

Maine Heptathlon Championships

	100mH	High Jump	Shot	200m	Day 1	Long Jump	Javelin	800m	Day 2	Total
Southard	18.19	4-4	19-1	30.34		13-8	53-9	3:02.35		
	469	429	259	459	1616	345	222	344	911	2527
Niedermeyer	21.39	3-10	18-3	34.33		12-6	59-9	3:25.73		
	197	275	243	223	938	265	256	163	684	1622