

Forwald/Coleman April 30th, 2010

Saturday you showed that we are getting closer to the best in the State. The door is open. We showed tremendous improvement in the throws, Stephanie performed extraordinarily well in the high jump under pressure and is now tied for 4th on the All-Time list. The hurdlers in general and Emily Sotelo in particular had a great day, several sprinters are stepping up and the distance kids were dominant. The Junior Varsity won their side of the meet and had a lot of PRs and SBs. Finally I was very pleased how tired relay teams in the 4x1s and 4x4s performed in a meet that moved more quickly than usual. A special thanks goes out to Jess Yagla and Erin Danielson for running after playing 80 minutes of soccer a couple of hours earlier! Keep it up girls and fire up because we will get better yet! More great competition lies ahead this week at the Divisional meet.

Prepare yourselves to win.

Varsity

Long Jump	Nelson 15'3" (2 nd)	Hansche 14'6.75"		
High Jump	Johnson 5'0" (3 rd)	Brooks** 5'3" (1 st)*	4 th All Time	
Shot Put	Hyche** 37'6" (3 rd)*	8 th All-Time	Gustafson** 36'5.25" (4 th)*	10 th All-Time
Discus	Hyche 112'7" (3 rd)	Gustafson 109'11" (4 th)*		
3000	Rethwisch 10:59.75 (1 st)	Holman 11:18.06 (2 nd)		
4 x 800m 9:42.73 (1 st)	Richardson 2:22.5*	Danielson 2:31.5	Stephenson 2:21.7*	Yagla 2:26.8
Shuttle 1:11.84	Larsen 19.8	Lines 17.6	Kunc 17.3	Sotelo 16.9
100m	Wilkinson 12.85 (2 nd)	Nelson 13.23 (4 th)		
Distance 4:19.43(1 st)SB	Hansche 28.4	Kuddes 26.8*	Sullivan 62.0SB	Fagan 2:21.9
400m	Hynes 63.55	Omar 63.43 (4 th)		
4 x 200m 1:52.83 (2 nd)	Crew 26.1*	Mueller 29.2	Larsen 28.2	Coleman 29.1
100m hurd	Sotelo** 16.37 (3 rd) *	2 nd All-Time	Ward 17.40	
800 m	Stephenson 2:22.81 (2 nd)*	Richardson 2:31.88 (3 rd)		
200m	Wilkinson 26.46 (3 rd)	Sullivan 28.11		
400m Hurd	Sotelo 68.99 (1 st)	Kunc 71.76 (2 nd)		
Sprint Med 1:53.9 (1 st)	Crew 12.6*	Coleman 13.1	Nelson 27.1	Wilkinson 60.7
1500	Rethwisch 4:55.43 (1 st)	Fagan 5:00.39 (2 nd)	Siglin 5:13.17*	
4 x 100m 51.82 (2 nd)	Hansche 13.1	Nelson 12.8 SB	Coleman 12.7	Wilkinson 13.0
4 x 400m 4:10.98 (2 nd)	Crew 63.2*	Sullivan 61.8SB	Hynes 62.8*	Sotelo 62.5*

**= All-Time City High Top Ten List *= personal record

Varsity Team Scores: West 83.5, CHS 78, PV 26.5

Red Time= Place winner SB= Season's Best Red Name = Standard of Excellence

Junior Varsity

Long Jump	Omar 13'4.5" (3 rd)*			
High Jump				
Shot Put	Behlke 27'9" (3 rd)	Chambers 26'7" (4 th)		
Discus	Behlke 63'5" (3 rd)*	Gonzales		
3000	ShinnickGordn 12:07.00 (2 nd)SB	Beasley 11:56.98 (1 st)	Tamerius 13:16.93	
4 x 800m 10:42.94SB(1 st)	Langenfeld 2:32.03	Bui 2:35.5*	Hudachek 2:44.8	Scoblic 2:49.9
Shuttle 1:12.37SB(1 st)	Feeney 17.4*	Perez 17.3*	Enloe 19.7	Ward 17.6
100m	Hansche 14.03 (1 st)	Kunc 14.52 (3 rd)		
D Medley 5:07.63 (2 nd)	Enloe 29.64*	De Boeck 29.9	Baker 70.2	Aguilar-Rosales 2:57.5
400m	Cook 1:18.68 (2 nd) *			
4 x 200m 2:04.51 (1 st)	Enloe 30.97	Baker 31.47	Langenfeld 28.91SB	Chambers 32.75
100m H	Feeney 17.36 (1 st) *	Perez 17.79 (3 rd)		
800m	Bui 2:45.65 (2 nd)			
200m Dash	Cook 35.17 (4 th)	Enloe 32.40 (3 rd)		
400m H	Lines 1:12.58 (1 st)	Perez 1:16.50 (2 nd)		
Sprint Med 2:05.99 (2 nd)	Feeney 14.2	Ward 13.3	Mueller 28.0	De Boeck 70.1
1500	Mahaffa 5:49.83 (3 rd)	Peterson 5:50.28	Mendenhall 5:49.51 (2 nd)*	
4 x 100m 56.24 (2 nd)	Brooks 13.9	Mueller 13.6	Ward 13.9	Feeney 14.4
4 x 400m 4:30.82 (1 st)	Coleman 69.8	Omar 67.8	Danielson 66.8	Langenfeld 65.8

JV Team Score: CHS 80, West 76, PV 10