

# STEVE SHERWOOD RELAYS

March 27<sup>th</sup>, 2007

	Varsity	Junior Varsity
Long Jump (4 jumps)	Nelson- 15-1 Whiting- 15-2.5 (6 <sup>th</sup> )	Feeney- 12-8.5, Brooks-12-2.25, Mills- 14-.5 (4 <sup>th</sup> ), Wilkinson- 13-1 (6 <sup>th</sup> ), Mabikulu- 12-9.5, C. Mills- 14-7 (2 <sup>nd</sup> ), Kamber- 13-11.25 (5 <sup>th</sup> ), Neu- 12-4
High Jump	McCurn- 4-4 (5 <sup>th</sup> ) Sidwell- NH	Gelder- 4-2, Brooks- 4-6 (1 <sup>st</sup> ), Rew- 4-4 (2 <sup>nd</sup> )
Shot Put (4 puts)	Anciaux- 39-7.25 (2 <sup>nd</sup> ) Minchk- 34-7.75 (5 <sup>th</sup> )	Vraspier- 31-7.25 (3 <sup>rd</sup> ), Koepfel- 27-8.25, Kenney- 27-9 (6 <sup>th</sup> ), Thornton- 32-6.5 (2 <sup>nd</sup> ), Tutson- 34-10.5 (1 <sup>st</sup> ), Smith- 23-7.5, Kunc- 23-6.5, Seiren- 21-1.75
Discus (4 Throws)	Anciaux- 129-2 (1 <sup>st</sup> ) MEET RECORD Minchk- 104-11 (5 <sup>th</sup> )	Vraspier- 83-8 (4 <sup>th</sup> ), Koepfel- 76-10, Kenney- 86- 9 (3 <sup>rd</sup> ), Tutson- 103-0 (1 <sup>st</sup> ), Smith- 61-11, Kunc- 57-9, Seiren- 56-3, Thornton- 67-10
3000 Meter Run	McKay- 11:16.73 (3 <sup>rd</sup> ) McFarland- 12:18.56 (6 <sup>th</sup> )	Zoeckler- 12:47.83 (1 <sup>st</sup> )
4 x 800 Meter Relay	Sidwell, Fagan, Mims, Ziegenhorn 2:26.5 2:30.0 2:28.7 2:31.5 9:57.21 (2 <sup>nd</sup> )	Gessner, Torres, Rethwisch, Abrams 2:47.5 3:04.0 2:45.5 2:53.0 11:33.39 (1 <sup>st</sup> )
Shuttle Hurdle Relay	Rydze, Skay, Jordan, Sabers 16.2 18.6 15.6 16.4 1:06.78 (1 <sup>st</sup> )	Shaw, Neu, T. Mills, Stephenson 18.9 17.9 18.4 18.3 1:13.43 (1 <sup>st</sup> )
100 Meter Dash	Wilkinson- 12.98 (1 <sup>st</sup> ) Nelson- 13.50 (5 <sup>th</sup> )	Roberts- 14.48 (5 <sup>th</sup> ), Richmond- 16.57, Shaw- 15.23, Walker- 13.81 (1 <sup>st</sup> )
Distance Medley Relay	Mabikulu, C. Mills, Hollman, Kregel 26.8! 30.2! 68.2 2:32.1 4:37.65 (3 <sup>rd</sup> )	Kamber, McCurn, Brooks, Gelder 30.3 31.0 72.8 3:05.6 5:19.90 (4 <sup>th</sup> )
400 Meter Dash	Harris- 1:02.20 (1 <sup>st</sup> ) Hynes- 1:07.73 (6 <sup>th</sup> )	Gessner- 1:14.87 (3 <sup>rd</sup> ) Van Dusseldorp- 1:16.78 (4 <sup>th</sup> )
4 x 200 Relay	Koenig, Sparks, Mueller, Mims 26.2 31.9! 26.8! 26.6 1:51.93 (2 <sup>nd</sup> )	Walker, Stephenson, DeMoss, Feeney 30.7 27.6 30.2 28.6 1:57.43 (1 <sup>st</sup> )
100 Meter Hurdles	Jordan- 15.74 (1 <sup>st</sup> ) Rydze- 16.19 (2 <sup>nd</sup> )	Shaw- 20.15, McCurn- 19.49 (6 <sup>th</sup> ), T. Mills- 18.31 (3 <sup>rd</sup> ),
