

MVC Indoor Results

March 16, 2009

We were missing over half of our team but did not perform like half a team. You can see by all the asterisks, SB and red print that we continued to progress. Bear in mind that we don't have a record of prs in events under 100 m but I can tell you that our both Samantha and Emily who ran 60H and/or the shuttle ran better than a year ago and in fact all of the open times were better than Samantha ran a year ago.....that is progress. Similarly all our 60m times were better than our only time last year. Also note that our relays ran very well especially when you consider several were filling in out of their main event or with no varsity experience (see 4x800 and 4x100). Our "B Team" 4x400 even placed! Congratulations to our 4x200 who met the Standard of Excellence. And thanks to all for your hard work and outstanding performances.

Bold Red= standard of excellence

***= Personal Record**

SB=Season's Best where you've done event multiple times

VARSITY

Long Jump	Ward 15'3.5"* (3rd)					
High Jump	Johnson, V 5'2" (1st)	Larsen 4'10"*(3rd)				
Shot Put	Sierra, A 23'0"*	Kunc, M 30'11"	Nelson 32'10"*(8th)	Behlke 25'3"*		
3000	Rethwisch, R 11:08.8* (2nd)	McFarland	Shinnick Gordon 12:04.8 (5th)	Beasley	Mahaffa	
4 x 800m Relay A	Langenfeld	Hudachek	Gathua	Tamerius		
	10:49.4 (5th)	2:32.4*	2:37.3*	2:49.7*	2:50.0*	
Shuttle Hurdle A	Lines	Sotelo	Ward	Kunc, S		
	41.72 (2nd)	11.2	10.1	10.2	10.35	
60m Dash	Wilkinson	Nelson	Larsen			
	7.68(2nd)	7.87(4th)	8.29			
4 x 200m Relay A	Nelson	Wilkinson	Sullivan, J	Mills		
	1:51.19 (2nd)	27.13SB	27.21SB	29.6	27.2SB	
60m Hurdle	Lines	Larsen	Ward	Kunc, S		
	10.69	10.24	10.20	10.19		
800	Fuller	Tamerius	Schnoebelen	Aguilair-Rosales		
	2:30.23*(1st)	2:45.54*	2:48.20*	2:54.65*		
1500	Mahaffa	Langenfeld	Bodnarek	Beasley		
	5:30.66*	5:26.27*(5th)	5:49.38*	5:29.26*(8th)		
4 x 100m Relay B	Nelson	Larsen	Kunc, S	Johnson, V		
	54.3 (3rd)	12.7	13.2	14.5	13.8	
4 x 400m Relay A	Mills	Sullivan, J	Wilkinson	Rethwisch, R		
	4:21.33(2nd)SB	63.8SB	65.6	63.9	67.8	
4 x 400m Relay B	Sotelo	Lines	Ward	Kunc, S		
	4:32.10 (8th)	66.6SB	67.3SB	69.0*	69.8SB	
4 x 400m Relay C	Hudachek	Beasley	Shinnick Gordon	Langenfeld		
	71.5	72.8*	77.4	67.9*		