

The day's festivities: at least on the distance side started with the 400m Preliminary rounds. First let me state. The rest of the team is doing quite well and continues to improve as the weeks go by. However, because my page is mainly a distance page, and I am the distance coach at Sinagua High School, I am only including the results of the distance squad. Perhaps we will grow to a full track page one day.



Becca Gazar followed the tone set by our hurdlers and throwers. She stepped into a foreign like a natural. She held form the whole way, well most the way to a personal record of 1:07.44.



Brian Shrader easily won his heat in the 400m with a 51 low. During the final he blasted out of lane four and looked like a rocketship during re-entry. The shaking overtook his normally smooth style. He hit a PR of 50.79 and what may be a Sinagua School record-tearing down two records this year so far.

Next up the Women's 4x800m: take note the last time Sinagua posted a time in the Women's 4x800 they ran 10:53.39. Today ***Jamie Shrader***, yes a relation to ***Brian Shrader***, stepped in for the absent ***Becky Penado*** at the second leg.



Megan Palley opened the event and competed quite well. Every one knew she was a first lap scrapper but she answered even tougher questions coming home. ***Megan*** handed off in 3rd place. ***Jamie Shrader*** was aggressive early and pulled us to 2nd and closing on Blue Ridge, the leading team. However Mingus was in hot pursuit. At the exchange it was Mingus with a slight edge over



Sinagua and Blue Ridge still leading. ***Becca Gazar*** received the

baton when an insider gave me a weather forecast. The winds remained calm and so did **Becca** being quite patient through 200m. Mingus and the Mustang



scrapped against each other and pulled closer to Blue Ridge.

Alexandra Myers received the baton in 2nd but was immediately passed by Mingus, and Blue Ridge with in striking distance. **Myers** ran conservatively fast, whatever that means. Inside a lap to go the young Mustang high tailed it across the high desert plain and strode home to a team time of **10:18.21** good enough for the **Win!**

The team posted a Sinagua School Record, beating the old record by over 10 seconds.

We then took to the open 800m. At 200m the Mustangs were separated.

Alexandra Myers posting off the leaders: Moen of Coconino and Raney of Blue Ridge. **Becca Gazer** used the front pack to pull her through a quick 200m. While **Megan Palley** scrapped inside the chase pack. **Megan** put in an early assault while **Becca** and **Myers** remained patient for a late push. **Myers** held her position of 3rd into a personal record of 2:22.52 behind Moen and Raney. **Becca** held a scoring position with a 2:34.95. **Megan** hit her official PR (as relay splits are not considered for PR 's) she ran 2:40.74.



On the men's side it was the classic game: Where's **Dillin Hatch** . The little blue Mustang keeps getting lost in the crowd. He jostled his way through most the pack and scrapped a little bit more punching to a new personal record of 2:10.29.