

# STATE MEET 2010

The 2010 edition of the City High track and field team closed Saturday. We would have loved a storybook ending with a celebration on the infield and a trophy held high. But life and sport don't always cooperate with our desires. The story remains a good one—one where we worked hard and improved through the end of winter and into spring. *We finished the season competing like champions.* We carried the momentum of Districts to Des Moines and filled this results page with “Standard of Excellence” performances. *Every relay team had a season's best performance!* We placed in 12 events and had four City High All-Time Top Ten performances. Fittingly, the 4x100 closed our season with the second best 4x1 relay in City High history.

As I told you Friday evening, I feel blessed having the opportunity to coach at City High, with faculty and staff of the highest quality. I am honored to coach young women who will train and compete the way you do. You should be proud too. Thank you for another great year.

Team Scoring: West High 91, Dowling 67, **CHS 61**, Sioux City East 59, WDM Valley 53, DM Roosevelt 49, Ankeny 46, Urbandale 38, Bettendorf 36, CR Washington 26 and 22 other teams scoring.

## Thursday

Time	Event	
9:00	Discus	<b>Hyche 115' 2"</b> Gustafson 102' 00"
9:00	Shuttle Hurdle (p)	<b>Feeney, Ward, Kunc, Sotelo 1:08.02 Qualified SB</b> 17.2 16.9 <b>16.9*</b> 16.9
9:40	3000	<b>Rethwisch 10:11.84 (4<sup>th</sup>)* 4<sup>th</sup> All-Time</b> Richardson 10:39.91
10:40	100 (p)	<b>Wilkinson 12.54 Qualified</b>
11:30	HJ	<b>Brooks 5' 4" (2<sup>nd</sup>)* 3<sup>rd</sup> All-Time</b> Johnson 5' 2" (5 <sup>th</sup> )
11:10	4x800	<b>Fagan, Stephenson, Danielson, Yagla 9:19.99 (2<sup>nd</sup>)SB 3<sup>rd</sup> All-Time</b> <b>2:18.3* 2:21.5 2:21.4* 2:19.0SB</b>
12:40	200 (p)	<b>Wilkinson 25.68 Qualified</b>

## Friday

9:00	Shot	<b>Hyche 34' 3.75"</b> Gustafson 36' 4.25"
9:00	D. Med	<b>Nelson, Coleman, Yagla, Fagan 4:13.95 (7<sup>th</sup>) SB</b> 26.9 <b>26.2 SB 60.4SB 2:19.3</b>
10:00	400h	<b>Sotelo 66.60 (8<sup>th</sup>)*</b> <b>10<sup>th</sup> All-Time</b>
10:50	4x200	<b>Nelson, Kuddes, Coleman, Wilkinson 1:43.70 (5<sup>th</sup>) SB</b> <b>26.6SB 25.9 25.9 SB 25.3SB</b>
11:40	100h (p)	<b>Sotelo 16.71</b>
1:00	4x100 (p)	<b>Crew, Nelson, Coleman, Wilkinson 49.79SB Qualified</b> <b>11.9* 13.5 (long) 11.9SB 11.9SB</b>
2:00	4x400 prelim	<b>Yagla, Sullivan, Danielson, Sotelo 4:05.99 SB</b> 61.0 <b>60.4SB</b> 62.2 62.2

## Saturday

Time	Event	
9:00	Sprint Medley	<b>Crew, Coleman, Kuddes, Sullivan 1:51.61 SB</b> 12.4 13.2 26.7 <b>58.9*</b>
9:50	800	<b>Yagla 2:21.52 Stephenson 2:21.02 (8<sup>th</sup>)</b>
11:10	Shuttle Hurdle (f)	<b>Feeney, Ward, Kunc, Sotelo 1:08.24 (7<sup>th</sup>)</b> 17.3 16.9 17.0 17.0
12:15	100	<b>Wilkinson 12.75 (3<sup>rd</sup>)</b>
1:25	200	<b>Wilkinson 25.95 (2<sup>nd</sup>)</b>
2:15	1500	<b>Rethwisch 4:47.40 (6<sup>th</sup>) SB Fagan 4:55.56 (8<sup>th</sup>)</b>
3:05	4 x 100	<b>Crew, Nelson, Coleman, Wilkinson 49.29 (2<sup>nd</sup>)SB 2<sup>nd</sup> All-Time</b> 12.6 12.2 11.5 (short) 12.8 (long)

Red name= standard of excellence met Red time= place winner \*=pr SB=Season's Best