

## Drake Relays April 22-24, 2010

Over any three-day meet there are ups and downs. At the best of times there is the elation of having improved one's time or position etc. At the worst you learn what you need to do to improve and gain the experience of competing against the best. The 2010 Drake edition proved more competitive than any I have witnessed in 13 years. It was great. As you can see the standard of excellence was met in nearly every instance and the only time it wasn't the runners came back the next day and put their names in red. We continue to progress and learn. This week brings the Forwald/Coleman relays which will be the best Invitational meet in the state this year. Experience gained this weekend will help us compete this coming Friday.

High Jump	<b>Virginia Johnson</b> 5'00" (6 <sup>th</sup> in 4A)			
3000m	<b>Rebecca Rethwisch</b> <b>10:24.72*</b> (8 <sup>th</sup> in 4A)	<b>Meg Richardson</b> <b>10:43.96SB</b>	<b>Jill Stephenson</b> 10:46.64	
100m	<b>Ashley Wilkinson</b> <b>12.58SB</b>			
Long Jump	<b>Brittany Nelson</b> 16' 3.5" (6 <sup>th</sup> in 4A)			
Sprint Medley <b>1:50.99(DQ)SB</b> (5 <sup>th</sup> in 4 <sup>th</sup> in 4A)	<b>Claire Crew</b> 12.4*	<b>Kelsey Coleman</b> <b>11.9(short)SB</b>	<b>Nikki Kuddes</b> SB27.9(long)	<b>Ashley Wilkinson</b> 58.6
100m Final	<b>Ashley Wilkinson</b> 12.76 (4 <sup>th</sup> —2 <sup>nd</sup> in 4A)			
4x100m <b>50.47SB</b> (7 <sup>th</sup> in 4A)	<b>Mickey Hansche</b> 13.1	<b>Brittany Nelson</b> 12.5	<b>Kelsey Coleman</b> <b>11.9(short)SB</b>	<b>Ashley Wilkinson</b> 12.9 (long)
4x400 4:12.58	<b>Jessica Yagla</b> <b>61.6SB</b>	Erin Danielson 63.6	Emily Fagan 64.0	Ashley Wilkinson 63.1
4x800 <b>9:28.98(6<sup>th</sup>)SB**</b> (4 <sup>th</sup> in 4A)	<b>Emily Fagan</b> <b>2:19.8*</b>	<b>Erin Danielson</b> <b>2:24.6</b>	<b>Jill Stephenson</b> <b>2:22.8*</b>	<b>Jessica Yagla</b> <b>2:22.2SB</b>
1500m	<b>Rebecca Rethwisch</b> <b>4:47.73SB</b> (5 <sup>th</sup> in 4A)	<b>Emily Fagan***</b> <b>4:50.02*</b> (6 <sup>th</sup> in 4A)	<b>Meg Richardson</b> 4:54.40	<b>Jill Stephenson</b> 4:56.63

Red Name = Standard of Excellence

Red Time = Place winner

\*\* = 10<sup>th</sup> All-Time City High

\*\*\* = 7<sup>th</sup> All-Time City High