

## CRANDIC Indoor, March 18, 2000

Shot Put (Prelims and Finals)	Carrol- 25' 2"
Long Jump (Prelims and Finals)	Powell- 13' 11" (4 <sup>th</sup> )
High Jump (Prelims and Finals)	
600m Dash	
3000 Meter Run	Russo- 12:26.20 (2 <sup>nd</sup> )
55 Meter Hurdles	
55 Meter Dash	Powell- 8.29 (7 <sup>th</sup> ) Hinshaw- 8.36 Olsen- 8.67 Messier- 8.74
4 x 800 Meter Relay (Final)	
300 Meter Dash (Final)	Powell- 50.05
1500 Meter Run	O'Shaughnessy- 6:01.89 (2 <sup>nd</sup> )
4 x 1 Lap Relay	Hinshaw- 33.3 Kerstetter- 35.6 Newton- 34.0 Olsen- 33.2      2:16.18 (5 <sup>th</sup> )
400 Meter Dash	
8 Lap Medley Relay 1 lap, 1 lap, 2 lap, 4 lap	Hinshaw- 33.8 Schallau- 37.1 Olson- 1:16.8 Ellsmore- 2:53.5      5:20.99 (1 <sup>st</sup> )
800 Meter Run	Russo- 2:50.42 (2 <sup>nd</sup> )
4 x 400 Meter Relay	Kerstetter- 75.5 Newton- 75.4 Schallau- 76.1 Messier- 1:21.0      5:08.3 (5 <sup>th</sup> )

Comments:

- A great showing by some of our younger runners competing against Cedar Rapids schools varsity teams!
- This shows that the hard work you put in each day with the best varsity team in the state has also made you better compared to many other teams