

Quad City Indoor, March 6th & March 7th, 2003

55 Meter Hurdles (Final)	Maya- 9.30 (6 th) Triplett- 9.03 (2 nd)
55 Meter Dash (Final)	Jordan- 7.60 (4 th) Whiting- 8.30
4 x 800 Meter Relay	Mims- 2:30 Diggleman- 2:43 Trefz- 2:19 Reed- 2:21 9:54.36 (1st) (MEET RECORD)
400 Meter Dash	Krei- 61.48 (1 st) (MEET RECORD) Lynch- 1:10.19
4 x 200 Meter Relay	Strickland- 29.0 Triplett- 29.5 Jones- 29.9 Dreier- 27.5 1:56.61
1600 Meter Run	Arora- 6:07.46 E. Funk- 5:47.64 (6 th)
200 Meter Dash (Final)	Tutson- 30.03 Maya- 28.74 (9 th)
4 x 400 Meter Relay	Full, Struve, Sherry, Dreier DQ
Friday, March 7th	
Shot Put (Prelims and Finals)	Elliott- 37-5.5 (4 th) Wagner- 32-9 (12 th)
Long Jump (Prelims and Finals)	Hichwa- 13-10.75 (10 th)
High Jump (Prelims and Finals)	Weigert- 4-4

A very solid start to the 2003 season. On Thursday we took a veteran team in and you performed like the champions that you are. The newcomers got some valuable experience that will help them this season. On Friday we took only one person who competed at this meet last year, and still had some fine performances. The competition at this meet was much better in both running and field events, and you were able to improve with it. A few notable performances: Emily Triplett's 9.03 in the 55 hurdles was 2 10ths of a second faster than last year; ?'s 7.60 in the 55 dash was nearly 3 10ths of a second faster than last year; the 4x8 team "shaved" a mere 24 seconds off of their previous meet record with VERY impressive 2:19 from Nelle Trefz and 2:21 from Meggan Reed; Katie Krei beat the defending 2A runner-up in the 400 to win in a meet record time taking a full 2 seconds off of her time from last year; Virginia Dreir's 27.5 200 split may have been the fastest 200 by anyone on the night; Jessica Elliott threw an indoor PR and beat last years throw by 2 feet; ? threw a high school PR in the first meet of the season!

Even with these impressive performances, there were a few areas where we learned a few things. That is O.K., in fact it is one of the functions of the indoor season. Now is the time to "work the bugs out" so to speak so that when we hit the outdoor season in a few weeks, you will be able to perform at your best. As long as we learn from our mistakes, the effort was not wasted. Next up: Iowa Indoor on March 15th.