

Cedar Rapids Freshman Invitational, April 12, 2004

	Freshman
Long Jump (g), (4 jumps)	V. Mozena: 16-2.5 (2 nd)
High Jump (girls first)	Sidwell: 5-0 (2 nd)
Shot Put (g), (4 throws)	Minchk: 33-4.5 (2 nd) Gillmore: 31-0.5 (5 th)
Discus (g), (4 throws)	Minchk: 76-0 (6 th) Gillmore: 86-0 (3 rd)
3000m Run	Riley: 11:52.274 (2 nd)
4 x 800 Meter Relay (g)	
Shuttle Hurdle Relay	
100 Meter Dash (g)	Gerard: 13.704 (1 st)
Distance Medley (g)	McCue, Zoeckler, Sidwell, Mills 30.5 31.5 70.4 2:40 4:52.778 (3 rd)
400m Dash	
4 x 200 Relay (g)	Zoeckler, Gerard, DeFrance, V. Mozena 35.8 28.3 31.2 27.2 2:02.380 (2 nd)
800m Run	Kidwell: 2:49.053 (4 th) McKay: 2:42.279 (1 st) Garcia: 2:57.561 (6 th)
100 Meter Hurdles (g)	
200 Meter Dash (g)	
400m hurdles	
Sprint Medley Relay (g)	McCue, DeFrance, V. Mozena, Kidwell 16.3!! 12.4!! 27.4 72.4 2:08.950 (2 nd)
1500m Run	Sidwell: Riley::
4 x 100 Meter Relay (g)	
4 x 400 Meter Relay (g)	V. Mozena, Gerard, Mills, DeFrance 67.2 66.9 64.5 69.1 4:28.445 (1 st) Garcia, McKay, Riley, McCue 78.2 70.1 78.5 68.7 4:56.079 (4 th)
Team Scores	CR Washington: 97 CITY HIGH: 95 West High: 87 CR Kennedy: 72 CR Prairie: 70 CR Jefferson: 23

A super meet! Again, conditions were cold and windy, but that didn't prevent several people from having some season or career best performances. The team title was close. We were behind CR Washington by only 2 points and we left 7 events unfilled. Among the performances of note: Gerard filling in and winning the 100 out of the 2nd heat, Riley another 3000m PR, Minchk & Gillmore PR in the shot, Gillmore PR in the discus, two 27 200's by Mozena, Mills 400 PR, Garcia 800 PR, McCue 400 PR, Standards of excellence reached by Mozena in the long jump and Sidwell in the high jump.