

MVC Indoor, March 22, 2003

	Varsity 1	Varsity 2
Long Jump (cafeteria)	Hichwa: 13-9.5 Ploessel: 12-5	Evans: 13-8
High Jump (5 alive)		
Shot Put (cafeteria)	Wagner: 33-11.5 (7 th) Sherry: 24-9.5	Moore: 28-8
3000 Meter Run	Manuel: 13:45.5 Arora: 11:39.4 (2 nd)	Russo: 12:25.7 (3 rd) Bross: 12:30.6
4 x 800 Meter Relay	Diggelman, Tippe, Dietz, Foreman 2:34 2:45 2:38 2:37 10:36.50 (3 rd)	
Dist. Medley Relay	Mims, Sherry, Struve, Boyd 28.8 27.9 65.8 2:45 4:49.30 (7 th)	
55m Dash	Hesseltine: 7.63 (6 th) Tutson: 7.63 (6 th)	Hichwa: 7.95 Wyss: 8.30
400 Meter Dash	Kamber: 68.9 Schallau: 74.10	
4 x 200 Relay	Hesseltine, Tutson, Hichwa, Strickland 29.4 30.2 29.1 28.1 1:57.00	Wagner, Gebel, Wyss, Evans 29.4 30.9 31.1 28.7 2:00.5
55m Hurdles	Roelf: 9.45 Krumm: 9.60	Fredericks: 9.98
800 Meter Run	Mims: 2:32.1 (4 th) Plaughter: 2:57.2	
200m Dash	Kamber: 29.5	Schallau: 32.3
200m Hurdles	Sherry: 32.1 (3 rd) Krumm: 33.5	Roelf: 34.3
1500 Meter Run	Lane: 6:06.5 Foreman: 5:25.00 (6 th)	Keely: 6:01.70 Snider: 6:34.8
4 x 400 Meter Relay	Struve, Krumm, Sherry, Mims 65.6 66.3 63.1 61.8 4:16.80 (1 st) Hesseltine, Gebel, Tutson, Boyd 72.2 72.3 70.9 67.4 4:42.9	Diggelman, Strickland, Evans, Dietz 72.4 67.7 68.8 68.2 4:37. Wyss, Wagner, Fredericks, Roelf 71.9 78.7 70.9 70.7 4:52. Tippe, Plaughter, Russo, Bross 75.2 75.8 75.9 73.6 5:00.

Once again, a nice meet for a mostly freshman and sophomore team. Special recognition goes to the throwers. Each of our three throwers at today's meet threw a PR!! Quite an accomplishment. Other PR's on the day: Dietz, Diggelman, Tippe and Foreman in the 4x800, Foreman in the 1500, and a number of people in the 4 x 400's. We have now gone through 1/2 of our season. There are 8 weeks remaining in which to improve. If your indoor season went well, now is not the time to rest. If you had hoped for more during the indoor season, there is still time to accomplish your goals if you work at it. Remember, success doesn't come to you, you go to it. Let's get ready for a great outdoor season starting on April 1st at the Little Hawk Invitational.