

DGS Mustang Relays
@ NCC
Monday, March 10, 2014

4 x 800:

C Torpy	28.1—30.0 (58.1) 30.3 (1:28) 30.8 (61.0)	1:59.1*
Brennan	27.8—30.2 (58.0) 31.9 (1:29) 33.3 (65.2)	2:03.3
Hetzler	27.2—30.3 (57.5) 32.3 (1:29) 31.8 (64.1)	2:01.6
S Torpy	27.5—30.8 (57.3) 33.1 (1:30) 29.9 (63.0)	<u>2:01.3</u>
		8:05.4 (FAT) 6th

4 x 400:

Johnson	53.1
Hetzler	52.0
Yozze	54.4
Parthemore	<u>52.5</u>
	3:32.1 (FAT)

Comments:

At North Central College we had an opportunity to run fast on a fast track with fast competition. We had some solid performances and took advantage of the competition to push ourselves further than normal, which is how we should always view competition. When you get to state, you should view the competition in the exact same fashion. **C Torpy** got us off and running with a strong opening leg. He managed the commotion of the opening leg really well by finding a strong position up front, responding to mid race moves and fighting hard at the end. His splits reflect that fight and aggression. He was rewarded with a PR and put us in a position to win the race. **Brennan** opened up strong and fought for three laps before flat lining in the final 200, which put Hetzler in a tough spot. Still, Brennan's 2:03 puts him on schedule to do some very big things this year. **Hetzler** responded to his below average day at Joliet with a strong showing. He's getting closer to where we want to be. His 400 was one of the highlights of the night. It showcased his speed and shows that he is ready for a sub two right now. **S Torps** got in with the heavy hitters on the anchor and fought hard. He slipped in lap three and took on a lot of heat at that point. They were bunched up around him and starting to pass. He fought back and re-passed and came storming home for a strong time. 8:05 this time of year is a really, really good time. We'll continue to get better and by the time the Friday night lights come on in outdoor, we'll have the best relay in the state. I saw some good fighting out there on Monday. With our priority being on training and training hard, what I looked for was guys willing to hurt, guys who want to represent Sandburg with pride, and guys who don't take their opportunity on this team and in a meet for granted. That is exactly what I saw. That is what we need to be champions.