

University of Iowa Indoor, March 16, 2002

Shot Put	Wagner- 30-7	
High Jump	none	
3000 Meter Run	E. Russo- 12:46.88 Lane- 13:08.29	
3200 Meter Relay	B Russo- 2:49 Arora- 2:43 Gill- 2:39 Keely- 3:03 11:18.34	
Shuttle Hurdle Relay	Giovanelli- 10.2 Roelf- 10.0 Krumm- 10.5 Lynch- 10.4 :41.54 (8 th)	
400 Meter Dash (3)	Turner- 1:11.58 Struve- 66.72 Schallau- 68.42	
Long Jump (4 jumps)(4)	Kilee- 14-1.5 Hesseltine,- 12-7 Hichwa- 12-8.5 Ploessl- 13-4.5	
60m Dash (5)	Wagner- 8.04 Crabtree- 9.70 Gebel- 9.07 Herlein- 8.37 Wyss- 8.37	
Distance Medley Relay	Hichwa- 29.3 Boyd- 30.0 Lynch- 67.2 Arora- 2:46 4:53.0 (8 th)	
60m Hurdles (3)	Giovanelli- 9.67 Roelf- 9.43	
200m Dash (3)	Wyss- 31.62 Roberts- 30.50 Ploessl- 29.58	
800 Meter Run (2)	Lithmane- 3:18.85 Gill- 2:52.32	
4 x 200 Relay	Hessletine- 30.2 Wagner- 30.1 Kilee- 29.2 Hichwa- 29.7	
1500 Meter Run (2)	Rethwisch- 6:02.64	B Russo- 5:43.30
	Pringle- 6:00.90	Towers- 6:07.28
4 x 400 Meter Relay (2)	Lynch- 69.2 Struve- 68.9 Schallau- 70.4 Boyd- 65.9 4:34.71	Turner- 71.1 Kilee- 68.4 Ploessl- 70.1 Herlein- 68.9 4:38.61

A solid performance by a number of our younger runners. When you look at your placings, remember that you were competing against most teams varsity athletes. This makes the 8th place finishes by the shuttle and distance medley relays fairly impressive. We still need to really focus on proper warm-up to be ready for our competition. The warm-up for your first race should take 45 minutes. If you are finished with all aspects of your warm-up (jog, stretch, form, accelerations) in 20 minutes you are not taking enough time. Not warming up properly is an easy way to get injured.

Have a great week of spring break!!