

# STEVE SHERWOOD RELAYS

March 28<sup>th</sup>, 2006

	Varsity	Junior Varsity
Long Jump (4 jumps)	Mills- 15-1.5 (6 <sup>th</sup> ) Whiting- 16-0.5 (4 <sup>th</sup> )	Putnam- 11-6.5, Feeney- 12-0.25 Carter- 12-8.5 (6 <sup>th</sup> )
High Jump	Wiegert- 5-0 (2 <sup>nd</sup> ) Sidwell- NH	Massey- 4-8 (1 <sup>st</sup> )
Shot Put (4 puts)	Anciaux- 40-3.75 (1 <sup>st</sup> ) Minchk- 37-4.5 (3 <sup>rd</sup> )	Vraspier- 31-7.25 (3 <sup>rd</sup> ), Koepfel- 26-9 (6 <sup>th</sup> ), Keni 27-6 (5 <sup>th</sup> ), Tutson- 34-9 (1 <sup>st</sup> ), Smith- 22-1
Discus (4 Throws)	Anciaux- 114-3 (1 <sup>st</sup> ) Minchk- 95-5	Vraspier- 87-1 (4 <sup>th</sup> ), Koepfel- 79-6, Kenney- 85- (5 <sup>th</sup> ), Tutson- 95-2 (1 <sup>st</sup> ), Smith- 51-6
3000 Meter Run	Sidwell- 11:01.49 (2 <sup>nd</sup> ) Anciaux- 11:38.21 (6 <sup>th</sup> )	
4 x 800 Meter Relay	McCue, Garcia, Kregel, McKay 2:34 2:38 2:41 2:32 10:28.75 (2 <sup>nd</sup> )	Bross, Rethwisch, Olson, Fosse 3:02 2:50 2:49 2:53 11:39.09 (2 <sup>nd</sup> )
Shuttle Hurdle Relay	Rydze, Skay, Moen, Whiting 16.3 16.4 16.6 17.2 1:07.13 (3 <sup>rd</sup> )	Carter, Massey, Shaw, Reighard 18.07 19.49 21.69 17.67 1:17.23 (3 <sup>rd</sup> )
Distance Medley Relay	Mabikulu, Putnam, Mills, Krei 28.3 27.1 64.7 2:26 4:27.75 (2 <sup>nd</sup> )	Fredericks, Nerad, Goddard, McFarland 30.3 29.1 68.4 2:50 4:58.31 (1 <sup>st</sup> )
100 Meter Dash	Sparks- 14.34 Jordan- 13.88 (6 <sup>th</sup> )	Shaw- 15.74, Feeney- 14.88 (6 <sup>th</sup> ), Kleingartner- Cronbaugh- 15.96, Yeater- 15.72, Kruger- 16.05
400 Meter Dash	Wiegert- 1:04.26 (3 <sup>rd</sup> ) Harris- 1:02.88 (2 <sup>nd</sup> )	DeMoss- 1:08.70 (1 <sup>st</sup> ) Martin- 1:17.98
4 x 200 Relay	Skay, Carter, Sabers, Mueller 29.0! 26.4! 28.3! 25.3! 1:49.69 (2 <sup>nd</sup> )	Robison, Putnam, Fredericks, Gerard (RECORD) 29.9 26.7 29.9 29.0 1:56.05 (1 <sup>st</sup> ) Nerad, Arbuckle, Zoekler, Kamber 30.9 33.2 32.4 29.6 2:06.76 (6 <sup>th</sup> )
100 Meter Hurdles	Rydze- 16.14 (4 <sup>th</sup> ) Whiting- 18.57	Jordan- 17.69 (2 <sup>nd</sup> ) Reighard- 17.89 (3 <sup>rd</sup> )
800 Meter Run	Sidwell- 2:30.40 (4 <sup>th</sup> ) McCue- 2:37.35	Olson- 2:53.79 (5 <sup>th</sup> ), Rethwisch- 2:48.47 (3 <sup>rd</sup> ), Rodriguez- 3:23.11, Bates- 3:23.16, Fosse- 2:54. (6 <sup>th</sup> )
200 Meter Dash	Krei- 26.52 (1 <sup>st</sup> ) Mueller- 27.17 (2 <sup>nd</sup> )	Kamber- 31.07, Mabikulu- 29.13 (1 <sup>st</sup> ), Chelf- 33. Zoekler- 34.25, Martin- 32.86, Kruger- 34.93, Cronbaugh- 33.30
400 Meter Hurdles	Rydze- 1:10.99 (4 <sup>th</sup> ) Sabers- 1:06.61 (3 <sup>rd</sup> )	Harris- 1:11.13 (1 <sup>st</sup> ) (NEW RECORD) Massey- 1:18.46 (3 <sup>rd</sup> ) Moen- 1:11.31 (2 <sup>nd</sup> )
Sprint Medley Relay	Jordan, Anciaux, Carter, Krei 13.2 12.7 28.0 60.1 1:54.55 (1 <sup>st</sup> )	Fredericks, Kamber, Goddard, Anciaux 14.0 15.0 30.1 68.2 2:09.06 ( Kleingartner, Kruger, Yeater, DeMoss 2:13.8
1500 Meter Run	Garcia- 5:22.67 (5 <sup>th</sup> ) McKay- 5:21.07 (3 <sup>rd</sup> )	Pham- 6:23.02, Kregel- 5:34.32 (1 <sup>st</sup> )
4 x 100 Meter Relay	Jordan, Anciaux, Skay, Mueller 13.9 12.9 12.1 12.6 :52.00 (2 <sup>nd</sup> )	Whiting, Reighard, Goddard, Mabikulu 14.5 14.2 14.9 12.8 :56.65 (2 Zoekler, Chelf, Feeney, Kleingartner 16.4 16.7 13.8 14.5 :1:01.09
4 x 100 Throwers Relay	Kenney, Tutson, Koepfel, Minchk 15.0 14.3 16.8 15.5 1:01.78 (2 <sup>nd</sup> )	
4 x 400 Meter Relay	Wiegert, Robison, Mills, Sabers 62.5 65.5 65.9 62.4 4:16.95 (1 <sup>st</sup> )	Gerard, Skay, McCue, Putnam 67.2 76.0 68.7 67.8 4:40.67 (1 <sup>st</sup> ) Fredericks, Yeater, Nerad, Olson 73.2 77.9 71.2 74.8 4:57.52 (5 <sup>th</sup> ) Minchk, Arbuckle, Feeney, Shaw 1:17 1:21 1:12 1:20 5:11.56 (6 <sup>th</sup> )
TEAM SCORES	CHS- 165 Mt. Pleasant- 112 Urbandale- 105.5 Burlington- 73	Bettendorf- 71 Muscatine- 45.5 Davenport Central- 12 Xavier- 5
		CHS- 173 Urbandale- 75 Mt. Pleasant- 74 Muscatine- 71
		Bettendorf- 47 Burlington- 42 Davenport Central- 2 Xavier- 8

