5, 30.5
2:01.9 Jack Kahlstorf	28.1, 31.5, 31.1, 31.2
2:03.8 Alex Haag	28.4, 30.9, 32.0, 32.8

## 1600m

4:24.61 Will Weber	66, 69, 64, 65.6
4:27.21 Connor Viera	66, 70, 64, 67.2
4:35.63 Tal Havalio	68, 70, 68, 69.6

## 400m

51.21 Matthew Adams
51.39 Evan Furcht

## 800m

<b>1:57.33</b> Connor Viera	28.5, 29.5, 28.9, 30.4
<b>1:58.91</b> Thomas Berndt	28.4, 30.0, 29.8, 30.7
2:00.30 Abdirisak Robleh	28.1, 30.4, 30.2, 31.6

## 3200m

9:40.15 Alex Haag	71,77,73,74,75,72,70,68.2
9:50.07 Matthew Jenneke	72,77,74,73,76,77,73,68.1
10:13.45 Blake Knutson	73,77,73,75,80,79,80,76.5

## 4x400m Relay

53.8 Kiki Burmester
50.3 Matthew Adams
52.0 Parker Milkes
50.3 Evan Furcht