

2008 Quad Cities Invitational

We came to this meet with the goal of gaining experience and good habits. That mission was accomplished. The bold faced names are girls who ran their first high school races yesterday--- 11 of you. Two others (italics) ran their first races in 2 years. What you showed yesterday was a competitive spirit and camaraderie that will help make our inexperienced team into a team to be reckoned with as we gain more fitness and race savvy. You clearly have the will and the desire. Now we need to proceed with our training. Congratulations to Mariah Jordan, Emily Fagan and Ashley Wilkinson for outstanding 2 race efforts with very little recovery time between races.

					Relay Times
55 Hurdles	Jordan 9.05* (3 rd)				
	Neu 9.45				
55 Dash	Suchanek 8.48*				
	Sparks 8.18				
4x800 A	Kregel 2:41.8	Fagan 2:25.8	R Rethwisch 2:41.2*	Shinnick-Gordon 2:46.9*	10:37.18 (2 nd)
4x800 B	<i>Panther</i> 2:51	A Rethwisch 2:48.6	Hudachek 2:54.2*	Abrams 3:14.9	11:48
400	Harris 65.38 (5 th)				
	Hynes 70.31				
4x200 A	Sparks 30.6	Jordan 28.5	Burian 28.5*	Wilkinson 27.0	1:55.51
4x200 B	Moen 30.5	<i>Maynard</i> 31.1	Kunc 31.1*	Kamber 31.6	2:04.7
1600	McFarland 6:01.69 (5:41*)				
	Fagan 5:38.21 (5:18)				
200	Mueller 29.22*				
	Sotelo 30.18*				
4x400 A	Harris 68.3	Coleman 68.2*	Fuller 66.7*	Wilkinson 61.7	4:25.24
4x400 B	Mills 67.1*	Feeney 72.6	Fleming 74.0*	Stephenson 66.9*	4:41.5
High Jump	Brooks 4'10"(3 rd)	McCune			
Long Jump	Whiting 14'8.5" (6 th)				
Triple Jump	Whiting 29'3.5"*** (4 th)				
Shot	Kenney 27'5.5"	Koeppel 27'3"			

* pr (high school pr) ** school record
1600 time in parenthesis is the 1500 equivalent