

# QUAD CITY INDOOR

## MARCH 4-5, 2009

"We are what we repeatedly do. Excellence, then is not an act, but a habit." ---- Aristotle

Our first meet is in the books and we find ourselves in much better position than a year ago. We had improvement in 9 of the 12 events. In one of the other three events we performed as well or better but the hurdles were higher, and while we didn't improve Emily's time in the 2008 time in the 1600 our placing was better and we had the individual winner! In several events we had two times or distances that were better than last year. And the best news is we have just begun to show our potential! Our team depth is vastly improved so that when we get to the outdoors and have a full slate of events we are going to look even better. We brought home a trophy today. There are bigger and better trophies ahead!!

Long Jump	Ward 13'9"	Johnson, V		
High Jump	Johnson, V 5'3"	Brooks 4'8"		
Shot Put	Hyche 32' 10.5"	Kunc, M 30'6"		
55 H	Jordan  9.09 (2nd)	Sotelo  9.45		
55	Muir  8.19	Nelson  7.87		
4 x 800 Meter Relay A	Stephenson	Yagla	Rethwisch, R	Fagan
10:13.84 2nd	02:32.8	02:32.1	02:33.7	02:33.0
4 x 800 Meter Relay B	Kregel	Holman	Rethwisch, A	Langenfeld
10:36.6 5th	02:31.0	02:40.5	02:43.8	02:41.5
400 M Dash	Fuller  01:07.0	Hynes  1:09-77		
4 x 200 Relay A	Wilkinson	Sparks	Coleman	Nelson
1:53.83 4th	23.2	30.1	28.3	28.8
4 x 200 Relay B	Mills	Mueller	Sullivan, J	Muir
1:56.1 6th	29.1	29.1	28.9	28.8
1600	McFarland  5:57.11 4th	Richardson  5:40.08 1st		
200 M Dash	Kunc, S  30.31	Jordan  28.91		
4 x 400 Meter Relay A	Mills	Coleman	Sullivan, J	Wilkinson
4:23.27 3rd	65.2	66.1	70.2	66
4 x 400 Meter Relay B	Sotelo	Hynes	Fleming	Fagan
04:35.3	68.9	67.8	70.2	68