

# Quad City Indoor, February 28 & 29, 2012

Great start to the 2012 season!! Quite a lot to be proud of with our performances this week. First, a thank you to Aspen Miller, Beth Larsen, Hazel Crew, and Teghan Gevock for being team players and changing events at the last minute. This type of team outlook is critical as we move through the season. A few notable performances: the 4x2 team of Garza, Kuddes, Plock, Crew ran our fast time ever at this meet- keep in mind in the 11 years we have been going to this we won the 4x2 at state 2 times and were second twice!; Caitlin Ward chopped .8 seconds off of her 55 hurdle time from a year ago and .5 seconds off her 200 time, Tera Perez PR'd in the 55 hurdles and took 8 seconds off of her 400, Ellen Carman took 7 seconds off her 800 from a year ago, Meg Richardson took 3 seconds off her 800 from a year ago, Morgan Sammons took 11 seconds off her 800 time from a year ago, Sarah Plock ran the fastest indoor 200 and 400 of any freshman ever, the 4x4 team of Garza, Kuddes, Plock, Crew ran our fastest time ever at this meet. All of our newcomers: Taffa, Blowers, Gevock, H. Crew, Shepherd, Thompson performed quite well as two of our "B" relays placed in the top third of the teams including a 5<sup>th</sup> by the 4x8. Our field events put us over the top for a second place finish (only the second time we have finished second) at this meet. Emma threw and indoor PR that was 5 ½ feet farther than one year ago and Da's 32 foot throw is one of our better indoor throws ever, Annie PR'd in the high jump and our other jumpers gain valuable experience. A great two nights for City High.

<b>Tuesday, February 28th</b>	
4 x 200 Meter Relay – 1	Garza, Kuddes, S. Plock, C. Crew 28.4 27.6 26.5 27.2 1:49.85 (1 <sup>st</sup> )
4 x 200 Meter Relay – 2	A. Miller, Blowers, Gevock, H. Crew 30.6 29.8 29.8 29.4 1:59.3 (9 <sup>th</sup> )
55 Meter Hurdles (Final)	Ward- 9.36 (3 <sup>rd</sup> ) Perez- 9.52 (6 <sup>th</sup> )
55 Meter Dash (Final)	Larsen- 8.50
4 x 800 Meter Relay- 1	Carman, Langenfeld, Traore, Richardson 2:26.3 2:37.9 2:32.4 2:29.7 10:06.59 (3 <sup>rd</sup> )
4 x 800 Meter Relay- 2	Shepherd, Taffa, Perret, Sammons 2:42.2 2:38.1 2:45.0 2:34.5 10:40.15 (5 <sup>th</sup> )
400 Meter Dash	A. Miller- 1:11.79 Larsen- 1:14.15
1600 Meter Run	Mendenhall- 5:50.98 (8 <sup>th</sup> ) Arch- 5:56.12
200 Meter Dash (Final)	Ward- 29.84 Blowers- 29.81
4 x 400 Meter Relay – 1	Garza, S. Plock, Kuddes, C. Crew 64.7 61.6 64.8 62.6 4:14.03 (2 <sup>nd</sup> )
4 x 400 Meter Relay – 2	Thompson, Perez, Gevock, H. Crew 72.7 67.7 73.9 70.5 4:45.1
<b>Wednesday, February 29th</b>	
Shot Put (Prelims and Finals)	Wortman- 31-8.5 (6 <sup>th</sup> ) D. Miller- 32-2.75 (4 <sup>th</sup> )
Long Jump (Prelims and Finals)	Ehlers- 11-6.5 Kosier- 13-6.75
High Jump (Prelims and Finals)	Saehler 4-4 Hartley 4-6 (5 <sup>th</sup> )

Team Scores: Rock Island 112, City High 37.5, Pleasant Valley 34, several others