

## 2009 Forwald/Coleman Relays

**"Courage is doing what you are afraid to do. There can be no courage unless you are scared" -- Eddie Rickenbacker**

**"It ain't over until it is over" --- Yogi Berra "Spray the gravel and crack the windshield"**

**--Rethwisch (paraphrased)**

While we did not win the meet we competed like champions from start to finish. We scrapped and clawed and fought for points in every event. We made ourselves a better team last night and are closing the gap. This isn't over yet!

Long Jump	<b>Nelson 9<sup>th**</sup></b>	<b>Ward</b>		
	<b>16'9"(3<sup>rd</sup>)*</b>	<b>15'5.5" (6<sup>th</sup>)</b>		
High Jump	<b>Johnson, V</b>	<b>Brooks 8<sup>th**</sup></b>		
	<b>5'3"(1<sup>st</sup>) SB</b>	<b>5'2"(2<sup>nd</sup>)*</b>		
Shot Put	<b>Tutson</b>	<b>Hyche</b>	<b>Kunc, M</b>	<b>Smith,L</b>
	<b>39'7"(2<sup>nd</sup>)</b>	<b>30'10"</b>	<b>30'7"</b>	<b>27'7"</b>
Discus	<b>Tutson</b>	<b>Hyche</b>	<b>Smith, L</b>	<b>Kunc, M</b>
	<b>131'5" (2<sup>nd</sup>)</b>	<b>105'11"(6<sup>th</sup>)</b>	<b>78'4"</b>	<b>92'5"*</b>
3000	<b>Richardson</b> <b>5<sup>th**</sup></b>	<b>Rethwisch, R</b>	<b>McFarland</b>	
	<b>10:34.87(2<sup>nd</sup>)*</b>	<b>10:47..21(4th)</b>	<b>12:05.16</b>	
4 x 800 Relay	<b>Langenfeld</b>	<b>Fuller</b>	<b>Stephenson</b>	<b>Fagan</b>
	<b>9:54.00(1<sup>st</sup>)</b>	<b>2:27.2*</b>	<b>2:27.2SB</b>	<b>2:27.0*</b>
				<b>2:31.8</b>
Shuttle Hurdle	<b>Sotelo</b>	<b>Kunc, S</b>	<b>Larsen</b>	<b>Jordan</b>
	<b>1:12.24(4<sup>th</sup>)</b>	<b>17.3*</b>	<b>21.5</b>	<b>17.5*</b>
				<b>15.5*</b>
100m	<b>Wilkinson</b>	<b>Nelson</b>		

	<b>12.39(2<sup>nd</sup>)SB</b>	<b>12.92(4<sup>th</sup>)SB</b>		
D Med	<b>Sparks</b>	<b>Kuddes</b>	<b>Hynes</b>	<b>Kregel</b>
<b>4:25.62(5<sup>th</sup>)SB</b>	<b>29.9SB</b>	<b>27.1*</b>	<b>62.8*</b>	<b>2:25.5*</b>
400m	<b>Mills 9<sup>th</sup>**</b>	Sullivan, J		
	<b>59.99(1<sup>st</sup>)*</b>	64.52		
4 x 200 Relay	<b>Burian</b>	<b>Coleman</b>	<b>Mueller</b>	<b>Nelson</b>
<b>1:50.70(4<sup>th</sup>)</b>	<b>27.5</b>	<b>28.8</b>	<b>27.7</b>	<b>26.4</b>
100m Hurdles	<b>Jordan 1<sup>st</sup>**</b>	<b>Ward 2<sup>nd</sup>**</b>		
	<b>15.25(1<sup>st</sup>)*</b>	<b>16.78*</b>		
800m	<b>Fagan</b>	<b>Yagla</b>		
	<b>2:22.96(3<sup>rd</sup>)*</b>	<b>2:20.32(1<sup>st</sup>)*</b>		
200m Dash	<b>Wilkinson 2<sup>nd</sup>**</b>	Larsen		
	<b>25.00(1<sup>st</sup>)*MR</b>	<b>27.88*</b>		
400Hurdles	Lines	<b>Sotelo</b>		
	<b>1:12.98*</b>	<b>1:10.72(4<sup>th</sup>)</b>		
Sprint Med	Burian	Jordan	Mueller	Mills
<b>1:53.14(1<sup>st</sup>)</b>	<b>13.5</b>	<b>13.0</b>	<b>27.3</b>	<b>59.0</b>
1500	<b>Richardson 6<sup>th</sup>**</b>	<b>Rethwisch, R</b>	<b>Holman</b>	
	<b>4:51.42(2<sup>nd</sup>)*</b>	<b>5:00.28(6<sup>th</sup>)</b>	<b>4:59.39(5<sup>th</sup>)</b>	
4 x 100 Relay	Sparks	Nelson	Coleman	Wilkinson
<b>49.73(3<sup>rd</sup>)SB8<sup>th</sup>**</b>	<b>12.4</b>	<b>13.0</b>	<b>11.9</b>	<b>12.0</b>
4 x 400 Relay	Yagla	Hynes	Mills	Wilkinson
<b>4:05.80(1<sup>st</sup>)SB</b>	<b>60.4*</b>	64.8	<b>61.0*</b>	<b>59.0*</b>

Team: West High 206, **CHS 174**, Ames 52, PV 51, NScott 38, WDVally 35, Linn-  
Mar 29, Muscatine 3

**Bold Name=Place, SB=Season's Best, \*=Personal record, \*\*=All Time top  
10, MR=meet record, Red time=Std of Excellence**