

# MVC & ISU Indoor, March 14,15, 2011

A very nice finish to the indoor season. We had somewhat diminished numbers, but not a dminwhed spirt or performance! On the night we had at least 18 PR's (which is amazing considering we are only at the half way point in our season) 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 MVC indoor comparison from last year and the last column are the best performances from last year indoor compared to this year- shaded boxes are where we are better THIS YEAR (hint- there is A LOT of shading!). Improvements from last year Sotelo .35 in 60 hurdles, 2 seconds in 400; Siglin 12 seconds in 1500; Rethwisch 3 seconds in 800; Hyché 3" in shot; Omar .2 in shuttle; 9 seconds in 400; 1 second in 200; Sullivan .5 in 200, 3 seconds in 400; Cook .8 in 200, 2 seconds in 400; Kuddes 1 second in 400; Crew 4 seconds in 400; Ali 4 seconds in 400; Peterson 5 seconds in 400; Mendenhall 8 seconds in 400; Tamerius 15 seconds in 1500. From a field event perspective we are miles ahead in the shot- three people over 30' and everyone better than last year at this point. We are very young in the jumps and will be looking for some new faces to contribute there. From a running perspective we are also significantly ahead of last year in nearly every event. Distance runners are crushing the times that they had last year. Sprinters are proving that the lose of all of our 4x1 but one person will not slow them down. 800 kids are showing that even though we graduated all of our 4x8 team from last year they are up to the challenge. At this point in the season though I feel the running event that shows us just how far we have come in a year is the 400. Not only did every 4x400 team from this years meet beat the corresponding teams from last year, but last year we had only four people at 65 seconds or better in the 400 at this point. Currently, we have an amazing 12 people who have accomplished this so far this year!!!! We are going to be very tough if we continue working hard to improve at every opportunity. This team will have some terrific opportunities in April and May! Keep up the good work.

	Varsity 1	2010 MVC or ISU Indoor	2011 Indoor 2010 Indoor
Long Jump (cafeteria)	none	None	None 15-10
High Jump (4-0 start, 5 alive)	C. Jacobson 4-2	5-2, 4-10, 4-8	4-2 5-2
Shot Put (cafeteria)	Gustafson Hyché Wortman 37-7 (1st) 34-9 (3rd) 25-7	34-6	38-8 34-4
3000 Meter Run ISU	Rethwisch Danielson 10:31.87 (2 <sup>nd</sup> ) 10:59.63 (PR) (6 <sup>th</sup> )	10:39, 11:01	
3000 Meter Run	Mendenhall Peterson 12:25.7 (PR) 12:23.9 (PR)		10:31 10:39
4 x 800 Meter Relay ISU	Lines, Traore, Carman, Sotelo 2:29.0 2:30.0 2:29.9 2:39.9 10:10.39	10:29	
4 x 800 Meter Relay	Perret, Cabbage, Siglin, Arch 2:45.4 2:55.4 2:38.1 2:51.7 11:10.6		9:52 9:45
Shuttle Hurdle	Sotelo, Perez, Omar, Opitz 10.1 10.4 11.7 10.3 42.60 (5th)	44.39	
Dist. Medley Relay	Shamley, Carman, Sullivan, K. Langenfeld 31.2 (PR) 29.2 (PR) 64.6 2:33.2 4:38.45 (3rd)	4:31	4:38 4:30
60m Dash ISU	Crew 8.16 (4 <sup>th</sup> )		
60m Dash	Washpun Kuddes, Heath 7.93 (1st) 8.25 (4th) 9.27	8.16	7.93 7.93
400 Meter Dash	Perez, H. Langenfeld, Lines 71.4 74.2 64.8 (2nd)	68.0, 73.1	64.8 66.9
4 x 200 Relay	Kuddes, Washpun, Traore, Crew 27.9 27.6 (PR) 28.1(PR) 27.1 (PR) 1:50.94 (1st) Kooker, Heath, C. Jacobsen, Cook 31.1 31.5 (PR) 34.5 (PR) 34.4 2:11.21	1:51.6	1:50.9 1:51.6
60m Hurdles ISU	Sotelo 10.22		
60m Hurdles	Sotelo, Opitz 9.89 (6th) 10.66	10.25, 10.38	9.89 10.25
800 Meter Run	Rethwisch 2:22.9 PR (1st)	2:27.0	2:22 2:27
200m Dash	Conrad, Omar, Sullivan 35.0 28.8 (5th) 28.34 (4th)	29.4, 32.2	27.9 27.9
Sprint Medley	H. Langenfeld, Sullivan, Perret, Danielson 14.4 13.3 30.9 63.5 2:02.22 (2nd)	2:01.2	2:02 2:01
1500 Meter Run	Beasley, Siglin, Tamerius, Arch, Ali 5:34.0 (7th) 5:22.5 (1st) 5:42.1 5:41.9 (PR) 6:12.0	4:58, 5:34	5:14 4:58
4 x 100 Meter Relay	K. langenfeld, Danielson, Siglin, Rethwisch 14.6 17.0 27.44 58.99	None	None
4 x 400 Meter Relay	1. Sotelo, Lines, Carman, Crew 63.6 62.9 (PR) 64.0 (PR) 64.9 4:15.50 (1st) 2. Danielson, Traore, Rethwisch, Opitz 65.4 65.2 65.7 66.5 (PR) 4:22.(3rd) 3. Kuddes, Perret, Omar, K. Langenfeld 65.2 69.1 64.4 69.7 4:28.5 (6th) 4. Cabbage, C. Jacobsenz, Cook, Tamerius 1:16 1:29 1:23 1:19 5:28.90 5. Washpun, Peterson, Shamley, Mendenhall 64.5 (PR) 73.9 73.7 (PR) 70.6 4:42.7 6. Beasley, Arch, Ali, Siglin 76.0 78.4 76.8(PR) 72.0 (PR) 5:03.3	4:25, 4:34, 4:39, 5:10, 5:16  <b>FIVE OF OUR 4X4'S THIS YEAR WOULD HAVE BEATEN THE 5 TEAMS FROM LAST YEAR!!!!</b>	4:15 4:19