Masters 800	Coleman- 2:22.	
800 Meter Run	McKay- 2:25.66 (2 <sup>nd</sup> ) Ziegenhorn- 2:30.08 (3 <sup>rd</sup> )	Rodriquez- 3:11.45, Cronbaugh- 3:07.86, Abrams- 2:52.63 (2 <sup>nd</sup> )
200 Meter Dash	Skay- 28.29 Mabikulu- 27.84 (5 <sup>th</sup> )	Hynes- 30.27 (2 <sup>nd</sup> ), Richmond- 35.18, Brooks- 31.70
400 Meter Hurdles	Rydze- 1:10.86 (3 <sup>rd</sup> ) Sabers- 1:07.82 (1 <sup>st</sup> )	Harris- 1:15.22 (2 <sup>nd</sup> )
Sprint Medley Relay	Sparks, Anciaux, Nelson, C. Mills 2:01.74 (4 <sup>th</sup> )	Feeney, DeMoss, T. Mills, Kamber 13.7 14.7 27.8 74.9 2:11.90 (2 <sup>nd</sup> )
1500 Meter Run	Sidwell- 5:12.37 (2 <sup>nd</sup> ) Fagan- 5:18.47 (4 <sup>th</sup> )	Torres- 6:34.0, Holman- 5:34.65 (1 <sup>st</sup> ), Rethwisch- 5:48.59 (2 <sup>nd</sup> )
4 x 100 Meter Relay	Koenig, Anciaux, Skay, Mueller 12.7 13.1 13.2 12.8 52.04 (1 <sup>st</sup> )	Roberts, Sparks, Mabikulu, Nelson 14.0 13.3 12.5 13.4 52.91 (1 <sup>st</sup> ) MEET RECORD
4 x 100 Throwers Relay	Minchk, Tutson, Kenney, Anciaux 16.0 14.2 14.0 13.3 57.89 (1 <sup>st</sup> )	Kunc, Smith, Vraspier, Thornton 15.6 16.9 14.9 14.5 1:02.36
4 x 400 Meter Relay	Mueller, Wilkinson, Sabers, Mims 65.3 63.9 61.3 60.5 4:11.25 (1 <sup>st</sup> )	Stephenson, Kregel, Koenig, Feeney 67.7 71.2 73.5 66.7 4:39.15 (1 <sup>st</sup> )
TEAM SCORES	CITY HIGH- 173 Dav. Central- 62 Bettendorf- 92 Burlington- 52 Mt. Pleasant- 77 Urbandale- 47 Muscatine- 67 Xavier- 22	CITY HIGH- 205 Burlington- 62 Muscatine- 76 Urbandale- 34.5 Dav. Central- 75 Bettendorf- 32 Mt. Pleasant- 68.5 Xavier- 4

Well, the weather gave us a break and you took advantage of it. Both the varsity and JV had convincing wins. The varsity won by 81 with 2<sup>nd</sup> and 3<sup>rd</sup> place point totals still not able to beat you. The JV won by an almost obscene 129 points! On the day we had 20 additions to the standards of excellence list (compared to 15 last year) while both the varsity and JV each had 12 events that performed better this year. PR's on the day to: Anciaux, McKay, Mims, Wilkinson, Hynes, Mabikulu, Fagan, T. Mills, Kamber, Zoeckler, Gessner, Abrams, Roberts, Walker, Rodriquez, Holman, and Rethwisch. Meet awards:

	Varsity	JV
Helping hand	Garcia, Koenig	Stephenson
Outstanding performance	Mims	Tara Mills
Inspirational	Caroline Mills	Rodriquez
Iron Woman	Mueller	Shaw

Trophy	Anciaux	
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