

Xavier Invitational, April 15, 2000

	Varsity	Junior Varsity
Long Jump (p & f)	Strickland- 14-.75 Lake- scr	Triplett- scr
High Jump	Voss- 4-10 (6th) Branstetter- 4-10 (5th)	Furlong- 5-0 (1st) Brus- 4-4
Shot Put (p & f)	Gatens- 31-10 Elliott- 35-8 (4th)	Flaschner- 28-6 (3rd)
Discus (p & f)	Gatens- 88-10 Elliott- 101-10 (4th)	Flaschner- 89-5 (4th)
3000 Meter Run	Heckman- 11:15.82 (3rd) Ellsmore- 11:15.37 (2nd)	Russo- 11:48.03 (1st) J. Krueger- 12:05.11 (2nd)
4 x 800 Meter Relay	Gable- 2:30 Lake- 2:29 Vanderah- 2:29 Newton- 2:35 10:05.43 (2nd)	Brigham- Kraemer- Moore- A. Krueger- 11:08.23 (1st)
Shuttle Hurdle Relay	Triplett- 16.4 O-T- 17.4 Fraga- 15.9 Maya- 15.6 1:05.71 (2nd)	Giovanelli- 17.5 Dreier- 16.5 Lynch- 17.6 Evans- 17.3 1:09.26 (1st)
Distance Medley Relay	Strickland- 27.7 Belmont- 27.8 Full- 63.6 K. Funk- 2:33 4:33.22 (3rd)	Minchk- 31.2 Brentlinger- 29.3 Gable- 67.6 Cassavant- 3:02.9 5:11.57 (3rd)
100 Meter Dash	Matzen- 12.98 (5th) Tutson- 13.81	Blake- 14.82 Veatch- 14.33 (4th)
400 Meter Dash	Hill- 1:00.80 (2nd) Linder- 1:01.83 (3rd)	Sherry- 65.58 (1st)
4 x 200 Relay	Strickland- 28.1 Belmont- 27.7 Rembolt- 27.6 Rohrbach- 26.2 1:49.78 (3rd)	Cannon- 30.7 Lynch- 26.9 Frantz- 29.0 Olsen- 28.8 1:55.45 (1st)
100 Meter Hurdles	Maya- 15.41 (1st) Triplett- 15.95 (2nd)	Fraga- 15.72 (1st) O-T- 17.06 (3rd)
800 Meter Run	J. Funk- 2:20.3 (2nd) (2:17.27) Trefz- 2:17.14 (1st)	Reed- 2:21.09 (1st) Kirsch- 2:26.8 (2nd)
200 Meter Dash	Dreier- 27.53 (3th) Rembolt- 27.69 (5th)	Minchk- 30.94 (4th) Cannon- 29.50 (1st)
400 Meter Hurdles	Linder- 1:07.28 (1st) Maya- 1:12.08 (4th)	Evans- 1:13.17 (2nd) Fraga- 1:10.32 (1st)
Sprint Medley Relay	Rohrbach- 11.59 Triplett- 14.0 Matzen- 26.7 Mims- 59.5 1:51.90 (2nd)	Johnson- 13.3 Gatens- 14.8 Schallau- 30.5 Lake- 65.5 2:04.07 (1st)
1500 Meter Run	J. Funk- 4:51.64 (1st) Heckman- 5:15.27 (4th)	O'Shaughnesy- 5:38.01 (1st) Olson- 5:42.17 (4th)
4 x 100 Meter Relay	Rohrbach- 13.0 Tutson- 12.8 Dreier- 12.3 Matzen- 13.0 51.23 (2nd)	Powell- 14.9 Belmont- 12.9 Frantz- 12.8 Strickland- 13.4 :53.98 (1st)

4 x 400 Meter Relay	Reed- 60.5 Hill- 62.3 Trefz- 61.5 Mims- 61.7 4:06.16 (1st)	Rembolt- 64.6 Full- 65.8 Sherry- 67.0 Struve-67.6 4:25.11 (1st)
	Team Scores: 1. City High 141 2. CR Washington 85 3. Clinton 68 4. Muscatine 63 5. CR Xavier 54 6. Linn-Mar 45 7. Charles City 29 8. North Scott 20	Team Scores 1. City High 173.5 2. CR Washington 90 3. Clinton 76 4. CR Xavier 75 5. Charles City 31 6. Linn-Mar 31 7. North Scott 12.5 8. Muscatine 7

- The performances that this team keeps putting up keep getting more and more impressive. The number of PR's and season bests that we put up meet after meet show the desire that you have to keep improving throughout the season. Thus far, we are unbeaten in varsity or junior varsity on the year. However, our toughest test is coming up this Friday at the Forwald Relays. There are teams that have been making a lot of noise in the press, but we need to make our noise on the track. Stay focused and achieve your dreams!!
- A partial list of meet highlights: Abby Furlong with a pr of 5-0 in the high jump; Laurie Heckman with yet another double pr day in the 3000 and 1500; Betsy Ellsmore with a 3000m pr; Eri Lynn Russo and Jessie Krueger with pr's in the jv 3000m; Kelsey Full with a 400 pr of 63.6 in her 1st varsity race; 4 x 800 varsity and JV with season bests or PR's (Gable, Lake, Vanderah, Newton and Brigham); Katie Hill 400 pr of 60.8; Morgan Rohrbach with a 200 pr of 26.2; Nelle Trefz with a state leading 800 time of 2:17, Jenny Funk and Meggan Reed with 800 pr's on the cusp of Drake qualifying; Emily O'Shaughnessy and Erica Olson with pr's in the 1500; 11 additions to the standards of excellence list.
- Currently our 4 x 4, 4 x 2, 4 x 1, sprint medley, 4 x 8, 1500, 3000, 400 hurdles, 800, 400, distance medley, and shuttle hurdle all have times that are ranked in the top 6 in the state. Many of these open events have multiple City High athletes ranked. This makes a strong statement not only to our quality, but our depth as well. Keep up the tremendous effort.
- 2 weeks until Drake Relays, 5 weeks until State. Stay focused!!