

Iowa State University Indoor, March 17, 2000

3:30	3000 Meter Run (Final)	Lilienthal- 9:51.20 (1 st)(Meet Record) Kirsch- 10:54.55 (9 th)
4:00	Shot Put (Prelims and Finals)	Jackson- 29' .75" Elliot- 30' 6.5"
	Long Jump (Prelims and Finals)	Starr- 16' 4.25" (3 rd) Ekiring- 15' 2" (7 th)
	High Jump (Prelims and Finals)	Branstetter- 4' 10" (6 th)
4:15	60 Meter Dash (Prelims) (Only 55 Meters)	Nearad- 7.36 (qual) (PR) Matzen- 7.05 (qual) (PR)
4:15	60 Meter Hurdles (Prelims)	Maya- 10.16 Dunn- 11.04 Blignaut- 11.02
5:05	200 Meter Dash (Final)	Rembolt- 28.3 (PR) Mims- 28.9
5:35	4 x 600 Meter Relay (Final)	Lake- 1:43.5 Heefner- 1:44.7 Ekiring- 1:43.2 Mills- 1:41.5 (3rd) 6:53.36
6:30	60 Meter Hurdles (Final)	
6:35	60 Meter Dash (Final)	Matzen- 8.08 (2 nd) Nearad- 8.23 (6 th)
6:40	Sprint Medley Relay	Matzen- ? Maya- ? Nearad- ? Mims- 64.0 (6th) 1:57.06
7:30	800 Meter Run	Mills- 2:24.6 (5 th) (PR)
8:15	1500 Meter Run	Moreno- 5:07.76 (5 th) (PR)
9:00	4 x 100 Meter Relay	Matzen- 13.5 Maya- 13.2 Dunn- 13.4 Rembolt- 13.1 (5th) 53.46
9:30	4 x 400 Meter Relay	Nearad- 63.7 Lake- 64.8 Ekiring- 63.6 Lilienthal- 63.6 (8th) 4:15.92

Comments:

- Another strong meet for this early in the season. We performed better in 6 events, and the same in 3 events compared to last year. This, while still missing several key people.
- Very encouraging was placing two people in the 60 meter dash (Matzen and Nearad) and long jump (Starr and Ekiring). This shows the kind of depth that we have this year.
- Highlights of the meet were many: Michelle Lilienthals NATIONAL LEADING 3000m, 4 x 600 taking 13 seconds off of last years time AND beating the meet record, Amber Starr's 16'4" long jump for third in her first jumps since 7th grade, and Liz Matzens second place in the 60m dash.

- WARM UP IS CRUCIAL!! Too many times this early season people have come to the line not properly warmed up. You should be in a light sweat when you come to the starting line or you are not ready to compete. Distance runners should begin their warm-up an hour before their first event, and sprinters 45 minutes before their first event. Not only will this help prevent injuries, but you will perform better.
- One comment for improvement. One of the great things about our teams of the past has been the way that they have supported each other during practice and at meets. During this meet, that was not as evident. Too many times the coaches had to encourage large groups of people to get up and support their teammates. This should not be the case! Track meets are our opportunity to show our fans and competitors how well we can perform, but also to show your teammates that you appreciate the sacrifices that they make every day in practice to be the best that they can be.
- This next week will be short on workouts, so we will get some of our work during the week by going hard after the MVC on Monday and Dickinson on Thursday. These two meets will finish our indoor season and leave us with one week until outdoor season begins at the Little Hawk Invitational on April 4th.