

RESULTS 2009 (%) = Percent of ("World's Best" Time) for each event.

**PB = Personal Best individual performance**(as a Dayton Flyer)

FEB. 14 @ ALL-OHIO INDOOR / Findlay

	<u>MILE(3:44.39)</u>	<u>3000m(7:28.96)</u>	<u>800m (1:41.73)</u>
Andersen	4:17.0 ( 87.25%) <b>TR</b>		2:03.48 (82.5%) <b>PB</b>
M. Lemon	4:23.86 (85.0%) <b>PB</b>		2:04.16 (82.0%) <b>PB</b>
C. Lemon	4:22.43 (85.5%) <b>PB</b>		2:00.67 (84.25%) <b>PB</b>
Henderson		9:42.23 (<80%)	
Mi. Peters		9:19.85 (80.25%) <b>PB</b>	
Shirley		9:09.53 (81.5%) <b>PB</b>	

MARCH 21 at U. CINN., EARLY BIRD RELAYS (50 degrees, sunny, no wind)

	<u>1500m (3:27.7)</u>	<u>5000m (12:58.4)</u>
M. Lemon	4:01.39 (86.5%) <b>PB</b>	14:32.38 (89.25%) <b>TR</b>
C. Lemon	3:56.22 (88.0%) <b>PB</b>	14:35.65 (89.0%) <b>PB</b>
Andersen	3:52.91 (89.25%) <b>Team Record</b>	14:54.59 (87.0%) <b>PB</b>
Mi. Peters		15:52.12 (81.75%) <b>PB</b>
Shirley		15:47.53 82.25%) <b>PB</b>

MARCH 28 at U. CINN. OLIVER NIKOLOFF (55 degrees, no wind)

	<u>5000m (12:58.4)</u>
C. Lemon	14:22.62(90.25%) <b>Team &amp; Stadium Record</b>
M. Lemon	14:26.25 (89.75%) <b>PB</b>
Andersen	14:44.36 (88.00%) <b>PB</b>
Roeth	15:35.91 (83.25%) <b>PB</b>
Shirley	15:36.15 (83.25%) <b>PB</b>
Mi. Peters	16:08.84 (81.75%)
McGoldrick	16:15.53 (<80%)
Henderson	16:28.69 (<80%)

APRIL 4 at LIBERTY INVITE, Lynchburg, VA (60 degrees, breezy)

	<u>5000m (12:58.4)</u>	<u>1500m (3:27.7)</u>	<u>3000m Steeple</u>
C. Lemon	15:09.38(85.50%)	4:07.20 (84.0%)	
M. Lemon	14:35.89 (89.00%) <b>1<sup>st</sup> Place</b>		
Andersen		3:52.96 (89.0%) <b>1<sup>st</sup> Place</b>	
Roeth	15:36.41 (83.25%)		
Shirley	15:45.70 (82.25%)		
Mi. Peters	16:56.92 (<80%)	4:16.13 (81.0%) <b>PB</b>	
McGoldrick			10:06.72
Henderson	16:55.94 (<80%)		

APRIL 17&18 at ALL-OHIO OUTDOOR , Miami University, Oxford, OH (65 degrees, sunny, calm)

	<u>5000m (12:58.4)</u>	<u>10000m(26:58.4)</u>	<u>1500m (3:27.7)</u>	<u>3000m Steeple</u>
C. Lemon		30:26.13 (88.5%) <b>TR</b>		
M. Lemon		31:29.55 (85.75%)		
Andersen	14:55.3 (87.0%)			
Roeth	15:23.7 (84.25%) <b>PB</b>			
Shirley	15:35.5 ( 83.25%) <b>PB</b>			
Mi. Peters			4:04.95 (85.0%) <b>PB</b>	
McGoldrick				10:11.7
Henderson	16:23.6 (<80%)			