

Forwald Relays, April 22, 2000

	Varsity
High Jump	Branstetter- 4'10" (5 th) Voss- 5'0" (2 nd)
Shot Put	DeHart- 35'1" Elliot- 35'5.5" McDuffie- 35'7" (6 th)
Discus	Elliot- 118'9" (2 nd) Jackson- 103'2" Brenneman- 79'1"
Long Jump	Holland- NM
3000 Meter Run	Lilienthal- 9:53.24 (1 st) Meng- 11:11.92 (5 th)
Shuttle Hurdle Relay	Fraga- 16.3 Evans- 17.1 O-T- 16.7 Maya- 15.8 1:05.99 (4th)
4 x 800 Meter Relay	Lake- 2:24.1 Heefner- 2:31.9 Kerstetter - 2:35.9 Linder- 2:25.9 9:57.14 (1st)
Distance Medley Relay	Rohrbach- 27.4 Tiemeyer- 27.7 Hill- 32.5 Mills- 2:24.5 4:22.53 (2nd)
100 Meter Dash	Matzen- 12.70 (3 rd) Gilpin- 13.47
400 Meter Dash	Rembolt- 62.18 Mims- 61.33 (5 th)
4 x 200 Relay	Nearad- 26.0 Thalken- 27.2 Holland- 27.6 Gatens- 26.0 1:46.56 (1st)
100 Meter Hurdles	Fraga- 16.06 Maya- 15.39 (4 th)
800 Meter Run	Linder- 2:24.96 (5 th) Gable- 2:25.52 (6 th)
200 Meter Dash	Nearad- 26.06 (3 rd) Holland- 27.49 (5 th)
400 Meter Hurdles	Gatens- 1:05.24 (1 st) Mills- 1:07.99 (4 th)

Sprint Medley Relay	Rohrbach- 13.1 Maya- 12.5 Matzen- 26.1 Mims- 61.5 1:53.53 (3rd)
1500 Meter Run	Lilienthal- 4:36.08 (1 st) Kirsch- 4:59.17 (3 rd)
4 x 100 Meter Relay	Nearad Rohrbach Holland Matzen :50.25 (1st)
4 x 400 Meter Relay	Hill- 62.2 Rembolt- 61.1 Lake- 63.5 Gatens- 60.1 4:08.42 (3rd)
Team Scores	West High- 127 City High- 118.5 WDM Valley- 92.5 Muscatine- 49 Pleasant Valley- 45 Newton- 44.5 North Scott- 16.5 Indianola- 12

- This was a meet full of great performances by many and great effort by all. There are a lot of positives to take out of this meet although we lost the team title. Among the highlights: a 1:05.99 by the shuttle relay, a state leading 1:46.56 by the 4 x 200, 4 x 100 winning by over 1 second, PR's in open events by Mims and Rembolt in the 400, Maya and Fraga in the 100 hurdles, Gatens in the 400 hurdles, Holland in the 200, Gilpin in the 100, Linder in the 800, Kirsch in the 1500m, McDuffie, DeHart, Elliot in the shot put (ALL OVER 35 FEET!!), Elliot and Jackson in the Discus, Voss over 5'0" in the high jump.
- DO NOT feel that you didn't deserve to win this meet--you did. DO NOT feel as if you did not perform well -- you did. DO NOT question your training -- it is excellent. DO NOT question the commitment of your teammates -- they are all ready to what it takes.
- We will see West High again in 8 days at the MVC Conference Meet. Use this time to reflect on what went well and what did not, and be ready for the challenge that lies ahead. We are on track to win our 6th consecutive conference title, but it can't happen without ALL OF US. There is not one person who we can do without on this team. Help each other to realize that we are up to the task that lies ahead!!