

MVC INDOOR March 16 and ISU Indoor March 17, 2010

Make no mistake progress is being made. We have completed another week of competition that will make us better in May. You ran multiple events and in general you competed extremely well even when the results weren't what you hoped. We also had girls step up for those who are injured—particularly in the hurdles. We need that kind of spirit. We have two more good workouts planned. If you are going to be out of town please ask your coach for a workout that will continue to prepare you to be your best.

High Jump	Brooks 5'2" *	Larsen 4'10" SB	DeBoeck 4'8"*	
Shot Put	Hyché 34'6.5" SB			
3000 (ISU 3/15)	Rethwisch 10:39.68 (1st)	Holman 11:01.58*(5th)		
4 x 800m Relay 10:29.57	Rethwisch 2:25.8*	Holman 2:36.8*	Beasley 2:40.9SB	Siglin 2:45.9*
Shuttle Hurdle 44.39	Sotelo 10.5	Kunc 10.1	Omar 11.9	Sullivan 11.6
Dmed	Kuddes 28.0SB	Sullivan 28.8	De Boeck 67.5*	Fagan 2:26.6
60m Dash	Crew 8.16			
400m	Rethwisch 68.08		Siglin 73.14*	
4 x 200m Relay A 1:51.63	Kuddes 27.9	Wilkinson 27.1	Mills 28.4	Coleman 28.1
60m Hurdle	Sotelo 10.38	Kunc 10.25	Omar 12.30	
800	Stephenson 2:27.02SB	Ali 3:01.28*	Aguilar Rosales 2:53.94SB	Jones 2:56.50*
200m Dash	Brooks 32.20	Omar 29.49*	McDowell 33.79*	Cook/Orr 35.22*/36.8*
Sprint Med A 2:01.23	Crew 13.01*	Wilkinson 13.5	Sotelo 28.6	Coleman 65.8SB
1500	Beasley 5:39.95	Mendenhall 6:10.96*	Peterson 5:59.15*	Tamerius 5:59.07
1500 ISU (3/15)	Fagan 4:58.82	Siglin 5:34.14*		
4 x 400m Relay A 4:25.14	Mills 65.6SB	Sullivan 67.4	Kuddes 66.8*	Wilkinson 64.8
4 x 400m Relay B 4:34.44	Coleman 70.9	DeBoeck 70.0	Sotelo 65.6SB	Stephenson 66.7
4 x 400m Relay C 4:39.68	Fagan 66.2	Crew 69.1*	Beasley 76.2	Kunc 68.2
4 x 400m Relay D 5:10.9	Omar 73.5*	AguilarRosales 75.8*	Jones 74.7*	Cook 85.8*
4 x 400m Relay E 5:16.1	Ali 80.5*	Peterson 78.7*	Tamerius 78.0*	Mendenhall 78.9*

red bold= std of excellence

SB=season's best

*=personalrecord