

Prairie Relays, May 4, 2004

	Varsity	Junior Varsity
High Jump	Sidwell: 5-0 (3 rd) Wiegert: 4-10	Cress: NH
Shot Put	Wagner: 38-3 (2 nd) Anciaux: 35-0	Minchk: 33-6 (1 st) (MEET RECORD) Gillmore: 29-8.25 (6 th)
Discus	Anciaux: 100-11 (3 rd) Sherry: 87-3	Moore: 89-2 (3 rd) Wagner: 87-2 (5 th)
Long Jump	Evans: 14-8.5 (5 th) V. Mozena: 14-2	Cress: 13-9 (4 th)
3000 Meter Run	Arora: 11:22.90 (1 st) Foreman: 11:36.31 (2 nd)	Lane: 12:43.12 (2 nd) Sobaski: 12:59.04 (3 rd) Riley: 12:33.23 (1 st)
4 x 800 Meter Relay	Trefz, Dietz, Ziegenhorn, Funk 2:18 2:30 2:26 2:23 9:39.51 (1 st)	Diggelmann, Boyd, McKay, Herlein 2:36 2:48 2:43 2:55 11:03.62 (2 nd)
Shuttle Hurdle Relay	Fraga, Rydze, Sabers, Triplett 15.2 17.0 17.1 14.4 1:03.98 (1 st) (MEET RECORD)	
Distance Medley Relay	E. Mozena, Hichwa, Kamber, Leyendecker 27.9 27.5 62.3 2:26 4:24.20 (1 st)	Mims, Fisher, DeFrance, Kidwell 28.5 28.2 67.6 2:45 4:50.37 (1 st)
100 Meter Dash	V. Mozena: 13.13 (5 TH) Mueller: 12.80 (2 ND)	Gerard: 13.23 (1 st) (MEET RECORD) Fredericks: 13.43 (2 ND)
400 Meter Dash	Wiegert: 63.60 (2 ND) Mills: 65.57 (5 TH)	Sidwell: 69.50 (2 nd)
4 x 200 Relay	Jones, Strickland, Dreier, Jordan 28.0 25.3 26.5 25.9 1:45.96 (1 st)	McLane, Hichwa, Wyss, Ploessl 28.8 28.7 29.0 28.3 1:54.99 (1 st) (MEET RECORD)
100 Meter Hurdles	Triplett: 14.71 (2 ND) Rydze: 15.66 (4 TH)	Krumm: 17.53 (4 TH) Fraga: 15.13 (1 st) (MEET RECORD)
800 Meter Run	Anciaux: 2:28.92 (3 RD) Ziegenhorn: 2:26.45 (2 ND)	Olson: 2:56.86 (5 TH) McKay: 2:41.46 (2 ND)
200 Meter Dash	Mueller: 27.25 (6 TH) Jordan: 26.06 (1 st)	Fredericks: 28.48 (3 RD) McLane: 27.45 (1 st) (MEET RECORD)
400 Meter Hurdles	Sabers: 1:10.75 (2 ND) Krumm: 1:11.22 (3 RD)	Mims: 1:09.97 (1 st) (MEET RECORD) Rydze: 1:13.70 (2 ND)
Sprint Medley Relay	Strickland, Evans, E. Mozena, Jones 12.8 12.9 27.6 63.4 1:56.20 (2 nd)	Ploessl, Fisher, Wyss, Gerard 14.3 13.8 29.3 66.4 2:04.12 (2 ND)
1500 Meter Run	Trefz: 4:51.81 (1 st) Funk: 4:59.72 (2 nd)	Gill: 5:28.78 (2 ND) Snider: 6:24.0 Bross: 5:48.0 Sidwell: 5:33.89 (3 rd)
4 x 100 Meter Relay	Kamber, Fraga, Mueller, Jordan 13.0 13.1 12.7 12.0 50.91 (2 nd)	McLane, DeFrance, Evans, Wagner 13.8 13.8 13.0 12.7 53.70 (1 st) (MEET RECORD)
Throwers 4 x 100	Minchk, Moore, Anciaux, Wagner 16.4 15.5 14.7 12.5 59.68 (1 st)	
4 x 400 Meter Relay	Strickland, Dreier, E. Mozena, Leyendecker 60.9 60.8 61.8 61.3 4:05.55 (1 st)	Sidwell, Ziegenhorn, Sabers, Mills 69.4 64.4 64.6 67.9 4:26.79 (1 st)

Team Scores	CITY HIGH: 164 West High: 94 Cedar Falls: 84 CR Washington: 47	CR Prairie: 38 Linn-Mar: 32 CR Xavier: 28 North Scott: 16	CITY HIGH: 155 Cedar Falls: 115 West High: 49 CR Washington: 48	Linn-Mar: 40 North Scott: 26 CR Xavier: 17 CR Prairie: 14
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I set our several goals for this meet:

1. Win both the varsity and JV sections: We did that by winning the varsity section by 70 points and the JV section by 40 points.
2. Achieve season's best performances in your first event: There were many seasons best performances on the eveng: Sidwell HJ (PR tie), Wagner shot (PR) & 100 split, Fraga 100 hurdles (PR), Kamber 400 (PR), DeFrance 400 (PR), Mueller 100 (PR) & 200 (PR?), Gerard 100 (PR), Fredericks 100 & 200, 4x200 relay (varsity & JV), C. Anciaux 800 (PR), Olson 800 (PR), Jordan 200, Rydze 100 hurdles (PR), Mims 400 hurdles (PR), 4x100 relay (JV), McLane 200 (PR), Strickland 400 (PR), Sobaski 3000 (PR), Sidwell 1500 (PR), McKay 800 (PR), Lane 3000, Dietz 800, Digglemann 800, Snider 1500
3. Get varsity meet records for the shuttle (1:05.37)- achieved in breaking a 20 year old record, 4x200 (1:45.21) only .7 seconds off, 100 hurdles (14.91)- under this meet record, sprint medley (1:52.30)- not quite, but a solid performance, 4x400 (4:01.58)- again, a solid performance in a 4:05 and an easy win. The JV set 6 meet records on the night; Gerard in the 100, Mims in the 400 hurdles, McLane in the 200, the 4x100, 4x200, Fraga in the 100 hurdles, and Minchk in the shot. A great performance!
4. Get a good workout in. Mission accomplished. This was our only hard workout this week and you performed great in this as well.

MEET AWARDS

	Varsity	Junior Varsity
Best Performer	Corrie Wagner	Kelsey Mims
Most Improved	Kerry Kamber	Cailin McLane
Iron Woman	Ashton Strickland	Sarah Ziegenhorn
Most Inspirational	Annie Fraga	Sam Sidwell
Team Trophy	Signe Mueller	

NEXT UP, MVC DIVISIONAL ON FRIDAY. LET'S BRING HOME TWO TITLES!