

# West Des Moines Valley Invitational

## April 3<sup>rd</sup>, 2004

	<b>Varsity</b> (Varsity events will run first)	<b>Junior Varsity</b> (JV events will run second)
Long Jump	V. Mozena: 15-3 (5 <sup>th</sup> ) Jordan: 15-8 (3 <sup>rd</sup> )	E. Mozena: 14-5.5 (3 <sup>rd</sup> )
High Jump	Wiegert: 5-0 (1 <sup>st</sup> ) Cress: NH	
Shot Put	Anciaux: 35-4.5 (1 <sup>st</sup> ) Wagner: 34-10.5 (2 <sup>nd</sup> )	Minchk: 29-3.5 (3 <sup>rd</sup> ) Gillmore: 29-8 (2 <sup>nd</sup> )
Discus	Anciaux: 108-3 (1 <sup>st</sup> ) Wagner: 96-4.5 (4 <sup>th</sup> )	Minchk: 74-1.5 (5 <sup>th</sup> ) Moore: 91-.5 (2 <sup>nd</sup> )
3000 Meter Run	Funk: 11:03.16 (1 <sup>st</sup> ) Arora: 11:11.33 (2 <sup>nd</sup> )	Riley: 11:57.57 (1 <sup>st</sup> ) Lane: 13:05.63 (3 <sup>rd</sup> )
4 x 800 Meter Relay	Anciaux, Mills, Roelf, Dietz 2:44 2:38 2:41 2:33 10:38.15 (2 <sup>nd</sup> )	
Shuttle Hurdle Relay	Rydze, Sabers, Fraga, Triplett 16.7 16.9 16.7 14.7 1:05.15 (1 <sup>st</sup> )	
Distance Medley Relay	Wiegert, McLane, V. Mozena, Leyendecker 28.5 28.5 67.1 2:26 4:31.45 (2 <sup>nd</sup> )	Fredericks, McCue, Hichwa, Kidwell 28.9 30 67.2 2:46 4:56.59 (:
100 Meter Dash	Jordan: 12.48 (2 <sup>nd</sup> ) Wagner: 13.46	Fisher:14.50 (6 <sup>th</sup> )
400 Meter Dash	Strickland: 63.90 (2 <sup>nd</sup> ) E. Mozena: 63.98 (3 <sup>rd</sup> )	
4 x 200 Relay	Triplett, Krei, Mims, Kamber 27.8 26.0 28.5 26.7 1:49.27 (1 <sup>st</sup> )	Ploessl, DeFrance, McLane, Evans 30.5 28.0 30.4 28.7 1:57.00 (: Fredericks, Anciaux, Gerard, Hichwa 29.7 28.8 29.3 28.4 1:58.21 (2
100 Meter Hurdles	Fraga:16.12 (6 <sup>th</sup> ) Rydze: 16.08 (5 <sup>th</sup> )	
800 Meter Run	Leyendecker: 2:29.50 (3 <sup>rd</sup> ) Arora: 2:38.2	Lithimane: 3:15.3 Plaughner: 3:02.09 (6 <sup>th</sup> )
200 Meter Dash	Mims: 27.64 (4 <sup>th</sup> ) V. Mozena: 28.8	Wyss: 29.60 (1 <sup>st</sup> )
400 Meter Hurdles	Sabers: 1:12.63 (3 <sup>rd</sup> )	Roelf: 1:17.05 (2 <sup>nd</sup> )
Sprint Medley Relay	Strickland, Kamber, Jordan, Krei 12.9 13.5 26.2 63.7 1:56.70 (1 <sup>st</sup> )	Ploessl, Fisher, Fraga, Gerard 16.4! 12.9! 28.5 68.3 2:06.49 (:
1500 Meter Run	Funk:5:10.88 (1 <sup>st</sup> ) Anciaux: 5:16.96 (2 <sup>nd</sup> )	Riley: 5:37.84 (2 <sup>nd</sup> )
4 x 100 Meter Relay	Triplett, Mueller, Strickland, Jordan 12.9 13.0 12.9 12.0 51.44 (1 <sup>st</sup> )	Wagner, Anciaux, DeFrance, Hichwa 13.2 14.5 14.4 12.9 55.49 (: Fredericks, McCue, Fisher, Wyss 13.9 15.2 14.0 13.8 57.03 (6
4 x 400 Meter Relay (JV runs first)	Wiegert, Mims, Sabers, E. Mozena 65.8 64.6 66.3 62.8 4:19.94 (2 <sup>nd</sup> )	Mills, McLane, Evans, Plaughner 66.4 67.7 69.1 75.9 4:39.95 (2 Dietz, Kidwell, Rydze, Kamber 69.1 75.4 70.8 67.1 4:42.69 (:

Team Scores	City High: 161 WDM Valley: 137 Waukee: 48 Roosevelt: 45 Southeast Polk: 39 Dowling: 39 Fort Dodge: 33 Hoover: 3	WDM Valley: 181 City High: 115 Roosevelt: 64 Dowling: 57 Fort Dodge: 24 Waukee: 24 Southeast Polk: 11 Hoover: 4
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Once again you showed that you are up to the task against one of the better teams in the state. WDM Valley was second at last years state meet, and have a solid team returning. But even without several key performers the outcome was a very convincing win. I also liked the way that you competed in the blustery conditions. We will see wind and cold throughout April, and you have shown you can do well regardless of the weather conditions. Hats off to the field events. I had a goal of scoring 30 points in the field events and we scored 37! We won 3 of 4 field events and placed two people in each on the varsity side. The JV was down a few people, but managed nice placing in the throws including a PR by Gillmore in the shot. Among the impressive performances of the day were Anciaux's double win in the throws, Arora and Riley in the 3000, Anciaux in the 1500, varsity 4x8 second place, 62 second 400 by Elise Mozena, 800's by Mills, Dietz, and Leyendecker. The next two meets will not provide much drama from a team standpoint, but will allow us to put up some impressive times/distances in every event. Our next challenge will be at Forwald on the 16<sup>th</sup> when West High visits.

Meet Awards:

	Varsity	Junior Va
Most Valuable	Sarah Anciaux	Alyse Riley
Iron Woman	Camille Jordan	Libby Fredericks
Most Inspirational	Molly Sabers	Aly Roelf
Most Improved	Ruhee Arora	Hallie Gillmore