

Dickinson Relays, March 25, 2004

3000m Run	Trefz: 10:20.04 (2 nd) Arora: 11:24.09 (6 th)
Long Jump	V. Mozena: 14-11 E. Mozena: 15-2.5
High Jump	Whiting: 5-0 (8 th)
Shot Put	Wagner: 36-8.75 (10 th)
60m Dash (P)	Dreier: 8.71
60m Hurdles	Rydze: 10.10 (qualified) Fraga: 10.48
4 x 800 Relay	Anciaux, Gill, Sidwell, Ziegenhorn 2:28 2:35 2:36 2:28 10:10.85 (6 th)
60m Dash (F)	
60m Hurdles	Rydze: 9.99 (14 th)
Sprint Medley	Strickland, Mueller, Jordan, Mims 13.1 13.0 26.4 63.2 1:56.09 (4 th)
Shuttle Hurdle	Whiting, Rydze, Fraga, Triplett 9.7 9.8 9.3 8.7 37.81 (1 st)
800m Run	
4 x 100 Relay	Strickland, Mueller, Jordan, Triplett 13.1 13.3 12.3 12.6 51.55 (2 nd)
4 x 400 Relay	Mims, V. Mozena, E. Mozena, Dreier 63.3 65.9 61.8 61.7 4:12.87 (3 rd)

It has been a long week with two meets lasting until 9:00 and practice and just returning from break, but we finished the indoor season with some very nice performances.

Among the highlights:

- Nelle Trefz runs the second fastest indoor 3000 ever at City High
- Veronica Rydze qualified for her first final in the hurdles and runs a seasons best
- Corrie Wagner throws an indoor PR in the shot put
- Tara Whiting has a very gutsy 5-0 in the high jump
- Clair Anciaux reaches standard of excellence in the 800
- Emily Gill runs a PR in the 800
- Camille Jordan runs 26.4 and 12.3 with only one day of practice!
- Shuttle hurdle beats the defending state champions and a good Burlington team to win
- 4x100 ran the 2nd fastest indoor time in City High history

All in all some very nice performances. We now turn our attention to the outdoor season and the big goals for the year: Conference, Drake, and State. Keep the focus and keep the faith.