

MVC Indoor, March 19, 2007

	Varsity 1	Varsity 2
Long Jump (cafeteria)	Nelson- 15-7.5 (4 th) Wilkinson- 15-2.75 (5 th) Mabikulu- 14-4.5 (8 th)	Feeney- 12-11.5 Brooks- 12-8.25 Kamber- 13-10.5
High Jump (4-0 start, 5 alive)	Brooks- 4-2 Gelder- 4-0	McCurn- 4-4 Rew- 4-0
Shot Put (cafeteria)	Minchk- 34-1.25 Anciaux- 38-1 (5 th) Tutson- 35-4 (8 th)	Kenney- 28-6.5 Vraspier- 31-1.75 Thornton- 32-9.25
3000 Meter Run	McFarland- 12:24.60 Zoeckler- 12:54.00	
4 x 800 Meter Relay	Mims, Fagan, Kregel, McKay 2:30.7 2:28.5 2:39 2:27.3 10:06.30 (1 st)	Holman, Rethwisch, Gessner, Abrams 2:46.5 2:52 2:51 2:55 11:26.40
Dist. Medley Relay	Wilkinson, Hynes, DeMoss, Harris 28.0 29.8 70.0 2:42 4:51.30 (6 th)	
55m Dash	Roberts- 8.96 Feeney- 8.68	Shaw- 9.33 Richmond- 10.07
400 Meter Dash		
4 x 200 Relay	Krei, Anciaux, Skay, Nelson 26.8 27.6 27.5 27.9 1:49.99 (2 nd)	Roberts, Brooks, Rew, Kamber 31.7 33.1 34.3 32.3 2:11.41
55m Hurdles	Rydze- 9.50 (4 th), Jordan- 9.24 (2 nd), Nue- 10.42	Mills- 10.45, Stephenson- 11.53, Shaw- 11.54, McCurn- 11.63
800 Meter Run	Kregel- 2:37.11 (8 th)	Abrams- 2:53.06, Rodriguez- 3:24.00
200m Dash	Mims- 27.73 (4 th) Jordan- 27.98	Richmond- 35.03 Shaw- 33.26
Sprint Medley	Skay, Mabikulu, Rydze, Hynes 12.8 13.4 29.1 69.1 2:04.45	Stephenson, McCurn, Nue, Kamber 14.6 14.4 30.6 78.5 2:18.36
1500 Meter Run	McKay- 5:15.21 (3 rd) Fagan- 5:24.50	Holman- 5:54.73, Rethwisch- 5:59.61, Gelder- 6:54.29
4 x 100 Meter Relay	Mabikulu, Anciaux, Wilkinson, Nelson 13.8 13.4 12.7 12.8 52.64 (3 rd)	McCurn, Feeney, Shaw, Mills 15.4 14.1 14.7 14.3 58.61
4 x 400 Meter Relay	Mims, Rydze, Harris, Krei 62.0 65.4 65.1 58.9 4:11.69 (1 st) Hynes, Kregel, McKay, Fagan 71.6 71.5 66.2 70.6 4:40.00 Gessner, Holman, Rodriguez, McFarland 77.7 74.7 83.6 76.1 5:25.60 Stephenson, Skay, Zoeckler, Kenney 72.0 76.3 80.8 79.0 5:09.27	Mills, McCurn, Roberts, Nue 74.2 74.9 81.0 80.0 5:10.27 Putnam, Brooks, Richmond, Shaw 78.4 78.8 83.9 71.0 5:22.14 Mabikulu, Feeney, Wilkinson, Thornton 71.0 70.8 73.4 85.2 5:00.54 Abrams, Anciaux, Minchk, Gelder 83.0 70.0 77.0 81.0 5:21.81

Great way to end the indoor season. We were better than last year in 7 of 15 events including 3 better in long jump and shot, both 4x8's better, and 2 better in the 55 hurdles, 200, and 1500. Among the PR's that I know of: Nelson (LJ), Fagan (800), McFarland (3000), Mims (800), Wilkinson (LJ), probably many indoor 400m PR's. There have been many good things about the young season, but many things to improve upon if we are to achieve the things we want in May- we have been hard working on the track, but we need to get better at doing the little things (warm-up, stretching, lifting, core). We also need to do a better job of supporting our fellow team members during workouts, meets and at other times. We should have a huge cheering section for each and every event and each person- I have not seen that yet. More often than not, I see people working on homework, talking on their cell phones, or just sitting. If we can do better at the little things, we will accomplish great things this season. Meet awards:

Outstanding Performance: Lindsay McFarland

Most Inspirational: Kelly Krei

Outstanding newcomer: Melanie Holman

Most Improved: Majesty Tutson, Susan Zoeckler

Iron Woman: Annie McKay, Karissa McCurn

Helping Hand: Andrea Kenney, Jonte Thornton, Mallory Hynes