Quad City Indoor, March 1 & 2, 2011

Competing with a split squad diminished our score, but not our spirit. For 10 it was a chance to gain your first high school track experience and it served as an important. Despite our inexperience and split squad **3 of our 8 events, 4x400, 1600, and 55 Hurdles, were all faster than a year ago!** We will build on our efforts today as we continue our work towards success in May. Congratulations to all of you who had personal records (PRs) and to Lori Lines and Rebecca Rethwisch for attaining the Standard of Excellence.

Tuesday, March 1st	
High Jump	C. Jacobsen- 4-2 Larsen- 4-4
Shot Put	Lehman- 29-10 Wortman- 26-1.5
4 x 200 Meter Relay – 1	Langenfeld Heath Shamley Opitz 30.4* 32.8* 32.5* 30.0* 2:06.23
4 x 200 Meter Relay – 2	Wilson Correl Alderson Hauge 34.6* 35.5* 31.7* 32.7* 2:14.37
55 Meter Hurdles (Final)	Ward Feeney 10.12 9.86 (8th)
55 Meter Dash (Final)	Miller 8.80
4 x 800 Meter Relay- 1	Lines Langenfeld Carman Richardson 2:30.7* 2:35.9 2:33.2* 2:32.8 10:12.60 (3rd)
4 x 800 Meter Relay- 2	Mendenhall Peterson Arch Siglin 2:43.3* 2:46.9* 2:50.1* 2:45.9
400 Meter Dash	Omar Cook 1:12.76 1:23.48
1600 Meter Run	Rethwisch 5:26.82
200 Meter Dash (Final)	Ward Feeney 30.24 30.88
4 x 400 Meter Relay – 1	Lines Rethwisch Carman Richardson 66.0 67.0* 67.8* 66.8* 4:27.91 (4th)
4 x 400 Meter Relay – 2	Optiz K. Langenfeld H. Langenfeld Miller 67.5 68.2 77.5 73.9 4:47.3

Red = Standard of Excellence
***= PR**

Rock Island 81, Bettendorf 29, PV 29, Assumption 23, City High 21, Dav. North 20, Muscatine 11, Dav. Central 9, Rockridge 8, Dav. West 8, North Scott 4, Moline 4, United Township 1