

2009 MVC Meet

We started the meet with some outstanding field event performances and then retired to the bus for an hour and a half before we came back out to compete. It took us a few events to get rolling and we looked a little tired from our workouts this past week but we finished strong. We still have work to do to accomplish our goals but we continue to progress. The best is yet to come for the Little Hawks as we move onto Districts and State!

	Varsity	Junior Varsity
Long Jump	Larsen 15'5" ^{*(5th)} Nelson 16'3.25" ^(2nd)	
High Jump	Johnson 5'2" ^(2nd) Brooks 5'2" ^{*(4th)}	Rew 4'6" SB ^(1st) McCurn 4'4" SB ^(5th)
Shot Put	Tutson 40'2" ^{*(3rd)} Hyche 34'3"SB ^(6th)	Smith 29'3.5" ^{*(5th)} A Sierra 27'7"
Discus	Tutson 125'3" ^(2nd) Hyche 94' 10"	Gonzalez 77'7* M Kunc 91'5.5"
3000 M Run	Richardson10:44.75 ^(2nd)	McFarland 12:46.22 ^(5th)
	Beasley 11:28.59* ^(4th)	Shinnick Gordon 12:01.26 ^(1st)
4 x 8 9:51.59 ^(3rd)	Stephenson, Fuller, Langenfeld , Fagan	Hudachek, Gathua , Schn'belen, ARethw'sch 2:36 2:51 2:44 2:43
10:56 ^(3rd)	2:26.5 2:27.9 2:27.3 2:28.4	
Shuttle Hurdle	Sotelo, Larsen, Ward, Jordan	S Kunc Lines, Klabo, K Feeney
	17.3* 17.3* 17.2* 17.1 1:08.94 ^(2nd)	17.4 17.9 18.7* 18.0* 1:12.62 ^(1st)
100 M Dash	Wilkinson 12.51 ^(2nd) Nelson 12.71 ^(4th)	Kuddes 13.72 ^(2nd) Armonda 14.3*
Distance Medley	Burian Sotelo Hynes Yagla 4:23.88 ^(3rd)	K Feeney H Feeney Fleming Scoblic
	28.9 27.9* 63.3 2:24.4	30.4 31.3 73.2 2:34.5*
400 M Dash	Mills 60.20 ^(2nd) Baker 66.08*	Eyman-Casey 68.44* Hudachek 70.01*
4 x 2001:48.00 ^(4th)	Nelson Coleman Mueller Sullivan	Kooker Muir Fleming Kuddes 1:55.67 ^(2nd)
	26.6 26.0 27.6 27.6	30.2 27.5* 30.3 27.4
100 M Hurdles	Jordan 15.44 ^(1st) Ward 17.00 ^(6th)	K Feeney 17.55 ^(2nd) Klabo 17.98* ^(3rd)
800 M Run	Kregel 2:25.05 ^(5th) Richardson 2:24.54 ^(4th)	Rodriguez 3:08.5SB Aguilar-Rosales2:46.94* ^(3rd)
200 M Dash	Mills 26.72* ^(6th) Wilkinson 24.87*** ^(1st)	Kuddes 27.58* ^(2nd) Hynes 28.72* ^(5th)
400 M Hurdles	Sotelo 1:10.68 ^(6th)	Lines 1:12.09* ^(2nd) S Kunc 1:11.02*
	Larsen 1:09.22* ^(2nd)	
Sprint Medley	Burian, Coleman, Mueller, Sullivan 1:56.80	Kooker Brooks V Johnson H Feeney 2:03.97
	13.4 12.7 27.8 62.9	14.1 13.1* 28.2* 68.2

1500 M Run	R Rethwisch 4:57.68* (2nd)	Mahaffa 5:33.10 (3rd)
	Holman 5:03.83 (4th)	Tamerius 5:23.65* (2nd)
4 x 100 Relay	Sparks Nelson Jordan Wilkinson 13.2 12.7 12.0 SB 12.0 49.80(1st)	Burian K Feeney Muir Kuddes 54.90(1st)
		14.0 14.1 13.9 12.9
4 x 400 Relay	Yagla Langenfeld Fuller Wilkinson 4:16.34	Fagan Stephenson Baker Coleman 63.6* 66.2 68.5 62.9 SB 4:21.49(1st)
	62.9 64.0 63.9 65.7	

Team Scores: **Varsity:** West 183, **CHS 158**, Wahlert 87, Xavier 56, Kennedy 46, Hempstead 29, Waterloo West 26

JV: West 164, CHS 161, Wahlert 103, Hempstead 52, Kennedy 47, Xavier 47, Waterloo West 7

Bold Name=Place Winner, *=PR, SB=Season's Best, Bold Red = Std of Excellence, * =Conference Record**