

4 x 400 Meter Relay	Reed- 61.5 Hill- 63.5 Mims61.7 Linder- 61.7 4:08.99 (3rd)
Team Scores: CITY HIGH- 159 WDM Valley- 87 IC West- 81 Muscatine- 62 Pleasant Valley- 56 Newton- 31 North Scott- 23 Indianola- 6	

- The Forward Relays title is safely back where it belongs. From the very first event, it was clear that you guys were on a mission and would not be denied. Up and down the line, you proved that you are now the team to beat. But, in order to achieve the ultimate goal of a state title, there is much more work ahead. Don't rest on what you have done, because there are many in the state who will be after you now.
- What were the highlights? It is an amazing list, but here goes: Elliott throw season best in the discus AND shot put, Elliott likely qualifies Drake in the discus; Gatens throws pr's in discus and shot put; Strickland pr's by one foot in the long jump; Voss and Branstetter get 1st and 2nd in the high jump; Funk and Trefz go 1-2 in the 3000 in an emotional victory; shuttle hurdle of Frage, Triplett, Mo, Maya sets a school record; Maya runs a sub 15 second 100 hurdles; Triplett sets a hurdle pr; Trefz runs second consecutive 2:17 800m; Dreier runs 27.39 pr in the open 200; Fraga sets a 2 second pr in the 400 hurdles; Laurie Heckman runs yet another pr in the 1500; 4 x 100 relays runs a season best and the third fastest in the state so far.