What a great way to begin the outdoor season. Both varsity and JV remained undefeated in this home meet against some solid competition. The varsity beat the two time defending 3A champions and the JV beat the second place team by 100 points (2<sup>nd</sup> and 3<sup>rd</sup> combined wouldn't have even beaten the JV). On the day we had 8 event improvements from 2005, with the throws and hurdles looking particularly impressive. The throwers swept the JV and varsity throws for the second year and nearly every hurdler and hurdle event improved from 2005. A number of people has some very impressive individual improvement from last year (Minch +20' in the discus, Kenney and Koepfel + 3' in the shot, Sidwell 14 seconds better in the 3000, Anna Olson running two 800's below her PR, Moen, Reighard, and Skay all 1

second or better improvements in the 100 hurdles. We had 15 additions to the standards of excellence list (1 more than 2005): Whiting (LJ), Anciaux (discus), Skay, Moen, Whiting, Rydze (100hurdles), Carter, Sabers, Krei (200), Sabers, Rydze, Harris (400 hurdles), Skay (100), Wiegert (400), Tutson (shot). Two JV records fell on the day, the 400h record belongs to Mercedes Harris and the 4x2 of Robison, Putnam, Fredericks, Gerard are the new record holders in that event. Two people entered the top ten list: Kelly Krei is #10 in the 200m, and Laura Minchk improves her #6 place by several inches. A great meet, but you should expect such performances out of yourselves in order to be ready for the tough competition later in the season.

	VARSDITY	JV
Best Performance	Sabers, Anciaux	Tutson
Most Inspirational	Robison	Bross
Most Improved	Michk, Moen	Kamber
Iron Woman	Krei	Olson
Trophy	Mueller	