

Little Hawk Invitational April 3, 2001

	Varsity	Junior Varsity
Long Jump (4 jumps)	Strickland- 15-1 (2nd) Lake- 14-9 (4th)	
High Jump	Branstetter- 5-0 (3rd) Voss- 5-1 (1st)	Furlong- 4-8 (1st) Brus- 4-6 (2nd)
Shot Put (4 puts)	Elliot- 32-7 (3rd) Jackson- 31-8.5 (6th)	Gatens- 31-8.5 (1st) Flaschner- 27-2.5 (4th)
Discus (4 Throws)	Jackson- 111-8.5 (2nd) Elliot- 109-5.5 (3rd)	Gatens- 31-8.5 (1st) Flaschner- 27-2.5 (4th)
3000 Meter Run	Heckman- 11:28.0 (2nd) Russo- 11:51.27 (3rd)	Olson- 12:22.74 (1st), Hashimoto- 13:24, Lane- 12:41.56, Rethwisch- 13:09.67, Manuel- 12:11.86, O'Shaughnesy- 12:38.18 (2nd)
4 x 800 Meter Relay	Reed- 2:24 Lake- 2:30??? Trefz- 2:20 K. Funk- 2:30???	Snider, Hemmerson- Lehman- Sandler
	9:46.44 (1st)	Rodriguez Kraemer J. Hall Krueger
Shuttle Hurdle Relay	Dreier, Triplett, O-T, Maya	Lynch, Giovanelli, Evans, Fraga
	1:07.53 (1st)	1:09.87 (1st)
Distance Medley Relay	Strickland- 29.0 Rembolt- 26.7 Mims- 60.8 Kirsch- 2:29	Powell- 30.5 Veatch- 34.8 Brigham- 69.6 Moore- 2:54
	4:26.47 (2nd)	DQ
100 Meter Dash	Matzen- 13.02 (2nd) Rohrbach- DQ	Rodriguez- 15.59, Blake- 14.84, Minchk- 14.63 (2nd), Schallau- 14.75 (4th), Cmiel- 15.62, Nazomi- 16.25, Williams- 15.34
400 Meter Dash	Hill- 62.0 (1st) Linder- 62.74 (2nd)	Sherry- 1:06.45 (2nd) Rembolt- 1:05.34 (1st)
4 x 200 Relay	Tutson- Belmont- Strickland- Olsen	Johnson, Frantz, Full, Giovanelli 29.8 29.5 29.0 27.3 1:56.25 Minchk, Brentlinger, Blake, Evans 2:04.56 Rodriguez, Schallau, Cmiel, Cannon 2:01.84 Lynch, Gatens, Veatch, Nazomi 31.0 31.2 32.2 29.0 2:23.38 Russo & Distance Team 2:23.48
	DQ	
100 Meter Hurdles	Maya- 15.56 (2nd) Triplett- 15.95 (3rd)	Dreier- 16.95 (2nd) Fraga- 16.16 (1st) O-T- 17.56
800 Meter Run	Gable- 2:36.51 (4th) Vanderah- 2:31.91 (2nd)	Moore- 2:57.27, Kramer- , Newton- 2:38.28 (1st), Brigham- 2:43.01, A. Kruegger- 2:39.54 (2nd), Cassavant- 3:12.40, J. Hall-
200 Meter Dash	Strickland- 28.72 (2nd) Hill-	Powell- 29.70 (2nd) Cannon- 29.59 (1st)
400 Meter Hurdles	Linder- 1:09.47 (1st) Mims- 1:10.07 (2nd)	Maya- 1:13.09 (1st) Evans- 1:15.77 (2nd)
Sprint Medley Relay	Rohrbach- 13.1 Tutson- 13.2 Rembolt- 27.5 Lake- 66	Johnson- 14.1 Brentlinger- 14.5 Giovanelli- 27.9 Full- 65.6
	2:00.04 (2nd)	2:02.66 (1st)
1500 Meter Run (Varsity and JV Combined)	Trefz- 4:56.09 (1st) Ellsmore- 5:13.35 (2nd)	Kruegger- 5:43.4, O'Shaughnesy- 5:53.20, Kerstetter- 6:27, Keely- 6:08, A. Hall- 5:48.27, Rodriguez- 6:07, Kirsch- 5:25.90 (1st), Heckman- 5:30.22 (2nd)
4 x 100 Meter Relay	Rohrbach- 13.1	Fraga- 13.6

	Triplett- 13.4 Dreier- 13.2 Tutson- 12.8 52.74 (2nd)	Frantz- 13.7 O-T- 14.2 Belmont- 13.1 54.99 (2nd)
4 x 100 Throwers Relay	Elliott- Flaschner- Gatens- Jackson 1:01.84 (1st)	
4 x 400 Meter Relay	Mims- 61.8 Reed- 63.6 K. Funk- 64.8 Hill- 64.2 4:14.91 (1st)	Vanderah- Newton- Struve- 67.9 Sherry- 67.0 DQ

- Sorry for the lack of split times in some events. Hosting a meet makes it difficult to do all of our normal timing!!!
- A terrific meet from a team standpoint!! Among the team accomplishments are the following:
 - *Improved performances in 11 events over 2000
 - *Victory margin of 59 points (only 43 in 2000)
 - *Total points of 172 (151 in 2000)
 - *3 Meet records (2 in 2000)
 - *This years team would have beaten last years state runner-up up team 117 to 105

All of this was done without two of our best athletes. You should feel very good about this type of performance in the first outdoor meet of the season.

- From an individual perspective, it was a dandy meet as well. 13 people were added to the standards of excellence list. Among the notable performances: Jackson discus pr by 5 feet, Strickland long jump pr by 2 feet, Voss and Branstetter both over 5 feet, Heckman, Russo, Olsen, & O'Shaughnesy swept the 3000 with pr's all around, Lake, Reed, K. Funk, Trefz meet record in the 4 x 8 with Trefz and Reed running pr's, varsity shuttle of Dreier, Mo, Triplett, Maya set a meet record, JV Shuttle beat last years varsity time, Giovanelli 2 sub 28 second relay splits, Rembolt a sub 27 relay split, Hill, Linder, Rembolt, Sherry swept the 400 places, Maya, Triplett, Fraga, Dreier swept the 100 hurdles, Linder, Mims, Maya, Evans swept the 400 hurdles, Trefz, Ellsmore, Kirsch, Heckman sweep the 1500.
- With all of this good stuff, there were still opportunities to learn. Overall, we had 5 DQ's on the night. Many of them are beginning of the year mistakes, but WE shouldn't make them. Let's focus on some of the technical aspects of our competition in future meets. Also, we need to concentrate on our self talk and preparation for meets and races. Negative self-talk will do nothing but harm your performance. To a certain extent, you will achieve what you believe that you can. The trick is to get your body to believe it is capable of a little more than it really is....that's how champions are made.
- Finally, this years team is good. From top to bottom, we are as good as last years team and maybe better. Last year we were 2nd in the state. This years team has the capability to that or more if we continue to work hard and believe in ourselves. Right now, this team is mostly a secret, but it won't be for long. It is time to live up to your goals and dreams!!