

# LANCER RELAYS

April 7th, 2011

What a cold and unpleasant night in Eldridge, Iowa! Your performances during the first part of the meet when the weather was not a factor show what you are ready to do. We had 8 seasons bests in the 4x8 relays and 5 PR's. We had two PR's in the 3000- including a top 10 performance by Meg. We had a PR in the 100 and another top 10 time by Claire. However when the weather started to turn our performances fell as well. Certainly part of this is understandable, but there will be times at Conference, Drake Relays, and State Meet that the conditions will be poor and we have to perform anyway. Use this as a learning experience as we move towards our bigger meets in May.

	Varsity	Junior Varsity
Long Jump (4 jumps)	Ward- 15-6 (6 <sup>th</sup> ) Washpun- 14-11.5	
High Jump	Jacobsen- NH	
Shot Put (4 puts)	Hyche- <b>36-10 (4<sup>th</sup>)</b> Gustafson- <b>37-0 (2<sup>nd</sup>)</b>	
Discus (4 Throws)	Hyche- <b>109-7 (2<sup>nd</sup>)</b> Gustafson- <b>108-8 (4<sup>th</sup>)</b>	
3000 Meter Run	Richardson- <b>10:26.03 (1<sup>st</sup>) PR 5<sup>th</sup> all-time</b> Beasley- <b>11:27.57</b>	
4 x 800 Meter Relay	Lines, Danielson, Carman, Rethwisch <b>2:26.9 2:27.4SB 2:27.6 2:22.3</b> 9:44.48 (2 <sup>nd</sup> )	Sammons, Arch, Mendenhall, Peterson <b>2:35.2 2:46.5 2:39.9</b> 2:46.0 10:48.05 (1 <sup>st</sup> )
Shuttle Hurdle Relay	Sotelo, Feeney, Kunc, Ward <b>16.8SB 18.5 17.4SB 17.1</b> 1:10.36 (4 <sup>th</sup> )	Perez, Omar, Miller, Opitz 17.9SB 21.1 20.7SB 21.0 1:21.17 (2 <sup>nd</sup> )
100 Meter Dash	Crew- <b>12.71 (1<sup>st</sup>) PR 7<sup>th</sup> all-time</b> Kooker- 14.45	
Distance Medley Relay	Larsen, Hansche, Opitz, K. Langenfeld 29.2 29.0 66.0 2:35.5	Correll, Heath, Sammons, Perret 31.9 32.0 69.8 2:39.5 4:53.34
400 Meter Dash	Omar 64.96 (6 <sup>th</sup> ), Feeney- 1:14.86	
4 x 200 Relay	Sullivan, Nelson, Kuddes, Washpun <b>28.1 28.3 26.4SB 27.5</b> 1:50.37 (3 <sup>rd</sup> )	Kooker, H. Langenfeld, Miller, Marshall 30.5 29.8 35.0* 26.6* 2:02.73 (4 <sup>th</sup> )
100 Meter Hurdles	Ward- 17.30, Sotelo- 17.33	
800 Meter Run	Traore- 2:34.27 (6 <sup>th</sup> ), Richardson- <b>2:27.48 (1<sup>st</sup>)</b>	
200 Meter Dash	Meet Cancelled	
400 Meter Hurdles		
Sprint Medley Relay		
1500 Meter Run		
4 x 100 Meter Relay		
4 x 100 Throwers Relay		
4 x 400 Meter Relay		
Varsity Team Scores		City High- 64, Wahlert- 48, Burlington- 41.5, Pleasant Valley- 36, Davenport Central- 26, 8 others

**RED=PR**

**Bold = Standard of Excellent**

SB= Season's Best