

Lancer Relays

April 5th, 2012

This meet presented a great challenge to us with a squad with junior varsity experience running against some very high quality varsity teams. And just to make it a little tougher Mother Nature provided 20 mph head winds to run against (this made it particularly tough on the 1st and third legs of the shuttle, 4 x 800m as well as the lead off in the d med and anything with a lap or more). Still you see many season's best, prs and some standards of excellence met. This reflects your grit, determination and quality practices. Good job girls!

	Varsity	Junior Varsity
Long Jump		
High Jump	Price NH Hyche NH	
Shot Put	Wortman 31'1" Miller 30'11.5"	
Discus	Wortman 107'2" SB (4th) Miller 83' 3"	
1000 Meter Run	Richardson 10:52.90 SB (3rd)	
4 x 800m Relay		O.Peterson,J. Beasley, Milefchik, A. Ali 12:17.24 (6th) 3:02.9* 2:53.9* 3:07.9 3:12.1
Shuttle Hurdle 1:15.48 (4th)	Sammons, Larsen, A. Miller, Sabers 20.1(fall) 18.1SB 18.8 18.5	
100 Meter Dash		
Distance Medley 2:56.10	Correll,Langenfeld,Thompson,S. Peterson 31.1SB 30.3SB 65.9* 2:48.4	Wilburn, O. Ali, Mendenhall, Cabbage 5:04.74 (8th) 33.2* 29.4* 70.8 2:52.1
100 Meter Dash	Cook 1:26.68	
4 x 200 Relay	Garza, Koiser, Alderson, Gevock 1:55.53 28.4* 27.9* 30.6 28.3*	Larsen, Sabers, A Miller, Heath 2:05.05 (6th) 30.8 31.4* 30.6 31.9
100m Hurdles		
100m Run	S. Peterson 2:48.20SB	
100m Dash		
100m Hurdles hurdle too high!	Sammons 1:09.56* (2nd) Thompson 1:14.55* (7th)	
Print Medley 2:16.03 (7th)	Kosier, Wilburn, Larsen, Alderson 14.2 16.1 29.3SB 76.1	O. Ali, H. Langenfeld, Cook, J. Beasley 2:24.26 14.9* 14.8 35.6 78.6
500 Meter Run	Mendenhall 5:28.80 SB Siglin 5:21.29 (7th)	
4 x 100m Relay		A. Miller, Price, Sabers, Correll 57.48 (5th) 14.2SB 14.5 13.9* 14.3
4 x 100 Throwers		
4 x 400m 2:24.01 (6th)	Sammons, Richardson, Gevock, Garza 64.0 66.6 68.8* 64.3*	Cabbage, Milefchek, Peterson, A. Ali 5:20.30 (8th) 74.0SB 78.2 83.4 84.3

=Standard of Excellence PR =personal record SB= Season's Best

Team Results: Bettendorf 101.5, Davenport Central 99, Pleasant Valley 94, Dav Assumption 78, N Scott 73, Dav West 63, Hempstead 56, Burlington 42, Clinton 42, City 33, Muscatine 27.5, Dav North 27