

STEVE SHERWOOD RELAYS

March 27, 2012

As Mr. Bacon says, it was truly a great day to be a Little Hawk! It was a great night to compete and you took full advantage. It was another team efforts where we may not have won many events, but we placed in the top three in nearly everything. Especially impressive when you compare our results from this year to those from last year and three top 10 additions. Keep working hard as more difficult challenges are ahead.

Varsity improvements from 2011: LJ, SP, 200, 4x800, 800- 2, 100h, 400h-2, 4x1, 4x4, D Med.

JV improvements 2011: SP, DT- all, HJ- 2, 200- 3, 100h- 2, 400h- 2, 4x2, 4x4, 3000- 2, 4x8, shuttle, 100- 2, 400- all, 800-1, shuttle, SMed, DMed

Improvements from 2011: Washpun LJ, Gustafson SP, Wortman- SP, Reyes- 4' SP, Leman- 26' DT, Wortman- 21' DT, Reyes- 17' DT, Brookfield- 7' DT, Arch 25 sec 3000, Richardson- 8 sec 800, Traore- 3 sec 800, Danielson- 2 sec 800, Miller- 1sec 100h, Ward- 100h, Nelson- .8 sec 100m, Carman- 400, Langenfeld- 400, Crew- 3 sec 400, Correll- 3sec 100.

Long Jump	Washpun 16'8.5" (2nd) Hansche 14-11.25 (6th)	Omar 14-0 Heath 10'00.25"
High Jump	Hartley 4'8"*(5th) Saehler 4'8"*(6th)	Lorenzen 4'6"*(1st), Blowers 4-6"*(1st), Larsen 4'4" (3rd) Hyche 4-2"*(6th), Price 4-2"*(6th)
Shot Put	Gustafson- 39-9"*(1st) 6th All-Time Lehman 36'4" SB (2nd)	Wortman- 31-10"(1st), Brookfield- 21'10" (6 th), Reyes 21'9", Miller 28'8" (4th), Harris 26'2"*(6th), Sierra 25'6" Meyer 24'7" Smith 23'4"*
Discus	Gustafson- 106'10.5" (1 st) Wortman-104'00" (5th)	Lehman 119-07"*(1st)7th All-Time Reyes 75'3"*(5th) Miller 89'3"*(3rd) Brookfield 66'3.5" Smith 67'1"*(Meyer 78'5"*(3rd) Harris 61'10"*
3000 Meter Run	H Beasley 11:27.24 (2nd) Arch 11:35.71* (3rd)	Siglin 12:00.76 (1 st), Mendenhall 12:03.91 (2nd), Peterson 12:52.60 (3rd)
4 x 800 Meter 9:43.34 (2nd)	Richardson, Sammons, Traore, Carman 2:23.1SB 2:26.1* 2:29.3SB 2:24.4	J Beasley, A. Ali, Milefchik , M Plock 12:15.72 (4th) 2:59.8* 3:05.5 3:06.4* 3:03.1*
Shuttle Hurdle 1:09.69 (3rd)	Larsen, S. Plock, Perez, Ward 18.5 17.3 17.1 16.5	Feeney, A. Miller, Thompson, K. Sabers 1:13.09 (1st) 17.7 18.0* 18.8* 18.4*
100 Meter Dash	C. Crew 13.07 (4 th) Washpun 13.14 (6th)	Correll- 15.38 Heath- 16.11
Distance Medley 4:33.35 (3rd)	Hansche, Sullivan, Lorenzen, Danielson 29.2 30.6 65.6* 2:27.6SB	O. Ali, Wilburn, H. Crew, Cabbage 4:58.53 (2nd) 30.1 32.7 67.6 2:47.9SB
400 Meter Dash	Omar 1:05.26 (3rd) Blowers 1:07.66 (6th)	Gevock 1:08.24 (2nd) Cook 1:25.43
4 x 200 Relay 1:48.05 (2nd)	Kuddes, C. Crew, Nelson, Wasphun 26.4 26.5 28.1 26.5	A. Miller Feeney H. Langenfeld Krishnan 2:00.33(2nd) 30.4 29.2 30.5 30.0
100 Meter Hurdles	Ward 16.70 (3rd) Larsen 18.27	K. Sabers 18.47* (3rd) Feeney 18.12 (2nd)
Masters 800	Trefz 2:14	
800 Meter Run	K. Langenfeld 2:30.94 (4th) Taffa 2:31.01* (5th)	Perret 2:38.59 (3rd)
200 Meter Dash	H. Crew - 28.69* (5th) Ward- 28.89 (6th)	Hartley, Heath, Krishnan Alderson, Kosier 32.69 33.47 29.58 (2nd) 29.96 (4th) 30.45 (5th)
400 Meter Hurdles	S. Plock- 1:05.88* 7th All-Time Sammons- 1:09.74*	Danielson- 1:10.38* (1st) , Perez- 1:11.98*(2nd), Sullivan- 1:12.02*(3rd), Thompson- 1:15.33*(4th)
Sprint Medley 2:01.6 (DQ)	Hansche, Nelson, Blowers, Omar 13.7 13.0 30.1 65	Correll, Gevock, Lorenzen, O. Ali 2:11.82 (4th) 14.2 14.2 32.6# 70.5#
1500 Meter Run	Richardson- 5:01.94 (1st) Shepherd- 5:15.95* (4th)	O Peterson 5:59.35*
4 x 100 51.07 (1st)	Kuddes, Hansche, C Crew, Washpun 13.2 12.0 12.5 12.1	A Miller, H. Crew, Wilburn, Gevock 57.92 (4th) 14.3 13.3* 16.5* 13.5* Hyche, Price, Hartley, Saehler 59.10 (6th) 14.9* 14.1* 16.1* 13.7*
4 x 100 Throwers 1:03.23 (2nd)	Gusto, Wortman, Brookfield, D Miller 14.2 15.9 18.7 14.1	
4 x 400 Relay 4:13.29 (2nd)	Carman, Traore, K. Langenfeld, C. Crew 62.7SB 63.3SB 66.6SB 60.3SB	Sullivan, Perez, Taffa, Perret 4:28.09 (1st) 67.1 66.5 65.5 68.8 H.Langenfeld Thompson M.Plock Milefchik4:56.08(5th) 72.7 67.8 77.9 77.4* Cabbage, J. Beasley, Mendenhall, Arch 4:57.24 (6th) 75.0 78.3* 70.1* 73.5*

Varsity Team Scores: City High-159, Mt. Pleasant 84, Davenport Central 81, Bettendorf 75, Muscatine 58, CR Washington- 91, Xavier 46, Burlington 32

JV Team Scores: City High 174, Bettendorf 116, Mt. Pleasant 80, Burlington 45, CR Washington- 45, Muscatine 39, Davenport Central 39, Xavier 34

*=PR

SB=Season's Best

Bold=Std of excellence met #=splits unreliable due to exchange issues