

LITTLE HAWK INVITATIONAL: MARCH 30TH, 2004

	Varsity	Junior Varsity
Long Jump (4 jumps)	V. Mozena: 14-5.25 (5 th) Evans: 14-11.5 (2 nd)	E. Mozena: 14-11.25 (1 st)
High Jump	Whiting: 4-8 (5 th) Wiegert: 4-8 (5 th)	Sidwell: 4-8 (4 th)
Shot Put (4 puts)	Wagner: 36-11.25 (1 st) Anciaux: 36-4.5 (2 nd)	Sherry, Moore, Rethwisch, Minchk, (27-7 (6) 29-4.5 (4) 26-5 32-4.5 (1)
Discus (4 Throws)	Wagner: 91-11 (3 rd) Anciaux: 115-6 (1 st)	Sherry, Moore, Rethwisch, Minchk, Gill 85-0 (2) 90-1 (1) 71-2 78-3 (6) 7
3000 Meter Run	Anciaux: 11:05.00 (1 st) Foreman: 11:10.48 (4 th)	Sobaski: 13:12.72 (3 rd) Riley: 11:57.14 (2 nd)
4 x 800 Meter Relay	Arora, Leyendecker, Ziegenhorn, Trefz 2:32 2:25 2:31 2:19 9:48.37 (1 st)	Boyd, Plaughter, Wisley, Schallau 2:45 3:03 3:12 2:55
Shuttle Hurdle Relay	Whiting, Rydze, Fraga, Triplett	
Distance Medley Relay	E. Mozena, McLane, Sabers, Funk 28.0 28.6 65.2 2:25 4:27.91 (1 st)	Fredericks, Gerard, McCue, Bross 30.3 29.7 70.5 2:47
100 Meter Dash	Jordan: 13.02 (1 st) Strickland: 13.29 (4 th)	Wyss, Ploessl, Roush, Zoekler, Fis 14.22 (3) 14.27 (4) 16.99 16.57 14
400 Meter Dash	Dreier: 1:03.55 (2 nd) V. Mozena: 1:06.00 (4 th)	Hichwa: 68.76 (1 st)
4 x 200 Relay	Mueller, Jones, Mims, Kamber 29.0 28.5 26.7 26.5 1:51.45 (2 nd)	DeFrance, Wiegert, McLane, Evans 30.6 28.2 29.1 28.7
100 Meter Hurdles	Triplett: 15.26 (2 nd) Fraga: 16.19 (4 th)	Rydze: 16.34 (1 st)
800 Meter Run	Trefz: 2:22.79 (1 st) Ziegenhorn: 2:28.83 (5 th)	Anciaux, Lithimane, Kidwell, Dietz, 2:38.15 (4) 3:12 2:47.27 2:36.27 Sidwell, Diggleman, Mills, McKay 2:39.21 (5) 2:36.79 (2) 2:42 2:41.01 Olson, Garcia, Gill, Herlein 3:02.02 3:08 2:36.81 (3) 2:48
200 Meter Dash	Jordan: 26.66 (1 st) Strickland: 27.40 (3 rd)	Fredericks: 29.88 (1 st) McCue: 31.00 (5 th)
400 Meter Hurdles	Sabers: 1:12.27 (2 nd) Krumm: 1:12.34 (3 rd)	Roelf: 1:14.35 (1 st) Rydze: 1:16.80 (2 nd)
Sprint Medley Relay	Fraga, Wagner, Kamber, E. Mozena 14.2 13.2 27.4 62.9 1:58.06 (1 st)	Wyss, Fisher, Hichwa, Gerard 15.3 13.9 29.3 68.8
1500 Meter Run	Funk: 4:56.07 (1 st) Arora: 5:19.46 (4 th)	Riley: 5:46.28 (5), Towers: 5:32.32 (2), F 5:25.54 (1), Bross: 5:49.62 (6), Gill: 5:38
4 x 100 Meter Relay	Triplett, Mueller, Strickland, Jordan 13.2 13.1 12.9 11.9 51.60 (1 st)	Wagner, Kamber, DeFrance, Evans 14.3 13.0 13.4 13.4 Rydze, Fredericks, Ploessl, Wyss 15.3 14.1 13.3 13.3
4 x 100 Throwers Relay	Minchk, Anciaux, Rethwisch, Wagner 16.6 13.9 15.8 13.5 59.86 (1 st)	McCue, McLane, Roush, Zoekler 15.4 14.2 17.2 14.7
4 x 400 Meter Relay	Leyendecker, Mims, Wiegert, Dreier 61.9 62.3 64.3 63.9 4:13.35 (1 st)	Jones, V. Mozena, Mills, Dietz 66.7 67.5 70.1 72.7 4:38. Sidwell, Digglemann, Roelf, McKay 67.0 74.0 71.0 72.0 4:4 Schallau, Olson, Plaughter, Kidwell 77.3 78.9 80.2 81.8 5:
TEAM SCORES	City: 177 Mt. Pleasant: 109.5 Burlington: 62	City: 180 Mt. Pleasant: 56 Urbandale: 47

	Urbandale: 50.5 Muscatine: 33 Bettendorf: 28.5 Davenport Central: 25.5 Xavier: 16	Burlington: 47 Davenport Central: 44 Muscatine: 38 Xavier: 30 Bettendorf: 16
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A nice meet under less than ideal conditions. Team scores were very dominant. JV tripled second place and varsity beat a good Mt. Pleasant team by 70 and threatened the school record for points in a meet.

On the JV side, we won 14 of 19 events and were second in 6 others. This includes the top 7 in the 800 and 5 of the top 6 in the 1500. We had records in the D. Med, 4x2, 100 hurdles, 800, discus, and shot. Nice performances by Riley, Rydze, Towers, and Foreman as well as the 4x1 and 4x2 relays. Throwers were impressive winning both events and 1-2 in shot and 3 of top 4 in discus.

On the varsity side, we won 12 events and were second in 6 others. All of our relays were either 1st or 2nd tonight and we double placed in every individual event. The throwers won both events and made it a sweep of all the throwing events. Team scored 30 more points than last year and would have beaten last years team 141-138 had they been here. Performance highlights by Leyendecker, Anciaux & Foreman, Jodan, Triplett and Fraga, and Sara Anciaux. Keep working to improve. This nice performance needs to be followed up by ever improving times and distances to get us to where we want to be at the end of the season. Should be better weather on Saturday at Valley, so let's take advantage of it. Meet awards:

	Varsity	Junior Varsity
Best performer:	Camille Jordan & Maggie Leyendecker	Veronica Rydze
Most Inspirational:	Clair Anciaux	Page Towers
Most Improved:	Annie Fraga & Kerry Kamber	Alyse Riley