

Warrior Invitational, April 6, 2002

	Varsity	Junior Varsity
Long Jump (p & f) V first)	Hichwa: 15-5.75 (5 th) Hesseltine:	
High Jump (JV first)	Branstetter: 5-3.25 (1 st) NEW SCHOOL RECORD	
Shot Put (p & f, V first)	Wagner: 30-11 Elliott: 39-5 (2 nd)	Sherry: 22-6
Discus (p & f, V first)	Wagner: 89-5 Elliott: 124-2 (3 rd)	Sherry: 66-7
100 Meter Dash (prelim)	Kamber: 13.657 (qualified)	Goebel: 15.172
3000 Meter Run	Manuel: 11:25.59 (2 nd) Arora: 11:43.28 (4 th)	Pringle: 12:26.620 (3 rd) Lane: 12:46.530 (4 th)
100 M Hurdle (prelim)	Maya: 16.211 (qualified) Triplett: 15.911 (qualified)	Giovanelli: 17.604 (qualified) Roelf: 17.262 (qualified)
200 Meter Dash (prelim)	Belmont: 29.484 (qualified) Lynch: 29.093 (qualified)	Turner: 30.758 (qualified) Hesseltine: 30.989 (qualified)
4 x 800 Meter Relay	Boyd, Krei, Leyendecker, Mims 2:36 2:33 2:27 2:22 10:00.559 (1 st)	
Shuttle Hurdle Relay	Fraga, Triplett, Whiting, Maya 16 16.8 15.7 16.5 1:05.363 (1 st)	
Distance Medley Relay	Belmont, Wagner, Sherry, Kirsch 27.9 29.0 63.9 2:28 4:30.312 (1 st)	Frantz, Struve, Turner, Herlein 29.3 29.0 69.7 2:46 4:54.388 (2 ^{nc})
100 Meter Dash (final)	Kamber: 13.834 (5 th)	
400 Meter Dash	Reed: 1:02.043 (3 rd) Full: 1:02.995 (4 th)	Krumm: 1:05.370 (1 st)
4 x 200 Relay	Tutson, Lynch, Hichwa, Mims 27.9 28.9 27.7 28.1 1:52.724 (3 rd)	Kamber, Roelf, Giovanelli, Hichwa 27.8 32.3 29.6 29.6 1:59.181 (1 ^s)
100 Meter Hurdles (final)	Maya: 15.657 (2 nd) Triplett: 16.091 (3 rd)	Giovanelli: 17.949 (5 th) Roelf: 17.115 (2 nd)
800 Meter Run	Lyendecker: 2:30.884 (2 nd) Krei: 2:31.918 (3 rd)	
200 Meter Dash (final)	Lynch: 29.751 Belmont: 29.217 (6 th)	Turner: 30.224 (3 rd) Hesseltine: 29.857 (2 nd)
400 Meter Hurdles	Fraga: 1:08.777 (1 st) Kirsch: 1:11.680 (3 rd)	Evans: 1:17.324 (1 st)
Sprint Medley Relay	Tutson, Whiting, Full, Mims 13.7 13.7 27.6 62.1 1:57.578 (2 nd)	Hichwa, Frantz, Giovanelli, Herlein 13.8 13.6 29.5 68.6 2:06.349 (2 ^{nc})
1500 Meter Run	Manuel: 5:20.120 (4 th) Reed: dnf	Keely: 5:59.187 (5 th) Rodriguez: 5:55.480 (4 th)
4 x 100 Meter Relay	Maya, Heaven, Triplett, Fraga 13.5 12.4 13.0 13.4 52.787 (4 th)	Kamber, Frantz, Hesseltine, Wagner 14.2 13.0 13.8 13.1 54.591 (1 ^s)
4 x 400 Meter Relay	Full, Boyd, Sherry, Belmont 62.5 65.5 64.9 65.9 4:20.271 (3 rd)	Struve, Krumm, Hichwa, Kara Evans 64.9 68.0 68.3 69.9 4:32.272 (1 ^s)
	City High: 127 Cedar Falls: 111 Mason City: 52 CR Jefferson: 51	CR Xavier 38 CR Wash 39 Benton 33
		Cedar Falls: 137 City High: 92 Benton: 65

- Perhaps more than any meet that we have thus far this year, today showed the character and heart that this team has. Our line-up for this meet was literally being set on the way up to the meet on the bus, but you did not let that distract you. Without 7 of our top varsity performers, you showed that you could not only win, but win against a quality opponent. Cedar Falls will be a top 5 team at the state meet, and we ran head to head with them with a number of people competing in their first varsity competitions. Even though last Tuesday night was a great meet to see, from a coaches perspective this meet was even more rewarding because it too

such a team effort by so many people to win.

- A few notable performances on the day: Rachel Manuel running 11:25 reaching the standard of excellence in the 3000, Ruhee running 11:44 in the same race for 4th; Aly Boyd running 2:36 in the 4x8 in only her second time running the event; the 4x2 getting 3rd place with none of the 4 running a varsity 4x2 this season; Kelsey Full, Tiffany Belmont, Kelly Sherry, and Laura Struve all running seasons bests or personal bests in their 400 splits; Jessica Elliott with yet another pr in the shot of 39-5; Kerry Kamber finishing 5th in the varsity 100 in her first time in that event; the shuttle hurdle relay with another state leading time posted; Katie Sherry throwing a pr by 16 feet in the discus; both Lesley Keely and Brianna Rodriguez running under 6:00 in the 1500; Jessica Pringle running a pr in the 3000.
- There were many others who helped by running good solid splits for 3 or in some cases 4 races. These perhaps more than anything led to our success today.
- Oh, and who could forget the

SCHOOL RECORD by **JESSIE BRANSTETTER!!**

- Jessie broke the oldest record on the City High books by 1/4 inch. The new record (at least until she jumps again) is 5-3.25".
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