

Forwald Relays, April 21, 2006

Varsity	
High Jump	Wiegert- 4-10 (5 th) Massey- 4-10 (5 th)
Shot Put	Anciaux- 41-11.25 (2 nd) Tutson- 36-4 (5 th) #8 ALL TIME Minchk- 36-3.5 (6 th)
Discus	Anciaux- 121-11 (3 rd) Tutson- 106-00 Minchk- 98-2
Long Jump	Mills- 15-2.5 (6 th) Whiting- 17-0 (1 st) #4 ALL-TIME
3000 Meter Run	Sidwell- 10:50.86 (1 st) Garcia- 11:21.10 (5 th)
4 x 800 relay	McKay, McCue, Kregel, Anciaux, 2:25 2:30 2:27 2:33 9:57.54 (4 th)
Shuttle Hurdle Relay	Rydze, Skay, Moen, Sabers 15.5 16.2 16.1 15.4 1:03.39 (1 st) #5 ALL-TIME
100 Meter Dash	Mueller- 12.93 (4 th) Sparks- 13.65
Distance Medley Relay	Jordan, Carter, Robison, Krei 27.1 26.9 62.0 2:22 4:19.08 (2 nd)
400 Meter Dash	Harris- 61.97 (3 rd) Mims- 62.04 (4 th)
4 x 200 Relay	Koenig, Skay, Mills, Mueller 26.7 27.7 26.3 26.0 1:47.26 (2 nd)
100 Meter Hurdles	Rydze- 15.55 (4 th) #7 ALL-TIME Sabers- 16.01
800 Meter Run	McCue- 2:31.90 Kregel- 2:30.49 (6 th)
200 Meter Dash	Krei- 25.98 (1 st) #5 ALL-TIME Mueller- 26.99 (4 th)
400 Meter Hurdles	Sabers- 1:05.47 (1 st) Rydze- 1:07.27 (3 rd) #9 ALL-TIME
Sprint Medley Relay	Sparks, Carter, Jordan, Wiegert 13.3 12.5 26.8 62.5 1:55.90 (4 th)
1500 Meter Run	Sidwell- 5:03.25 (4 th) McKay- 5:01.72 (2 nd)
4 x 100 Meter Relay	Koenig, Anciaux, Skay, Mueller 13.3 12.9 11.7 12.3 :50.91 (1 st)
4 x 400 Meter Relay	Mills, Harris, Sabers, Krei 62.8 62.7 61.0 57.4 4:04.40 (2 nd)
Team Scores	West High- 172.6 CITY HIGH- 149.2 WDM Valley- 106 Tipton- 67 Muscatine- 34.6 Pleasant Valley- 30 North Scott- 29.6

A terrific meet! A testament to being confident and believing in yourselves and your teammates. Some of the great performances of the night:

Improvements from 2005: shot, discus x2, long jump x2, shuttle, 100, d. med, 100h x2, 200 x2, 400h x2, 1500 x2, 4x1, and 4x4. All in all we improved in 12 of 19 events from

last year! We won 6 events this year compared to 2 last year. We beat Valley by 43 points this year compared to 9 last year.

Standards of excellence additions: 400- Robison, Mims, 200- Koenig, 800- Kregel, 1500- Sidwell, shot- Tutson, discus- Tutson

Top 10 additions: 200- Krei (#5), 100 hurdles- Rydze (#7), 400 hurdles- Rydze (#9), long jump- Whiting- (#4), Shot- Tutson (#8), Shuttle- #5

Enjoy this performance, but realize that there are even better things to come if we can stay focused and continue to work on our mental preparation. Believe!

Meet Awards: Performance: Rydze (3 top 10 additions)
Inspirational: Sidwell, Mims
Most Improved: McKay (11 second PR), Tutson, Kregel
Iron Woman: Krei, Mueller