

# Lockport Inv.

Friday, May 9, 2014

Low 70s, dropping to low 60's, windy, partly sunny

FAT

## 4 x 800:

<b>C Torpy</b>	27.0-28.9 (56.0) 30.0 (126) 31.4 (61.4)	<b>1:57.1*</b>
<b>S Torpy</b>	29.4-30.5 (59.9) 30.9 (131) 29.4 (60.5)	<b>2:00.1</b>
<b>Brennan</b>	27.5-29.9 (57.4) 31.9 (129) 32.3 (64.2)	<b>2:01.8</b>
<b>O'Callaghan</b>	28.2-29.8 (57.8) 31.5 (129) 29.9 (61.4)	<u>1:58.7</u> <b>7:58.2 1<sup>st</sup></b>

## 3200:

<b>A. Laskero</b>	67-73 (2:21) 75-78 (4:55) 79-80-80-74 (5:15)	<b>10:10.3</b>
<b>B. Adams</b>	69-73 (2:22) 74-75 (4:52) 78-80-79-76 (5:18)	<b>10:08.0 1<sup>st</sup></b>
<b>C. Walter</b>	73-75 (2:28) 76-77 (5:02) 80-79-81-76 (5:18)	<b>10:20.1 2<sup>nd</sup></b>

## 800:

<b>A. Hetzler</b>	26.9—27.9 (54.9) 30.9 (1:25) 35.8 (66.7)	<b>2:01.6</b>
<b>B. W Becker</b>	28.4—30.7 (59.1) 31.9 (1:31) 33.4 (65.3)	<b>2:04.4 3<sup>rd</sup></b>
<b>C. Lukas</b>	29.6—30.4 (59.9) 31.9 (1:31) 32.2 (64.1)	<b>2:04.1 1<sup>st</sup></b>

## 1600:

<b>A. O'Callaghan</b>	63.3-69.9 (2:13) 70.4 (3:23) 65.3 (2:15)	<b>4:28.7 3<sup>rd</sup></b>
<b>B. S Torpy</b>	66.8-70.3 (2:17) 70.1 (3:27) 71.9 (2:22)	<b>4:39.3</b>
<b>C. C Torpy</b>	65.6-67.9 (2:13) 71.4 (3:24) 72.2 (2:23)	<b>4:37.0 1<sup>st</sup></b>

## 4 x 400:

<b>Yozze</b>	53.2
<b>T Brown</b>	53.7
<b>Schelberg</b>	58.3
<b>Brennan</b>	<u>52.7</u>
	<b>3:38.1</b>

## **Comments:**

Not too many highlights on this night. Of course, it's obvious to me what happened. 1. We were tired 2. We weren't excited to race. Last week at the Eagle Classic we were really fired up about competing. I didn't get that sense at Lockport. A couple of notes because I don't want to go through these results again. **Chis Torpy** showed a really high level of racing. He essentially put together a near flawless lead off leg for the state finals. 1:57 will put you at the front of the pack at state—not leading, but there. His 27.0/56 is right on target for how that thing needs to go. All he'll need to do to get us a carry to the lead is to finish a little better. **Hetzler** put together 600 meters of a tremendous race. We need to be willing to hurt more that final 200, that's the bottom line. Those 30 seconds of intense hurt is the separating factor between the best in the 800 and the very good. **W Becks** has more in him than that race showed. I know—based on workouts—that he can run 1:55-56. I know that. Hopefully we can put it all together to end the senior campaign the right way. Most turn back too soon and give up. The best are the ones who see the whole thing through, regardless of the setbacks along the way—because everyone has setbacks; champions work through them no matter how formidable they

seem at the time. The mile. I don't want to talk about the mile. I'm sick of thinking about this meet in general, so I am done.

Now that we are entering Championship Season, it's time to be champions. We want to be beating people who we "shouldn't" be beating, but the only way around. I know that we try hard in a race, but that's not enough. Trying hard is a relatively easy thing to do in a distance race—it comes with the territory. We need to suffer. We need to truly find our best. Our absolute best. We didn't on Friday and we'll need to moving forward. There is not much more to say about this—we are a much, much better team than what we showed on Friday.

I know that when the time comes—and now is the time!—that we'll get the job done. You are people who rise to the occasion. Everyone is hurting at the end of the race. The question is whether or not you can fight through the pain and finish the race. There are some people who have the character to always keep fighting. It is much easier said than done. I am confident that when we put people on the starting line at Conference, Sectionals, and State they will make the choice to be the fighters. Let's make the choice to find our greatest.