

Xavier Invitational, April 13, 2002

	Varsity	Junior Varsity
Long Jump (p & f)	Evans: Strickland:	Ploesel, Triplett
High Jump	Furlong: 5-0 (6th) Branstetter: 5-2 (3rd)	
Shot Put (p & f)	Wagner: 29-10.5 Elliott: 39-1.5 (3rd)	Sherry: 22-5 Kreiger: 26-7 (5th)
Discus (p & f)	Wagner: 84-9 Elliott: 125-9 (1st) MEET RECORD	Sherry: 62-0 Kreiger: 75-8 (5th)
3000 Meter Run	Manuel: 11:10.31 (1ST) E. Russo: 11:58.19 (5th)	Rethwisch: 12:37.24 (1st)
4 x 800 Meter Relay	Trefz, Kirrsch, Reed, Funk 2:23 2:31 2:22 2:20 9:37.76 (1st) MEET RECORD	Gill, Evans, Herlein, B. Russo 2:35 2:47 2:37 2:44 10:45.16 (1st)
Shuttle Hurdle Relay	Roelf, Triplett, Maya, Fraga 17.0 15.6 15.6 16.0 1:04.77 (1st) MEET RECORD	
Distance Medley Relay	Hesseltine, Evans, Strickland, Boyd 29.2 28.8 62.4 2:37 4:38.37 (2nd)	Ploesel, Roberts, Turner, Newton 29.4 28.0 67 2:39 4:44.37 (1st)
100 Meter Dash	Matzen: 12.75 (2nd) Dreier: 12.80 (3rd)	Kamber: 13.62 (1st) Goebel: 15.51
400 Meter Dash	Krei: 62.10 (2nd) Belmont: 64.87 (4th)	Schallau: 66.96 (2nd) Sherry: 64.03 (1st)
4 x 200 Relay	Wagner, Struve, Lynch, Tutson 29.3 34.2 27.0 28.2 1:58.66	Frantz, Turner, Evans, Jones 29.3 28.8 29.9 27.3 1:55.3 (DC)
100 Meter Hurdles	Maya: 15.25 (1st) MEET RECORD Triplett: 15.88 (3rd)	Giovanelli: 16.66 (1st) Krumm: 17.25 (3rd)
800 Meter Run	Trefz: 2:27.05 (4th) Gill:	Herlein: 2:44.41 (2nd)
200 Meter Dash	Strickland: 27.22 (2nd) Kamber: 28.03 (3rd)	Roberts: 29.91 (2nd) Hesseltine: 29.50 (1st)
400 Meter Hurdles	Fraga: 1:06.34 (2nd) Lynch: 1:11.71 (3rd)	Evans: 1:15.94 (1st)
Sprint Medley Relay	Matzen, Tutson, Dreier, Mims 12.9 13.2 26.1 59.7 1:51.81 (1st)	Roelf, Ploesel, Jones, Belmont 27.4 64.4 2:01.60 (1st)
1500 Meter Run	J. Funk: 4:45.65 (1st) Ellsmore: 5:06.46 (3rd)	B. Russo: 5:38.65 (3rd) Olson: 5:46.35 (5th)
4 x 100 Meter Relay	Dreier, Tutson, Triplett, Matzen 13.2 13.0 13.0 12.3 51.81 (2nd)	Hesseltine, Frantz, Evans, Kamber 14.2 13.9 13.6 13.1 54.81 (1st)
4 x 400 Meter Relay	Krei, Krumm, Reed, Mims 61.5 63.5 61.1 60.3 4:06.50 (2nd)	Roelf, Sherry, Schallau, Struve 67.7 64.4 67.7 65.8 4:25.47 (1st)
Team Scores	City High 147 CR Washington 103 Clinton 60.50 CR Xavier 52 Muscatine 46.50 Linn-Mar 38 Charles City 33 North Scott 22	City High 130 Clinton 108 CR Washington 90 CR Xavier 77 Linn-Mar 41 Charles City 24 Muscatine 18 North Scott 1

The weather keeps getting better and the times keep getting faster. Comparing this years performance with last years, we were faster or farther in 13 of 19 events. The events we were not faster we in most cases within tenths of second of last years times. We also scored more team points than last years team against a much better field than last year. You have improved each meet during the outdoor season. Keep this up and good things will happen.

From an individual standpoint, there were a number of quality performances. All in all, 4 meet records fell today: Jessica Elliot (125-9, discus), Maya (15.25, 100 hurdles), 4x8 9:37 (Trefz, Reed, Kirsch, Funk), shuttle hurdle 1:04.77 (Roelf, Triplett, Maya, Fraga). All of these are also season bests for the team. Even though it may seem as if there is a lot of time left in the season, time until our big meets is growing short. There are less than 2 weeks until Drake, two weeks until conference, 3 weeks until districts, and 4 weeks until state. This time will go quickly! Don't sit back and be satisfied with what you have done, look forward to what you might do in the time remaining.

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