

April 9th, 2009 Lancer Invitational

How nice to have a windless evening and a well trained team! As you can see I will have to replace my ink cartridge after this one. From start to finish bold print dominates. Do you feel the momentum building? It all comes from pushing each other in practice and encouraging each other in meets. It comes from meeting the challenge of running workouts and earlier meets in unpleasant conditions. And it is a tribute to all of your event coaches who continue to amaze me. Enjoy the results and then continue the work of becoming a team of champions!

VARSITY

Long Jump	Nelson 16'5" (3 rd)*	Ward 14'1.25"	Team Scores (13 teams) total CHS 117.5(121.5) PV 102.5 Bettendorf 53 Wahlert 52 Dav Cent 46 Burlington 26 Clinton 23.5 Dub. Hempst'd 19			
High Jump	Johnson, V 5'2"(2 nd)	Brooks				
Shot Put	Tutson 39'10.5"(1 st)SB	Nelson 34'9.5"(6 th)*				
Discus	Tutson 125'9"(1 st)	Hyché 103'10"(5 th)SB				
3000	Rethwisch, R** 10:53.10(2 nd)*	Kregel 10:59.8(4 th)*#				
4 x 800m	Fuller 9:48.18(1 st)SB	Langenfeld 2:27.9*			Fagan 2:25.9SB	Richardson 2:26.2*
Shuttle	Sotelo 1:09.93(2 nd)	Kunc, S 17.7			Larsen 18.1	Jordan 16.2*
100m	Wilkinson** 12.22(1 st)*	Burian 13.33SB				
D Med	Larsen 4:30.82(3 rd)SB	Mills 27.4			Coleman 65.3SB	Stephenson 2:29.9*
400m	Hynes 65.68(6 th)*	S Kunc 67.19*				
4 x 200m	Nelson 1:49.25(3 rd)SB	Mueller 27.7	Burian 28.0SB	Sullivan 26.2*		
100m H	Jordan 15.31 (2 nd)*	Ward 16.85(5 th)*#	Bold Name= Place Winner Bold Red= St. Excel. Met Bold Time= PR*or SB Name**= All-time top 10 # = irregularity			
800m	Kregel 2:31.92	Beasley 2:34.99*				
200m	Wilkinson 25.65(1 st)	Suchanek 29.54*				
400m H	Lines 1:14.52(6 th)*	Sotelo 1:11.63(3 rd)SB				
SprintMed	Nelson 1:59.07(6 th)SB	Coleman 11.8*	Mueller 28.9	Fuller 64.5*		
1500	Richardson 5:01.59(1 st)*	Holman 5:05.10(3 rd)*				
4 x 100m	Burian 52.64(5 th)	Jordan 12.8SB	Larsen 12.5*	Tutson 13.7		
4 x 400m	Wilkinson 4:07.01(2 nd)SB	Sullivan, J 62.5*	Mills 62.2	Yagla 61.6*		

JUNIOR VARSITY RELAYS

10:46.5(1 st)#			
Rethwisch, A 2:33.9SB	McFarland 2:39.9	Mahaffa 2:48.9*	Shinnick G 2:44.3*
Klabo 19.7	Lines 18.4*	Muir 19.8*	Ward 17.5*
1:15.33(1 st)#		4:50.3(3 rd)#	
Kooker 30.5	Fleming 28.8SB	H Feeney 68.5SB	Tamerius 2:42.5*
1:56.55(3 rd)#			
Muir 29.7	Eyman Casey 28.9SB	Suchanek 29.9SB	Johnson 28.5SB
2:06.16#			
Muir 14.37*	Klabo 14.28*	Hynes 28.61SB	Eyman Casey 68.9
56.3#		4x4 4:33.31 (3 rd)#	
Suchanek 14.3 SB	Kooker 13.6*	Brooks 14.7	Ward 13.6*
Stephenson 66.9	Fagan 66.4	Fleming 71.3	H Feeney 69.0