

District Meet, May 9, 2008

Out of class at 1:00 bus leaves at 1:15

“If not you who, if not now when?”----- Robert F. Kennedy.

On a cool day with winds blowing 20 mph from the NW we brought gale of our own from the east side of town. We came up a little short but that crack grows every wider and our confidence grows. The only downside was that the wind wreaked havoc on the field events and made qualification in the long jump and discus particularly difficult. It also made running a challenge--- although you wouldn't know it from most of your times. It was a great performance indeed and shows that you are ready for the final challenge in Des Moines this week!!

Shot Put	Tutson 40'6" (2nd)** 5th All-Time Hyche 34'3" (7th)
Long Jump	Nelson 15'8" (3rd) Larsen 12' 6"
High Jump	Brooks 5'2" (2nd) Johnson 5'1" (3rd)
Discus	Tutson 131'09" (2nd) Hyche 95'
3000 Meter Run	Richardson 10:34. (2nd) R Rethwisch 10:36.64 (3rd)** 8th All-Time
4 x 800 Meter Relay 9:49.56 (1st)	Fuller, Stephenson, Langenfeld, Kregel 2:26.5 2:26.5 2:29.8 2:26.1
Shuttle Hurdle Relay 1:07.40 SB (1st)	Sotelo, Ward, Larsen, Jordan 17.2* 17.1* 16.9* 16.0
100 meter dash	Wilkinson 12:34 (1st) Burian 13.41 (8th)
Distance Medley 4:20.72 SB (2nd)	Sullivan, Coleman, Yagla, Fagan 26.6 28.0 62.0 2:24.0
400 Meter Dash	Langenfeld 63.37* (4th) Hynes 64.07* (5th)
4 x 200 Relay 1:45.30 SB (1st)	Nelson, Coleman, Mills, Wilkinson 26.6 27.1 25.6* 25.6
100 Meter Hurdles	Jordan 15.23 (1st) Ward 16.96 (8th)
800 Meter Run	Yagla 2:22.58 (1st) Fagan 2:23.59 (2nd)
200 Meter Dash	Wilkinson 25.13 (1st) Nicole Kuddes 28.89
400 Meter Hurdles	Sotelo 71.71 (7th) Larsen 69.32 (4th)
Sprint Medley Relay 1:53.37 (1st)	Sparks, Jordan, Nelson, Mills 12.7SB 12.1 29.4 59.2
1500 Meter Run	Richardson 4:54.18 (1st) R Rethwisch 4:55.18* (2nd)** (10th All-Time)
4 x 100 Meter Relay 50.69SB (2nd)	Sparks, Wilkinson, Jordan, Tutson 12.4 12.3 12.7* 12.4 (2nd)
4 x 400 Meter Relay 4:10.35 (2nd)	Mills, Sullivan, Coleman, Yagla 62.9 62.1* 62.4SB 62.1

Team: West 208, **CHS 200**, CR Wash 92, Linn-Mar 67, Burlington 49, Ottumwa 41, CR Prairie 39, CR Jeff 38