

West Des Moines Valley 2010

The weather took a turn for the better and so did City High track and field. Despite a two-hour school bus ride and being short-handed you competed very well. Athletes stepped in to fill the voids. That is what we need to become the best we can be. Compared to 2009 we improved in every field event and performed as well or better in 12 of the 15 running events. You competed hard and were rewarded with consistent a sea of prs and season's bests. We do have work to do. Our exchanges can improve. Technique in specialty events will get better with practice. And of course, our overall fitness will continue to improve. What encourages me though, is your growth in character. Your will and your commitment grows each week. Keep up the good work and bring the same enthusiasm, resolve and flexibility to The Lancer Invitational this week and we will take another step toward success.

VARSITY					JV			
Long Jump	Nelson 15'5" (4 <sup>th</sup> )	Hansche 13'5"						
High Jump	Brooks 5'2" (2 <sup>nd</sup> )*	Johnson, V 5'0" (3 <sup>rd</sup> )						
Shot Put	Hyché 34'11" (2 <sup>nd</sup> )*	Gustafson 33'4" (4 <sup>th</sup> )*			Chambers 27'5"*	Belke 26'7"		
Discus	Hyché 105'2." (3 <sup>rd</sup> )	Gustafson 86'0"*			Gonzales 74'0" (4 <sup>th</sup> )	Chambers 73'4" (5 <sup>th</sup> )		
3000m	Rethwisch, R 10:39.87(2 <sup>nd</sup> )	Richardson 10:46.84(4 <sup>th</sup> )SB			Shinnick-Gordon 12:22.22 (1 <sup>st</sup> )SB			
4 x 800m 10:33.06 (4 <sup>th</sup> )	Langenfeld 2:29.6SB	Beasley 2:36.5SB	Siglin 2:43.9*	Hudachek 2:42.5	Ali 2:52.0*	Peterson 2:55.0*	Mahaffa 2:59.0	Mendenhall 3:07.4*(11:56.41,4 <sup>th</sup> )
Shuttle Hurdle 1:11.05 (2 <sup>nd</sup> )SB	Sotelo 17.3SB	Feeney 17.9SB	Lines 17.6SB	Kunc 17.9SB	Perez 18.5	Sullivan 18.9*	Enloe 20.4*	Omar 21.51(19.69,3 <sup>rd</sup> ,SB)
100m	Wilkinson 12.81SB (2 <sup>nd</sup> )	Crew 13.64*			Kooker 14.8(4 <sup>th</sup> )SB			
Distance Med 4:26.20* (1 <sup>st</sup> )	Hansche 28.2*	Mueller 27.4SB	Sullivan 62.9SB	Danielson 2:26.82*				
400m	Hynes 65.82 SB	Eyman-Casey 68.35 SB			Omar 67.40 (1 <sup>st</sup> )*			
4 x 200m 1:54.43 (3 <sup>rd</sup> )	Nelson 27.2	Mueller 28.9	Kroeze 28.1*	Crew 27.2	Perez 31.2	Langenfeld 30.8	Baker 28.9	Enloe 32.7(2:03.78,4 <sup>th</sup> )
100m Hurdles	Sotelo 17.72 (3 <sup>rd</sup> )	Lines 18.25			Feeney 17.89 (1 <sup>st</sup> )			
800m	Yagla 2:24.18(2 <sup>nd</sup> )SB	Fagan 2:25.42 (3 <sup>rd</sup> )			Scoblic 2:50.34(5 <sup>th</sup> )SB	Mendenhall 2:58.32*		
200m Dash	Omar 29.93*	Wilkinson 26.52(1 <sup>st</sup> )SB			Kooker 30.99(6 <sup>th</sup> )SB	Enloe 33.09*		
400m Hurdles	Kunc 70.95(2 <sup>nd</sup> )*	Sotelo 69.51(1 <sup>st</sup> )			Lines 73.83 (1 <sup>st</sup> )	Perez 81.74 (4 <sup>th</sup> )		
Sprint Med 2:01.66 (4 <sup>th</sup> )	Nelson 13.2	Hansche 13.5*	Mueller 27.7	Crew 66.9*	Kroeze 13.8*	Brooks 14.3	Johnson 29.7	Baker 68.9SB
1500	Holman 5:09.16(5 <sup>th</sup> )SB	Stephenson 4:59.23(2 <sup>nd</sup> )*			Siglin 5:32.26(1 <sup>st</sup> )*	Peterson 6:02.59 (5 <sup>th</sup> )		
4 x 100m 54.30 (3 <sup>rd</sup> )	Kroeze 14.2	Mueller 13.5	Hansche 13.4*	Nelson 12.9	Kooker 14.1	Feeney 13.3SB	Brooks 15.2	Chambers 15.2(58.06,5 <sup>th</sup> )
4 x 400m 4:07.35(2 <sup>nd</sup> )SB	Yagla 62.4 SB	Fagan 63.7SB	Danielson 62.3*	Wilkinson 58.7*	Hynes 65.8SB	Langenfeld 66.7SB	Kroeze 72.8*	Beasley 69.4SB(4:35.10,2 <sup>nd</sup> )

Red Name=Standards of Excellence

Red Time= Meet Scoring

\*= Personal Record

SB= Season's best

Varsity Team Scores: WDV 190.5, **CHS 172**, Waukee 127.5, SE Polk 105, DM Roosevelt 35, WDV-Orange 35, Mason City 29, DM Hoover 12

JV Team Scores: Waukee 196, SE Polk 125, **CHS 116**, WDV Black 66, WD Valley Orange 62.5, Mason City 60, DM Roos. 22.5, DM Hoover 11