

## MVC Indoor, March 21, 2005

	Varsity 1	Varsity 2
Long Jump (cafeteria)	Ho: 13-11.25	Skay: 14-6.5, Maynard: 14-7.5, Paul: 14-2
High Jump (5 alive)	Whiting: 5-1 (2 <sup>nd</sup> ), Sidwell: 4-10 (6 <sup>th</sup> )	Wiegert: NH, Gable: 4-6
Shot Put (cafeteria)	Wagner: 36-0 (4 <sup>th</sup> ), Minchk: 33-5, Bowans: 27-3.5	Saehler: 21-8
3000 Meter Run	Arora: 11:31.80 (2 <sup>nd</sup> ) Van Natta: 11:31.30 (1 <sup>st</sup> )	Adderly: 13:15.00 Bross: 13:40.20
4 x 800 Meter Relay	Mills, Mims, Mauer, McCue 2:35 2:48 2:53 2:43 10:59.6 Sidwell, Ziegenhorn, McKay, Leyendecker 2:28 2:29 2:33 2:22 9:56.39 (1 <sup>st</sup> )	Olson, Garcia, Grady, Boyd 3:15 3:06 2:53 2:48 12:03 Funk, Anciaux, Dietz, Gill 2:35 2:36 2:53 2:44 10:48.00 (4 <sup>th</sup> )
Dist. Medley Relay	Mueller, Aron, McLane, Herlein 28.5 27.9 65.3 2:49 4:51.30 (3 <sup>rd</sup> )	Moen, Fisher, Krumm, Panther 30.5 31.1 66.6 2:39 4:48.01 (2 <sup>nd</sup> )
55m Dash	Hichwa: 8.77	Ka Kamber: 8.89 Gerard: 8.26 (5 <sup>th</sup> )
400 Meter Dash	Ho: 1:07.70 (3 <sup>rd</sup> ) Wiegert: 1:03.95 (1 <sup>st</sup> )	Nerad: 1:13.67
4 x 200 Relay	Jones, Koenig, Mueller, Kamber 28.1 28.7 27.3 27.3 1:51.48 (1 <sup>st</sup> )	Hichwa, Robison, Ke Krei, Ka Krei 30.3 30.5 26.9 27.1 1:55.46 (4 <sup>th</sup> )
55m Hurdles	Sabers: 9.51 (2 <sup>nd</sup> ), Krumm: 10.82, Fraga: 10.22, T. Whiting: 9.89 (5 <sup>th</sup> ), A. Whiting: 10.24	Rydze: 9.76 (3 <sup>rd</sup> ), Paul: 10.56, Skay: 9.76 (3 <sup>rd</sup> ), Neu: 10.01, Moen: 10.97
800 Meter Run	Ziegenhorn: 2:30.20 (1 <sup>st</sup> ) Anciaux: 2:35.80 (3 <sup>rd</sup> )	Olson: 3:05.20 Herlein: 2:51.68
200m Dash	Jones: 27.55 (1 <sup>st</sup> ), Ho: 29.27, Maynard: 30.67, Fisher: 31.06, Sabers: 27.85 (2 <sup>nd</sup> )	Leyendecker: 27.86 (3 <sup>rd</sup> ), Mills: 27.92 (4 <sup>th</sup> ), Mims: 27.98 (5 <sup>th</sup> )
Sprint Medley	Rydze, T. Whiting, Fraga, Aron 14.2 13.5 30.2 63.4 2:01.42 (2 <sup>nd</sup> )	Neu, Paul, Gerard, Gable 14.1 14.2 28.1 71.3 2:07.64
1500 Meter Run	McKay: 5:20.80 (2 <sup>nd</sup> ), Sidwell: 5:14.90 (1 <sup>st</sup> )	Funk: 5:24.00 (3 <sup>rd</sup> ), Panther: 5:36.90, Pham: 6:06.23
4 x 100 Meter Relay	Koenig, Mueller, Skay, Kamber 14.0 13.0 12.8 12.7 52.83 (1 <sup>st</sup> )	Hichwa, Paul, Wagner, Ka Krei 14.4 13.4 12.9 12.6 54.01 (2 <sup>nd</sup> )
4 x 400 Meter Relay	Mims, Mills, Sabers, Leyendecker 62.5 63.3 62.6 61.9 4:10.45 (1 <sup>st</sup> ) Jones, Wiegert, Krumm, Gerard 65.3 65.9 68.1 66.6 4:26.11 (4 <sup>th</sup> ) Rydze, Maynard, Fraga, T. Whiting 69.1 73.3 75.1 68.3 4:45.86 Koenig, Mueller, Skay, Kamber 70.2 71.0 69.8 68.2 4:39.2 Ho, Hichwa, Neu, Wagner 70.0 74.1 70.4 74.9 4:49.43	Maurer, Moen, Dietz, McCue 69.8 69.6 76.8 70.7 4:47.13 Panther, Pham, Gill, Bross 72.1 84.4 70.3 72.2 4:59.28 Arora, Olson, Boyd, Herlein 71.0 79.0 73.0 75.0 4:57.49 McKay, Funk, Sidwell, Panther 69.5 71.2 67.8 70.9 4:39.5 Grady, Nerad, Robison, Ka Kamber 74.4 72.9 72.6 80.5 5:00.4 Adderly, Van Natta, Gable, A. Whiting 78.6 75.2 74.0 72.7 5:00.64

A tremendous way to finish the indoor season. We were able to take 60 athletes up to the dome and dominated our division. Not only did we improve in 7 events over 2004, but we placed in 15 of 16 and double placed in 13 of 16. It is this kind of depth that we will need as we move through the season. Although there were many positives to take from this meet, there is much yet to do. We are not near where we want to be at the end of the season, and Mt. Pleasant and Iowa City West loom in the distance as teams that want to take our state title from us. The work you put in over the course of the final 8 weeks of the season will determine if they are able to do this.

Highlights from the meet:

### **INDIVIDUAL EVENTS**

- Placed 1<sup>st</sup>-4<sup>th</sup> in 200m
- 8 200m runners under 28 sec.
- 2<sup>nd</sup>-5<sup>th</sup> in 60m hurdles
- 19 400's 70 sec or under
- 1<sup>st</sup> place in 200, 400, 800, 1500, 3000
- Double placed in all of the above.

### **RELAYS**

- 1<sup>st</sup> in 4x1, 4x2, 4x4, 4x8
- 2<sup>nd</sup> in sprint med. & d. med
- our second relays place 4<sup>th</sup> or better in all but the sprint med.

### **PR'S ON THE DAY:**

- hurdles: Skay, Rydze, Sabers
- 200: Robison
- 400: MANY!!
- 800: Panther, Sidwell, Mills, Funk
- 1500: Panther, Siddwell, McKay
- HJ: Whiting

### **STANDARD OF EXCELL.**

- 100: Koenig, Mueller, Skay, Kamber
- 200: Jones, Koenig, Mueller, Kamber
- 800: Sidwell
- 1500: Sidwell

### **AWARDS**

Best Perf: Leyendecker

Inspirational: Aron

JV: Panther

Improved: Sidwell

Iron Woman: Whiting, Wagner