

Quad City Indoor, February 28 & March 1, 2007

55 Meter Hurdles (Final)	Rydze: 9.13 (3 rd) Jordan: DQ
55 Meter Dash (Final)	Sparks: 8.03 Wilkinson: 7.75 (4 th)
4 x 800 Meter Relay	Ziegenhorn, Fagan, Kregel, McKay 2:32.7 2:33.9 2:36.1 2:27.3 10:10.45 (2 nd)
400 Meter Dash	Mims: 61.92 (1 st) Hynes: 69.87 (10 th)
4 x 200 Meter Relay – 1	Wilkinson, Sabers, Nelson, Mueller 27.8 27.7 27.6 27.6 1:51.09 (1 st)
4 x 200 Meter Relay – 2	Jordan, Sparks, Mills, Koenig 28.7 29.3 28.6 29.0 1:55.90 (5 th)
1600 Meter Run	Sidwell: 5:37.20 (2 nd) Garcia: 5:42.82 (3 rd)
200 Meter Dash (Final)	DeNeice: 29.05 (6 th) Harris: 28.58 (6 th)
4 x 400 Meter Relay – 1	Sabers, Mueller, Mills, Mims 63.6 65.5 66.7 61.7 4:17.85 (2 nd)
4 x 400 Meter Relay – 2	Ziegenhorn, Nelson, McKay, Rydze 67.3 66.7 65.5 67.4 4:27.16 (4 th)
Shot Put (Prelims and Finals)	Kenney: 28-7.25 Koepple: 26-11
Long Jump (Prelims and Finals)	Whiting: 15-9 (3 rd) Nelson: 15-1.5 (6 th)
High Jump (Prelims and Finals)	Sidwell: 4-6 Brooks: 4-4

A fantastic start to 2007! We had perhaps the ideal mix of veterans and newcomers and the results were the best we have every had at this meet. Among the highlights: we placed in all running events for 1st time, scored 70 points (13 more than our previous highest), won the 4x2 for the first time, had not only 1 but 2 long jumpers over 15 feet, had indoor PR's from Koepple & Kenney (SP), Brooks (HJ), Whiting (LJ), Nelson (200, 400, LJ), Fagan (800), McKay (400 & 800), Rydze (hurdles), Wilkinson (55, 200), Sabers (200), Garcia & Sidwell (1600), Hynes (400), DeNeice (200).

THESE WERE THE GOALS WE HAD FOR THIS MEET:

- ✓ Sweep the relays (We have won the 4x8 and 4x4 every year we have gone but one. We have never won the 4x2) – **LESS THAN ONE SECOND AWAY IN 4X4 AND 4X8**
- ✓ Have our 2nd 4x2 & 4x4 place in the top 4 – **CLOSE, 4X2 WAS 5TH**
- ✓ place in each of the open events, and double place in 3 of them. - **ACCOMPLISHED**
- ✓ win the running day of the competition - **ACCOMPLISHED**
- ✓ Both Kenney & Koepple set indoor pr's in the shot. - **ACCOMPLISHED**
- ✓ Whiting jumps over 15'. Nelson jumps over 14'. - **ACCOMPLISHED**
- ✓ Place the highest we ever have in the field events. – **2 POINTS AWAY**
- ✓ Overall, let's have a goal of placing 2nd as a team. - **ACCOMPLISHED**
- ✓ We could also threaten our best point total of 57 points. - **ACCOMPLISHED**

Even though this was the best performance we have ever had at this meet, it doesn't mean we can rest. We got to this point through hard work and we must continue to work hard until our chances come in May for the ultimate goals of conference and state championships.

MEET AWARDS:

Outstanding Performer:	Annie McKay	Outstanding Newcomer:	Ashley Wilkinson
Most Improved	Ashley Whiting	Most Inspirational:	Sarah Ziegenhorn
Meet Trophy:	Kelsey Mims		