

# Iowa State University Indoor, March 15, 2004

3000m Run	Anciaux- 11:26.85 (10 <sup>th</sup> ) Foreman- 11:29.38 (11 <sup>th</sup> )
Long Jump	E. Mozena- 15-3.25 (10 <sup>th</sup> ) V. Mozena- 15-4.75 (7 <sup>th</sup> )
High Jump	Sidwell- 4-10
Shot Put	Minchk- 31-6.5
60m Hurdles	Rydze- 10.07
55m Dash	Dreier- 8.66 Strickland- 8.43 (qualified)
4 x 800 Relay	
Sprint Medley	Rydze, E. Mozena, Mims, V. Mozena 14.4      13.6      29.9      60.7      1:58.51 (3 <sup>rd</sup> )
60m Hurdles	
60m Dash	Strickland- 8.38 (6 <sup>th</sup> )
800m Run	Gill- 3:35.62 (13 <sup>th</sup> )
1500m Run	Sidwell- 5:43.16 Riley- 5:43.22
4 x 100 Relay	
4 x 400 Relay	Dreier, Mims, E. Mozena, Strickland 62.2      61.7      61.8      61.9      4:07.90 (1 <sup>st</sup> )

This was a great meet for some of you to get experience against some of the better teams from the central and western part of the state. You showed that where you are compares very nicely to the rest of the state. Although we had the smallest group that we have ever taken to this meet, you provided some very nice performances. We had several PR's or near PR's again and number of people added to the standards of excellence. A special mention to our all freshman sprint medley placing third! We have two more indoor meets next week and then it is outside for the rest of the year.

PR's: Laura Minchk (shot put), Ashton Strickland (60m & 400), Valerie Mozena (400), Elise Mozena (400), Kelsey Mims (400)  
 Probable PR's: Alise Riley (1500), Sam Sidwell (1500)  
 Near PR's: Emily Gill (800)

Standard of Excellence Additions: 400m- Dreier, Mims, V. Mozena, E. Mozena

3000m- Drew Foreman, Clair Anciaux