

Quad Cities Indoor March 3rd and 4th

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

Congratulations to all who participated in our first meet. We competed well. We also gained experience and knowledge. We came up short against the defending State Champions of Illinois and Pleasant Valley had a good meet. But here are the things to remember. We did better in 7 of the 12 events we competed in than a year ago and scored 16 more points. All we need to do is do what we did a year ago—improve every week. We are off to a good start, better than a year ago when we brought home a trophy from the State Meet which is a lot bigger than the ones handed out yesterday.

	VARSITY			
Long Jump	Ward 15'00"	Nelson 15'10.5" (1st)		
Triple Jump	Ward 30'00.25"	Nelson 32'10.25" (3rd) (School Record)		
High Jump	Larsen 4'10" (3rd)	Brooks 4'8" (4th)		
Shot Put	Behlke 25'00"	Brookfield 18'00"		
55 H	Kunc 10.21	Sotelo 10.26		
55	Nelson 7.83	Wilkinson 7.54 (4th)		
4 x 800 Meter Relay A	Yagla	Stephenson	Danielson	Fagan
10:05.63 (2 nd)	2:30.2	2:30.2	2:36.1	2:28.9
4 x 800 Meter Relay B	Langenfeld	Mahaffa	Hudachek	Bui
11:11	2:38.1	2:53.0	2:48.3	2:51.6*
400 M Dash	Hynes 1:10.05	Kunc 1:08.30 (4th)		
4 x 200 Relay A	Nelson	Mills	Sullivan	Wilkinson
1:53.33 (4 th)	27.6	29.8	28.0	27.6
4 x 200 Relay B	Kuddes	Lines	Schwager	De Boeck
2:00.7	29.3	30.6	30.6*	30.0*
1600	Holman 5:35.24 (3rd)	Richardson 5:32.09 (1st)		
200 M Dash	Kuddes 28.62 (3rd)	Schwager 31.72		
4 x 400 Meter Relay A	Mills	Yagla	Sullivan, J	Wilkinson
4:34.07	69.9	65.5	68.3	70.1
4 x 400 Meter Relay B	De Boeck	Sotelo	Lines	Hynes
4:37.0	69.9	67.0	70.2	68.9

Rock Island 110.5, Pleasant Valley 73, CHS 68, Moline 32, North Scott 22, 8 others

Red Name=Standards of Excellence

Bold Time or Distance= Meet Scoring

*= Personal Record