

MVC Indoor, March 17, 2008

Yesterday we showed improvement in our running events, placed in the long jump, and had several prs in the shot. Once again we got an outstanding effort from Mariah in the shuttle, 60 hurdles and in the 4x4. Our distance medley was victorious and won by more than 12 seconds with great legs from Kelley and Emily. More importantly several of you have been thrust into varsity races because many are on vacation. That can be daunting (frightening) but you responded by giving your best effort and the results were many prs and season's bests. Kelsey Coleman herself had 3 prs last night. The places in parentheses below reflect placing in the Mississippi Division of the meet. The season is young and so are we. Last evening was an important meet as we prepare for even better results ahead. Our track is almost clear and waiting for you. Let's bring the beast Little Hawks!

	Varsity 1				Varsity 2			
4:30 Long Jump	Whiting 14'4.5" (6 th)		Harris 14'11.75" (4 th)					
4:30 High Jump	Rew 4'4"		McCurn					
4:30 Shot Put (cafeteria)	Hyché 29'7"*	Kenney 27'2"	M Kunc 29'1"*		Osborne 16'2"	Rodriguez 17'8.5" *	Nicholson	
4:30 3000 Meter Run								
4:45 4 x 800 Meter Relay	R Rethwisch, Coleman, Kregel, A Rethwisch 2:36.3 2:41.6* 2:41.3SB 2:43.2SB 10:42				Fleming, Hudachek, Abrams, Shinnick-Gordon 3:01.5* 2:51.9* 2:55.1SB 2:48.1 11:34			
5:15 Shuttle Hurdle Relay	Whiting, Harris, Sotelo, Jordan (3 rd) 39.60 10.5 9.4 10.5 9.1							
5:35 Dist. Medley Relay	Burian, Mills, Krei, Fagan (1 st) 4:26.44 29.3 28.1 59.8 2:29.1							
5:50 60m Dash					Kooker 8.81			
6:10 400 Meter Dash								
6:25 4 x 200 Relay	Mills, Stephenson, Fleming, Coleman (4 th) 1:57.10 29.8 29.2 30.3* 28.0*							
6:50 60m Hurdles	Jordan, 9.08 (1 st)		Sotelo 12.32(fall)		Kunc, Hudachek, McCurn 11.21 11.56 11.10			
7:10 800 Meter Run	A Rethwisch, 2:46.23		Abrams 2:51.93 SB		Rodriguez Cronbaugh 3:24.50 SB 3:03.41*			
7:25 200m Dash	Feeney, S Kunc 30.54 30.98*				Kooker, Whiting, McCurn 31.00* 33.34			
7:50 Sprint Medley								
8:05 1500 Meter Run	Fagan, 5:12.62 SB (3 rd)		R Rethwisch 5:29.78*		Holman, Chavez, Kregel, Bodanek, S-Gordon 5:33.00 5:52.36* 5:42.16 6:17.11* 5:42.71*			
8:25 4 x 100 Meter Relay					Jump/Throw Relay M Kunc, Kenney, Hyché, McCurn 17.4 14.3 15.5 15.3			
8:45 4 x 400 Meter Relay	Jordan, 65.7SB	Harris, 66.2	Stephenson, 66.5*	Krei (2 nd) 60.6	Coleman, Mills, Feeney, Burian 67.9* 70.1 73.2 72.5* 4:43.07 Sotelo, S Kunc, Fleming, Kregel 69.7* 71.9* 76.4 71.9 4:50.05 Holman, Chavez, Bodanek, Abrams 73.5 76.7 83.3 81.8 5:15.64 Hudachek, Fagan, R Rethwisch, Cronbaugh, 73.1 68.6 70.6 75.9* 4:48.23			
* = personal record SB = season's best								