

# LITTLE HAWK INVITATIONAL

## April 2, 2002

	Varsity	Junior Varsity
Long Jump (4 jumps) (17-5)	Strickland- 15-3 (1 <sup>st</sup> ) Tutson- 14-4 (4 <sup>th</sup> )	Hichwa- 13-3, Evans, 14-6.75 (3 <sup>rd</sup> ) Ploessl- 13-2, Hesselstine- 13-9
High Jump (5-6)	Branstetter- 4-8 (3 <sup>rd</sup> ) Furlong- 4-8 (4 <sup>th</sup> )	
Shot Put (4 puts) (41-0)	Elliott- 37-2.5 (2 <sup>nd</sup> ) Wagner- 29-8 (4 <sup>th</sup> )	Sherry- 22-3.5 (5 <sup>th</sup> )
Discus (4 Throws) (119-8.5)	Elliott- 113-7.5 (2 <sup>nd</sup> ) Wagner- 94-1 (4 <sup>th</sup> )	Sherry- 50-10 (5 <sup>th</sup> )
3000 Meter Run (10:01.43)	Funk- 10:18.35 (1 <sup>st</sup> ) Manuel- 11:38.77 (2 <sup>nd</sup> )	B. Russo- 12:11.60 (1 <sup>st</sup> ) Olson- 12:17.82 Lane- 12:50.0 E. Russo- 12:14.06 (2 <sup>nd</sup> ) Rethwisch- 12:29.91
4 x 800 Meter Relay (9:46.44)	Mims, Trefz, Lyendecker, Reed 2:24 2:28 2:30 2:25 9:50.9 (1 <sup>st</sup> )	
Shuttle Hurdle Relay (1:07.53)	Fraga, Dreier, Whiting, Maya 15.7 16.7 16.4 15.5 1:05.88 (1 <sup>st</sup> ) MEET RECORD	Krumm, Kimmel, Roelf, Giovanelli 19.2 19.2 18.4 17.0 1:13.77 91 <sup>s</sup>
Distance Medley Relay (4:24.47)	Belmont, Lynch, Full, Kirsch 29.7 28.0 63.6 2:30 4:31.73 (1 <sup>st</sup> )	Ploessl, Hichwa, Struve, Herlein 30.8 29.3 67.5 2:49 4:56.00 (1 <sup>st</sup> )
100 Meter Dash (:12.26)	Matzen- 12.90 (1 <sup>st</sup> ) Tutson- 13.55	Frantz- 13.96 (4 <sup>th</sup> ), Goebel- 14.7 Jones- 13.83 (3 <sup>rd</sup> ), Kamber- 13.61 (1 <sup>st</sup> )
400 Meter Dash (:59.10)	Krei- 63.97 (1 <sup>st</sup> ), Sherry- 64.91 (2 <sup>nd</sup> )	Schallau- 69.33 (1 <sup>st</sup> ) Brookhart- 1:55, Turner- 72.51 (2 <sup>nd</sup> )
4 x 200 Relay (1:48.82)	Strickland, Belmont, Wagner, Dreier 27.9 28.9 29.5 26.5 1:52.67 (2 <sup>nd</sup> )	Wyss, Roberts, Hesselstine, Lynch 32 30.5 30.4 30.5 2:02.99 (3 <sup>rd</sup> )
100 Meter Hurdles (:14.42)	Maya,- 15.54 (2 <sup>nd</sup> ) Triplett- 15.38 (1 <sup>st</sup> )	Giovanelli- 17.5 Roelf- 17.73 (2 <sup>nd</sup> )
800 Meter Run (2:17.68)	Leyendecker- 2:33.42 (5 <sup>th</sup> ) J. Funk- 2:22.84 (2 <sup>nd</sup> )	Newton- 2:43.01 (3 <sup>rd</sup> ), Gill- 2:45.36 (5 <sup>th</sup> ) Lithane- 3:19.0, Wisely- 3:24.1 Sandler- 3:33.8, Boyd- 2:42.61 (2 <sup>nd</sup> )
200 Meter Dash (:25.14)	Wagner- 29.11 (6 <sup>th</sup> ) Strickland- 27.74 (3 <sup>rd</sup> )	Turner- 30.23 (1 <sup>st</sup> )
400 Meter Hurdles (1:07.54)	Dreier- 1:12.79 (2 <sup>nd</sup> ) Fraga- 1:11.24 (1 <sup>st</sup> )	Kirsch- 1:15.56 (2 <sup>nd</sup> ) Lynch- 1:14.71 (1 <sup>st</sup> ), Evans- 1:16.38
Sprint Medley Relay (1:49.44)	Triplett, Tutson, Matzen, Mims 14.0 12.8 28.3 61.9 1:57.04 (1 <sup>st</sup> )	Frantz, Hichwa, Hesselstine, Schallau 14.5 14.3 27.4 71.6 2:07.89 (1 <sup>st</sup> )
1500 Meter Run (4:56.09)	Trefz- 5:08.26 (1 <sup>st</sup> ) Ellsmore- 5:08.27 (2 <sup>nd</sup> )	Arora- 5:43.69 (1 <sup>st</sup> ), Pringle- 5:56.2 Towers- 5:48.06 (2 <sup>nd</sup> ), Rodriguez- 6:08.9 Snider- 6:31.0, Keely- 6:12.0
4 x 100 Meter Relay (:49.92)	Maya, Tutson, Triplett, Matzen 14.6 13.1 13.1 12.2 :52.66 (1 <sup>st</sup> )	Wagner, Ploessl, Wyss, Frantz- 55.84 (1 <sup>st</sup> ) Roberts, Crabtree, Oakley, Goebel- 1:01.3 Roelf, Kamber, Giovanelli, Jones- 55.85 (2 <sup>nd</sup> )
4 x 100 Throwers Relay	Wagner, Kreigger, Sherry, Elliott 1:04.30 (2 <sup>nd</sup> )	Awesome Distance 4 x 1!!- 1:06.0
4 x 400 Meter Relay (4:07.22)	Reed, Krei, Full, Mims 62.5 66.7 66 63.8 4:18.09 (1 <sup>st</sup> )	Struve, Herlein, Boyd, Sherry 66.6 72 ?? ?? 4:34.88 (2 <sup>nd</sup> ) Hichwa, Krumm, Evans, Belmont 68.3 70 ?? ?? 4:29.77 (1 <sup>st</sup> )

