

Sherwood Relays Saturday, March 31st, 2013

It was great to get a meet in outdoors. While the weather wasn't optimal, we have competed in far worse over the years and you never know what you will face in some of the big meets--so this was good preparation. As a group we showed good focus, enthusiasm and support for one another. Of course there is always room for improvement in all three. There are great challenges ahead and yesterday will help us prepare for them. Yesterday was a good day to be a Little Hawk and if we continue quality training and maintain a positive attitude we will only get better. Good job girls!

Varsity Improvements from 2012- LJ, HJ, SP, D, 400, 800, 4x4

JV Improvements from 2012- LJ SP, D, SHR, DMed, 200, Smed, 1500

	Varsity	Junior Varsity	Results
Long Jump	Washpun Hansche 17'7.25" SB 1st 14' 0.25" 6th	D Johnson 15'1" 2nd	
High Jump	Saehler Hartley 4'10" 2nd	Blowers 4'6" 1st	
Shot Put	Gustafson Lehman 39'8" 1st 37'9.5" 2nd	Wortman Embrey Harris 32" 5" 1st 32'1" 2nd 26'8"	
Discus	Gustafson Wortman 114' 4" 1st 104'3"	Lehman Embrey Reyes Harris 103'5" 1st 77'02.5" 2nd 71'9.5" 4th 56'7" 5th	
3000 Meter Run	Siglin Parrott 12:04.40 2nd 12:26.19* 3rd	Shutt Cornell Lewers 12:41.20* 3rd 12:37.45* 2nd 12:36.89* 1st	
4 x 800 Meter Relay	Sammons Peterson Jones Perret 2:30.5 3:03.7 2:50.4 2:42.2		11:07.21 2nd
Shuttle Hurdle Relay	Perez Miller Plock Windschitl 17.9 18.3 17.4 18.3	Sabers Alderson Verdick Omar 19.1 18.8*# 21.8 19.7	1:12.04 2nd
100 Meter Dash	Washpun E. Johnson 13.71 2nd 15.56 6th	Kosier Heath Hauge 15.77 5th 16.07* 15.63 4th	
Distance Medley Relay	D Johnson Carroll Danielson FTraore 29.2 28.5 66.0 2:46.2		4:50.22 3rd
400 Meter Dash	C. Crew Omar 60.73 1st SB 63.82SB	Ali 1:18.68SB 3rd	
4 x 200 Relay	Blowers, Hanche, H. Crew, Washpun 28.1 30.0 27.9 26.1SB	Kosier E Johnson Gevock Carroll 31.8SB 30.3 30.0 SB 29.3	V 1:52.27 2nd JV 2:01.53 1st
100 Meter Hurdles	Perez 18.07 4th Miller 18.61 5th	Alderson 19.99 Sammons 18.53 1st Sabers 20.54 Windschitl 18.81 3rd	
Masters 800	Trefz Graf 2:19.07 2:36.04		
800 Meter Run	Carman Siglin 2:26.65 1st SB 2:45.47 5th	A Traore Verdick Jones 2:39.61* 2:45.10* 2nd 2:49.80* 3rd	
200 Meter Dash 200 (cont'd)	D. Johnson H Crew 29.75 6th 29.30 2nd	Omar Langenfeld Heath 29.17 SB 1st 32.46 SB 6th 34.39	
400 Meter Hurdles	Plock Sammons 66.79 1st 1:15.06 3rd	Perez 1:19.94 1st	
Sprint Medley Relay	Hanche H Crew Windschitl Blowers 14.3 13.3 30.9 64.1*	E. Johnson, Saehler, Gevock, Alderson 14.8 14.6 29.7 SB 69.1 SB	V 2:02.99 3rd JV 2:08.33 1st
1500 Meter Run	S. Traore Shepherd 5:37.74 4th 5:12.97 2nd	Perret Peterson 5:47.60SB 1st 6:22.30 3rd	
4 x 100 Meter Relay	D. Johnson Hanche C.Crew Washpun 13.8 13.3 12.5 12.7		52.54 2nd
4 x 100 Throwers Relay	Gusto, Wortman, Harris, Embrey 15.1 15.6 16.6 19.4		1:07.3 2nd
4 x 400 Relay	C. Crew, Plock Carman Omar 61.1 SB 60.5 SB 63.9 65.6 SB	Danielson F Traore H Crew Verdick, 63.6 SB 69.9 74.7 72.6 Jones A Traore Carroll teDuits 69.2* 69.4* 71.1SB 75.1	4:11.37 2nd SB 4:41.16 1st JV 4:45.43 2nd JV

Varsity Team Scores: City High-144, CR Jefferson-99, CR Washington-57, Davenport Central-47, Muscatine-31

JV Team Scores: City High-151, CR Jefferson-66, Davenport Central-49.50, CR Washington-32, Muscatine-25.50

#Exchange issue so split increased from 18.5 as outgoing runner left early, *=pr, SB=Season's Best, red result means standard of excellence reached