

DEMON RELAYS

April 8th, 2011

Very short turn around for those who competed last night. We had a goal of getting some competition for the kids who would not be at Valley on Saturday and to get Drake Qualifying times in the 4x1, 4x4 and sprint medley. We accomplished both of these with a terrific sense of team spirit during the meet. Special congratulations to Emma Wortman on a double PR day, Erin Danielson on a PR in the 400, Claire Crew, Nicole Kuddes and Micky Hansche with PR splits in the 4x1.

	Varsity
Long Jump (4 jumps)	
High Jump	
Shot Put (4 puts)	Brookfield- 57-0, Wortman- 31-8 (4 th)
Discus (4 Throws)	Brookfield- 20-7, Wortman- 90-1 (3 rd)
3000 Meter Run	
4 x 800 Meter Relay	
Shuttle Hurdle Relay	
100 Meter Dash	Marshall- 13.89 , Heath- 14.65
Distance Medley Relay	
400 Meter Dash	Perret- 68.11 (6 th)
4 x 200 Relay	Heath, Wortman, Conrad, Cook 33.3 36.9 35.2 32.7 2:18.25 (5 th)
100 Meter Hurdles	
800 Meter Run	
200 Meter Dash	Marshall- 29.93 , Cook- 34.47, Conrad- 33.17
400 Meter Hurdles	
Sprint Medley Relay	Washpun, Hansche, Crew, Danielson 13.8 15.1* 24.2* 60.8 1:54.09(1 st)
1500 Meter Run	Perret- 5:38.50 (3 rd)
4 x 100 Meter Relay	Crew, Hansche, Kuddes, Washpun 12.3 12.3 12.4 13.9 50.84 (1 st) Meet Record
4 x 100 Throwers Relay	
4 x 400 Meter Relay	Sullivan, Lines, Carman, Sotelo 61.6 63.2 62.7SB 63.0 4:10.63 (1 st) Meet Record

RED=PR

Bold = Standard of Excellent

SB= Season's Best