

# District Meet, May 14<sup>th</sup>

## “How Sweet It Is!!” — Jackie Gleason

In 13 years I am hard pressed to recall a meet where we performed better. The red tells it all. Standards of excellence prevailed because you competed like Champions throughout the whole meet. With Brittany forced out of the meet after the long jump we responded with resolve rather than dismay. Jessica learning closed hand-offs on the spur of the moment between events so she could run the 200 in the d med was awesome. But I could go on and on: 5 relay Season's Bests, throwers hurling Top Ten All-Time throws, Shuttle stepping up, contributions from every event. It was a great day to be a Little Hawk!!

Shot Put	<b>Gustafson 38'1.5" (4<sup>th</sup>)* (7<sup>th</sup> All-Time)</b> Hyché 36'6" (5 <sup>th</sup> )
Long Jump	Nelson 15'9.5" (7 <sup>th</sup> ) <b>Hansche 15'5" *</b>
High Jump	Brooks 5'1" (2 <sup>nd</sup> ) Johnson 5'1" (3 <sup>rd</sup> )
Discus	<b>Gustafson 118'10" (4<sup>th</sup>)* 7<sup>th</sup> All-Time</b> <b>Hyché 115'6" (5<sup>th</sup>)* 9<sup>th</sup> All-Time</b>
3000 Meter Run	<b>Richardson 10:36.47 (1st) SB</b> R Rethwisch 10:40.23 (2nd)
4 x 800 Meter Relay	<b>Stephenson, Langenfeld, Danielson, Yagla</b> <b>9:39.89 (1<sup>st</sup>)</b> <b>2:19.8* 2:30.3 2:25.5 2:23.3</b>
Shuttle Hurdle Relay	<b>Feeny, Ward, Kunc, Sotelo</b> <b>1:08.03 (2<sup>nd</sup>) SB</b> <b>17.4* 16.9 17.1 16.5 2<sup>nd</sup> All-Time</b>
100 meter dash	Wilkinson 12:34 (2 <sup>nd</sup> ) Crew 13.55(5 <sup>th</sup> )
Distance Medley	<b>Coleman, Yagla, Sullivan, Fagan</b> <b>4:15.56 (1<sup>st</sup>) SB</b> <b>27.4 27.5* 60.8 SB 2:19.7*</b>
400 Meter Dash	<b>Lines 63.37* (4<sup>th</sup>)</b> Hynes 63.70 (5 <sup>th</sup> )
4 x 200 Relay	<b>Crew, Coleman, Kuddes, Wilkinson</b> <b>1:45.97 (4<sup>th</sup>) SB</b> <b>26.9* 26.8 25.9* 26.1</b>
100 Meter Hurdles	<b>Sotelo 16.57 (1<sup>st</sup>)*</b> Larsen 17.35
800 Meter Run	<b>Yagla 2:20.43 (1<sup>st</sup>) SB</b> Stephenson 2:21.07 (2 <sup>nd</sup> )
200 Meter Dash	Wilkinson 25.65 (1 <sup>st</sup> ) <b>Hansche 27.45 (4<sup>th</sup>)*</b>
400 Meter Hurdles	<b>Sotelo 67.00 (1<sup>st</sup>)* 10<sup>th</sup> All-Time</b> Kunc 1:11.07 (5 <sup>th</sup> )
Sprint Medley Relay	<b>Crew, Coleman, Kuddes, Sullivan</b> <b>1:54.67(4<sup>th</sup>)</b> <b>12.9 13.2 26.3 61.9</b>
1500 Meter Run	Rethwisch 4:51.72 (1 <sup>st</sup> ) Fagan 4:54.19 (2 <sup>nd</sup> )
4 x 100 Meter Relay	Crew, <b>Coleman, Hansche, Wilkinson</b> <b>50.06 (2<sup>nd</sup>) SB</b> <b>13.2 11.8 SB 12.6* 12.3SB</b>
4 x 400 Meter Relay	Yagla <b>Hynes Danielson Sotelo</b> <b>4:07.07 (1<sup>st</sup>)* SB</b> <b>60.8 62.5* 60.9* 62.5</b>

Red Name= Standard of Excellence    Red Time=Place Winner    \*=PR    SB=Season's Best

Team: **CHS 193**, West 188, Burlington 89, Linn-Mar 83, Prairie 59, Jefferson 58, Dav West 37, Muscatine 26