

# STATE MEET 2009

“How sweet it is!” ----- Jackie Gleason

We spent 2008 rebuilding. We struggled but gained valuable experience and developed the hunger a team needs for greater success. This season we knew from the start we were much better and each week we grew stronger. Some outside the program took notice at Districts but it really wasn't until this weekend that the rest of the state saw the gathering storm from the eastside of Iowa City. For three days, without exception, each of you competed with heart and guts. You supported each other as well as any track team I have ever seen. You “broke the windshield” with a whole team’s commitment, as your shirts said, “Everyone Counts”. The results are that my printer will soon need another red cartridge! Congratulations and thanks to all of you. We say good bye to our seniors and wish you the very best. To those who remain I challenge you to carry the same spirit to next season. See you there.

## Thursday

\*pr SB=Seasons best    **Red time=Standard of excellence met, \*\*=All-time top ten**  
**Bold Name = place winner**

2:00	Discus	<b>Majesty Tutson</b> <b>134'9" (2<sup>nd</sup>)</b>
3:20	3000	<b>Rebecca Rethwisch</b> <b>10:28.28 (5<sup>th</sup>)** 4<sup>th</sup> All-Time</b> Meg Richardson <b>11:11.63</b>
4:20	100 (p)	<b>Ashley Wilkinson</b> <b>12.50 (2<sup>nd</sup> qualifier)</b>
4:30	HJ	<b>Virginia Johnson</b> <b>5'4" (2<sup>nd</sup>)</b> Stephanie Brooks    4'10" (tied for 15 <sup>th</sup> )
4:50	4x800	<b>Emily Fagan, Ashley Fuller, Hannah Kregel, Jessica Yagla**</b> <b>9:25.65 (1<sup>st</sup>)</b> <b>2:20.0*                    2:26.6                    2:22.7*                    2:15.0*                    5<sup>th</sup> All-Time</b>
6:20	200 (p)	<b>Ashley Wilkinson</b> <b>25.09 (4<sup>th</sup> qualifier)</b>
7:00	400 (f)	
7:40	Shuttle Hurdle (p)	<b>Emily Sotelo, Caitlin Ward, Beth Larsen, Mariah Jordan</b> <b>1:06.69** (5<sup>th</sup> qualifier)</b> <b>16.9*                    16.9*                    17.0*                    15.7                    <u>School Record</u></b>

## Friday

2:00	Shot	<b>Majesty Tutson</b> <b>41' 9.5" (5<sup>th</sup>) **tied for 3<sup>rd</sup> All-Time</b>
2:40	D. Med	<b>Brittany Nelson, Kelsey Coleman, Tara Mills, Jessica Yagla</b> <b>4:08.63** (3<sup>rd</sup>)</b> <b>25.9 SB                    26.5                    57.9*                    2:17.9                    6<sup>th</sup> All-Time</b>
3:40	400h	Beth Larsen <b>1:07.87* (13<sup>th</sup>)</b>
4:30	4x200	<b>Brittany Nelson, Kelsey Coleman, Tara Mills, Ashley Wilkinson</b> <b>1:42.68** (2<sup>nd</sup>)</b> <b>25.8                    25.8                    25.8                    25.1                    <u>School Record</u></b>
4:30	LJ	
5:20	100h (p)	<b>Mariah Jordan</b> <b>14.93* (1<sup>st</sup> qualifier)** <u>School Record</u></b>
6:40	4x100 (p)	<b>Emily Sparks, Brittany Nelson, Mariah Jordan, Ashley Wilkinson</b> <b>49.49** (7<sup>th</sup> Qualif.)</b> <b>12.6                    11.9*                    12.1                    12.5                    3<sup>rd</sup> All-Time</b>
7:40	4x400 prelim	Tara Mills, Kelsey Coleman, Jordan Sullivan, Jessica Yagla <b>4:05.14SB (12<sup>th</sup>)</b> <b>60.3                    63.1                    60.3*                    61.0</b>

## Saturday

9:00	Sprint Medley	<b>Emily Sparks, Kelsey Coleman, Brittany Nelson, Tara Mills</b> <b>1:50.49 (8<sup>th</sup>)</b> <b>12.5SB                    13.4                    25.7                    58.6</b>
9:50	800	<b>Jessica Yagla</b> <b>2:19.35 (5<sup>th</sup>)** 10<sup>th</sup> All-Time</b> <b>Emily Fagan</b> <b>2:19.91* (6<sup>th</sup>)</b>
11:10	Shuttle Hurdle (f)	<b>Emily Sotelo, Caitlin Ward, Beth Larsen, Mariah Jordan</b> <b>1:05.46** (4<sup>th</sup>)</b> <b>17.1                    16.2*                    16.9*                    14.9*                    <u>School Record</u></b>
12:15	100	<b>Ashley Wilkinson</b> <b>12.25 * (2<sup>nd</sup>)** <u>School Record</u></b>
12:35	100 h	<b>Mariah Jordan</b> <b>14.83* (1<sup>st</sup>)** <u>School and State Meet 4A Record</u></b>
1:25	200	<b>Ashley Wilkinson</b> <b>25.04 (4<sup>th</sup>)</b>
2:15	1500	<b>Rebecca Rethwisch</b> <b>4:45.46* (5<sup>th</sup>)** 4<sup>th</sup> All-Time</b> <b>Meg Richardson</b> <b>4:47.37* (6<sup>th</sup>)** 5<sup>th</sup> All-Time</b>
3:05	4 x 100	<b>Emily Sparks, Brittany Nelson, Mariah Jordan, Ashley Wilkinson</b> <b>49.58 (7<sup>th</sup>)</b> <b>12.6                    12.3                    12.0                    12.3</b>
3:35	4 x 400	

Team: Waukee 98, **City 97**, West 94, Sioux City East 67, Dowling Catholic 53, Johnson 42