

STEVE SHERWOOD RELAYS

March 29th, 2005

	Varsity	Junior Varsity
Long Jump	Skay: 14-8.5 (6 th) V. Mozena: 14-4	Neu: 12-3.5, E. Mozena: 13-9 (6 th), Moen: 12-8, P: 13-8.25, Ho: 14-11.75 (2 nd), Fredericks: 13-9.75 (5 A. Whiting: 14-1.5 (4 th))
High Jump	Whiting: 4-10.5 (4 th) Wiegert: 5-1.25 (3 rd)	Gable: 4-4.5 (3 rd), Gilmore: 4-8.5 (1st new record), Fisher: NH, Cress: NH, Utterback: NH
Shot Put (4 puts)	Wagner: 39-9 (2 nd) Anciaux: 42-2 (1 st)	Minchk: 36-8 (1st new record), Saehler: 23-11.5, Bowans: 33-0 (3 rd), Kenney: 24-9, Phelps: 20-7.5, Sherry: 26-0.5, Koepple: 23-7
Discus (4 Throws)	Wagner: 103-3 (3 rd) Anciaux: 114-6 (1 st)	Minchk: 77-7 (5 th), Saehler: SCR, Bowans: 76-9, Kenney: 81-3 (3 rd), Phelps: 52-5.25, Sherry: 97-6.5 (new record)
3000 Meter Run	Sidwell: 11:14.47 (1 st) Van Natta: 11:23.10 (2 nd)	Arora: 11:20.69 (1 st new record) Adderly: 12:45.14 (2 nd)
4 x 800 Meter	Mills, McKay, Funk, Anciaux 10:09.13 (3 rd) 2:32 2:27 2:34 2:32	McCue, Panther, Boyd, Gill 10:55.70 (1 2:40 2:40 2:49 2:41 New record Pham, Garcia, Henson, Olson 12:09.31 (2 3:01 3:02 3:02 3:02
Shuttle Hurdle	Whiting, Fraga, Sabers, Rydze 1:07.87 (3 rd) 17.8 16.3 16.9 15.9	Neu, Paul, Moen, A. Whiting 1:11.58 (1 st) 17.1 17.8 18.4 17.6
Distance Medley	Koenig, Aron, Jones, Ziegenhorn 4:25.24 (2 nd) 29.0 27.2 62.2 2:25.9	Fredericks, Robison, V. Mozena, Dietz 4:42.52 (2 nd) 30.0 28.7 66.2 2:36 Fisher, Gable, Maurer, E. Mozena 4:41.76 (1 st) 29.0 30.0 65.2 2:35 New record
100 Meter Dash	Skay: 14.19 Gerard: 14.07	Hichwa: 14.65 (5 th), Koenig: 13.82 (1 st), Melgoza: 17.78, Kruger: 15.85, Youssif: 17.32
400 Meter Dash	Wiegert: 64.75 (4 th) Mims: 61.46 (1 st)	Ho: 70.42 (4 th) McLane: 64.70 (1 st) Nerad: 73.12
4 x 200 Relay	Mueller, Ka. Krei, Ke. Krei, Kamber 1:47.55 (1 st) 26.7 27.7 25.8 27.3 New record	Hichwa, Krumm, Fisher, Wagner 1:57.76 (1 28.6 29.6 30.6 28.5 DeFrance, Gilmore, Ka Kamber, Fred. 2:02.12 (2 29.7 32.4 31.8 27.8
100 Meter Hurdles	Rydze: 16.38 (4 th) Whiting: 18.66	Moen: 18.77, A. Whiting: 18.23 (3 rd), Marine: 19.95 Paul: 18.23 (3 rd), Reighard: 19.17, Skay: 17.32 (1 st) Fraga: 17.42 (2 nd)
Masters 800	Coleman: 2:15.67 Cooper: 2:38.50	
800 Meter Run	Ziegenhorn: 2:28.79 (5 th) Leyendecker: 2:19.98 (1 st)	Gill: 2:39.58 (2 nd), Olson: 2:56.65, Wisely: 3:19.90, Grady: 2:45.87, Maurer: 2:38.79 (1 st), Herlein: 2:47 (6 th), Lithimane: 3:16.68
200 Meter Dash	Jones: 28.11 (3 rd) Kamber: 27.90 (2 nd)	Kruger: 34.68, Ho: 30.21 (4 th), DeFrance: , McLane 28.99 (1 st new record), Arbuckle: 33.43, Dietz: 30.4 (5 th), Reighard: 31.35, V. Mozena: 29.06 (2 nd), E. Mozena: 29.84 (3 rd), Cress: 32.73, Zoeckler: 34.10
400 Meter Hurdles	Krumm: 1:16.27 Sabers: 1:08.96 (2 nd)	Mims: 75.25 (2 nd) Rydze: 1:13.48 (1 st new record)
Sprint Medley Relay	Koenig, Mueller, Weigert, Mills 1:55.59 (1 st) 13.0 13.0 27.8 61.1	Robison, Neu, Gable, Gilmore 2:07.83 (2 nd) 15.0 13.6 28.9 67.8
1500 Meter Run	Sidwell: 5:13.39 (3 rd) McKay: 5:16.97 (5 th)	Arora: 5:26.11 (2 nd), Panther: 5:33.5 (5 th), Pham: 6:11.67, McCue: 5:33.28 (4 th), Bross: 5:55.65, Fun 5:28.69 (3 rd)
4 x 100 Meter Relay	Gerard, Mueller, Skay, Kamber :51.57 (1 st) 13.3 12.2 12.9 12.6	Hichwa, T. Whiting, Fraga, Wagner :54.97 (1 st) 14.0 13.4 13.5 13.6 Melgoza, Youssif, Arbuckle, Kruger 1:04.42 17.1 15.4 14.6 16.4 Gable, Ka Kamber, A. Whiting, DeFrance :58.07 (6 15.5!! 12.5!! 15.9 13.8 Moen, Marine, Neu, Rydze :57.23 (5 13.8 14.3 14.8 13.7 Arora, Grady, Nerad, Ho :56.93 (3 13.5 14.4 14.1 14.6 Fredericks, Fisher, Mills, Mims :55.35 (2 13.1 13.8 14.1 13.8
4 x 100 Throwers	Kenney, Anciaux, Minchk, Wagner :56.59 (1 st) 15.9 12.7 15.3 12.7	

