

# STEVE SHERWOOD RELAYS

March 29<sup>th</sup>, 2011

As Mr. Bacon says, it was truly a great day to be a Little Hawk! I could not have been more proud of the way everyone competed in this meet. To be sure, this was just a beginning.....but what a beginning. You have shown that through your hard work, dedication, and PMA great things are possible. You accomplished great things tonight, but there are even greater challenges that lie ahead. I challenge you to not shy away from them, but to attack them with the same confidence and spirit that you did tonight. If you know in your heart that you gave it all in the pursuit of something great, then the sacrifice will be worth it. Carry on.

**Varsity events better than 2010:** LJ- 1, SP- 2, DT- 2, 3000- 1, shuttle, 400- 2, 4x2, 100h-2, 400h-2, 4x1, 4x4

**JV events better than 2010:** LJ- all, SP- all, DT- all, 3000- 2, 4x8, shuttle, 100- 2, 400- all, 800-1, 1500- all, 4x1

**Improvements from 2010:** Hansche- 6" LJ, 200m .2sec, 100 .5sec; Gustafson- 40' DT, 7.5" SP; Hyche- 3' SP, 2" DT; Brookfield- 2" SP, 11" DT; Richardson- 5 sec 3000; Siglin- 45 sec 3000; Rethwisch- 4 sec 800; Shuttle V- Kunc 1sec, Sotelo .4 sec, Feeney .4 sec- total of 3sec; Shuttle JV, Omar 1 sec, Sullivan .2 sec total of 5 seconds; Kunc- 400h .4sec; 4x200 V 2 seconds; Cook- 200m 3sec; Sotelo- 400h .5sec, 400 6sec; Lines 400h 2sec; 4x100 V 1sec; Sullivan 400 .4sec; Beasley- 400 2sec; K. Langenfeld- 400 2sec; Crew- 100 .6sec, 200 .4sec, 400 2sec; Kuddes 200 .6sec; Kooker- 200 .9sec

