

# Forwald Relays, April 20, 2007

	<b>Varsity</b>
High Jump	Brooks- 5-0 (4 <sup>th</sup> ) Sidwell- 4-6
Shot Put	Anciaux- 41-6 (3 <sup>rd</sup> ) Tutson- 35-4 Minchk- 35-1.5
Discus	Anciaux- 124-9 (3 <sup>rd</sup> ) Tutson- 114-2 (5 <sup>th</sup> ) Minchk- 112-1
Long Jump	Nelson- NM Whiting- 15-4.75 (4 <sup>th</sup> )
3000 Meter Run	McKay- 11:09.91 (3 <sup>rd</sup> ) McFarland- 12:20.49
4 x 800 relay	Fagan, Rethwisch, Kregel, Ziegenhorn 2:27.8 2:35.3 2:27.2 2:26.7 9:57.39 (1 <sup>st</sup> )
Shuttle Hurdle Relay	Rydze, Harris, Jordan, Sabers 16.1 16.1 15.5 15.45 1:03.15 (1 <sup>st</sup> ) #5 All-Time
100 Meter Dash	Mueller- 13.06 (1 <sup>st</sup> ) Wilkinson- 13.60 (6 <sup>th</sup> )
Distance Medley Relay	Sparks, Skay, C. Mills, Sidwell 28.05 28.35 62.45 2:26.5 4:25.44 (3 <sup>rd</sup> )
400 Meter Dash	Krei- 57.21 (1 <sup>st</sup> ) Meet Record, #2 All-Time Mims- 1:01.97 (5 <sup>th</sup> )
4 x 200 Relay	Koenig, Nelson, Mabikulu, Mueller 26.9 26.9 27.2 26.8 1:47.96 (2 <sup>nd</sup> )
100 Meter Hurdles	Rydze- 15.74 (4 <sup>th</sup> ) Sabers- 15.76 (5 <sup>th</sup> )
800 Meter Run	Fagan- 2:27.68 (4 <sup>th</sup> ) Ziegenhorn- 2:25.77 (2 <sup>nd</sup> )
200 Meter Dash	Krei- 25.98 (2 <sup>nd</sup> ) Wilkinson- 26.39 (3 <sup>rd</sup> ) #9 All-Time
400 Meter Hurdles	Sabers- 1:06.35 (1 <sup>st</sup> ) Rydze- 1:07.55 (2 <sup>nd</sup> )
Sprint Medley Relay	Sparks, Mabikulu, Nelson, Mims 13.1 12.4 26.6 60.6 1:52.93 (2 <sup>nd</sup> )
1500 Meter Run	Sidwell- 5:13.54 (6 <sup>th</sup> ) McKay- 4:56.00 (2 <sup>nd</sup> )
4 x 100 Meter Relay	Koenig, Anciaux, Skay, Mueller 12.8 12.9 12.8 12.7 51.29 (2 <sup>nd</sup> )
4 x 400 Meter Relay	Harris, Sabers, Wilkinson, Krei 60.5 60.8 60.5 58.4 4:00.38 (1 <sup>st</sup> ) Meet Record #10 All-Time