

# LITTLE HAWK INVITATIONAL

April 1, 2003

	Varsity	Junior Varsity
Long Jump (4 jumps)	Hichwa: 14-10.75 Triplett: 15-10 (2 <sup>nd</sup> )	Belmont: 14-4.5 (5 <sup>th</sup> ) Evans: 14-9 (2 <sup>nd</sup> ) Ploessl: 13-8.25
High Jump	Wiegert: 5-0 (4 <sup>th</sup> )	Gable: 4-6 (2 <sup>nd</sup> ) Olson: NH
Shot Put (4 puts)	Elliott: 38-0 (2 <sup>nd</sup> ) Wagner: 35-6.5 (3 <sup>rd</sup> )	Sherry: 27-0.25 (4 <sup>th</sup> ) Moore: 29-5 (1 <sup>st</sup> )
Discus (4 Throws)	Elliott: 127-8 (1 <sup>st</sup> ) MEET RECORD Wagner: 102-0 (4 <sup>th</sup> )	Sherry: 83-3 (3 <sup>rd</sup> ) Moore: 87-4 (1 <sup>st</sup> )
3000 Meter Run	E. Funk: 11:38.31 (2 <sup>nd</sup> ) Arora: 11:48.53 (4 <sup>th</sup> )	B. Russo: 12:28.12 (2 <sup>nd</sup> ) Lane: 13:13.56 Manuel: 13:21.12 Hall: 11:49.13 (1 <sup>st</sup> )
4 x 800 Meter Relay	Digglemann, Foreman, Dietz, Boyd 2:38 2:35 2:38 2:43 10:37.55 (4 <sup>th</sup> )	Evans, Brigham, Tippe, Gill 2:41 2:45 2:46 2:54 11:06.98 (1 <sup>st</sup> )
Shuttle Hurdle Relay	Whiting, Fraga, Roelf, Maya 1:07.77 (2 <sup>nd</sup> )	
Distance Medley Relay	Kamber, Hichwa, Struve, Trefz 2:18 4:19.44 (1 <sup>st</sup> ) MEET RECORD	K. Jones, Toins, Schallau, Plaughter 2:58 5:12.04 (3 <sup>rd</sup> )
100 Meter Dash	Tutson: 13.77 Hesseltine: 13.62 (4 <sup>th</sup> )	Goebel: 14.83 Minchk: 15.80 Wagner: 13.73 (1 <sup>st</sup> ) Olson: 19.33 Fredericks: UNK
400 Meter Dash	Krei: 1:01.51 (1 <sup>st</sup> ) Mims: 1:02.31 (2 <sup>nd</sup> )	Belmont: 1:04.09 (1 <sup>st</sup> )
4 x 200 Relay	Strickland, Jones, Sherry, Dreier 1:49.99 (2 <sup>nd</sup> )	Wyss, Julius, Gable, Ploessl 1:57.75 (1 <sup>st</sup> )
100 Meter Hurdles	Maya: 16.15 (2 <sup>nd</sup> ) Triplett: DQ	Jensen: 18.53 Roelf: 17.65 (2 <sup>nd</sup> ) Fraga: 16.38 (1 <sup>st</sup> )
800 Meter Run	Leyendecker: 2:23.08 (4 <sup>th</sup> ) Reed: 2:20.29 (2 <sup>nd</sup> )	Lithimane: 3:06.95 Cmiel: 3:03.92 Wisely: 3:06.14 Herlein: 2:48.12 (1 <sup>st</sup> )
200 Meter Dash	Dreier: 27.75 (2 <sup>nd</sup> ) Kamber: 28.60	Hesseltine: 29.38 (1 <sup>st</sup> ) Julius: 30.21 (3 <sup>rd</sup> ) Minchk: 33.01
400 Meter Hurdles	Sherry: 1:10.36 (3 <sup>rd</sup> ) Krumm: 1:13.20	Lynch: 1:13.64 (1 <sup>st</sup> ) Evans: 1:14.66 (2 <sup>nd</sup> ) Roelf: 1:15.34 (3 <sup>rd</sup> )
Sprint Medley Relay	Triplett, Whiting, Strickland, Mims 61.5 1:55.47 (2 <sup>nd</sup> )	Ploessl, Evans, Jensen, Goebel 2:10.08 (2 <sup>nd</sup> )
1500 Meter Run	Trefz: 4:45.09 (1 <sup>st</sup> ) MEET RECORD Reed: 5:02.89 (4 <sup>th</sup> )	Foreman: 5:22.38 (1 <sup>st</sup> ) Digglemann: 5:23.90 (2 <sup>nd</sup> ) Bross: 5:28.76 (3 <sup>rd</sup> ) Keely: 5:56.7 Ovrum: 5:49.90 Snider: 6:23.4 Tippe: 5:49.86
4 x 100 Meter Relay	Triplett, Tutson, Dreier, Maya 52.04 (2 <sup>nd</sup> )	Toins, Schallau, Olson, Jones 58.68 Wagner, Hichwa, Hesseltine, Kamber 53.22 (1 <sup>st</sup> )
4 x 100 Throwers Relay		Fraga, Fredericks, Krumm, Wyss 55.49 (2 <sup>nd</sup> )
4 x 400 Meter Relay	Full, Wiegert, Krei, Mims 66.3 4:16.51 (2 <sup>nd</sup> )	Dietz, Boyd, Gable, K. Evans 4:35.36 (2 <sup>nd</sup> ) Belmont, Struve, P. Jones, Leyendecker 4:16.71 (1 <sup>st</sup> )
Team Scores	City High 147 Mt. Pleasant 143 Bettendorf 51 Xavier 50.5	City High 175 Burlington 57 Xavier 52 Mt. Pleasant 52 Bettendorf 44

	Burlington 45.5 Urbandale 29 Dav Cent. 22 Muscatine 17	Urbandale 41 Dav Cent 28 Muscatine 24
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- A tremendous start to the outdoor season. We went up against a very talented Mt. Pleasant team and proved that we were up to the task even without several key performers.
- We performed better than last year in 22 of 31 events on the varsity level and 19 of 31 events on the JV side
- A few notable performances/PR's: Weigert 5-0 High Jump, Triplett 15-10 Long Jump, All throwers PR!: Wagner, Moore, Sherry (5' improvement from last year, & Elliott (15' improvement from last year and a Meet Record in the discus); Nelle Trefz 1500 Meet Record; Kamber, Hichwa, Struve, Trefz Distance Medley meet record; JV 4x100 of Kamber, Hichwa, Wagner, Hesseltine run 53 seconds and reach standard of excellence; JV 4x400 of Leyendecker, Belmont, Struve, Jones run 4:16 and meet the standard of excellence with a time that would qualify them for the state meet!

Best Performer	➤ Nelle Trefz	➤ Michelle Moore
Most Inspirational	➤ Meggan Reed	➤ Tiffiney Belmont
Most Improved	➤ Katie Krie ➤ Maggie Leyendecker	➤ Katie Sherry
Team Trophy	➤ Corrie Wagner	

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