

## Quad City Indoor, March 2<sup>nd</sup> & March 3<sup>rd</sup>, 2005

Shot Put (Prelims and Finals)	Wagner: 36-2.5 (5 <sup>th</sup> ) Minchk: 33-7 (10 <sup>th</sup> )
Long Jump (Prelims and Finals)	V. Mozena: 14-0 (11 <sup>th</sup> ) Cress: 11-7.75 (26 <sup>th</sup> )
High Jump (Prelims and Finals)	Weigert: 4-10 (8 <sup>th</sup> ) Sidwell: 5-0 (5 <sup>th</sup> ) Whiting: 5-0 (3 <sup>rd</sup> )
55 Meter Hurdles (Final)	Rydze: 9.64 (11 <sup>th</sup> ) Fraga: 9.58 (10 <sup>th</sup> )
55 Meter Dash (Final)	Hichwa: 8.43 (24 <sup>th</sup> ) Koenig: 8.02 (14 <sup>th</sup> )
4 x 800 Meter Relay - 1	McKay, Ziegenhorn, Anciaux, Leyendecker 2:33    2:33    2:36    2:25    10:08.49 (1 <sup>st</sup> )
4 x 800 Meter Relay - 2	Funk, Arora, Panther, McCue 2:37   2:38   2:46   2:39    10:40.60 (3 <sup>rd</sup> )
400 Meter Dash	Maynard: 1:08.86 (11 <sup>th</sup> ) Mills: 1:05.52 (5 <sup>th</sup> )
4 x 200 Meter Relay	Mueller, Gerard, Sabers, Kamber 29.0   29.2   27.8   27.6    1:54.22 (2 <sup>nd</sup> )
1600 Meter Run	Van Natta: 5:47.56 (4 <sup>th</sup> ) Sidwell: 5:39.63 (1 <sup>st</sup> )
200 Meter Dash (Final)	Skay: 28.30 (7 <sup>th</sup> ) Fraga: DQ
4 x 400 Meter Relay - 1	Mims, Mills, Wiegert, Leyendecker 63.1   67.8   65.6   62.9    4:19.42 (1 <sup>st</sup> )
4 x 400 Meter Relay - 2	Gerard, Kamber, E. Mozena, Sabers 67.4   66.7   65.7   64.0    4:24.04 (3 <sup>rd</sup> )

What a great way to begin the competitive season. We came away with 53.5 points for third place (our second highest point total here) and gained a lot of valuable experience. We placed three in the field events for the first time and tallied 3 event wins on the day. We also got our highest placing ever in the 4x2 relay. This performance was even more impressive when you factor in that 18 of our 25 competitors were 9<sup>th</sup> and 10<sup>th</sup> graders! We also learned some things about ourselves from a racing and competitive standpoint which is part of the reason for indoor meets. Keep focusing on working hard in practice, and the performances will come. Next up Iowa Indoor meet.

Most Improved: Caroline Mills

Performance by a newcomer: Kenzie Skay/Meridith Van Natta

Most Inspirational: Tara Whiting

Best Performance: Maggie Leyendecker