

Quad City Indoor, March 4th & March 5th, 2004

Thursday, March 4th	
55 Meter Hurdles (Final)	Triplett: 8.87 (1 st) Whiting: 9.36 (7 th)
55 Meter Dash (Final)	Kamber: 7.90 (8 th) Mueller: 7.90 (8 th)
4 x 800 Meter Relay - 1	Diggelmann, Ziegenhorn, Leyendecker, Trefz 2:40 2:33 2:26 2:19 9:59.98 (1st)
4 x 800 Meter Relay - 2	Dietz, Gill, Roelf, Towers 2:40 2:38 2:38 2:42 10:39.22 (4th)
400 Meter Dash	
4 x 200 Meter Relay	Mueller, Kamber, Strickland, Dreier 28.3 29.6 27.8 28.3 1:54.30 (4th)
1600 Meter Run	Funk: 5:14.71 (1 st Meet Record) Foreman: 5:45.85 (6 th)
200 Meter Dash (Final)	DeFrance: 30.48 Whiting: 30.87
4 x 400 Meter Relay - 1	Trefz, Mims, Leyendecker, Krumm 62.4 63.8 62.4 65.9 4:14.59 (1st Meet Record)
4 x 400 Meter Relay - 2	Sabers, Hichwa, Strickland, Dreier 64.9 66.8 64.2 65.1 4:21.00 (2nd)
Friday, March 5th	
Shot Put (Prelims and Finals)	Wagner: 36-5.5 (3 rd) Minchk: 31-6.5 (15 th)
Long Jump (Prelims and Finals)	Evans; 14.5.75 (6 th) Mozena: 14-3.25 (8 th)
High Jump (Prelims and Finals)	Weigert; 4-10 (7 th) Sidwell: 4-10 (7 th)

Four event wins, two meet records, a 57 point total (best since we've been at this meet), two field event places for the first time, two placing relays in the 4x8 and 4x4, and a number of other great races. This was an awesome first meet. It is a testament to the hard work you have put in over the course of the last 5 weeks of the season. The veterans put on a pretty impressive show (Trefz 2:19, 62; Funk 5:14; Strickland 27.8, 64; Triplett 8.87; Leyendecker 2:26, 62; Wagner 36-5). But lets not forget the performances by the freshmen and other varsity newcomers which were equally as impressive. As the season progresses we will continue to build on these performances. Keep up the good work.

Indoor PR's: Weigert, Sidwell, Evans, Mozena, Minchk, Wagner, Sabers, Strickland (200 & 400), Trefz (400), Leyendecker (400), Mims, Funk, Foreman, Mueller (55, 200), Gill, Towers, Roelf, Ziegenhorn, Kamber (55), Triplett, Whiting (55 hurdles).

Most Improved: Emily Triplett

Performance by a newcomer: Sara Ziegenhorn

Most Inspirational: Jennie Funk

Best Performance: Corrie Wagner