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Dash Group One
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Boys 400 Meter Dash Group

MileSplits official Boys 400 Meter Dash formatted results for the 2019 NJSIAA State

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Meet Of Champions,
hosted by NJSIAA
Management in
Columbus NJ.

**NJSIAA State Meet
Of Champions 2019 -
Boys 400 Meter
Dash**

Highlights: Kroll
captured the Group III
title in the 400-meter
dash (50.44). The
senior also placed
seventh in the same
race at the MOC
(50.36) after finishing

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second at Monmouth
County (50.96).

**NJ boys indoor track:
Meet the 2020 All-
Shore teams**

Mario Heslop of
Franklin wins in the
Group 4 boys 100m
dash final during the
NJSIAA Group
Championship meet for
groups 1, 4 and Non-
Public B at Franklin
High School in
Somerset, NJ on
5/31/19.

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**Meet of Champions
preview and picks
for 2019: Boys 400**

...

MileSplits official Boys
400 Meter Dash
formatted results for
the 2016 NJSIAA Meet
of Champions, hosted
by JBAC Timers in Toms
River NJ.

**NJSIAA Meet of
Champions - Boys
400 Meter Dash**

Meet: Pleasant Valley

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MS Invitational Lane: 1
Time: 57.64. 8th Grade
Boys 400m - SCUSD
Middle School Track
and Field
Championships @ JFK
Stadium, 5/9/15 -
Duration: 1:15. JFK
Track and Field 3,622
...

**Middle School Boys
400 Meter Dash**
BOB HAYES 2015 BOYS
400 METER DASH
MIDDLE SCHOOL
FILMED AND EDITED

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DREAMKINGFILMZ AND

DUVAL CITY

FOOTBALL..

9043034206 DREAMKI
NGFILMZ@GMAIL.COM.

**BOB HAYES 2015
BOYS 400 METER
DASH**

Boys 400 Meter Dash
Rank, Athlete, School,
Year, Time 1 Lashawn
Merritt, Woodrow
Wilson 2004 45.24 2
Ronnie Ray, Ferguson
1972 45.74* 3 Rickey
Harris, Centreville 2000

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46.21 4 Kerry Wooden,
Warwick.

**Milesplit Discussion
Board: VA High
School Boys 400
Meter ...**

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singh , rotary engine
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, street boys lorenzo
carcaterra , smoke
gets in your eyes and
other lessons from the
crematory caitlin
doughty , problem
solution techniques ,

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Group MileSplits official
Boys 400 Meter Dash
formatted results for
the 2019 NJSIAA State

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Meet Of Champions,
hosted by NJSIAA
Management in
Columbus NJ. NJSIAA
State Meet Of
Champions 2019 - Boys
400 Meter Dash
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centriguida.it

** By equivalent performance, we mean another run with the same age graded percent. Of course, training for a 100 meter dash is ridiculously different from training for a 100 mile race, so just because the calculator gives you an equivalent time doesn't mean you'll automatically be able to run it. You still have

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to train appropriately.

**Age-Graded
Calculator with
Equivalent
Performances**

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the factors by
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go to the ebook

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introduction as capably
as search for them. In
some cases, you
likewise attain not
discover the
pronouncement boys
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one mctrack that you
are looking for. It

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Place Name Affiliation

Time Heat (PI) 1:

Carlton Orange: SR:

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Memphis Mustangs:
48.86 : q: 7 (1) 2:
Rhayko Schwartz: SR:
Unattached: 48.88 : q:
13 (1) 3: Tanner Green
...

**Boys 400 Meter
Dash -
flashresults.com**

Mt. Hebron's Darnell Pratt, who won state titles in the 200- and 400-meter dash, is the 2015 Howard County boys outdoor track Athlete of the Year.

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(Staff photo by Jen
Rynda / XX) Darnell
Pratt, Mt ...

**Howard County Boys
Outdoor Track All-
Decade - Baltimore
Sun**

100 Meter Dash; 110
Meter Hurdles; 200
Meter Dash; 300 Meter
Hurdles; 400 Meter
Dash; 800 Meter Run;
1600 Meter Run; 3200
Meter Run; 4x100
Relay; 4x400 Meter
Relay; Pole Vault; Long

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Jump; Triple Jump; High
Jump; Shot Put; Discus;
Javelin

Boys Track Records / 400 Meter Dash

James Bivins of
Donovan Catholic
(center) won the boys
100 meter dash with a
time of 10.91 at the
Ocean County Track
and Field
championships at
Central Regional High
School on Thursday,
May 9, 2019.

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**Boys track and field
athletes we wish we
could see in 2020 ...**

400-Meter Dash: Class
: Time Athlete(s)
School Year LP Division
1 47.00 Ricco Hall East
Kentwood 2011 LP
Division 2 ... Retired
Boys Track & Field
Records . 100-Yard
Dash: Class : Time
Athlete(s) School Year
LP Class A 9.6 Marshall
Dill ...

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**Record Book | Boys
Track & Field |
MHSAA Sports**

Santa Teresa's
Omodiaogbe Oboh
edges out Los Gatos'
Joey Monti to win the
boys 400 meter dash
during the Central
Coast Section Track
and Field
Championships held at
Gilroy High School in
Gilroy,...

**Los Gatos claims
CCS track boys title**

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for first time

400 Meter Dash - Final;
Finals: South Dakota
H.S. Championship
Meet 6/1/2015 - 9:14
AM 2015 SDHSAA State
Track & Field Meet -
5/29/2015 to 5/30/2015
Rapid City, SD Event
123 Boys 400 Meter
Dash Class A =====
Meet Record: R 48.23
1986 Eric Mundt,
Spearfish Name Year
School Finals Points
===== Finals 1
Larson, Landon 12

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Groton Area 50.26 10 2

Rechtenbaugh, Jonah

11 West Central 51.01

8 3 ...

South Dakota High School Activities

Association State ...

2020 Group

Championhsips Groups

A & B John Bennett

Indoor Complex

Performance List Event

1 Boys 400 Meter Dash

NPA Comp# Name

Year School Seed Time

1 31 Ebanks, Jaden 11

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Bergen Catholic HS NT
2:40...

**JBAC Timers -
Contractor License
Hy-Tek's MEET
MANAGER 11 ...**

Meet Records - Boys
GROUP I 100 Meter
Dash Chris Charles,
Park Ridge 0:10.59
2000 200 Meter Dash
Willie Anderson,
Paulsboro 0:21.5 1983
400 Meter Dash Darrell
Bush, Woodbury
0:47.46 2011 800

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Meter Run Dylan
Capwell, Hopatcong

1:50.86 2013 1600

Meter Run John

Carlotti, Bernards

4:11.1 1983

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