

Clinton Invitational April 14th, 2009

"Don't be afraid to go out on the limb, that is where the fruit is" H. Jackson Browne

We finished our pre-Drake competition with another step in the right direction. Compared to a year ago we were better in 13 events, even or slightly better in 5 and less well in one event! We should be proud of our progress, last night's accomplishments and excited about sending a strong contingent to Drake. At the same time we must keep our eyes on the bigger prizes ahead. There is always improvement to be made and we will need to do so if we want to challenge West, Waukee, and Dowling. We have work to do at West Branch the next two Thursdays and will have some fun at Drake but then it is on to Forward to challenge the folks across the river and their 1400whatever days. We are getting better prepared for that confrontation every week. Keep up the good work!

Team Scores

CHS	176
PV	96
Bettendorf	76
Clinton	62
Xavier	44
Moline	44
NScott	38
DeWitt	15
Dav West	2

4:30	Long Jump	Nelson 16'5.25"(93 rd)*	Ward 14'8"		
West pit					
Start at 4'2"	High Jump	Brooks 4'10"(3 rd)	Johnson, V 5'3"(1st)SB		
S ring	Shot Put	Tutson 38'4"(1st)	Hyche 32'3"		
SW ring	Discus	Tutson 121'11"(1st)	Hyche 96'5"(6 th)		
4:30	3000	Richardson 10:48.44(1st)*	McFarland 11:55SB		
5:00	4 x 800m Relay	Kregel 2:26.8SB	Holman 2:38.5	Rethwisch, A 2:33.3	Stephenson 2:28.2*
5:25	Shuttle Hurdle A	Sotelo 17.9	Kunc, S 17.2	Ward 17.7	Jordan 16.1
5:45	100m	Nelson 12.84(4th)SB	Wilkinson 12.66(1st)		
6:00	Distance Med	Burian 28.0SB	Mueller 28.9	Hynes 64.7*	Langenfeld 2:28.5
6:15	400m	Sullivan, J 62.84*(4th)	Lines 67.4SB		
6:30	4 x 200m Relay	Larsen 27.8	Coleman 27.5	Muir 28.8	Mills 26.9
6:50	100m Hurdles	Jordan 15.60(1 st)	Ward 17.36(4 th)		
7:10	800m	Fuller 2:27.32(3rd)SB	Richardson 2:24.39(1st)*		
7:25	200m Dash	Burian 28.53(5 th)	Sullivan, J 28.21(3 rd)		
7:45	400m Hurdles	Sotelo 1:12.68(3 rd)	Kunc, S 1:14.12(4th)*		
8:00	Sprint Med A	Nelson 13.2	Coleman 12.4	Wilkinson 26.2	Mills 59.8
8:20	1500	Rethwisch, R 5:04.22(3rd)*	Fagan 5:07.05(4th)SB		
8:40	4 x 100m Relay	Nelson 13.1	Coleman 12.3	Jordan 12.3	Wilkinson 12.6
9:00	4 x 400m Relay	Langenfeld 64.4*	Hynes 66.0	Mueller 71.0	Stephenson 67.6

Bold Name= Place Winner
Bold Red= St. Excel. Met
Bold Time= PR*or SB
Name=** All-time top 10