

April 9th, 2009 Lancer Invitational

The forty-degree temperatures made for challenging sprinting and jumping but you persevered and competed in 3 or 4 events. The throwers and distance runners had particularly good days as reflected in the wealth of prs and season's bests. It was another day of progress and you brought home the championship plaque. Congratulations to Jill Stephenson who has now competed at every distance and yesterday in her 3000m debut became City High's ninth fastest 3000 runner of All-Time!

Varsity Results

Long Jump	Nelson 16'5.75" (2 nd)	Hansche 14'4"	Team Scores	
High Jump	Brooks 4'10"	Johnson 4'10"	CHS	107.50
Shot Put	Hyche 35'3" (4 th)*	Gustafson 34'00"***	Bettendorf	79
Discus	Hyche 99'00"	Gustafson 100'9" (5 th)*	PV	65.5
3000	Holman 10:50.64 (6 th)*	Stephenson** 10:39.84 (3 rd)*	Burlington	42
4 x 800m	Langenfeld 2:31.5	Rethwisch 2:24.5*	D Hepmstead	37.5
Shuttle	Sotelo 17.6	Feeney 18.3	Dav Central	34.5
100m	Crew 13.75	Wilkinson 12.87 (1 st)	North Scott	24
D Med	Sotelo 27.7*	Mueller 27.6	Clinton	15
400m	Hynes 1:06.00	Omar 1:06.64*	3 others < 10	
4 x 200m	Nelson 27.9	Coleman 27.5	Beasley	Siglin
100mH	Lines 17.59*	Feeney 17.51*	2:39.9	2:41.8*
800m	Yagla 2:23.13(3 rd)SB	Danielson 2:24.77(4 th)SB	Lines	Kunc
200m	Kuddes 28.08 (3rd)	Hansche 28.63	17.9	17.4 SB
400m H	Sotelo 1:09.76 (1 st)	Kunc 1:10.43* (2 nd)	Sullivan	Fagan
SprintMed	Crew 13.4	Coleman 12.9	65.4	2:22.9 SB
1500	Rethwisch 4:54.48 SB (2 nd)	Richardson 4:51.29 SB (1 st)	Crew	Wilkinson
4 x 100m	Kuddes 54.73	Hansche 13.0	28.7	25.9 SB
4 x 400m	Sullivan 63.9	Fagan 64.2	Red Name=	Std of Excellence
			Red Time=	Meet Scoring
			*=	Personal Record
			SB=	Season's Best
			**=	CHS 9 th All-Time
			Throwers 4x1	

JV Relays and Throws

Nelson 35'1"(1 st)SB	Belke 26'4" (4 th)
Chambers 75'7"(5 th)*	Gonzales 79'05"(3 rd)*

Scoblic 2:47.2SB	Ali 2:49.9*	Peterson 2:51.6*	Mendenhall 2:57.7*
Perez 18.7	Sullivan 19.9	Enloe 20.4	Omar 21.4

		11:26.24 (3 rd)	
		4:54.31 (1 st)	
Kroeze 30.6	Perez 29.6	Stephenson 67.4	Bui 2:46.0*

1:59.26 (1 st)			
Hansche 28.6	Kroeze 30.2	Langenfeld 31.2	Kooker 28.9

2:03.45 (1 st)			
Kooker 13.9	Mueller 13.9	Kroeze 29.7	Lines 65.4*
Gustafson 15.8	Chambers 15.3	Gonzales 15.1*	Hyche 61.8(2 nd)

Kooker 14.3	Kroeze 13.8	Brooks 14.9	Enloe 58.18(6 th) 14.4
Langenfeld 66.5 SB	Hynes 67.9	Crew 74.0	Perez 69.6* 4:38.52 (5 th)