

Demon Indoor 5pm Tuesday March 9th @the University of Iowa Rec Bldg.

“If you find a path with no obstacles it probably doesn’t lead anywhere”

—Frank Clark

We competed very well last night and showed substantial improvement compared to just six days ago at the QC Indoor. We also improved from a year ago in most events both as a team and individually. I was pleased to see our camp empty most of the meet with you out supporting your teammates. West High and West Des Moines Valley also performed very well and will be formidable opponents. But that will only serve to make us better. Congratulations on a superb effort. Our next task is to keep improving even with Spring Break in front of us. We now have momentum, let’s sustain it!

	VARSITY			
High Jump	Johnson 5'2" (2 nd)	Brooks 4'10" SB	Larsen 4'8"	
Shot Put	Behlke 26'1.5" SB	Hyche 34'4.5" (8 th)	Gustafson 28'3.5"*	Brookfield 20' SB
60 H	Sotelo 10.01	Lines 9.91	Kunc 9.89	
60	Crew 8.57	Hansche 8.24	Nelson 7.93	
4 x 800 Meter Relay A	Yagla 9:54.20 SB (2 nd)	Danielson 2:33.9SB	Richardson 2:27.5	Fagan 2:25.8SB
4 x 800 Meter Relay B	Langenfeld 2:39.7	Beasley 2:43.5	Bui 2:48.6SB	Fuller 2:42.5
4 x 800 Meter Relay C	Peterson 2:56.5*	Ali 3:03.5*	Mendenhall 3:08.9*	Aguilar-Rosales 3:02.4
200 M	Kroeze 30.70*	Mueller 29.31	Burian 30.11	
60 H Final	Sotelo 10.24	Lines 10.55	Kunc 9.99	
60 Final			Nelson 7.95 (6 th)	
400 M	Sotelo 1:06.93 SB (6 th)	Baker 1:11.95	Kunc 1:08.97	
1500 M	Rethwisch 4:59.67 (2 nd)	Mahaffa 5:47.47	Siglin 5:44.01*	
1600 D Med A	Nelson 27.5SB	Coleman 28.0	Mills 1:06.3SB	Stephenson 2:28.8SB
4 x 400 Meter Relay A	Wilkinson 4:19.09 (2 nd)	Sullivan 1:06.3SB	Kuddes 1:06.8*	Yagla 1:03.9SB
4 x 400 Meter Relay B	De Boeck 68.5*	Danielson 67.8*	Lines 68.8SB	Hynes 67.8SB
4 x 400 Meter Relay C	Schwager 70.9*	Perez 73.2*	Beasley 69.7	Eyman-Casey 70.3

Red Name=Standards of Excellence

Red Time= Meet Scoring

*= Personal Record

SB= Season’s Best