

# Iowa State University Indoor, March 17, 2003

3000m Run (3 Heats)	Arora: 11:33.5 (PR, 13 <sup>th</sup> )
Long Jump (4 Flights)	Hichwa: 14-0.5
High Jump (55 Jumpers)	Wiegert: 4-10 (9 <sup>th</sup> )
Shot Put (6 Flights)	Wagner: 33-9.25 (PR, 14 <sup>th</sup> )
55m Dash (18 Heats)	Hesseltine: 7.51 (qualified)
60m Hurdles (21 Heats)	Roelf: 10.67
4 x 800 Relay (3 Heats)	Mims, Dietz, Diggleman, Boyd 2:33 2:41(PR) 2:40 2:38 10:34.67
Sprint Medley (7 Heats)	Kamber, Hichwa, Dreier, Sherry 13.5 13.6 28.2 62.9 1:58.34 (6 <sup>th</sup> )
60m Hurdles (final)	
60m Dash (final)	Hesseltine: 8.49 (10 <sup>th</sup> )
800m Run (6 Heats)	
1500m Run (4 Heats)	
4 x 100 Relay (6 Heats)	Kamber, Roelf, Hesseltine, Hichwa 13.4 14.1 13.3 13.6 54.73 (12 <sup>th</sup> )
4 x 400 Relay (6 Heats)	Dreier, Sherry, Wiegert, Mims 63 63.8 63.6 60.9 4:11.86 (4 <sup>th</sup> )

A strong meet for such a young group. With only 3 juniors or seniors, we competed very well with teams that their entire squad present. Several PR's at this meet: Wagner (shot), Hesseltine (60m), Dietz (800), Wiegert (400m), Arora (3000m). You are beginning to see the benefit of your hard work over the last 6 weeks, and as we approach outdoor season you should be ready for even better performances! Next up MVC indoor at Cornell.