

West Des Moines Valley Invitational

April 9th, 2005

	Varsity (Varsity events will run first)	Junior Varsity (JV events will run second)
Long Jump	Skay: 15-5.25 (5 th) Ho: 15-3.25	V. Mozena: 16-0.25 (1 st) Paul: 14-3.75 (2 nd)
High Jump	Wiegert: 4-9 (5 th) Whiting: 4-7	Gable: 4-3 (5 th) Gilmore: 4-5 (2 nd)
Shot Put	Anciaux: 37-4 (2 nd) Wagner: 36-98 (3 rd)	Minchk: 31-0.5 (1 st) Sherry: 26-9.5 (4 th)
Discus	Anciaux: 102-10 (5 th) Wagner:	Sherry: 84-6 (2 nd) Saehler:
3000 m	Arora: 11:40.70 (4 th) Anciaux: 11:22.31 (2 nd)	Panther: 12:14.37 (2 nd)
4 x 800 Relay	Dietz, E. Mozena, Maurer, Mills 10:22.93 (4 th) 2:37 2:38 2:38 2:28	Boyd, Garcia, Herlein, Olson 11:43.96 (3 rd) 2:49 2:57 2:54 3:01
Shuttle Hurdle	Rydze, Sabers, Whiting, Fraga 1:07.43 (4 th) 16.9 17.0 16.4 16.6	Neu, A. Whiting, Moen, Paul 1:10.44 (1 st) 17.1 17.8 17.6 18.0
Distance Medley	Hichwa, Skay, V. Mozena, Leyendecker 4:27.34 (3 rd) 29.2 28.3 65.7 2:24	Robison, DeFrance, Ho, McCue 4:45.74 30.6 29.3 67.3 2:38
100 Meter Dash	Gerard: 12.99 Koenig: 12.96	Fisher: 14.38 S. Anciaux: 13.11 (1 st)
400 Meter Dash	Aron: 62.72 (2 nd) Mims: 61.77 (1 st)	
4 x 200 Relay	Mueller, Wiegert, Skay, Kamber 1:50.64 (2 nd) 26.3 29.1 27.9 26.8	V. Mozena, Gerard, DeFrance, Gable 1:58.54 (27.6 32.0! 28.2 29.6) Gilmore, Minchk, Moen, A. Whiting 2:05.82 (31.3 36.9! 26.6! 31.1)
100 Meter Hurdles	Fraga: 16.18 Rydze: 16.06	Neu: 16.22 (2 nd) Paul: 16.43 (4 th)
800 Meter Run	Maurer: 2:38.8 Dietz: 2:34.46	Olson: 2:56.82 Lithimane: 3:11.90
200 Meter Dash	Mueller: 28.67 (5 th) Kamber: 28.67 (5 th)	Gilmore: 32.45 Neu: 30.04 (1 st)
400 Meter Hurdles	Sabers: 1:08.17 (2 nd) Krumm: 1:13.13 (4 th)	Rydze: 1:15.20 (3 rd) T. Whiting: 1:12.95 (2 nd)
Sprint Medley Relay	Gerard, Koenig, Aron, Mills 1:58.72 (3 rd) 13.3 12.9 29.9 63.2	Wagner, DeFrance, Robison, Panther 2:09.62 (13.7 13.1 30.3 72.2) Ho, Hichwa, Fisher, Gable 2:08.37 (14.4 13.4 30.7 69.6)
1500 Meter Run	Leyendecker: 5:13.77 (3 rd) Anciaux: 5:15.74 (4 th)	Garcia: 6:10.33 McCue: 5:39.62 (1 st)
4 x 100 Meter Relay	Koenig, Skay, Kamber, Mueller 51.54 (2 nd) 13.2 12.7 12.7 12.7	Rydze, Fraga, T. Whiting, Wagner 54.82 (2 nd) (13.8 14.1 13.2 13.4) Neu, Moen, Paul, A. Whiting 54.95 (3 rd) (14.2 13.0 13.7 13.8)
4 x 400 Meter Relay (JV runs first)	Sabers, Mims, E. Mozena, Wiegert 4:16.62 (3 rd) 63.7 61.6 66.8 64.4	V. Mozena, Krumm, Maurer, Gerard 4:33.59 (65.4 67.5 71.8 68.4) Boyd, Herlein, McCue, Minchk 4:54.27 (70.1 74.1 70.8 78.9)
Team Scores	Valley: 143, CITY HIGH: 100, Waukee: 66, Roosevelt: 65, Fort Dodge: 59, Dowling: 44, Southeast Polk: 24, Hoover: 4	CITY HIGH: 151, Valley: 130, Fort Dodge: 63, W 57, Dowling: 39, Roosevelt: 28, Southeast Polk: : Hoover: 12

A solid performance today. Even missing several key varsity competitors, you persevered like the champions you are. On the day, there were several improvements over the 2004 team at this meet: Long Jump x3, Shot Put x3,4x8 (varsity & JV), Distance Med (varsity & JV), 100m (one varsity, one JV), 400m (both varsity), 100h (one varsity), 400h (both varsity, one JV), 1500 (one varsity), 4x400 (varsity & JV), JV won the meet. Kudos to the long jumpers for an outstanding day and to the JV team for their championship. Several people were added to the standards of excellence even on this blustery day: 100m: Sarah Anciaux, 800m: Caroline Mills, 1500m: Emily Funk, Maggie Leyendecker, Clair Anciaux, Long Jump: Valerie Mozena. Meet award for the meet: Most Improved, Caroline Mills, Valerie Mozena; Iron Woman, Clair Anciaux, Tamika McCue; Inspirational, Tara Whiting; Best Performance, Kelsey Mims, Abby Neu. We will see Valley again at Forwald along with West High. It should be a heck of a rematch.