

MVC Indoor, March 20, 2000

		Varsity 1	Varsity 2		
5:00	Long Jump (4 jumps)(6)	Holland- 17' 2" (1 st) (PR) Ekiring- 15' 2" (3 rd)	Powell- 14' 3" Tutson- 13' 4.5" (PR)		
5:00	High Jump (4)	Branstetter- 4' 10" (3 rd) Welter- 4' 6"	Beutter- NH Furlong- 4' 6"		
5:00	Shot Put (4 puts) (6)	DeHart- 34' 9" (2 nd) Jackson- 30' 10.75" Elliot- 33' 5" (4 th) (PR)	McDuffie- 29' 4" Brenneman- 28' 10.25" Carrol- 26' 4.5"		
5:00	3000 Meter Run (2)	Meng- 11:42.4 (4 th) Moreno- 11:25.9 (3 rd)	Kjonaas- 11:57.4 (5 th) Russo- 12:29.1		
5:30	4 x 800 Meter Relay	Mims- 2:28.6 Ekiring- 2:27.4 Linder- 2:30.4 Mills- 2:27.7 9:53.2 (1st)	Hartsen- 2:40.2 Vanderah- 2:48 Kerstetter- 2:42.6 Heefner- 2:41.2 10:52.9		
6:00	Distance Medley Relay	Nearad- 26.7 Matzen- 27.6 Gatens- 63.7 Lilienthal- 2:19.01 4:17.00 (1st)	Crosby- 31.0 Olsen- 30.9 Sherry- 73.8 Gannon- 2:41.2 5:01.5		
6:15	60m Dash (3)	Hinshaw- 8.67 Tutson- 8.89	Messier- 9.38		
6:30	400 Meter Dash (2)	Powell- 1:10.45 Kerstetter- 1:11.9	Schallau- 1:11.85		
6:45	4 x 200 Relay	Hil- 29.3 Gatens- 27.9 Thalken- 29.5 Rembolt- 27.8 1:54.56 (4th)	Wheatland- 31.5 Beuter- 29.9 Branstetter- 29.9 Welter- 29.5 2:00.99		
7:05	55m Hurdles (3)	Maya- 9.68 (4 th) Holland- 9.86 (6 th) Dunn- 10.41	Blignaut- 10.22 Evans- 11.50 Cannon- 10.81 Giovannelli- 11.13		
7:25	800 Meter Run (2)	Lake- 2:29.05 (4 th) Gable- 2:28.08 (3 rd)	Kerstetter- 2:44.6 Heefner- 2:29.8 (5 th)		
7:40	200m Dash (3)	Holland- 27.99 (2 nd) Giovannelli- 30.53 Olsen- 29.60 Struve- 29.95	Newton- 31.90 Messier- 32.74 Cannon- 30.10 Kerstetter- 32.69 Schallau- 32.62		
8:00	Sprint Medley Relay	Nearad- 12.9 Matzen- 13.0 Gatens- 27.6 Rembolt- 63.9 1:57.67 (2nd)	Tutson- 13.9 Evans- 14.1 Dunn- 30.1 Hill- 70.11 2:09.41		
8:15	1500 Meter Run (2)	Lilienthal- 4:45.8 (1 st) Kirsch- 5:09.4 (2 nd) Kjonass- 5:38.5 (6 th) Ellsmore- 5:38.6	McAndrew- 5:54.3 O'Shaughnessy- 5:58.3 Roark- 6:31.0 Casos- 6:35.6		
8:35	4 x 100 Meter Relay	Maya- 13.8 Rembolt- 13.4 Powell- 15.6 Holland- 11.8 :54.78 (4th)	Hinshaw- 14.3 Thalken- 14.0 Crosby- 15.9 Dunn- 13.5 :57.91		
8:55	4 x 400 Meter Relay	Nearad- 63.4 Mims- 62.8 Mills- 61.7 Ekiring- 63.8 4:11.86 (2nd)	Matzen- 63.6 Wheatland- 69.2 Lake- 65.0 Tiemeyer- 66.9 4:24.79 (5th)	Heefner- 65.6 Beuter- 71.9 Gannon- 73.4 Blignaut- 67.5 4:38.5	Sherry- 74.9 Struve- 68.4 Newton- 71 Evans- 67.9

Comments

- GREAT MEET!! This was our best meet of the indoor season by far. Your training is beginning to show its rewards. We were 1st in 4 events, 2nd in 5 others, placed three people in three events, and placed 2 relays in two events.
- A number of people has some break through events this meet in field events, distance and sprints. Most of these have come from being tougher mentally and learning how to race your event.
- We have one more indoor meet in March, and then the real season begins. A number of people are still lacking in confidence to race effectively even though your bodies are ready to go. You have trained hard over the last 7 weeks and should feel good about where you are from a fitness standpoint. But until we have the confidence to push ourselves beyond our comfort zone we will not perform to level of our training. BELIEVE IN YOURSELF!!!