

MVC Indoor, March 22, 2004

	Varsity 1	Varsity 2
Long Jump (cafeteria)	Evans- 15-2.5 (7 th), E. Mozena- 14-9.5 (8 th)	V. Mozena- 15-4.5 (6 th)
High Jump (5 alive)	Wiegert- NH, Whiting- 5-0 (4 th), Sidwell- 4-8	
Shot Put (cafeteria)	Anciaux- 34-5.5 (7 th), Wagner- 35-10 (5 th), Minchuk- 32-7, Moore- 24-5	Sherry- 27-8, Rethwish- 25-7, Gillmore- 29-5.5
3000 Meter Run	Anciaux- 11:26.30 (1 st), Towers- 12:10.9 (3 rd)	Riley- 12:32.10, Bross- 12:57.40
4 x 800 Meter Relay	Diggelman, Dietz, Roelf, Gill 10:32.80 (2 nd)	Kidwell, Wisely, Schallau, Plaughner 11:56.00
Dist. Medley Relay	Triplett, E. Mozena, V. Mozena, Trefz 27.1 28.0 65.9 2:16 4:17.62 (1 st)	Whiting, Sabers, Wiegert, McKay 28.5 29.5 63.5 2:48 4:50.90 (4 th)
60m Dash	Fredericks- 8.63, Dreier- 8.52 (5 th)	Wyss- 8.82, DeFrance- 8.70
400 Meter Dash	Mills- 65.99 (2 nd)	
4 x 200 Relay	Strickland, Mueller, Kamber, Dreier 27.5 27.1 27.2 28.3 1:50.25 (2 nd)	Ploessl, Evans, Krei, Mims 29.2 28.9 27.3 27.6 1:53.15 (4 th)
55m Hurdles	Triplett- 8.81 (1 st), Whiting- 9.80, Fraga- 9.55	Rydze-9.72, Sabers-10.09, Roelf- 10.2
800 Meter Run	Sidwell- 2:36.9 (4 th), Ziegenhorn- 2:26.7 (1 st)	Herlein- 2:57.8, Olson- 3:05.30
200m Dash	Gerard- 29.11, V. Mozena- 28.05 (4 th), Wiegert- 28.42, Fisher- 31.63, Roush- 35.2,	Zoeckler- 35.04, Krei- 27.30 (1 st), McCue- 31.90, Rydze- 29.92
Sprint Medley	Wagner, Kamber, Mims, Sabers 13.7 10.3!! 28.5!! 64.3 1:56.48 (2 nd)	Strickland, Jordan, Jones, Dietz 12.6 10.2!! 28.7!! 68.0 2:00.74 (4 th)
1500 Meter Run	Trefz- 4:47.63 (1 st), Foreman- 5:20.31 (4 th), Arora- 5:20.50 (5 th)	Lane- 6:03, Sobaski- 6:02.71, Garcia- 6:24
4 x 100 Meter Relay	Triplett, Jordan, Mueller, Whiting 12.7 12.8 12.8 13.8 52.20 (2 nd)	Wagner, DeFrance, Wyss, Fraga 13.9 13.0 14.8 12.8 54.9 (4 th)
4 x 400 Meter Relay	Dreier, Mims, E. Mozena, Strickland 63.5 63.5 62.9 63.2 4:13.2 (1 st) C. Anciaux, Arora, Riley, Bross 68.7 68.2 76.5 72.2 4:45.61 Evans, Kamber, Jones, Fredericks 69.4 68.6 67.6 68.8 4:34.6 (6 th) Diggelman, Sidwell, Roelf, Gill 74.1 69.5 68.9 69.5 4:42.0 Fraga, Fisher, Wyss, Ploessl 71.0 74.0 82.0 73.0 4:58.7 Lane, Sobaski, Garcia, Herlein 78.0 76.0 84.0 73.0 5:11.0	Mueller, Gerard, Rydze, DeFrance 71.0 71.7 68.8 68.8 4:41.3 (7 th) Roush, Kidwell, McCue, Schallau 82.0 73.9 75.0 78.0 4:59.0 Zoeckler, Wisely, Plaughner, Lithimane 80.0 81.0 79.0 79.0 5:19.0 McKay, Olson, Towers, Foreman Ziegenhorn, Mills, _____, _____ 67.0 70.0

Great performance in what is the final indoor meet for most of us. It was great to have our basketball players back with us (Krei, Jordan, Anciaux) as well as the first time track meets for Roush, Fisher, and Sobaski. Throwers had an outstanding meet with 4 PR's (Minchuk (again!), Sherry, Rethwish, Gillmore) and one standard of excellence addition (Anciaux). We place 4th or better in every field event and in every running event. Overall we won 5 events and were 2nd in 4 others. Perhaps more impressive were our 2nd relays that placed (D. Med- 4th, 4x2-4th, S. Med- 4th, 4x1- 5th, 4x4-6th). We had many compliments from other coaches which is a testament to the hard work you have put in over the first 8 weeks. We have 8 weeks remaining, let's make the most of them. Awards for tonight's meet:

1. Best Performer: Emily Triplett
2. Most Inspirational: Nelle Trefz
3. JV Performer: Caroline Mills
4. Most Improved: Sarah Ziegenhorn, Katie Sherry
5. Iron Woman: Ashton Strickland