

## University of Iowa Indoor, March 13, 2004

3000 Meter Run	Arora- 11:16.09 (5 <sup>th</sup> ) Riley- 12:14.19	
Shot Put	Minchk- 29-11	
Long Jump (4 jumps)	E. Mozena- 15-5.25 (10 <sup>th</sup> ) V. Mozena- 15-11.75 (7 <sup>th</sup> )	
3200 Meter Relay	Gill, Roelf, Sidwell, Ziegenhorn 2:40 2:36 2:38 2:29	10:24.62 (7 <sup>th</sup> )
Shuttle Hurdle Relay	Rydze, Sabers, Krumm, Fraga 9.8 10.0 10.0 9.3	39.58 (6 <sup>th</sup> )
400 Meter Dash		
60m Dash	Strickland- 8.46 (9 <sup>th</sup> ) Kamber- 8.64	
High Jump	Sidwell- 4-8	
Distance Medley Relay	McLane, Mims, Gerard, Mills 28.9 27.6 67.3 2:46	4:50.67
60m Hurdles	Roelf- 10.96 Rydze- 10.04	
200m Dash		
800 Meter Run	Lithmane- 3:13.02 Plaughter- 3:01.23	
4 x 200 Relay	?, V. Mozena, E. Mozena, Kamber 29.0 28.2 27.9 27.3 Rydze, Gerard, McLane, Fredericks 29.8 29.3 28.4 30.3	1:52.97 (5 <sup>th</sup> ) 1:58.2 (DQ)
1500 Meter Run	Anciaux- 5:21.62 (8 <sup>th</sup> ) Foreman- 5:20.40 (7 <sup>th</sup> )	
4 x 400 Meter Relay	Mims, Sabers, E. Mozena, Strickland 63.3 63.6 62.9 62.2 Sidwell, Ziegenhorn, V. Mozena, ? 69.3 65.9 66.2 67.2	4:12.54 (1 <sup>st</sup> ) 4:28.5

With only one senior and a handful of juniors, you once again showed that your hard work is going to reap big rewards as we move outdoors in a couple of weeks. Perhaps the most telling statistic is how this years performance compared to last year: 3000 (better by 16 seconds), Long Jump (better by two feet), 4x800 (better by 30 seconds), Shuttle (better by two seconds), 4x200 (better by two seconds), 1500 (better by 9 seconds), 4x400 (better by 11 seconds). There were also several PR's, probable PR's, or near PR's on the day:

- **PR's:** Strickland (400), Ziegenhorn (800), Roelf (800), Riley (3000), Gerard (400)
- **Probable PR's:** E. Mozena (400), Sabers (400), Mims (200), Mills (800), Rydze (200), Gerard (200), McLane (200), Sidwell (800)
- **Near PR's:** Arora (3 seconds off 3000), Mims (400), Sabers (400), V. Mozena (200), E. Mozena (200), Kamber (200), E. Mozena (400), Ziegenhorn (400), V. Mozena (long Jump)

There may be more, but not having access to the PR's of the freshman makes it difficult. We now go into a 9 day break. Keep working hard during this month as we get ready to take nearly our whole team to the MVC indoor meet one week from Monday. We have had some very fine performances at the first two indoor meets with a partial team. When we finally get our entire team together in a couple of weeks you will quickly understand what a special group of athletes you are!