

## Forwald Relays, April 16, 2004

Varsity	
High Jump	Wiegert: 4-9 (6 <sup>th</sup> ) Sidwell: 4-7
Shot Put	Wagner: 37-10.5 (4 <sup>th</sup> ) Anciaux: 40-1.25 (1 <sup>st</sup> ) Minchk; 33-10 (8 <sup>th</sup> )
Discus	Wagner: 86-5 Aniaux: 104-9 (6 <sup>th</sup> ) Sherry: 114-0 (2 <sup>nd</sup> )
Long Jump	Evans: 15-4 (5 <sup>th</sup> ) V. Mozena: 16-8.25 (1 <sup>st</sup> )
3000 Meter Run	Funk: 10:26.48 (1 <sup>st</sup> ) Arora; 11:22.02 (4 <sup>th</sup> )
4 x 800 Meter Relay	Ziegenhorn, Dietz, Foreman, Leyendecker 2:23    2:30    2:28    2:23 <span style="float: right;">9:45.59 (1<sup>st</sup>)</span>
Shuttle Hurdle Relay	Rydze, Sabers, Fraga, Triplett 15.9   16.5   15.1   14.3 1:02.43 (1 <sup>st</sup> ) <b>MEET RECORD, 10<sup>th</sup> fastest in Iowa History</b>
Distance Medley Relay	E. Mozena, Hichwa, Jones, Trefz 27.0    28.5    62.4    2:21 <span style="float: right;">4:19.58 (1<sup>st</sup>)</span>
100 Meter Dash	Jordan: 12.43 (1 <sup>st</sup> ) Dreier: 13.28
400 Meter Dash	Wiegert: 62.83 (6 <sup>th</sup> ) Mims: 61.18 (3 <sup>rd</sup> )
4 x 200 Relay	Strickland, Krei, Kamber, Dreier 26.8    26.5    25.9    26.9 <span style="float: right;">1:46.33 (1<sup>st</sup>)</span>
100 Meter Hurdles	Rydz: 15.85 (3 <sup>rd</sup> ) Triplett: 14.99 (1 <sup>st</sup> )
800 Meter Run	Trefz: 2:18.04 (1 <sup>st</sup> ) Ziegenhorn: 2:24.47 (6 <sup>th</sup> )
200 Meter Dash	Mueller: 27.96 (4 <sup>th</sup> ) Jones: 27.40 (3 <sup>rd</sup> )
400 Meter Hurdles	Krumm: 1:12.38 (6 <sup>th</sup> ) Sabers: 1:10.13 (3 <sup>rd</sup> )
Sprint Medley Relay	Triplett, Jordan, Strickland, Krei 12.5    11.8    26.0    59.6 <span style="float: right;">1:50.42 (2<sup>nd</sup>)</span>
1500 Meter Run	Funk: 4:52.66 (2 <sup>nd</sup> ) Anciaux: 5:05.38 (4 <sup>th</sup> )
4 x 100 Meter Relay	Mueller, Hichwa, Evans, Kamber 13.2    13.2    12.3    12.3 <span style="float: right;">:51.71 (4<sup>th</sup>)</span>
4 x 400 Meter Relay	Leyendecker, Mims, Mozena, Dreier 59.7    60.8    59.6    60.6 4:01.37 (1 <sup>st</sup> ) <b>MEET RECORD</b>
TEAM SCORES	CITY HIGH 156.3 West High: 128 West Des Moines Valley: 105 Newton: 39 Pleasant Valley: 25.3 Indianola: 22 Muscatine: 18.3 North Scott: 11

What a tremendous effort! You had two of the top 5 schools in the state at this meet and the outcome was never in doubt. From the very first event, it was evident that you were

not going to be denied. After winning 7 of the first 8 running events and two field events the lackluster performance of last Tuesday was quickly buried. I hope that those of you who experienced your first Forwald Relays understand now what it takes to be a state championship team. It is not only training, but it is emotion as well. To put this meet in perspective:

- You performed better than last years team in 18 of 19 events, including every relay!
- In 7 individual events, both of the performed better than the two from last year
- I didn't tally the score, but you would have sent last years team home with their tail between their legs.
- Specific performances of note: Jennie Funk with an emotional and well planned win in the 3000, 4x8 with all 4 people running season bests, shuttle hurdle running the 10<sup>th</sup> best time in Iowa history, Nelle winning the 800 while nearly running negative splits, Sprint Medley running to the 3<sup>rd</sup> fastest time in the state, Clair Anciaux running a 10 second PR in the 1500, the 4x1 team who didn't practice handoff running a 51.7, the 4x4 team running the fastest time for a City High team outside of Drake Stadium, Katie Sherry throwing 114' in the discus for 2<sup>nd</sup> place (a 20' PR), Sarah Anciaux with a 40' shot, and Corrie Wagner with a 37-10 shot, we had three people run 59 second 400's (Krei, Leyendecker, E. Mozena), Val Mozena winning the long jump with a 16-8 jump, Mims and Wiegert PR in the open 400, Rydze PR in the 100 hurdles, Minchk a PR in the shot.
- Relay season bests on the night: Shuttle, 4x4, 4x2, sprint medley, 4x8

There are few things that could have gone differently to make this a more impressive meet. You are now ready to contend for a state title. We have 5 weeks left until state which means really only 3 weeks left to improve ourselves through training. Focus intently on what you want to accomplish and do not be denied.