

STEVE SHERWOOD RELAYS

March 25th, 2008

“Only those who attempt the absurd will achieve the impossible.” ----- Escher

“Our Greatest Glory consists not in never falling, but in rising every time we fall.”----- Emerson

It was good to be outdoors despite the cold wind. Despite the demanding load of events that given you, your spirit was great and you competed with heart and determination throughout the night. I congratulate you all. It will take me a while to add up all the prs!! The competition will now get tougher. Last evening will help prepare you for it.

	Varsity	Junior Varsity
Long Jump (4 jumps) 5:00	Harris 15'0.25" Whiting 14'3.5"	Burian 14'9.25" Maynard 14'6.75"
High Jump 5:00	Johnson 5'00" Brooks 4'8"	Rew 4'2" McCurn 4'2"
Shot Put (4 puts) 5:00	Tutson 37'2.75" Hyche 28'7.75"	Koeppel 25'2.75" MKunc26' 7.5" Rodriguez 17' Nicholson20'8.25" Kenney 29'7.5" Dvorsky 25'1.25" Seiren 23'2.25" Smith 26'9.75"
Discus (4 Throws) 5:00	Tutson 118'11"* (6 th All-Time) Kenney 96'6"	Koeppel 93'1" Kunc 63'11" Nicholson 58'11"* Hyche 82'7" * Dvorsky 58'7" Seiren56'1" * Smith 80'6" Rodriguez 35'4"*
3000 M Run 5:00	McFarland 11:55.47* 1 st Shinnick-Gordon 12:15.14* 2 nd	
4 x 800 Meter Relay 5:15	Fuller, Coleman, Kregel, ARethwisch 1 st 2:40.1* 2:44.6 2:37.6 SB 2:44.2	Chavez, Abrams, Cronbaugh, Bodnarek 2 nd 2:52.8* 2:56.8 3:12.8 3:07.6*
Shuttle Hurdle Relay 5:30	Sotelo, Harris, Moen, Jordan 1 st 18.6* 16.2 18.6 15.4	SKunc, Lines, McCurn, Hudachek 1 st 19.7 18.6 20.4 18.7
100 M Dash 5:40	Mueller 14.00* Wilkinson 12.75 1 st	Kooker 5 th , Moen 1 st , Feeney 3 rd 14.70* 14.43* 14.58* Cochran, Suchanek 6 th 15.48* 14.88*
Distance Medley Relay 5:50	Burian, Mills, Stephenson, Fagan 1 st 28.6 28.1 66.3* 2:29.9	Kamber, Fleming, Holman, Hudachek 2 nd 31.6 29.1 72.4* 2:44.4*
400 M Dash 6:05	Krei 60.89 1 st	ARethwisch 69.8 2 nd
4 x 200 Relay 6:15	Sparks, Mueller, Feeney, Hynes 3 rd 29.0SB 27.5 29.7SB 30.3	Kooker, Cochran, Suchanek, McCurn 2 nd 31.0= 30.9* 31.9* 31.5SB
100 M Hurdles 6:20	Jordan 15.65 1 st Whiting 17.92 4 th	Lines 5 th , Sotelo 1 st , SKunc 4 th 18.71* 17.72* 18.66*
800 M Run 6:35	Holman 2:43.08 SB 3 rd R Rethwisch 2:34.13* 1 st	Cronbaugh 3:10.82 Fleming 3:01.94 Rodriguez 3:21.09SB
200 M Dash 6:45 (Sr Night Intros follow)	Coleman 28.54* 3 rd Wilkinson 27.21SB 1 st	Maynard 29.75* 2 nd Kamber 31.57 4 th
400 M Hurdles 7:05	Harris 73.36 1 st Moen 78.81 2 nd	Hudachek 81.05* 2 nd Sotelo 79.01* 1 st
Sprint Medley Relay 7:15	Burian, Sparks, Stephenson, Fuller 2 nd 15.0 12.9 28.5 67.8	Suchanek, Lines, Mueller, Hynes 2 nd 15.3 14.4* 27.4* 70.0 Jumpers/ Brooks, Rew, Johnson, Maynard 3 rd 13.7 15.7 29.6 72.2
1500 M Run 7:25	Fagan 5:15.96 1 st Kregel 5:37.79 2 nd	Torres 6:22.49*, Magdalena 7:50, Chavez 5:58.073 rd Holman5:35.65 1 st , Abrams 5:58.40* 4 th
4 x 100 M Relay 7:40	Sparks, Burian, Mueller, Wilkinson 2 nd 14.7 12.9 13.1 12.2	Kooker, Suchanek, Kamber, SKunc 2 nd 15.6 15.1 13.9 14.9
4 x 100 Throwers Relay	Kenney, Tutson, MKunc, Hyche 1 st 15.6 13.2 16.7 15.9	Koeppel, Smith, Osborne, Nicholson 3 rd 18.6 16.5 16.3 17.5
4 x 400 Meter Relay 8:00	Jordan, Mills, Wilkinson, Krei 1 st 64.2SB 66.3* 71.9 62.2	Coleman, Harris, R Rethwisch, Fagan 1 st 67.5 64.5SB 70.1 70.1 S-Gordon, McFarland, Fleming, Kregel 2 nd 72.6* 73.8 73.9* 71.2

Varsity: CHS 237, Bettendorf 125.5, Daav Central 105.5, Mt.Pleasant 47, Muscatine 36, Urbandale 31

JV: CHS 201, Dav Central 111, Bettendorf 55, Urbandale 48, Mt. Pleasant 47, Muscatine 33