

Forwald Relays, April 21, 2011

What a great team effort tonight. We knew the competition would be fierce from West High and Valley, but you stayed focused and maintained a great attitude throughout the meet even if things didn't always go according to plan. Every single place was critical to the team success we experienced tonight. This was certainly a victory to be proud of, however the biggest tests will be coming in May as we move through conference, district and state meets. We are in a terrific place right now, but don't get complacent. Continued improvement will be our focus through the next three weeks. Congratulations again on a well deserved victory!

	City High White	City High Red
Long Jump	Ward- 16-4 (5 th) Washpun- 16-9 (3 rd)	Omar- 14-6 Clemons- 11-9
Shot Put	Hyche- 37-3.5 (6 th) Gustafson- 38-0 (4 th)	Wortman- 32.10 Leman- 36-6.5
Discus	Hyche- 112-09 (3 rd) Gustafson- 117-07 (2 nd)	Wortman- 107-05 (4 th) Brookfield- 69-0
High Jump	Johnson- 5-4 (2 nd), C Jacobsen- NH	
3000 Meter Run	Rethwisch- 10:32.24 (1 st) Richardson- 10:43.50 (2 nd)	Arch- 10:40.63
4 x 800 relay	Lines, Langenfeld, Danielson, Carman 2:24.8 2:33.2 2:24.0 2:27.0 9:52.03 (2 nd)	Cabbage, Sammons, Peterson, Mendenhall 2:48.6 2:39.5 2:46.7 2:39.2 10:54.00 (6 th)
Shuttle Hurdle	Sotelo, Kunc, Feeney, Ward 17.1 17.3 20.1 16.3 1:10.50 (4 th)	Perez, Larsen, Miller, Omar 17.2 17.5 18.7 20.5 1:14.75 (5 th)
100 Meter Dash	Crew- 12.69 (2 nd) Marshall- 14.15	Clemons- 16.45 Hook- 14.69
Distance Medley	Kuddes, Nelson, Optiz, Traore 26.9 27.3 64.2 2:34.5 4:33.34 (4 th)	Kooker, Larsen, Omar, Perret 29.8 30.2 63.1 2:34.9 4:38.47 (6 th)
400 Meter Dash	Crew- 59.37 (1 st) #7 all-time Sullivan- 62.72 (5 th)	Cook- 1:18.40 Panina- 1:23.61
4 x 200 Relay	Kuddes, Hansche, Nelson, Washpun 27.3 27.6 27.3 27.4 1:49.93 (3 rd)	Kooker, Hauge, Correl, H. Langenfeld 29.9 32.7 31.2 29.2 2:01.91 (6 th)
100 Meter Hurdles	Ward- 16.11 (2 nd) #2 all-time Kunc- 17.74	Miller- 18.4
800 Meter Run	Carman- 2:26.96 (4 th) Richardson- 2:22.71 (1 st)	Aumueller- 3:02.52 Bizzochi- 3:19.39
200 Meter Dash	Crew- 26.32 (3 rd) Kuddes- 27.48 (4 th)	H. Langenfeld- 31.39 Cook- 34.68
400 Meter Hurdles	Sotelo- 1:07.30 (1 st) Lines- 1:08.55 (2 nd)	Perez- 1:15.73
Sprint Medley Relay	Marshall, Hansche, Nelson, Omar 14.5 12.9 26.9 62.6 1:56.79 (4 th)	Kooker, Feeney, Opitz, Sammons 14.0 14.1 28.2 69.0 2:06.14
1500 Meter Run	Siglin- 5:14.48 (6 th) Rethwisch- 4:54.05 (1 st)	Peterson- 5:32.35 Mendenhall- 5:28.64 Beasley- 5:07.88 (5 th)
4 x 100 Meter Relay	Kuddes, Hansche, Crew, Washpun 13.1 12.8 11.7 12.9 50.95 (2 nd)	Kooker, Feeney, Alderson, Marshall 55.96 (6 th)
4 x 400 Meter Relay	Sullivan, Sotelo, Washpun, Danielson 61.6 61.8 63.6 59.4 4:06.70 (2 nd)	K Langenfeld, Perret, H Langenfeld, Kunc 67.0 67.3 72.5 67.0 4:34.43
TEAM SCORES	CITY- 177, West- 163, Valley- 121, PV- 69, Muscatine- 39, North Scott- 13	