

University of Iowa Indoor, March 11, 2000

	Varsity 1	Varsity 2	
Discus (F'ball Field Bubble) (7)	Jackson- 90' 5" McDuffie- 61' 1.5" Elliot- 108' 4.5" (PR)	Brennaman-57' 5" (PR) Meir- 42' 0" (PR) Carroll- 70' 2.25"	
Long Jump (4 jumps)(7)	Powell- 14' .75"	Tutson- 12' 7.5"	
High Jump (4)	Branstetter- 4' 10" (PR) Voss- 4' 10"	Welter- 4' 8" (PR tied) Beutter- 4' 4" (PR)	
3000 Meter Run (2)	Moreno- 11:25.77 (4 th) Meng- 11:29.17 (5 th)		
3200 Meter Relay	Mills- 2:29 Kirsch- 2:29 Lake- 2:33 Ekiring- 2:27	10:00.11 (2nd)	
Shuttle Hurdle Relay	Blignaut- 10.8 Maya- 10.3 Giovanelli- 10.9 Fraga- 9.8	41.16 (4th)	
Shot Put (Rec. Building) (7)	Jackson- 30' 1.5" McDuffie- 30' 9.25" Elliot- 31' .75"	Meir- 20' .75" (PR)	
400 Meter Dash (2)	Rembolt- 64.7 (6 th) Newton- 71.11		
60m Dash (3)	Nearad- 8.01 (7 th) Matzen- 8.00 (6 th) (PR)	Gilpin- 8.41 (PR)	
Distance Medley Relay	Beutter- 30.1 Branstetter- 30.9 (PR) Sherry- 70.1 Brigham 2:49 (PR)	5:02.01	
55m Hurdles (3)	Fraga- 10.03 (10 th) (PR) Maya- 9.96 (9 th) (PR)	Cannon- 11.32 (PR)	
200m Dash (3)	Olson- 30.6 Welter- 30.47	Powell- 31.04	
800 Meter Run (2)	Gannon- 2:48.18 Ellsmore- 2:43.74 (PR)		
4 x 200 Relay	Matzen- 27.8 Maya- 30.6 Gilpin- 29.3 Nearad- 26.9	1:55.12 (5th)	
1500 Meter Run (2)	McAndrew- 6:04.5 Russo- 5:53.3	Hinshaw- 31.5 Fraga- 30.3 Tutson- 31.1 Rembolt- 28.5	
		2:01.69	

4 x 400 Meter Relay	Ekiring- 64.7 Lake- 68.1 Blignaut- 67.4 Mills- 63.3 (PR)	4:24.40 (6th)	Voss- 72.7 Struve- 69.6 Olson- 71.5 Wheatland- 66.8 (PR)	4:38.8
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COMMENTS

- Overall, a very strong meet for us as a team and a nice beginning to our competitive season.
- Several impressive debuts for folks as Little Hawks: Jess Elliot's team leading throws in the shot and discus, Jess Branstetter's 4' 10" high jump, Hillary Mills' 63.3 400m and 2:29 800m, Kelly Rembolt's 64.7 400m and 28.5 200m, Maya's team leading 9.96 in the 55m hurdles, and Tiffany Wheatlands 66.8 400m.
- Relays were fairly strong, with us placing well in 4 of 5, highlighted by a 2nd place in the 4 x 800, a strong anchor by Amanda Nearad for 5th in the 4 x 200, and a 4th place by the shuttle hurdle with three new faces
- This meet was a learning experience for everyone, as indoor meets are supposed to be. If you were not pleased with your performance today, don't beat yourself up about, but at the same time use that performance to help you improve for next time out. On the other hand, if you ran well, realize the hard work it took to get you there and keep it up.
- Keep up the work over spring break. The next three weeks until the beginning of our outdoor season will be a very critical training period for us. Let's keep up the intensity.