

MVC & ISU Indoor, March 12,13 2012

A very nice finish to the indoor season! Between the two meets, we had at least 27 PR's many more season bests and we would have won our half of the conference easily. The columns to the right show where we are compared to last year. First column is the indoor best from this year and the last column is the best performance from last years indoor. Boxes shaded in **RED** are where we are better THIS YEAR. Overall, we are better this year in 9 of 16 events! There are some impressive individual improvements to note compared to last year: Ward- .8 seconds faster in 60 hurdles, Brookfield - 1' farther in the shot, Leman- 4' farther in shot, Arch 22 seconds faster in 3000, Sammons- 18 seconds faster in 800m & 6 seconds faster in 400m, C. Crew 2 seconds faster in 400m, H. Beasley 17 seconds faster in 1500m, Carman 6 seconds faster in 800m, Danielson 2 seconds faster in 400m, Traore 1.5 seconds faster in 400m, Wortman 6' farther in the shot, K. Langenfeld lifetime PR in 1500. Our shuttle, 4x200, distance medley, 4x400 relays are all significantly farther along than last year. From an event perspective we are looking great in the shot with four people over 30', our 400m runners have 2 people better than last years best and 3 more close, our sprinters have eclipsed last years 200m performances, our hurdlers are well ahead of last years pace. There are also some areas where we are less experienced than last year- the mid-distance, distance, and jumps are trying to replace 2 of the very best we have ever seen in Rethwisch and Johnson and we will be looking for some new faces to contribute there. Overall, things are looking quite good, and we are going to be very tough if we continue working hard to improve at every opportunity. However, there are some teams out there that have put up even more impressive performances such as Des Moines Roosevelt, Bettendorf, Dowling, West High, and Cedar Falls. If we want to accomplish our goals we will need to match their intensity and desire. Appreciate what you have accomplished so far, but don't be satisfied.

	MVC Line-Up 2012						2012 Indoor Bests	2011 Indoor Bests
High Jump	Hartley 4'6" SB	Hyche NH	Saehler 4'6" PR	Blowers 4'6" SB			4-6	4-2
Long Jump	None						13-6	None
Shot Put (MVC)	Gustafson 38'1.5" (1 st) SB	Lehman 35'6" (3 rd) SB	Miller 30'11"	Wortman 32'8" SB	Meyer 29-11 PR	Harris 22-9 PR	38-1	38-8
Shot Put ISU	Gustafson 37'5.75" (4 th)	Lehman 34'8.75" (8 th)						
3000m Run (ISU)	Richardson 10:55.79 (7 th)	Carman 11:15.62 PR					10:55, 11:15	10:31, 10:59
3000m Run (MVC)	Arch 11:40.4 (3 rd) PR	O Peterson 13:48.6 PR						
4 x8 Relay 10:10.12 (5 th)	Sammons 2:28.1 PR	Traore 2:35.2	Danielson 2:34.3	K Langenfeld 2:32.1			10:06	9:52
Shuttle Hurdle 40.32 (1 st)	Perez 10.3	S Plock 10.0	Thompson 10.8	Ward 9.3			40.32	42.60
Dist. Medley Relay 4:21.40 (1 st)	Crew 27.5	Traore 27.5 SB	Danielson 62.1 SB	Carman 2:24.0 SB			4:21	4:38
60m Dash (ISU)	Crew 8.25 8th						8.25	7.93
60m Dash (MVC)	None							
400m Dash	Sammons 63.01 (1 st) PR	M Plock 77.40 PR	Ehlers 72.60 PR				61.6, 62.5, 63.0, 63.2, 63.6	62.9
4 x 200m Relay 2:00.60	Blowers 29.7	H Langenfeld 31.5	Thompson 30.5	H Crew 29.2 PR			1:49.8	1:50.9
60m Hurdle	Ward 9.33 1 st	Sabers 11.12					9.33	9.89
800m Run	Taffa 2:33.21 (4 th) PR	A Ali 3:06.60 SB	Malefchik 3:11.70 PR				2:24	2:22
200m Dash	C Crew 27.10 (2 nd) SB	S Plock 27.05 (1 st) PR	Sabers 31.41 PR	Ehlers 33.10 PR	Krishnan 30.27 PR		27.05, 27.1	27.9
Sprint Medley Relay 2:16.77	Blowers 14.1	Correll 15.1	O Ali 31.4	H Langenfeld 75.5 SB			2:16	2:02
1500m Run	Beasley 5:08.00 (1 st) SB	K Langenfeld 5:29.90	J Beasley 5:59.90 PR	Perret 5:53.60			4:57	4:58
4 x 100	None						None	None
4 x 400m Relay A 4:11.56 (1 st)	Crew 62.5 SB	Carman 63.6 SB	Danielson 63.2	S Plock 62.5			4:11	4:15
4 x 400m Relay B 4:22.99 (5 th)	Traore 63.6 SB	Sammons 63.9	Perez 68.7	Taffa 66.7 PR				
4 x 400m Relay C 4:34.75	Blowers 67.0 PR	Krishnan 68.5 PR	Thompson 70.6 PR	Ward 68.1				
4 x 400m Relay D 5:12.48	H Crew 70.5 PR	Malefchik 82.6 PR	M Plock 80.7	O Ali 78.3 PR				
4 x 400m Relay E 5:09.40	K Langenfeld 68.9	Arch 76.9	O Peterson 83.5 PR	J Beasley 80.1 PR				