

Xavier Invitational, April 8, 2004

	Varsity	Junior Varsity
Long Jump (p & f)	Evans: 15-4-.75 (3 rd) V. Mozena: 15-7.75 (2 nd)	E. Mozena: 14-05 (1 st) Cress: 13-0 (6 th)
High Jump	Wiegert; 4-8 (2 nd) Sidwell: 4-6 (3 rd)	
Shot Put (p & f)	Wagner: 34-7.5 (2 nd) Anciaux: 35-5.75 (1 st)	Minchk: 31-2.5 (1 st) Gillmore: 30-4.5 (2 nd)
Discus (p & f)	Wagner: 93-1 (3 rd) Anciaux: 110-5 (1 st)	Sherry: 95-06 (1 st) Moore: 80-07 (2 nd)
3000 Meter Run	Arora: 11:05.25 (1 st) Anciaux: 11:31.79 (2 nd)	Foreman: 11:15.54 (1 st) Lane: 12:43.23 (2 nd)
4 x 800 Meter Relay	Dietz, Funk, Diggleman, Mills 2:30 2:24 2:41 2:40 10:17.24 (2 nd)	Boyd, Herlein, Schallau, Wisely 2:45 2:47 2:43 3:03 11:37.14 (1 st)
Shuttle Hurdle Relay	Rydze, Sabers, Fraga, Triplett 16.1 17.1 15.8 15.1 1:04.64 (1 st) MEET RECORD	
Distance Medley Relay	Jones, Dreier, E. Mozena, Leyendecker 26.9 27.7 61.3 2:25 4:21.81 (1 st)	Fisher, Ploessl, Gerard, McKay 29.8 29.8 66.8 2:43 4:50.34 (1 st)
100 Meter Dash	Fredericks: 14.16 (3 rd) Wyss: 14.27 (4 th)	Roush: 17.34 Zoeckler: 15.87 (6 th)
400 Meter Dash	Mims: 61.75 (1 st) Hichwa: 69.02 (6 th)	V. Mozena: 1:04.18 (1 st) Plaughter: 1:13.62 (4 th)
4 x 200 Relay	Strickland, Krei, Kamber, Jordan 25.3 27.7 26.3 26.6 1:46.37 (1 st) MEET RECORD	Wyss, McLane, DeFrance, Anciaux 28.3 28.3 28.7 29.3 1:54.29 (1 st)
100 Meter Hurdles	Triplett: 14.68 (1 st) MEET RECORD Fraga: 15.91 (3 rd)	
800 Meter Run	Ziegenhorn: 2:25.21 (3 rd) Trefz: 2:17.80 (1 st)	Sidwell: 2:41.15 (3 rd) Olson: 2:59.08 (5 th)
200 Meter Dash	Evans: 28.22 (2 nd) E. Mozena: 27.46 (1 st)	Goebel: 31.69 (5 th) McCue: 30.17 (3 rd)
400 Meter Hurdles	Sabers: 1:09.01 (1 st) Krumm: 1:10.41 (3 rd)	Rydze: 1:12.73 (1 st)
Sprint Medley Relay	Wagner, Hichwa, Mims, Krei 13.3 13.2 27.2 60.7 1:54.68 (1 st)	Fredericks, DeFrance, McLane, Wiegert 13.6!! 12.8!! 28.6 63.6 1:58.76 (1 st)
1500 Meter Run	Gill: 5:24.87 (2 nd) Riley: 5:29.33 (3 rd)	Bross: 5:37.34 (1 st) Sobaski: 5:51.36 (2 nd) Kidwell: 5:51.8, Lithimane; 6:45.5, Garcia 6:02.8
4 x 100 Meter Relay	Triplett, Mueller, Strickland, Jordan 13.1 12.5 12.5 12.3 :50.49 (1 st)	Fisher, Goebel, Roush, Zoeckler 14.24 15.1 17.2 15.2 1:01.80 (1 st)
4 x 400 Meter Relay	Leyendecker, Trefz, Funk, Dreier 62.6 60.0 64.3 60.8 4:07.61 (1 st)	Kamber, Jones, Krumm, Ziegenhorn 64.5 62.2 66.4 64.5 4:17.6 (1 st)
TEAM SCORES	City High: 206 (school record!) Newton: 89 Cedar Rapids Prairie: 57 Regina: 57 Xavier: 38 Linn-Mar: 35	City High: 149 Linn-Mar: 75 Newton: 54 Xavier: 52 Prairie: 43 Regina: 18

A very solid meet. You showed the ability to push yourselves when none of the other teams were able to. That is the mark of a champion. The stats on the meet are impressive, bordering on obscene.

For the junior varsity: won 12 of 19 events, doubled the second place score, 19 season best performances. Just to give you some perspective, if we would have run our JV in the varsity section you would have gotten third place. In addition, ten of the events we had this year were better than the events from 2003 when the JV scored an amazing 211 points.

For the varsity: won 14 of 19 events, 3 meet records, a school record for number of points scored 25 season best performances, 4 season best relays, and this years team was better in 13 events than the 2003 team.

You have shown that you have put in the physical work to be great this season. With 5 weeks left, it is time to spend more time focusing on the little things: technique, hand-offs, starts, stretching, cool down, strategy, and mental preparation will all be just as important as your conditioning down the stretch. Work on these things and when the big meets come you will be ready!

MEET AWARDS

	Varsity	JV
Outstanding Performer	Emily Triplett	Katie Sherry
Most Inspirational	Kelsey Mims	Lucy Plaughter
Most Improved	Molly Sabers	Page Gerard
Team Trophy	Katie Sherry	