

ISU March 11th and MVC INDOOR 2013

We finally had all available girls in competition this week and overall we competed well. Please note the following:

- A great start for our jumpers with prs, or stds of excellence and Abby well ahead of a year ago
- Gusto improving her school indoor record in the shot and most girls with life time best indoor marks
- All 3k runners meet std of excellence: Ellen with a 31 second and Molly a 9 sec pr and Sally only 4 sec off!
- SHR, 4 x 2, SMR faster than a year ago and 4 x 1 running the fastest school indoor time ever recorded
- And a lot of prs for our new athletes

Clearly there is a lot of room for improvement but that is why we practice ☺ Keep up the good work and we will progress individually and as a team

					Time	Place
Long Jump	Washpun 16' 6.5" 2nd	D. Johnson 14' 1"*	Blowers 13' 11"*			
High Jump	Saehler 4'10"	Joens 4'8"*	Price 4'6"*	Hyché 4'4"*		
Shot Put	<i>Miller 34'1" SB</i>	Embery 29'	<i>Reyes 23'8"</i>	<i>Gustafson</i>	41'3.5"	2nd
	Wortman 35'1" 3rd	<i>Smith 24'11"</i>	<i>Harris 26'11"SB</i>	<i>Lehman</i>	36'1.25"	7th
3000 M		Siglin 11:22.30		<i>Carman</i> <i>Shepherd</i>	10:44.36*	7th
4 x 800	A. Traore 2:58.7*	Teduits 2:52.9*	McIntire 3:05.7	Clemmons 3:09.93*	12:07.0	
SHR	Perez 10.5	Sammons 10.8	Miller 10.4SB	Thompson 10.8	42.40	6th
	DePrenger 10.7	Sabers 10.5	Windschitl 10.5	Mauer 11.6	43.30	7th
DM Relay	Hanche 29.2	Joens 29.9*	Omar 65.8	Danielson 2:32.0SB	4:36.90	4th
	Miller 31.5	Gevock 30.2	Windschitl 70.2*	Verdick 2:46.3*	4:46.40	6th
60 Meter	E. Johnson 8.80		Heath 9.15	Hauge 9.40		
400 M	Ali 1:17.82	Butikofer 1:18.68*	Cabbage 1:22.66	Gralnek 1:26.03*		
4 x 200	C. Crew 27.1	DePrenger 28.7*	Plock 26.0	Washpun 26.8	1:48.67	2nd
	Carroll 30.6	Blowers 27.6	Saehler 30.7*	H. Crew 27.5SB	1:56.25	
60 Hurdles	Miller 10.66	McIntire 12.39	Verdick 12.79	Alderson 11.48		
800 M	Sammons 2:34.20SB	S. Traore 4th 2:28.37SB	Thompson 2:50.85	Reyes 3:19.3*		
200 M	D.Johnson 28.34* 6th Omar 28.96	Joens 30.48*	Ali 33.87 SB Alderson 30.48	Wells 32.32		
SMR	E. Johnson 14.3*	Hanche 14.2	Blowers 29.3	H. Crew 71.2	2:09.01	
	Kosier 13.8	DePrenger 14.3	Carroll 31.6	Perez 71.3SB	2:11.07	
1500 M	Perret 5:51.90	F.Traore 5:48.95*	Lewers 5:49.28* Parrott 5:48.85*	Shutt 5:56.21* Cornell 6:08.05*		
4 x 100	D. Johnson 13.3*	Plock 12.3	C Crew 12.9	Washpun 12.9	51.53	2nd
	Wells 15.3	Heath 15.1#	Hauge 14.1#	Maurer 15.7*	1:00.10	
4 x 400	C. Crew 63.0	Danielson 64.9	Plock 62.6	DePrenger 67.8	4:18.17	2nd

	S. Traore 64.6SB	Omar 69.7	Sammons 65.3SB	D Johnson 66.1*	4:25.65
	Wasphun 64.6	Joens 71.5*	Blowers 65.1*	Hanche 70.2	4:31.45
	Thompson 73.56	Gevock 75.53	H Crew 70.8	Carroll 76.48	4:56.44
	E. Johnson 75.4*	Hubbard 80.4	Perez 72.9	Miller 76.5	5:05.35
	McIntire 78.2*	Teduits 78.1*	Alderson 77.8	Maurer 76.7	5:10.76
	Parrott 73.6*	Lewers 82.1*	Shutt 79.7*	Cornell 81.1*	5:12.51
	Clemmons 81.2*	Butikofer 85.1	A. Traore 74.3*	Cabbage 88.9	5:29.57
	Ali 81.1	Wells 82.9	Heath 74.0*	Siglin 72.4*	5:10.52
	Reyes 85.9*	Hauge 86.3	Gralnek 88.5	Kosier 77.6	5:38.29

*=PR SB=Season's Best #= Exchange issue renders splits inaccurate

Red=Standard of Excellence

Blue=competed at ISU

Please note that we don't keep records of running events less than 100m

Italicized throwers were Indoor prs which they keep track of ☺