



Mountain Valley Conference Relay Championships at Governor Livingston High

5/3/2005, 5/4/2005

3x400 IH

Comments

Francois, Kervens	400 IH	1:09.80
Howard-Franklin, Tyre	400 IH	1:12.00
Sinclair, Scott	400 IH	1:21.30
		3:43.10

4x100 Relay

2nd Place

Comments

Ellis, Garrett	100	
Brown, Brandon	100	
Cole, Jenner	100	
Cardadeiro, Jon	100	
		44.80

4x800 Relay

4th Place

Comments

Sprague, Mike	800	2:10.30
Kilkenny, Ryan	800	2:13.30
Pais, Jon	800	2:06.90
Guterl, Brian	800	2:00.30
		8:30.30

SMR 2-2-4-8 "A"

5th Place

Comments

Ellis, Garrett	200	22.60
Cole, Jenner	200	23.70
Morrissey, Nick	400	54.00
Guterl, Brian	800	2:07.70
		3:48.20

SMR 2-2-4-8 "B"

Comments

Larkin, Todd	200	25.50
Latham, Paul	200	25.70
Mitchell, Dwight	400	56.90
Lenard, Dave	800	2:25.80
		4:13.80

4x200 Relay "A"

2nd Place

Comments

Ellis, Garrett	200	22.90
Morrissey, Nick	200	23.60
Cole, Jenner	200	23.90
Cardadeiro, Jon	200	22.20
		1:33.10

4x200 Relay "B"

Comments

Latham, Paul	200	26.00
Belcher, Reggie	200	26.80
Larkin, Todd	200	25.50
Mitchell, Dwight	200	25.50
		1:43.80

DMR 12-4-8-16 "A"

2nd Place

Comments

Sprague, Mike	1200	3:31.10
Brown, Brandon	400	54.50
Pais, Jon	800	2:11.30
Guterl, Brian	1600	4:35.90
		11:12.90

4x400 Relay

2nd Place

Comments

Ellis, Garrett	400	52.40
Morrissey, Nick	400	53.30
Cole, Jenner	400	53.80
Cardadeiro, Jon	400	51.80
		3:31.90

Long Jump (Team)

2nd Place

Comments

Cardadeiro, Jon	18'	10.00"
Brown, Brandon		
		36' 07.75"