

Wartburg Indoor, March 1, 2011

A great start to the 2011 season. As did our comrades at the Quad City meet, we had many people getting their first taste of high school competition and many others who were ready to reap the rewards of hard work put in over the winter. Comparing our results to the Quad City meet last year, we were better in the 4x200, 4x400, 400m, shot put, hurdles and 55 dash. Perhaps the biggest statement was the performance of our 400 runners. Last year we had only two people who were 67 seconds or better, while this year we had ten. Congratulations to our two event winners, Clair and Gusto. Congratulations to Ali for a two foot improvement over last year and Sam for a three second improvement in the 400. Cedar Falls also proved that they are going to be a force in the conference, and it will take all of our focus to try to beat them. Keep up the good work.

High Jump	A. Jacobson NH Nelson 4-2
Shot Put	Gustafson 37-8.5 (1st) Brookfield. 19-11.5
Long Jump	
55 Meter Hurdles (prelim)	Sotelo 9.57 qualified Kunc. 9.56 qualified
55 Meter Dash (prelim)	Crew. 7.72 qualified Kuddes. 7.86 qualified
3000m Run	
55 Meter Hurdles (final)	Sotelo 9.46 (5th) Kunc 9.88 (8th)
55 Meter Dash (final)	Crew 7.60 (1st) Kuddes 7.83 (3rd)
4 x 800 Meter Relay	Perez, Sammons, Cabbage, Ali 2:45.9 2:45.9 2:54.0 3:02.8 11:29.10 (7th)
200 Meter Dash	Kooker 30.91 Traore 29.53 (8th)
1500 Meter Run	Beasley 5:25.80 (4th) Tamerius 5:54.83 (7th)
400 Meter Dash	Perez 75.09 Scholz 70.91
1600 Meter Medley Relay	Kuddes, Nelson, Kunc, Perret 27.8 28.0 65.5 2:40.4 4:42.25 (2nd)
800 Meter Run	
4 x 200 Meter Relay	Kooker, Scholz, Perret, Kunc 30.0 30.9 31.2 28.9 2:01.46
4 x 400 Meter Relay	Sotelo, Nelson, Traore, Crew 65.9 66.2 64.5 64.3 4:21.41 (2 nd)