

DGS Cohoon Invitational

Friday, April 25, 2014

Mid to low 60s, slightly windy

FAT Timed

4 x 800:

Lukas	27.4-29.0 (56.4) 32.3 (1:28) 35.1 (67.4)	2:03.8*
Lehnhardt	28.3-29.9 (58.2) 33.3 (1:31) 36.0 (69.3)	2:07.4
Lifonti	31.5-32.3 (63.8) 32.9 (1:35) 32.9 (65.8)	2:09.6
D Gleisner	28.9-31.9 (60.8) 32.6 (1:33) 34.3 (66.9)	2:07.8
		8:28.5

3200:

Burzinski	68-74 (2:22) 75-78 (4:56) 79-82-81-82 (5:26)	10:22.5
Adams	69-74 (2:23) 75-78 (4:59) 83-86-85-80 (5:36)	10:34.2

800:

S Torpy	28.3-30.8 (59.2) 28.4 (1:27) 28.6 (57.0)	1:56.5* SC 2nd
Brennan	28.3-30.6 (58.9) 30.6 (1:29) 32.2 (62.8)	2:01.8

1600:

C Torpy	65.9-67.4 (2:13) 67.6 (3:20) 65.6 (2:13)	4:27.0* 3rd
Skucas	66.5-70.3 (2:17) 74.3 (3:32) 72.5 (2:26)	4:45.1

4 x 400:

Johnson	51.8
J Brown	50.9*
Brennan	53.6 (one shoe)
Parthemore	50.9
	3:27.6

Comments:

This was a shockingly disappointing night. We had the opportunity with good weather and great competition to rack up some PRs, and while we trained really hard heading into the meet and might not have been sharp, we still should have been able to take advantage of the weather and hit our personal bests. I'm still not sure why this happened. I am concluding that I must not have had you prepared for PRs. I'll make sure we are physically prepared moving forward so that you guys can get the results you deserve.

I could go on and on about the areas where we fell short. I could also go on and on listing potential ~~reasons~~ excuses why we didn't perform, but the bottom line is we didn't. Truthfully, the two guys who ran really well—Sean and Chris—were the two guys with the biggest legitimate reasons why they shouldn't have run well. What I was happy with was that we weren't coming up with excuses or blame. We held ourselves accountable and know we need to do better if we want to take it to the next level. But that is where we are at: if you really want to talk about things like winning state or performing at the top of the state, then we need to take our intensity to the next level. Guys—it takes a ton of work to get into the top 10 in state or to qualify for state. That is where most people stop. If you truly want to be the best, by definition, you need to do everything better than your competition. That is more and more effort, discipline, and competitiveness the higher up the ladder you go. Our **4 x 800** was disappointed in their performance. A takeaway from this was **BLukas'** complete and total fearlessness and the fact that we were chasing the main pack the rest of the way and were not far off—it's not that big of a jump to be with that main pack. This pack is the top of the state with at least three all state 4 x 8s in there (if you don't believe me, check the state results in one month). And our sophs are right there. Of course the races of the night were the **Torpy's**. They showcased what it means to be Torpy Tough. A school record for Sean in the 800 is a great performance and Chris dropped into the mid 20s for the mile, closing in the state qualifying in the 1600 (4:22.04). Let's take this night as a challenge to work harder and be tougher!