- Wow, what a way to start the outdoor season! I would first like to thank everyone who helped out with the meet. It is always huge undertaking to host a meet. In fact sometimes you even have to be the starter!! All the coaches who took splits and all the athletes who helped with hurdles or blocks or anything that was asked made the meet run well.
- A great meet from a team perspective. Team accomplishments include:

- Varsity 13 1<sup>st</sup> place, 4 2<sup>nd</sup> place, 2 3<sup>rd</sup> place. We placed in every event 3<sup>rd</sup> or better
- JV: 11 1<sup>st</sup> place, 2 2<sup>nd</sup> place, 2 3<sup>rd</sup> place. We placed in every event we entered.
- Varsity: A meet record and school record for number of points scored and a 100 point victory margin.
- JV: A 90 point victory margin
- Varsity: placed 1<sup>st</sup> & 2<sup>nd</sup> in 1500, 3000, 400, 100h, 400h
- JV: placed 1<sup>st</sup> & 2<sup>nd</sup> in 1500, 3000, 400, 400h (top 3), 4x1, 4x4 (both would have placed top 4 varsity)
- Even with the cold weather, our times from this year would have beaten last years state runner-up team 136-129 (last year it was nearly 60 degrees at the start of the meet!)
- It was also great to see everyone stay and support their team members up until the final event! Your coaches and teammates appreciate the support.
- Even with the cold weather, there were still a number of outstanding performances from an individual perspective:
  - JV: PR's were set by Rethwisch, B. Russo, Pringle, Towers, Snider and Boyd in their respective events.
  - Varsity: Manuel near PR in 3000, Triplett .6 faster in 100 hurdles over last year, Strickland improved her 200 time from last year by 1 second, Liz Matzen an awesome 4x1 anchor and improved 100m time over last year, Shuttle Hurdle team of Fraga, Dreier, Whiting, Maya set a new meet record by almost 2 seconds.
- This team has great potential to put up some big numbers at meets this season. This meet proves that you are mentally tough enough to handle anything. Have confidence in yourself, your training, and your team mates. The best is yet to come.