

Quad City Indoor, March 2nd & March 3rd, 2006

55 Meter Hurdles (Final)	Rydze: 9.15 (3 rd) Moen: 9.89 (16 th)
55 Meter Dash (Final)	Koenig: 10.71 (injury) Sparks: 8.01 (13 th)
4 x 800 Meter Relay	Mims, Garcia, Panther, Sabers 2:38.5 2:37.9 2:48.9 2:38.8 10:44.95 (4 th)
400 Meter Dash	Rydze: 1:07.02 (8 th) Harris: 1:05.70 (6 th)
4 x 200 Meter Relay – 1	Sparks, Anciaux, Skay, Mueller 29.1 28.8 27.5 26.9 1:52.59 (2 nd)
4 x 200 Meter Relay – 2	Moen, Jordan, Putnam, Carter 29.7 28.5 29.1 28.9 1:56.60 (4 th)
1600 Meter Run	McKay: 5:41.67 (4 th) Anciaux: 5:49.82 (6 th)
200 Meter Dash (Final)	Harris: 28.20 (7 th)
4 x 400 Meter Relay – 1	Mueller, Putnam, Sabers Mims 65.0 67.3 63.3 63.9 4:20.17 (2 nd)
Shot Put (Prelims and Finals)	Minchk: 34-7 (6 th) Anciaux: 37-2 (4 th)
Long Jump (Prelims and Finals)	Whiting: 14-1 Carter: 14-4
High Jump (Prelims and Finals)	Massey: 4-8 (6 th)

It is always a good feeling when you are able to see the hard work you have been doing pay off. Our performance at this meet showed that in several ways. We came into the meet with several performance goals and met many of them. We were able to learn a lot about our team, our training, and ourselves at this meet. However, we saw that we also have some things we need to work on in all areas from field events to running events. But, this is the main reason why we compete in the indoor meets- to see where we are at and address those weaknesses through our training over the next two months. Remember, the season doesn't end here, it ends in May. Keep focused and keep working.

Among the notable performances at the meet: placing two 4x2 teams in the top 4 with our 2nd place team running 2 seconds faster than last year; Veronica Rydze running .5 seconds faster than last year in 60m, Mercedes Harris having a solid day with a 6th and 7th place finish, Claudia Garcia knocking 10 seconds off of her 800m pr, Laura Minchk getting an indoor pr by over 1 foot, placing two in the shot put for the first time ever at this meet, Natalie Massey equaling her high jump pr. Our varsity basketball players also deserve some recognition for coming in to a meet after one week of practice and having solid performances all the way around. We also had a number of people trying new or newish events who did quite well: Molly Sabers in 800, Anciaux in the 200, Rydze in 400, Mueller in 400. Also a hats off to the freshmen who down to a person overcame their fears to show they are a force to be reckoned with.

Meet Awards

Top Performer: Molly Sabers	Most Improved: Veronica Rydze/Claudia Garcia
Outstanding Newcomer: Mercedes Harris	Most Inspirational: Sydney Koenig
Meet Trophy: Signe Mueller	