

Mid-Atlantic Relays (MACR) - 2024

Team	Saturday - 6/08/2024 - Alexandria City HS														Day 1 Totals
	High	Discus	400m (W)	400m (M)	100m (W)	100m (M)	mile	800m	200m (W)	200m (M)	3000m	4x100	4x400	WMA Sprint	
AT&T	1793	1329					148.46	56.49			140.34	56.92	4:28.2	223.76	363
<i>place</i>	1	1	1	1	3	1	1	2	1,2		1	1	1	2	
<i>pts</i>	40	40	10	10	7	10	40	34	18	0	40	40	40	34	
BAH	619	507					136.2	62.27			72.66	65.21	5:45.9	225.30	376
<i>place</i>	2	2	2,3	2,3,4	1,2	2	2	1	3,4	1,2,3	2	2	2	1	
<i>pts</i>	34	34	15	21	18	0	34	40	13	25	34	34	34	40	

Individual pts: 10, 8, 7, 6, 5, 4, 3, 2, 1

Relay/Team/Field pts: 40, 34, 31, 28, 25, 22, 19, 16, 13, 10, 7, 4, 1

Drop 6 lowest last scores

Results: <https://milesplit.live/meets/624916>

Running Calculator: <https://mastersrankings.com/new-age-grades/>

Field Event Calc: <https://www.uscaa.grunsports.com/goodies/fieldCalc.html>

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Sunday - 6/09/2024 - Alexandria City HS															Team	Day 2 Totals	Grand Totals
Team	Shot	Long	Team Throw	Team Jump	SubM_D	Seniors	3-Lap	Women	4x200	SubM_S	Pyramid	Masters	Throwers	Sprint			
AT&T	1500	1578	2829	3371		4:58.51		8:57.07	1:59.87	5:06.27			1:35.34		AT&T	360	723
<i>place</i>	1	1	1	1		1		1	1	1			1				
<i>pts</i>	40	40	40	40		40		40	40	40			40		<i>pts</i>		
BAH	623	1275	1130	1894		5:39.89	3:46.83		2:15.75	5:36.16			4:54.61		BAH	318	694
<i>place</i>	2	2	2	2		2	1		2	2			1				
<i>pts</i>	34	34	34	34		34	40		34	34			40		<i>pts</i>		

MACR 2023 - Booz Allen Team

Table with columns: Gender, First Last, DOB, Age, Sat, Sun, High, Discus, W-400m, M-400m, W-100m, M-100m, Mile, 800m, W-200m, M-200m, 3000m, 4x100, 4x400, First Last, Shot, Long, SubM_D, Seniors, 3-Lap, Women, Sunday 4x200, SubM_5, Pyramid, Masters, Throwers, Sprint. Includes data for athletes like Emily Stegmeier, Wanda Gardiner, Denise Lawson, etc.

MACR 2024 - AT&T Team

Table with columns: Gender, First Last, DOB, Age, Sat, Sun, High, Discus, W-400m, M-400m, W-100m, M-100m, Mile, 800m, W-200m, M-200m, 3000m, 4x100, 4x400, First Last, Shot, Long, SubM_D, Seniors, 3-Lap, Women, Sunday 4x200, SubM_5, Pyramid, Masters, Throwers, Sprint. Includes data for athletes like Kristen Thurman, Jacklyn Slaughter, Linda Hansen, etc.

= AT&T
= BAH
non-scorer

Summary table with columns: Place, Points, WMA Sprint. Rows include 1st, 2nd, 3rd, 4th place results and WMA Sprint scores.