

MVC Indoor, March 19, 2001

	Varsity 1	Varsity 2
Long Jump	Trefz- 14'11.5 (8th) Strickland- 13'10.5	Rohrbach- 14'11.5 (8th) Triplett- 12'9.25
High Jump	Voss- 4'10 (6th) Branstetter- 4'10 (8th)	Furlong- 4'8 Brus- 4'4
Shot Put	Elliot- 34'2.5 Flaschner- 26'1.5	
3000 Meter Run	J. Funk- 10:33.3 (1st) Heckman- 11:30.1 (4th)	Olson- 12:49.2 Russo- 11:59.1 (6th)
4 x 800 Meter Relay	Kirsch- 2:32 Lake- 2:39 Reed- 2:25 Vanderah- 2:33 10:09.6 (1st)	Newton, Brigham, Moore, A. Hall Kramer, Lehman, Sandler, Hemerson
Dist. Medley Relay	Dreier- 28.3 Strickland- 28.9 Trefz- 62.8 K. Funk- 2:27 4:27.18 (1st)	Powell- 31.8 Giovannelli- 28.9 Full- 67.1 Krueger- 2:43 4:50.9 (6th)
55m Dash	Matzen- 7.75 (2nd) Rohrbach- 7.96 (5th)	Belmont- 8.52
400 Meter Dash	Hill- 63.7 (3rd) Mims- 61.7 (2nd)	Struve- 68.4 Sherry- 67.6
4 x 200 Relay	Rohrbach- 28.2 Dreier- 28.1 Rembolt- 27.8 Matzen- 27.0 1:51.11 (2nd)	Strickland- 29.5 Olsen- 29.5 Johnson- 30.1 Tutson- 29. 1:58.7
55m Hurdles	Maya- 9.6 (3rd) Triplett- 9.6 (3rd) Cannon- 10.9	Lynch- 10.6 Giovannelli- 10.5 Brentlinger- 10.9 Evans- 10.1
800 Meter Run	Lake- 2:34.9 J. Funk- 2:22.5 (2nd)	Brigham- 2:47.5 Kirsch- 2:31.9 (7th)
200m Dash	Belmont- 30.6, Giovannelli-30.7, Full-29.2 (7th), Cannon-31.0, Szlemarski- 33.3	Nagatomo-34.8, Cmiel-35.7, Minch-31.9, A. Rodriguez-33.0, Blake-31.9, Brentlinger- 31.8
Sprint Medley Relay	Maya- 13.8 Tutson- 13.8 Rohrbach- 27.3 Matzen- 65.8 2:00.8 (5th)	Lynch- 14.2 Powell- 14.7 Brentlinger- 31.6 Evans- 69.7 2:10.3
1500 Meter Run	Trefz-5:00.0 (2nd), Ellsmore-5:18.5 (5th), A. Hall-5:53.5, B. Rodriguez-6:15.2, Heckman- 5:32.4, Russo- 5:53.2, Brookfield-6:25.3	Hushimoto-6:30.4, O'Shaughnesy- 5:31.7, Keely-6:48.5, Krueger-5:43.4, Manuel-, Rethwisch- 6:17.2, Lane-5:53.2, Kerstetter- 6:48.1
4 x 100 Meter Relay	Dreier- 13.9 Strickland- 13.5 Triplett- 16.5 Maya- 10.9 54.5 (4th)	Tutson- 14.9 Lynch- 13.9 Johnson- 15.9 Belmont- 12.2 57.1
4 x 400 Meter Relay	Rembolt, Reed, Hill, Mims 65.8 63.9 65.5 60.8 4:16.1 (2nd) Vanderah, K. Funk, Lake, Olsen 67.6 65.6 67.6 68.5 4:29.4 Moore, Blake, Minchk, Brentlinger 74.0 5:01.9	Powell, Struve, Sherry, Newton 72 68 4:44.1 MacVey, Snider, Sandler, Hemerson 5:36.1 Cmiel, Rodriguez, Szlemarski, Canon 5:32.6

- A tremendous overall effort by everyone, and a great way to finish the indoor season. We got 1st or 2nd place in 9 of the 16 events (no other team came close to this!). Had we scored the meet, we would have gotten over 90 points! This is a huge total for a 14 team meet. You have established yourselves as a force in the conference and in the state.
- Just a sampling of the individual outstanding performances were: Jess Elliott's indoor pr shot of 34'2.5"; three places in the 3000m Jenny Funk (10:33), Laurie Heckman (11:30 pr by 25 seconds),

Erilynn Russo (11:59), Megan Reed 2:25 in 4 x 8, Katie Funk 2:27 in d. med, Monica Mims two outstanding 400's 61.7 and a blazing 60.8, Jenny Funk 2:22 800m, Emily Triplett tying for 3rd in the 60 hurdles in her first hurdle race, Laurie Heckman with a 15 second pr in the 1500 (5:32), Betsy Ellsmore 5:18 1500m. Many other folks had VERY solid performances as well on a night where everyone ran a lot of races. All in all, we added 9 people to the standards of excellence list and many others we very close.

- We also had great team support. It was wonderful to look up into the stands and see..... no one, because everyone was down on the infield cheering for their teammates. It is this support that helped many folks to season bests and pr's last night.
- Finally, don't think of this meet as an ending, but rather a beginning. We had a great meet, but the real work is yet to come. We still have Drake, Conference, Districts, CRANDIC, and State to come in the next 8 weeks. This could be a very successful season for City High Track & Field, but it really will take a huge team effort by everyone in practice over the next several weeks to get the job done.