

Forwald/Coleman Relays

This was without a doubt one of the best performances I have ever seen by a City High team. To have everyone run at their best at the same time is truly astounding. Yes, we would like to win the meet but **the most important thing** is running to your potential at the time of competition. On Friday you did that. As our training progresses our potential will grow and we will get nothing but better. Congratulations to everyone!

Long Jump	Whiting 15'4.25" Maynard 14'11.25" SB
High Jump	Johnson 4'10" Brooks 4'6"
Shot Put	Tutson 36'10" Kenney 27'7" Hyché 31'4"* MKunc 26'3"
Discus	Tutson 113'11" Kenney 100'5"* Hyché 82'6" Koeppel 70'2"
3000 M Run	Fagan 10:54.03* (3 rd) McFarland 11:32.18* (4 th) Shinnick-Gordon 12:00.43
4 x 800 Meter Relay	Fuller ARethwisch Kregel Hudachek (4 th) 2:30.2* 2:34.7 SB 2:30.23= SB 2:40.1* 10:16.15
Shuttle Hurdle(3 rd)	Moen 17.2 Sotelo 16.8* Neu17.2 Jordan 14.9 SB 66.43 SB
100 M Dash	Wilkinson 12.60 SB FAT (1 st) Tutson 13.65* FAT (6 th)
Distance Medley	Moen Stephenson Coleman RRethwisch (3 rd) 28.9SB 28.2 62.7* 2:28.1* 4:27.93 SB
400 M Dash	Krei 58.10 SB FAT (1 st) Hynes 67.93 SB
4 x 200 Relay	Maynard Mills Mueller Johnson (4 th) 27.9 SB 27.0 SB 27.7* 28.4 1:51.52 SB
100 M Hurdles	Jordan 14.83 SB (1 st) Whiting 17.43 SB
800 M Run	Fuller 2:31.15 Kregel 2:28.01 SB (3 rd)
200 M Dash	Krei 26.21 SB (2 nd) Wilkinson 26.36 SB (3 rd)
400 M Hurdle	Sotelo 71.02* (5 th)
Sprint Medley Relay	Sparks Burian Mueller Coleman (1 st) 13.37 12.49 SB 27.66* 63.03 1:56.83
1500 M Run	Fagan RRethwisch Holman 5:11.15 5:15.37* 5:19.21*
4x100 Meter Relay	Sparks Jordan Burian Moen 13.51 SB 11.59* 13.54 13.81 SB
4 x 400 Meter Relay	Mills Wilkinson Stephenson Krei (1 st) 61.13* 60.69 SB 63.12* 58.59 4:03.97 SB

Team: West High 212; **City High 131.5**; Pleasant Valley 85; Ames 73; West Des Moines Valley 42.5; North Scott 26; Muscatine 19

