

# Xavier Invitational, April 15, 2000

## City High School Girls Track Results

	Varsity	Junior Varsity
Long Jump (p & f)	Holland- 16'2" (1 <sup>st</sup> )	Mims- 13'7.5" (3 <sup>rd</sup> )
High Jump	Branstetter- 5'1" (2 <sup>nd</sup> ) Voss- 4'10" (5 <sup>th</sup> )	Furlong- 4'6" (2 <sup>nd</sup> ) Vernon- 4'10" (1 <sup>st</sup> )
Shot Put (p & f)	Elliot- 32'4" (3 <sup>rd</sup> ) McDuffie- 31'3.5" (4 <sup>th</sup> )	Jackson- 31'2" (1 <sup>st</sup> ) Meijer- ND
Discus (p & f)	Elliot- 111'7.5" (1 <sup>st</sup> ) Jackson- 102'11.75" (4 <sup>th</sup> )	Carrol- 59'9.5" (7 <sup>th</sup> ) Finken- 67'1" (3 <sup>rd</sup> )
3000 Meter Run	Meng- 11:10.50 (1 <sup>st</sup> ) Moreno- 11:24.55 (2 <sup>nd</sup> )	Kjonaas- 11:31.12 (1 <sup>st</sup> ) Russo- 12:26.44 (2 <sup>nd</sup> )
4 x 800 Meter Relay	Kerstetter- 2:37.0 Heefner- 2:28.01 Vanderah- 2:36.95 Ellsmore- 2:38.1 <b>10:20.57 (2<sup>nd</sup>)</b>	O'Shaughnesy- 2:59 McAndrew- 2:50 Olson- 2:58 Krueger- 2:39 <b>11:26.60 (1<sup>st</sup>)</b>
Shuttle Hurdle Relay	Holland- 17.3 Fraga- 17.3 O'Sheridan-Tabor- 17.4 Monitto-Webber- 16.4 <b>1:08.82 (1<sup>st</sup>)</b>	Dunn- 17.5 Blignaut- 17.6 Evans- 18.0 Giovannelli- 16.9 <b>1:10.13 (1<sup>st</sup>)</b>
Distance Medley Relay	Gilpin- 30.8 Thalken- 25.0 Nearad- 61.7 Lilienthal- 2:16.3 <b>4:13.08 (1<sup>st</sup>)</b>	Messier- 33.5 Sutter- 32.2 Schallau- 69.0 Kjonaas- 2:39.6 <b>4:55.20 (1<sup>st</sup>)</b>
100 Meter Dash	Matzen- 12.49 (1 <sup>st</sup> ) Gatens- 12.76 (3 <sup>rd</sup> )	Tutson- 14.16 (1 <sup>st</sup> ) Johnson- 14.42 (5 <sup>th</sup> )
400 Meter Dash	Hill- 1:02.72 (2 <sup>nd</sup> ) Struve- 1:05.59 (5 <sup>th</sup> )	Newton- 1:08.70 (3 <sup>rd</sup> ) Sherry- 1:07.17 (1 <sup>st</sup> )
4 x 200 Relay	Gilpin- 29.0 Thalken- 28.2 Olsen- 27.9 Rembolt- 27.2 <b>1:52.74 (3<sup>rd</sup>)</b>	Dunham- 29.4 Beutter- 29.4 Powell- 29.6 Welter- 28.5 <b>1:56.66 (1<sup>st</sup>)</b>
100 Meter Hurdles	Maya- 15.50 (1 <sup>st</sup> ) Fraga- 16.44 (3 <sup>rd</sup> )	Holland- 16.75 (1 <sup>st</sup> ) Dunn- 17.72 (4 <sup>th</sup> )
800 Meter Run	Mills- 2:22.59 (1 <sup>st</sup> ) Ekiring- 2:25.33 (3 <sup>rd</sup> )	Mims- 2:35.81 (2 <sup>nd</sup> ) Lake- 2:28.74 (1 <sup>st</sup> )
200 Meter Dash	Nearad- 25.99 (1 <sup>st</sup> ) Matzen- 26.21 (2 <sup>nd</sup> )	Messier- 31.28 (4 <sup>th</sup> ) Powell- 29.73 (1 <sup>st</sup> )
400 Meter Hurdles	Gatens- 1:05.94 (1 <sup>st</sup> ) Blignaut- 1:14.34 (4 <sup>th</sup> )	

Sprint Medley Relay	Gilpin- 14.7 Tutson- 13.7 Hill- 27.9 Rembolt- 63.5 <b>1:58.90 (5<sup>th</sup>)</b>	Hinshaw-14.2 Beutter- 13.9 Olsen- 28.4 Struve- 66.5 <b>2:03.17 (1<sup>st</sup>)</b>
1500 Meter Run	Lilienthal- 4:35.19 (1 <sup>st</sup> ) Kirsch- 5:03.41 (2 <sup>nd</sup> )	Ellsmore- 5:20.29 O'Shaughnesy- 5:57.25 (2 <sup>nd</sup> )
4 x 100 Meter Relay	Nearad- 13.2 Matzen- 12.4 Holland- 12.4 Gatens- 12.0 <b>:50.13 (1<sup>st</sup>)</b>	Hinshaw- 14.0 Sutter- 16.1 Dunham- 13.3 Evans- 13.1 <b>:56.64 (1<sup>st</sup>)</b>
4 x 400 Meter Relay	Ekiring- 60.9 Lake- 63.6 Mims- 61.3 Mills- 62.4 <b>4:08.89 (2<sup>nd</sup>)</b>	Schallau- 69.7 Newton- 68.4 Sherry- 68.2 Heefner- 65.9 <b>4:32.21 (2<sup>nd</sup>)</b>
<b>Team Scores:</b>	<b>City High- 185</b> Muscatine- 76 CR Washington- 69 Linn-Mar- 54 CR Xavier- 54 North Scott- 48	<b>City High- 184</b> North Scott- 82.5 Linn-Mar- 66.5 Xavier- 61 Muscatine- 35 CR Washington- 32

## WOW!!

- What a tremendous meet. From top to bottom the best meet so far this season!! A superior effort from **EVERYONE** who competed.
- From a team standpoint we were dominant in every manner. Both varsity and JV scored over 180 points. The varsity point total of 185 is a new school record for points scored at a meet. Between varsity and JV we scored in every single event with the exception of the JV 400 hurdles (an event in which no one was entered). The varsity team won 12 events, while the JV won an amazing 14! We also had three new additions to the Standards of Excellence. No other team in the state has had a better meet this season.
- Not only did we win many events here, but the varsity times we put up were among the best in the state. From this meet alone, we got 5 state leading times (100m- Matzen, 200m- Nearad, 1500m Lilienthal, D. Med, 4 x 100). We also added 3 things to the top 5 in the state (200m- Matzen, 400h- Gatens, 4 x 400). Also, two other events were added to the top ten (100m- Gatens, 100h- Maya). This is an incredible accomplishment.
- You should be very proud of what you accomplished today. Don't, however, think that our season is done. It is only just beginning. There are many BIG meets remaining (Forwald, Drake, MVC) and the competition will get better quickly. So continue the effort you have shown so far through the next several weeks to remain where you are.