

# Sherwood Relays

March 31, 2009

**"The will to win means nothing without the will to prepare"- Juma Ikaanga, marathon champion**

On a cold and windy night with some early setbacks depleting our sprint group, the Little Hawks really stepped up last night. To think that we could run better in 9 of 15 running events and perform better in 3 of 4 field events under those conditions speaks well of this team. Even in events where last years times might have been faster, in many cases we competed better. However, running into a 20-30 mile/hour wind will slow even the best a bit. My congratulations to Majesty for all-time top10 efforts in both the shot and discus. You can also see that many met the standard of excellence last night. But most importantly there was improvement in the face of adversity on all levels. Bring that toughness and enthusiasm with you each day and the good results will inevitably follow.

		VARSITY				JV			
4:30	Long Jump	Ward 14'5.75" (6th)	Muir 12'11.5"						
4:30	High Jump	Brooks <b>5'1" (2nd)*</b>	Johnson, V 4'10" (5th)			Larsen <b>4'6" (1st)</b>	Rew	Sierra, C	McCurn
4:30	Shot Put	Hyché 32'9"(3rd)	Tutson 38'10"(1st)*		Seiren 22'7"	Nelson <b>34'5"*(1st)</b> Honek <b>21'7"*</b>	Kunc, M <b>30'8.5"*(2nd)</b> Sierra, A <b>24'9"*</b>	Behlke <b>26'2.5"*(6th)*</b> Smith, L 26'3"(5th)	Brookfield <b>16'4"*</b> Gonzalez <b>22'1"*</b>
4:30	Discus	Hyché <b>101'5"*(4th)*</b>	Tutson <b>127'3"*(1st)</b>			Gonzalez <b>61'4"*</b> Sierra, A <b>54'3"*</b>	Behlke <b>53'6"*</b> Honek <b>54'00"*</b>	Brookfield <b>54'00"*</b> Smith, L 78'8"(3rd)	Kunc, M 85'4"(2nd) Seiren 63'1"
5:00	3000	Rethwisch, R <b>11:04.62(1st)*</b>	Kregel <b>11:28.24(3rd)SB</b>			Shinnick Gordon <b>11:55.0(2nd)SB</b>		McFarland <b>11:56.0(3rd)</b>	Beasley <b>11:42.54(1st)*</b>
5:15	4 x 800m Relay A	Richardson <b>10:14.28 (1st)</b> <b>11:11(JV2nd)</b> <b>12:03(JV3rd)</b>	Langenfeld 2:33.1	Fuller 2:39.8	Yagla <b>2:29.2</b>	Holman 2:42 Scoblic <b>2:49.1*</b>	Rethwisch, A 2:43 Gathua 3:03	Mahaffa <b>2:50*</b> Aguilair-Rosales 3:03.5	Tamerius <b>2:45*</b> Fleming 3:05
5:30	Shuttle Hurdle A	Sotelo 18.0	Larsen 18.4	Kunc, S 17.8	Jordan fall	Lines 19.5	McCurn	Muir 19.6	Ward 18.2
5:40	100m	Nelson <b>13.42(5th)</b>				Marshall 14.14	Suchanek 14.89	Feeney, K 15.59	
5:50	Distance Med 4:38.3(DQ)	Burian 27.9	Mueller 28.85	Fagan <b>65.6SB</b>	Stephenson 2:35.5	Kooker 30	Eyman-Casey 31	Baker 71	Schnoebelen <b>2:39*</b>
6:00	400m	Hynes 69.99	Feeney, H 72.36						
6:15	4 x 200m Relay A	Mills <b>1:51.37</b>	Nelson <b>27.7</b>	Coleman <b>28.0</b>	Wilkinson <b>27.2</b>				
6:25	100m Hurdles	Larsen 20.45(fall)	Kunc, S <b>18.13(4th)</b>					Muir <b>21.83(6th)*</b>	Ward <b>18.56(1st)*</b>
6:40	Open 800m 800m	Rethwisch, R <b>2:34.04(2nd)</b>	Kregel <b>2:37.78(2nd)</b>			Smith <b>3:29.29*</b>	Rodriguiz 3:17.56	Gathua 3:06.84	Ibsen <b>3:28.55*</b>
6:50	200m Dash		Wilkinson <b>27.31(1st)</b>			Fleming <b>31.33(3rd)</b>			
7:20	400m Hurdles	Sotelo <b>73:20(1st)</b>	Lines <b>76.16(3rd)</b>						
7:30	Sprint Med A 2:02.77(4th) 2:10.66(2ndJV)	Burian 13.3	Mueller 13.1	Sullivan 28.3	Coleman 67.1	KFeeney 14.9	Brooks 14.9	Kooker <b>30.0SB</b>	Baker <b>71.2*</b>
7:40	1500	Richardson <b>5:12.38(1st)*</b>	Fagan <b>5:13.64(2nd)</b>			Holman <b>5:26.84(1st)</b> Tamerius <b>5:45.37(4th)*</b>	Rethwisch, A <b>5:49.14(6th)</b> Shinnick Gordon <b>5:49.66SB</b>	Fuller <b>5:40.69(3rd)</b> Mead <b>5:57.50*</b>	Mahaffa <b>5:45.68(5th)</b> Bodnarek 6:01.30
7:55	4 x 100m Relay A	Burian <b>52.28SB(2nd)</b>	Nelson <b>13.8</b>	Coleman <b>13.3*</b>	Wilkinson <b>12.7</b>	Suchanek 14.1	Brooks 14.0	Johnson 14.0	Kunc, S
	4 x 100m Relay B								
8:00	Throwers 4x1 60.98(1st)	Kunc, M 14.8	Hyché 14.3	Sierra, A 17.4	Tutson 13.5				
8:05	4 x 400m Relay A	Mills <b>61.8SB*</b>	Stephenson 69.1	Sullivan, J 67.7	Yagla <b>62.3*</b>	Hynes 69.0	Langenfeld 66.7	Ward 70.0	Eyman-Casey 74.6
	4 x 400m Relay JV A					Muir <b>71.6*</b>	Scoblic <b>73.3*</b>	Baker 76.6	Feeney, H 73
	4 x 400m Relay JV B					Fleming <b>70SB</b>	Shinnick-G <b>77SB</b>	Schnoebelen <b>71*</b>	Kaiser <b>75*</b>