4 x 400 Meter Relay	Ka. Krei, Aron, Ke. Krei, Leyendecker 4:09.36 (1 st) 62.9 64.1 60.75 61.2	Sabers, E. Mozena, Krumm, Weigert 4:29.20 (1 st) 65.3 67.4 68.4 67.7 Gerard, Maurer, Gill, Robison 4:34.98 (2 nd) 69.7 64.7 69.0 71.1 Henson, Adderly, Wisely, Olson 5:13.76 73.9 80.5 85.0 73.8 Boyd, Herlein, VanNatta, Dietz 4:47.54(6 th) 70.9 71.7 73.4 71.7 Grady, Bross, Anciaux, Funk 4:46.40 (5 th) 71.8 73.2 70.5 70.5 Paul, Fraga, Jones, Minchk 4:40.14 (3 rd) 67.8 71.2 64.0 76.0
TEAM SCORES	CITY HIGH- 179 Mt. Pleasant- 129 Burlington- 71 Urbandale- 55 Bettendorf- 42 Muscatine- 39 Xavier- 37 Dav. Cenral- 32	CITY HIGH- 260 Dav. Central- 82 Muscatine- 63 Bettendorf- 48 Mt. Pleasant- 47 Burlington- 21 Urbandale- 17 Xavier- 15

What a tremendous way to start the outdoor season! The way you performed tonight shows that you are ready to make a run at conference and state titles in May. On the JV side, it was total dominance. Teams 2-6 would have added their points together to match our 260. JV would have placed 3rd in the varsity meet. In all, JV won 17 of 19 events and got 1st & 2nd in ten events. Nine meet records and 15 people or relays that would have placed in the varsity section are an indication of how impressive this performance was.

The varsity had a solid beginning by beating defending 3A champion Mt. Pleasant by 50 points. On the night we won 9 events and were either 1st or 2nd in thirteen events. Sprints and throws were particularly impressive as we swept the throws and sprint relays. We had one meet record with the 4x2. There were 14 additions to the standards of excellence list in all events but one. We also had an amazing FIVE additions to the top ten list: Anciaux #2 in shot, Wagner #4 in shot, Minchk #6 in shot, Leyendecker #10 in 800m, and Wiegert #8 in high jump.

This was a great meet, but great teams do not look at what they have done, but what they still need to do. This meet is a first step on the way to our ultimate goals in May. Keep working hard and take of yourselves. Meet awards:

	Varsity	JV
Best Performance	Sarah Anciaux	Laura Minchk
Most Inspirational	Maggie Leyendecker	
Most Improved	Caroline Mills, Molly Sabers	Claire Grady
Iron Woman	Corrie Wagner	Laura Minchk
Trophy	Krista Wiegert	