

## Demon Indoor, March 8, 2011

All in all another nice performance. On the night we were better than last year in shot (3 people), 60 hurdles, 60 dash, 4x800 A, 4x800 C, 200 (3 people), 1500 (2 people), 4x400 B. A very impressive performance! A few performance highlights: Ward's 66 second 400, Feeney stepping in to fill a 400 slot, Gustafson 10 feet farther than last year, Crew & Kuddes in the 200, two 4x4's placing in the top five, Erin D running 5 seconds off her PR in only one week of training, Sotelo 2:37 in her first 800. Perhaps better than our performance was the way we competed. There wasn't a single situation when we didn't people giving it everything that they had- that will pay off as we move to outdoor season. This meet also showed us a bit about the other teams in the state. We would have placed 5<sup>th</sup> behind Valley, West, Waukee, and Burlington showing we still have some work to do. However with the attitude and determination you showed tonight, I know we will get there.

High Jump	C. Jacobson- NH	Nelson- NH		
Shot Put	Hyché 33-10.5 (9 <sup>th</sup> )	Gustafson 38-8 (4 <sup>th</sup> )	Lehman 31-4.5 (PR)	
60 Hurdles	Ward 9.45 (qual)	Kunc 9.95 (qual)	Feeney 10.23	
60 dash	Washpun 8.25	Hansche 8.26	Miller 9.20	
4 x 800 Meter Relay A 9:52.13- (2 <sup>nd</sup> )	Richardson 2:26.7	Lines 2:29.2 (PR)	Carman 2:29.1 (PR)	Rethwisch 2:27.0
4 x 800 Meter Relay B 10:58.64	Perret 2:48.2	Beasley 2:41.5	Perez 2:43.3 (PR)	Peterson 2:45.3 (PR)
4 x 800 Meter Relay C 11:17.03	Arch 2:47.8 (PR)	Sotelo 2:37.4 (PR)	Ali 3:05.0	Sammons 2:45.5 (PR)
200 M	Sullivan 28.83	Kuddes 27.93 (6 <sup>th</sup> )	Crew 27.31-(4 <sup>th</sup> )	
60 H Final	Ward 10.12	Kunc 10.33		
60 Final				
400 M	Ward 66.90- 9 <sup>th</sup> (PR)	A. Jacobson 1:20.57 (PR)	Cabbage 1:11.34 (PR)	
1500	Danielson 5:14.56 (2 <sup>nd</sup> )	Mendenhall 5:40.96 (PR)	Siglin 5:36.39	
1600 D Med A 4:42.49- (4 <sup>th</sup> )	Hansche 28.9	Washpun 28.9 (PR)	Nelson 66.7	K. Langenfeld 2:38.1
4 x 400 Meter Relay A 4:22.33- (3 <sup>rd</sup> )	Traore 65.4	Kuddes 67.6	Kunc 65.2	Crew 64.1 (PR)
4 x 400 Meter Relay B 4:25.93- (5 <sup>th</sup> )	Feeney 70.4	Lines 64.7	Carman 64.9 (PR)	Sotelo 65.8
4 x 400 Meter Relay C 4:57.63	Perret 70.7	H. Langenfeld 73.1 (PR)	Arch 77.9 (PR)	Miller 75.7