

## A.D. Dickinson Relays, March 23, 2000

4:00	Shot Put (Prelims and Finals)	DeHart- 33'8.5" (7 <sup>th</sup> ) Elliot- 30'6.5"
	Long Jump (Prelims and Finals)	Holland- 16'10.5" (2 <sup>nd</sup> )
	High Jump (Prelims and Finals)	Branstetter- 4'10" Voss- 4'10" (7 <sup>th</sup> )
4:00	60 Meter Dash (Prelims)	Nearad- 8.30 (qual)
4:00	60 Meter Hurdles (Prelims)	Maya- 10.09 (qual)
4:25	3000 Meter Run (Final)	Kjonaas- 11:41.10 (7 <sup>th</sup> ) (PR)
5:15	4 x 800 Meter Relay (Final)	Lake- 2:29.1 Mims- 2:32.9 Linder- 2:29.8 Gable- 2:26.6 <b>10:00.34 (2<sup>nd</sup>)</b>
6:15	Distance Medley Relay	Matzen- 28.0 Gatens- 27.5 Rembolt- 62.6 Ekiring- 2:28.3 <b>4:27.20 (4<sup>th</sup>)</b>
7:15	60 Meter Dash (Final)	Nearad- 8.35 (8 <sup>th</sup> )
7:20	400 Meter Dash	Heefner- 64.84 (PR) Linder- 64.77
7:40	4 x 200 Meter Relay	Matzen- 28.0 Holland- 28.1 Gatens- 28.4 Nearad- 26.5 <b>1:51.51 (3<sup>rd</sup>)</b>
8:20	60 Meter Hurdles (Final)	Maya- 9.79 (2 <sup>nd</sup> )
8:30	Shuttle Hurdle Relay	Holland- 10.63 Blignaut- 9.68 O-Tabor- 10.33 Maya- 9.31 <b>:40.18 (1<sup>st</sup>)</b>
8:35	800 Meter Run	Mills- 2:25.6 (5 <sup>th</sup> ) Lilienthal- 2:18.38 (1 <sup>st</sup> )
9:15	200 Meter Dash (Final)	Holland- 28.53 Rembolt- 28.78
9:35	1500 Meter Run	Meng- 5:16.80 (4 <sup>th</sup> ) Kirsch- 5:09.2 (1 <sup>st</sup> )
9:55	4 x 400 Meter Relay	Matzen- 62.9 Gatens- 62.8 Mims- 62.7 Nearad- 60.56 <b>4:08.8 (1<sup>st</sup>)</b>

## Comments

- A great finish to a VERY long meet! We finished in typical City High style winning 4 of the last five events. Overall, we had 4 firsts, 3 seconds, and 5 other places. We also had 12 seasons best performances, 6 additions to the Standards of Excellence, and 6 PR's.
- The shuttle hurdle and the 4 x 400 relays were HUGE last night. The shuttle won for the first time at Dickinson (only 1.5 sec behind West) and the 4 x 400 ran to a state leading time. The runners in the 4 x 4 showed what can happen if you believe and have confidence in yourself. This group shaved over 5 seconds off of their time from the MVC meet on Monday—not because they are in better shape, but because they BELIEVED! Sometimes we think ourselves out of a race. It is time now to just go out and do what your coaches know you are capable of.
- The end of this meet showed what has made us great over the past three years---superior training and mental toughness. However, each of these will have to be stepped up a notch as we approach the outdoor season. There are many good individuals and teams that would like nothing better than to beat you----DON'T LET IT HAPPEN!
- Our next competition is in 11 days. Let's make this the best 11 days of practice we have had all season. It will be our only extended time to train from now until the end of the year—make the most of it.