

# Forwald Relays, April 19, 2002

**MEET DOWN AT THE TRACK READY TO WARM UP AT 4:00 pm**

- **Teams:**  
**City, West, WDM Valley, Newton, Pleasant Valley, Muscatine,  
 North Scott, Indianola**

|                       | <b>Varsity</b>  |
|-----------------------|---|
| High Jump             | Branstetter: 5-0 (5th)<br>Furlong: 4-10   |
| Shot Put              | Elliott: 40-0 (3rd)<br>Wagner: 31-3   |
| Discus                | Elliott, 126-11<br>Wagner:  |
| Long Jump             | Strickland:<br>Hichwa: 14.6.5   |
| 3000 Meter Run        | Funk: 10:14.43 (1st)<br>Ellsmore: 10:47.08 (3rd)  |
| 4 x 800 Meter Relay   | Trefz, K. Funk, , Reed, Mims<br>2:22.7 2:26.3 2:18.7 2:21.4<br>9:29.44 (2nd)                        |
| Shuttle Hurdle Relay  | Triplett, Whiting, Fraga, Maya<br>15.9 15.5 16.1 15.6<br>1:03.21 (1st) MEET RECORD<br>SCHOOL RECORD |
| Distance Medley Relay | Lynch, Belmont, Stuve, Kirsch<br>27.9 27.2 62.6 2:26.9<br>4:25.12 (1st)                             |
| 100 Meter Dash        | Matzen: 12.59 (2nd)<br>Wagner: 13.16  |
| 400 Meter Dash        | Dreier: 60.56 (1st)<br>Strickland: 62.90 (4th)  |
| 4 x 200 Relay         | Whiting, Lynch, Kamber, Jones<br>29.8 27.5 27.4 26.8<br>1:51.50 (3rd)                               |
| 100 Meter Hurdles     | Maya: 15.12 (2nd)<br>Triplett: 15.34 (3rd)  |
| 800 Meter Run         | Lyendecker: 2:23.33 (6th)<br>Reed: 2:18.23 (3rd)  |
| 200 Meter Dash        | Strickland: 27.39 (6th)<br>Kamber: 27.63  |
| 400 Meter Hurdles     | Sherry: 1:10.03 (4th)<br>Fraga: 1:07.53 (2nd)   |
| Sprint Medley Relay   | Matzen, Tutson, Dreier, Mims<br>13.3 12.7 26.2 59.4<br>1:51.78 (1st)                                |
| 1500 Meter Run        | Funk: 4:47.87 (1st)<br>Manuel: 5:09.96 (5th)  |
| 4 x 100 Meter Relay   | Dreier, Tutson, Maya, Matzen<br>13.4 14.3 11.8 11.8<br>51.40 (3rd)                                  |
| 4 x 400 Meter Relay   | Full, Krei, Trefz, Mims<br>61.4 61.4 63.7 61.4<br>4:08.21 (1st)                                     |