

MVC Meet

“Only those who attempt the absurd will achieve the impossible.”--- Escher
“No one knows what he can do until he tries.”-----Syrus

Last night we competed better as the night went on. There were some very notable performances as you can see but we can do better and will next week. Please note Ashley’s moving up on the all-time list and Hannah and Jill joining the standard of excellence lists for the 1500m and 400m respectively. The bold face times for relays indicate that they met the standard of excellence as well.

	Varsity	Junior Varsity
Long Jump	Maynard 13' 6.5"	Johnson 14'2.5"
High Jump	Johnson 4'11" (3 rd) Brooks 4'8" (4 th)	Whiting 14'11.75" (3 rd) Rew McCurn 4'4" (2 nd)
Shot Put	Tutson 33'7" (6 th) Hyché 30'10"	Kenney 28'9" (6 th) Koeppel 26'00"
Discus	Tutson 125'00" (3 rd) Kenney 96'03"	Koeppel 92'00" (3 rd) Kunc 84'11"
3000 M Run	McFarland 11:49.92 (6 th) Panther 12:06.20	Shinnick-Gordon 12:06.69 (2 nd) Chavez 12:03.38 (1 st)
4 x 800 Relay	Fuller, Hudachek, Kregel, Fagan (4 th) 2:32.0 2:40.7 2:31.2 2:33.8 10:18.12	Holman, Abrams, Fleming, Bodnarek (4 th) 2:39.8SB 2:48.3 2:58.7 3:02.5 11:28.29
Shuttle Hurdle	Moen, Sotelo, Neu, Jordan (3 rd) 16.8 17.4 17.6 15.2 1:07.21	Kunc, Lines, Whiting, McCurn 1:13.28 17.9 18.2 17.3 19.6 (2 nd)
100 M Dash	Wilkinson 12.92 (3 rd) Mueller 14.38	Suchanek 14.93 (6 th)
Distance Medley	Sparks Coleman Maynard RRethwisch (4 th) 28.5 28.2 67.3 2:30.8 4:35.12	Kooker, Cochran, Feeney, Hynes (3 rd) 29.6 29.6* 68.9 2:52.8 5:01.34
400 M Dash	Krei 58.12 (1 st)	
4 x 200 Relay	Sotelo, Stephenson, Mueller, Mills (3 rd) 28.5 28.4 27.9 27.4 1:52.43	Kamber, Moen, Fleming, Suchanek (3 rd) 30.9 30.2 29.5 29.6 2:00.58
100 M Hurdles	Jordan 15.24 (1 st) Neu 18.51	Kunc 18.15 Lines 18.35
800 M Run	ARethwisch 2:35.33 Fagan 2:28.02 (4 th)	Rodriguez 3:17.85 Shinnick-Gordon 2:53.61 (6 th)
200 M Dash	Wilkinson 26.19* (3 rd) 8th All-Time Mueller 29.04	Feeney 29.8 (5 th) Neu 30.19
400 M Hurdles	Sotelo 1:12.19 (4 th) Coleman 1:15.94	Hudachek 1:17.29 (6 th) Lines 1:16.82 (5 th)
Sprint Medley	Sparks, Jordan, Krei, Mills (1 st) 13.5 12.2 27.4 60.8* 1:54.42	Moen, Kamber, Maynard, Kunc (2 nd) 14.1 13.4 29.2 67.8* 2:04.78
1500 M Run	Kregel 5:08.26* (4 th) RRethwisch 5:13.08* (5 th)	Holman 5:24.17 (3 rd) Abrams 5:36.20* (5 th)
4 x 100 Relay	Burian, Jordan, Sparks, Tutson (3 rd) 12.9 11.9 14.4 12.8 52.35	Kooker, Mueller, Kamber, Suchank (2 nd) 14.2 13.6 13.5 14.4 55.94
4 x 400 Relay	Stephenson, Wilkinson, Coleman, Krei (2 nd) 62.5* 61.9 63.6 59.9 4:08.21	Fuller, ARethwisch, Hynes, ARethwisch (4 th) 67.5 67.7 69.7 69.4

Varsity Team: West 234, Cedar Falls 126, **CHS 106**, Prairie 51, Wahlert 34, Hempstead 21, Linn-Mar 17

JV Team: West 185, Cedar Falls 151, **CHS 98.5**, Hempstead 55, Pairie 33, Linn-Mar 32, Wahlert 27.5