

**December 11, 2005 Indoor Meet
PGS&L Complex, Landover, MD**

- **Natalie Baird – Shot Put (34-4), 400M (1:09.9)**
- **Mary Casale – High Jump (4-10)**
- **Jonathan Harmon – 400M (63.0), 800M (2:29.8)**
- **Nick Kish – Long Jump (15-6), 400M (58.1)**
- **Joshua Lowe – Shot Put (24.5)**
- **Jesse Saldana – 3200M (11:35.1)**
- **Ryan Ulsh – Shot Put (32.8)**
- **Coach Casale - Pole Vault (12-6), High Jump (5-0), Long Jump (15-11.75)**