	Varsity	Junior Varsity
Long Jump	Hansche- 15-3 (4 <sup>th</sup> ) Ward- 15-11.5 (2 <sup>nd</sup> ) PR	Sammons- 10-10.5, Nelson- 13-9 (5 <sup>th</sup> ), H. Langenfeld- 12.2.75, Hauge- 12-6.5, A. Jacobsen- 12-0, Washpun- 15-8 (1 <sup>st</sup> ) PR, Perez- 14-0.25 (3 <sup>rd</sup> ) PR, Kunc- 13-7 (7 <sup>th</sup> ), Omar- 14-0 (4 <sup>th</sup> ), Clemons- 10-7.75
High Jump	Jacobsen- 4-2 Larson- 4-8 (4 <sup>th</sup> )	
Shot Put	Hyche- 37-6 (2 <sup>nd</sup> ) tied PR Gustafson- 39-4 (1 <sup>st</sup> ) PR 6 <sup>th</sup> All-Time	Wortman- 30-2.5 (2 <sup>nd</sup> ) PR, Lehman- 33-7 (1 <sup>st</sup> ) PR, Brookfield- 22-2 (6 <sup>th</sup> ) PR, Reyes- 17-0.5 PR, Embry- 29-1 (3 <sup>rd</sup> ) PR
Discus	Hyche- 115-8 (2 <sup>nd</sup> ) PR Gustafson- 121-10 (1 <sup>st</sup> ) PR 5 <sup>th</sup> All-Time	Wortman- 83-7 (2 <sup>nd</sup> ) PR, Lehman- 93-10 (1 <sup>st</sup> ) PR, Brookfield- 59-6 (7 <sup>th</sup> ) PR, Reyes- 56-0 PR, Embry- 73-3.5 (5 <sup>th</sup> ) PR
3000 Meter Run	Richardson- 10:54.77 (1 <sup>st</sup> ) Siglin- 11:30.00 (3 <sup>rd</sup> )	Arch- 12:02.83 (1 <sup>st</sup> ) Tamerius- 12:47.23 (2 <sup>nd</sup> )
4 x 800 Meter Relay	Langenfeld, Danielson, Lines, Rethwisch 2:32.0 2:29.0 2:28.6 2:23.5 9:53.55 (1 <sup>st</sup> )	Peterson, Mendenhall, Ali, Cabbage 2:46.7 2:48.8 2:53.4 2:47.3 11:16.59 (1 <sup>st</sup> )
Shuttle Hurdle	Ward, Feeney, Kunc, Sotelo 16.7 17.5 17.0 17.0 1:08.72 (1 <sup>st</sup> )	Opitz, Omar, Sullivan, Perrez 18.3 20.4 19.3 18.4 1:16.68 (1 <sup>st</sup> )
100 Meter Dash	Crew- 12.80 (1 <sup>st</sup> ) 10 <sup>th</sup> All-Time Washpun- 13.45 (4 <sup>th</sup> )	Landau- 15.17 (8 <sup>th</sup> ), Clemons- 17.14, Marshall- 14.2 (3 <sup>rd</sup> ), Shamley- 14.93 (5 <sup>th</sup> )
Distance Medley	Hansche, Feeney, Carman, Traore 28.3 29.9 63.2 2:32.1 4:33.87 (1 <sup>st</sup> )	Hauge, Correll, Miller, Perez 31.5 31.1 72.9 2:42.7 4:58.96 (1 <sup>st</sup> )
400 Meter Dash	Omar- 63.80 (2 <sup>nd</sup> ) PR Sullivan 63.03 (1 <sup>st</sup> )	Beasley- 69.57 (3 <sup>rd</sup> ), Ali- 75.98 (6 <sup>th</sup> ), Hook- 74.79 (4 <sup>th</sup> ), Aumuller- 74.95 (5 <sup>th</sup> ), A. Jacobson- 76.19 (7 <sup>th</sup> ), Opitz- 65.32 (1 <sup>st</sup> ) PR, K. Langenfeld- 67.54 (2 <sup>nd</sup> )
4 x 200 Relay (V hand time)	Crew, Nelson, Washpun, Kuddes 27.1 27.8 26.0 27.1 1:47.78 (2 <sup>nd</sup> )	Heath, Alderson, Kooker, H. Langenfeld 31.1 30.8 29.9 29.8 2:15.6 (DQ) Landau, Larson, C. Jacobsen, Cook 34.1 28.1 33.5 31.8 2:08.24 (3 <sup>rd</sup> )
100m Hurdles	Ward- 16.76 (2 <sup>nd</sup> ) Feeney- 18.11 (5 <sup>th</sup> )	Miller- 19.88 (3 <sup>rd</sup> ) PR Alderson- 21.51 (6 <sup>th</sup> ) PR
Masters 800	Coleman- 2:39.37	
800 Meter Run	Richardson- 2:31.97 (1 <sup>st</sup> ) Perret- 2:36.25 (2 <sup>nd</sup> )	Tamerius- 3:09.71, Siglin- 2:41.25 (1 <sup>st</sup> ), Arch- 2:53.68 (3 <sup>rd</sup> )
200 Meter Dash	Kuddes- 28.02 (4 <sup>th</sup> ) Hanche- 29.23 (7 <sup>th</sup> )	Cook- 31.95, C. Jacobsen, Shamley- 31.59
400m Hurdles	Sotelo- 68.30 (2 <sup>nd</sup> ) Kunc- 70.46 (3 <sup>rd</sup> )	Lines- 69.58 (1 <sup>st</sup> ) PR meet record
Sprint Medley	Feeney, Nelson, Ward, Sullivan 14.5 13.8 26.8 63.9 1:59.31 (2 <sup>nd</sup> )	Miller, Correll, Hauge, H. Langenfeld 14.3 17.3 30.6 73.4 2:13.50 (2 <sup>nd</sup> )
1500 Meter Run	Rethwisch- 4:58.99 (1 <sup>st</sup> ) Danielson- 5:07.60 (3 <sup>rd</sup> ) PR Carman- 5:12.41 (5 <sup>th</sup> ) PR	Peterson- 5:44.46 (3 <sup>rd</sup> ), Mendenhall- 5:37.11 (2 <sup>nd</sup> ), Beasley- 5:27.16 (1 <sup>st</sup> ), Cabbage- 5:53.73 (5 <sup>th</sup> )
4 x 100 Throwers	Gustafson, Wortman, Embrey, Hyche 15.7 16.0 15.6 14.9 1:02.62 (2 <sup>nd</sup> )	
4 x 100 Relay	Crew, Hansche, Kuddes, Washpun 13.2 13.4 12.6 12.9 51.42 (3 <sup>rd</sup> )	Kooker, Heath, Marshall, Sullivan 14.1 14.3 14.0 13.4 55.21 (2 <sup>nd</sup> )
4 x 400 Relay	Crew, Omar, Lines, Sotelo 63.5 66.1 63.1 62.2 4:15.15 (2 <sup>nd</sup> )	Perret, Alderson, Kunc, Larson 66.8 78.0 66.9 70.7 4:43.16 (1 <sup>st</sup> )

Varsity Team Scores: City High-163, CR Washington- 91, Davenport Central- 65, Solon- 36, Regina- 32

JV Team Scores: City High 161, CR Washington- 95, Davenport Central- 68