

# West Des Moines Valley Invitational

## April 8<sup>th</sup>, 2006

	<b>Varsity</b> (Varsity events will run first)	<b>Junior Varsity</b> (JV events will run second)
Long Jump	Mills- 13-9 Whiting- 16-5.75" (1 <sup>st</sup> )	Putnam- 12'11" (6 <sup>th</sup> ) Feeney- 12-8
High Jump	Wiegert- 4-9 (3 <sup>rd</sup> ) Massey- 4-7	Rew- 4-1
Shot Put	Anciaux- 41-1 (1 <sup>st</sup> ) Minchk- 34-8.5 (4 <sup>th</sup> )	Tutson- 33-0 (1 <sup>st</sup> ) Kenney- 26-6.5 (4 <sup>th</sup> )
Discus	Anciaux- 118-7 (1 <sup>st</sup> ) Minchk-	Tutson- 86-3 (1 <sup>st</sup> ) Koeppel- 81-4 (3 <sup>rd</sup> )
3000 Meter Run (One Heat)	Garcia- 11:13.75 (4 <sup>th</sup> )	Pham- 13:30.69 (3 <sup>rd</sup> ) Bross- 13:26.48 (2 <sup>nd</sup> )
4 x 800 Meter Relay (probably one heat)	Krei, Kregel, Anciaux, McCue 2:21 2:31 2:37 2:31 10:02.30 (2 <sup>nd</sup> )	Olson, Rethwisch, McFarland, Fosse 2:50 2:46 ? 2:38 11:08.
Shuttle Hurdle Relay	Rydze, Skay, Moen, Sabers 16.6 16.1 17.9 15.4 1:06.11 (1 <sup>st</sup> )	
Distance Medley Relay	Jordan, Harris, Robison, Sabers 27.5 27.6 63.6 2:32 4:32.32 (4 <sup>th</sup> )	Koenig, DeMoss, Chelf, McFarland 28.6 29.7 72.5 2:55 5:06
100 Meter Dash	Mabikulu- 13.38 Fredericks- 13.62	Martin- 14.95 Whiting- 13.99 (3 <sup>rd</sup> )
400 Meter Dash	Gerard- 67.6 Goddard- 68.5	Yeater- 1:13.11 (6 <sup>th</sup> ) Fosse- 1:11.51 (5 <sup>th</sup> )
4 x 200 Relay	Skay, Mills, Putnam, Mueller 27.8 27.2 28.6 25.9 1:49.62 (3 <sup>rd</sup> )	Kamber, Feeney, Nerad, Fredericks 30.8 27.5 31.9 28.8 1:59. Minchk, Massey, Cronbaugh, Chelf 33.4 31.9 30.5 31.4 2:07
100 Meter Hurdles	Whiting- 16.61 Moen- 16.72	Shaw- 19.52 Martin- 21.8
800 Meter Run	Wiegert- 2:36.7 McKay- 2:30.51	Rodriguez- 3:18.1 Garcia- 2:41.34 (3 <sup>rd</sup> ) Olson- 3:03.0
200 Meter Dash	Putnam- 27.60 Jordan- 27.32 (6 <sup>th</sup> )	Yeater- 31.80 Page Gerard- 28.14 (2 <sup>nd</sup> )
400 Meter Hurdles	Sabers- 1:06.58 (1 <sup>st</sup> ) MEET RECORD Rydze- 1:10.01 (5 <sup>th</sup> )	
Sprint Medley Relay	Skay, Anciaux, Mueller, Krei 13.2 12.2 26.9 57.7 1:50.26 (1 <sup>st</sup> )	Fredericks, Mills, Moen, DeMoss 13.6 13.7 28.5 68.0 2:04 Nerad, Gerard, Goddard, Kamber 14.7 13.3 29.8 68.6 2:06.
1500 Meter Run	McKay- 5:12.39 McCue- 5:13.	Anciaux- 5:28.74 (1 <sup>st</sup> ) Kregel- 5:35.31 (3 <sup>rd</sup> )
4 x 100 Meter Relay	Sparks, Anciaux, Putnam, Mabikulu 13.3 12.7 12.8 13.1 52.20 (4 <sup>th</sup> )	Moen, Fredericks, Whiting, Nerad 13.8 13.9 13.9 13.8 55. Minchk, Tutson, Martin, Shaw 15.5 14.9 14.3 13.8 58
4 x 400 Meter Relay (JV runs first)	Robison, Harris, Mills, Mueller 63.4 62.5 63.6 61.5 4:11.21 (3 <sup>rd</sup> )	Jordan, Skay, Koenig, Wiegert 68.5 69.2 68.5 65.5 4:31. Anciaux, Rethwisch, Kregel, Olson 4:

TEAM SCORES	WDM Valley- 108 City High- 104 DM Roosevelt- 99 Waukee- 98.5 DM Dowling- 59.5 Ft. Dodge- 47 SE Polk- 41 DM Hoover- 32	WDM Valley- 181 City High- 130 Waukee- 115 DM Dowling- 57 DM Roosevelt- 56 SE Polk- 26 Ft. Dodge- 10 DM Hoover- 2
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A terrific second outdoor meet. Your training is paying off with ever improving performances. At this point in the season we need to begin not only to prepare our bodies for success, but also to prepare our minds. This preparation comes in practice! If we hope to perform at the highest levels in the state in a meet, we have to prepare ourselves to do that every day in practice. Take it upon yourself to make the difference.

Improvements from 2005: Varsity (LJ, Shot, Discus, 3000, 4x8, shuttle, 4x2, 800x2, 200x2, 400h x2, smed, 1500 x2, 4x4- 13 of 19 events!), JV (shot, discus x2, 4x8, 800x2, 200x2, smed x2, 1500 x 2, 4x4). Varsity was 40 points closer to Valley than last year, we won 3 of 4 field events, and had 6 event wins compared to 1 last year. A couple of notable performances: Anciaux with #2 lifetime in both shot & discus, Krei with PR of 2:20 in 800 and 57.7 in 400, Whiting with 3 jumps over previous PR, Fosse with a 10 second time drop  
Standards of Excellence: 100- Putnam, Mabikulu; 200- Jordan, Putnam, Mills; 400- Harris, Mueller; 800- McKay; 1500- McCue, McKay; 100 hurdles- Sabers. Top 10 addition- Ashley Whiting LJ #9 (16-5.75).

Meet awards:

	Varsity	JV
Inspirational	Koenig	McFarland
Performance	McCue, Anciaux, Mueller	Fosse
Improved	Robison, Kregel	Feeney
Iron Woman	Krei, McKay	Nerad