

STATE MEET 2010

The 2010 edition of the City High track and field team closed Saturday. We would have loved a storybook ending with a celebration on the infield and a trophy held high. But life and sport don't always cooperate with our desires. The story remains a good one—one where we worked hard and improved through the end of winter and into spring. *We finished the season competing like champions.* We carried the momentum of Districts to Des Moines and filled this results page with “Standard of Excellence” performances. *Every relay team had a season's best performance!* We placed in 12 events and had four City High All-Time Top Ten performances. Fittingly, the 4x100 closed our season with the second best 4x1 relay in City High history.

As I told you Friday evening, I feel blessed having the opportunity to coach at City High, with faculty and staff of the highest quality. I am honored to coach young women who will train and compete the way you do. You should be proud too. Thank you for another great year.

Team Scoring: West High 91, Dowling 67, **CHS 61**, Sioux City East 59, WDM Valley 53, DM Roosevelt 49, Ankeny 46, Urbandale 38, Bettendorf 36, CR Washington 26 and 22 other teams scoring.

Thursday

Time	Event	
9:00	Discus	Hyche 115' 2" Gustafson 102' 00"
9:00	Shuttle Hurdle (p)	Feeney, Ward, Kunc, Sotelo 1:08.02 Qualified SB 17.2 16.9 16.9* 16.9
9:40	3000	Rethwisch 10:11.84 (4th)* 4th All-Time Richardson 10:39.91
10:40	100 (p)	Wilkinson 12.54 Qualified
11:30	HJ	Brooks 5' 4" (2nd)* 3rd All-Time Johnson 5' 2" (5 th)
11:10	4x800	Fagan, Stephenson, Danielson, Yagla 9:19.99 (2nd)SB 3rd All-Time 2:18.3* 2:21.5 2:21.4* 2:19.0SB
12:40	200 (p)	Wilkinson 25.68 Qualified

Friday

9:00	Shot	Hyche 34' 3.75" Gustafson 36' 4.25"
9:00	D. Med	Nelson, Coleman, Yagla, Fagan 4:13.95 (7th) SB 26.9 26.2 SB 60.4SB 2:19.3
10:00	400h	Sotelo 66.60 (8th)* 10th All-Time
10:50	4x200	Nelson, Kuddes, Coleman, Wilkinson 1:43.70 (5th) SB 26.6SB 25.9 25.9 SB 25.3SB
11:40	100h (p)	Sotelo 16.71
1:00	4x100 (p)	Crew, Nelson, Coleman, Wilkinson 49.79SB Qualified 11.9* 13.5 (long) 11.9SB 11.9SB
2:00	4x400 prelim	Yagla, Sullivan, Danielson, Sotelo 4:05.99 SB 61.0 60.4SB 62.2 62.2

Saturday

Time	Event	
9:00	Sprint Medley	Crew, Coleman, Kuddes, Sullivan 1:51.61 SB 12.4 13.2 26.7 58.9*
9:50	800	Yagla 2:21.52 Stephenson 2:21.02 (8th)
11:10	Shuttle Hurdle (f)	Feeney, Ward, Kunc, Sotelo 1:08.24 (7th) 17.3 16.9 17.0 17.0
12:15	100	Wilkinson 12.75 (3rd)
1:25	200	Wilkinson 25.95 (2nd)
2:15	1500	Rethwisch 4:47.40 (6th) SB Fagan 4:55.56 (8 th)
3:05	4 x 100	Crew, Nelson, Coleman, Wilkinson 49.29 (2nd)SB 2nd All-Time 12.6 12.2 11.5 (short) 12.8 (long)

Red name= standard of excellence met Red time= place winner *=pr SB=Season's Best