Valley Relays

April 4, 2009

"**If you want to enjoy the rainbow, be prepared to endure the storm"**
Clearly the threat of storm and pesky prevailing 20 mph winds didn't keep the Little Hawks from enjoying the rainbow of performances yesterday. From the 3000 to the 4x400 and from the long jump to the discus we scored and scored big. It is quite an array of bold print below to say the least. Ashley Wilkinson has now moved to second on the All-Time performance list for the 200m dash! The 4x100, 4x400, 4x800, and the Shuttle are looking more and more like Drake qualifiers although we cannot assume anything just yet. We also need to remember that Drake is only the short term goal. The bigger team goals can only be achieved in May. Be proud knowing you can compete with anyone and use this meet as motivation for the practices and meets that lie ahead. Great work Girls!!
Bold Red=Standard of Excellence SB=Season's Best PR=personal record Bold Print name=place winner

VARSITY					JV				
Long Jump	**Ward** 14'6" (2nd)		*Team Scores*	*Varsity*	Long Jump				
			CHS	**191**					
High Jump	**Brooks** **5'0" (2nd)**	**Johnson, V** **5'2" (1st)**	WDValley	138.5	High Jump	**Larsen** 4'8" (1st)	**Rew** 4'4"(3rd)		
			Waukee	121.5					
Shot Put	Behlke 26'2"	**Hyche** 31'5" (5th)	SE Polk	76	Shot Put	Seiren 22'6"	Nelson **33'0" (1st)**		
			DM Roosevelt	63					
Discus	Seiren 57'9.5"	Hyche **92'6" (3rd)**	Ft Dodge	59.5	Discus	Brookfield 46'00"	Behlke 55'00"		
			WDValleyB	39.5					
3000	**Rethwisch, R** **10:59.17(3rd)***	**Richardson** **10:54.71(1st)***	DM Hoover	30	3000	**ShinnickGordon** 11:57.53(1st)			
4 x 800m **9:58.26(1st)SB**	**Fuller** 2:31.3	**Kregel** 2:31.0	**Fagan** **2:29.1SB**	**Yagla** **2:26.7***	4 x 800m **11:08.56(1st)**	**Beasley** **2:36.5***	**Tamerius** 2:46.0	**Baker** **2:49.7***	**Gathua** 2:55.8
Shuttle Hurdle **1:10.77(2nd)SB**	Sotelo **17.8SB**	Larsen **17.7SB**	Kunc, S **17.3SB**	Jordan **17.7SB**	Shuttle Hurdle **1:17.76(1st)**	**Ward** **17.7***	**McCurn** **21.5SB**	**Lines** **18.5SB**	**Klabo** **19.5***
100m	**Wilkinson** **12.85(2nd)SB**				100m	**Feeney, K** **15.44SB**	**Suchanek** **14.88 (5th)SB**		
Distance Med **4:43.83(3rd)**	**Burian** 28.4	**Coleman** 28.3	**Stephenson** 66.5	**Rethwisch, A** 2:39.7	Distance Med **5:00.26 (1st)**	**Kooker** 31.5	**Eyman-Casey** 30.7	**Feeney, H** **68.5SB**	**Scoblic** 2:48.0*
400m	Mills **63.14*(1st)**	Sullivan, J **64.86(3rd)***			400m	**Fleming** **69.39(1st)***	**Baker** **69.96(2nd)***		
4 x 200m **1:55.32(4th)**	Burian 30.7	Sotelo **28.3***	Mueller **27.4SB**	Johnson, V 29.0	4 x 200m **2:04.00(6th)**	**Feeney, K** **32.4***	**Feeney, H** 31.7	**Suchanek** 29.6	**Hynes** **29.7SB**
100m Hurdles	**Jordan** 16.63 (2nd)	**Larsen** **17.57(6th)***	*Team Scores*	*Junior Varsity*	100m Hurdles	**Ward** 20.52 (5th)fall	**Klabo** **19.44 (3rd)***		
			CHS	**165.5**					
800m	**Langenfeld** **2:29.32(1st)***	**Richardson** **2:29.64(2nd)***	SE Polk	138	800m				
			Waukee	79					
200m Dash	Wilkinson **25.60(1st)***	Sullivan, J **27.71(5th)***	WDV A/B	75/46	200m Dash				
			DM Roosevelt	40					
400m Hurdles	**Sotelo** 75.89 (3rd)	**Lines** 77.71 (4th)	Ft Dodge	38.5	400m Hurdles	**Kunc, S** **74.26 (1st)***			
			DM Hoover	12					
Sprint Med **2:01.61 (5th)**	Nelson 13.4	Larsen **13.7***	Mueller 28.3	Hynes 66.7	Sprint Med **2:08.55(1st)**	**Feeney, K** 15.5	**Klabo** **14.7***	**Fleming** **29.8SB**	**Eyman-Casey** **67.4***
1500	Kregel **5:23.69 (3rd)**	Beasley **5:29.69 (5th)***			1500	Mahaffa **5:39.15 (3rd)**	Tamerius **5:38.81 (2nd)**	Stephenson **5:32.30 (1st)***	Rodriguez **7:05.07***
4 x 100m **51.68 (2nd)SB**	**Burian** **13.5**	**Nelson** **12.8**	**Coleman** **12.4***	**Jordan** **12.9**	4 x 100m **55.47 (1st)**	**Suchanek** 15.1	**Mueller** 13.4	**Kooker** 14.3	**Sullivan, J** **13.2***
4 x 400m **4:11.76(1st)SB**	**Wilkinson** **61.5SB**	**Fagan** 65.8	**Mills** **61.8SB**	**Yagla** **62.3***	4 x 400m **4:31.28 (1st)**	**Fuller** **66.7SB**	**Coleman** 68.1	**Langenfeld** **66.7***	**Hynes** 69.4