

## MVC Indoor, March 20, 2006

	Varsity 1	Varsity 2
Long Jump (cafeteria)	Whiting- 15-2.5 (4 <sup>th</sup> ), Mills- 15-0.5 (5 <sup>th</sup> ), Carter- 14-2	Putnam- 12-2, Feeney- 12-6
High Jump (4-0 start, 5 alive)	Wiegert- 5-4 (1 <sup>st</sup> ), Sidwell- 5-0 (2 <sup>nd</sup> )	Massey- 4-8
Shot Put (cafeteria)	Anciaux- 38-5.5 (2 <sup>nd</sup> ), Minchk- 35-10 (3 <sup>rd</sup> )	Tutson- 32-2, Koepfel- 27-11, Kenney- 27-3, Vraspier- 29-7.5
3000 Meter Run	Garcia- 11:22.14 (1 <sup>st</sup> )	
4 x 800 Meter Relay	McCue, Krei, Anciaux, Sabers 2:33 2:30 2:36 2:32 10:12.23 (2 <sup>nd</sup> )	Rethwisch, Harris, Fosse, Panther 2:54 2:48 2:53 2:50 11:26.41
Dist. Medley Relay	Fredericks, Kamber, Robison, Kregel 31.5 29.4 67.3 2:41 4:50.05 (1 <sup>st</sup> )	Zoeckler, Nerad, Olson, Bross 32.9 30.7 76.6 2:53.7 5:14.05
55m Dash	Feeney- 8.70 Martin- 9.22	
400 Meter Dash		
4 x 200 Relay	Mueller, Mills, Anciaux, Mabikulu 26.7 28.1 32.0! 26.3! 1:53.40 (2 <sup>nd</sup> )	Gerard, Goddard, Yeater, Putnam 29.3 30.4 32.5 28.7 2:01.01
55m Hurdles	Whiting- 9.58 (2 <sup>nd</sup> ), Moen- 10.10 (4 <sup>th</sup> ), Carter- 10.12 (5 <sup>th</sup> ), Reighard- 10.45	Sparks- 10.68, Jordan- 10.90, Massey- 11.79, Rydze- 9.49 (1 <sup>st</sup> )
800 Meter Run	Sidwell- 2:26.79 (1 <sup>st</sup> ) Anciaux- 2:39.30 (3 <sup>rd</sup> )	Bates- 3:20.39, Olson- 3:04.30
200m Dash	Harris- 28.65 (2 <sup>nd</sup> ), Mills- 29.00 (3 <sup>rd</sup> ), Nerad- 30.24, Kliengartner- 32.65, Robison- 30.10	Zoeckler- ?, Minchk- 34.91, Arbuckle- 33.72, Chelf- 34.67
Sprint Medley	Mabikulu, Moen, Krei, Wiegert 13.85 13.3 25.8! 63.3 1:56.30 (2 <sup>nd</sup> )	Fredericks, Reighard, Fosse, Massey 15.4 14.1 32.3 71.9 2:13.92
1500 Meter Run	McCue- 5:24.20 (3 <sup>rd</sup> ), Panther- 5:58.88	Pham- 6:33.78, Bross- 6:03.00
4 x 100 Meter Relay	Sparks, Carter, Anciaux, Mueller 13.3 12.8 13.3 12.5 :52.03 (1 <sup>st</sup> )	Whiting, Gerard, Moen, Jordan 14.1 13.4 13.8 12.9 :54.18 (4 <sup>th</sup> )
4 x 400 Meter Relay	Wiegert, Krei, Mills, Sabers 63.3 60.8 66.7 62.1 4:13.24 (1 <sup>st</sup> ) Goddard, Putnam, Sidwell, Harris 68.2 69.2 64.9 66.0 4:28.42 (3 <sup>rd</sup> ) Robison, Fredericks, McCue, Kregel 70.3 72.4 70.6 69.8 4:43.10 Nerad, Fosse, Olson, Rethwisch 73.8 76.2 80.7 74.8 5:05.54 Minchk, Arbuckle, Zoeckler, Kamber 79.0 90.65 82.86 82.0 5:28.24 Reighard, Feeney, Bross, Bates 75.9 72.4 78.6 85.3 5:12.3	Mabikulu, Chelf, Massey, Rydze 73.3 79.9 73.6 67.5 4:54.5 Sparks, Carter, Anciaux, Mueller 70.1 69.6 72.8 67.2 4:39.8 Whiting, Gerard, Moen, Jordan 75.3 70.8 75.5 78.6 5:14.0 Anciaux, Pham, Garcia, Panther 70.2 85.5 81.9 76.6 5:14.4

Another nice finish to our indoor season. You have worked hard over the first 7 weeks of the season, but more focus is needed for the remainder of the season. Overall, we improved from 2005 in 10 of 16 events (LJ, HJ, Shot, 3000, D. Med, 55 hurdle, 800, S. Med, 4x1, 4x4) which is a good sign of where we can go. In individual events, a special mention to the throwers who all had indoor PR's in this meet, and the hurdlers who placed 1, 2, 4, 5 and dropped several tenths of a second in the process. We had all of our relays place either 1<sup>st</sup> or 2<sup>nd</sup> and double placed in the 4x1 and 4x4. Meet awards:

Best Performance: Kelly Krei, Sam Sidwell

Most Inspirational: Krista Wiegert

Best newcomer: Mercedes Harris, Emily Sparks

Most Improved: Ashley Whiting, Claudia Garcia, Elaine Moen, Tamika McCue

Iron Woman: Sarah Anciaux, Laura Minchk