

# WEST DES MOINES VALLEY RELAYS

April 9th, 2011

We reached the end of a long stretch of competition that tested us both physically and mentally. I think today's meet showed the true power of a team. Although most of us felt just o.k. about our personal performances today, when you look at the team results it is quite impressive. VARSITY- you finished 3<sup>rd</sup> today against some very strong competition despite not being entered in 3 events, missing a couple of key players, and running in fewer events than normal. Even with this there were a good number of PR's on the day. JUNIOR VARSITY- Your team performance was nothing short of remarkable. You were not entered in 8 of the 19 events today because of numbers. However you still finished in 3<sup>rd</sup> place only 40 points out of first! That type of team performance is truly remarkable. Although this was a difficult stretch for us, I know that the team that got off the bus after today will be a better and stronger team than the one that got on the bus for North Scott last Thursday. Keep up the good work as the fun stuff is still ahead!

	Varsity	Junior Varsity
Long Jump	Hansche- 14-9 (5 <sup>th</sup> ), Washpun- 14-9 (5 <sup>th</sup> )	
High Jump	Larson- NH	
Shot Put	Hyche- <b>36-3</b> (4 <sup>th</sup> ), Gustafson- <b>39-00</b> (1 <sup>st</sup> )	Lehman- 33-5.5 (1 <sup>st</sup> ), Embry- 25-11
Discus	Hyche- <b>110-5</b> (3 <sup>rd</sup> ), Gustafson- <b>106-5</b> (4 <sup>th</sup> )	Lehman- <b>94-6</b> (2 <sup>nd</sup> ), Embry- 66-5 (5 <sup>th</sup> )
3000 Meter Run	Rethwisch- <b>10:22.01SB</b> (1 <sup>st</sup> ) Mendendhall- <b>12:20.61</b>	Peterson- <b>12:22.27</b> (1 <sup>st</sup> )
4 x 800	Traore, Siglin, K. Langenfeld, Richardson 2:46.0 2:35.5 2:31.5 <b>2:20.8</b> 10:16.91 (3 <sup>rd</sup> )	
Shuttle Hurdle	Perez, Feeney, Kunc, Sotelo <b>18.0 17.9 17.2 17.0 1:10.44</b> (4 <sup>th</sup> )	
100 Meter Dash	Marshall- <b>13.87</b> , Kooker- 14.20	Larsen- 14.54 (6 <sup>th</sup> ), Alderson- <b>14.20</b> (5 <sup>th</sup> )
Distance Medley	Sullivan, Nelson, Lines, Carman 27.3 <b>26.8</b> 63.0 <b>2:26.5</b> 4:24.37 (1 <sup>st</sup> )	
400 Meter Dash	Kuddes- 65.19 SB (5 <sup>th</sup> ), Crew- <b>60.01</b> (1 <sup>st</sup> )	Bizzochi- <b>1:19.73</b> (6 <sup>th</sup> ), Panina- <b>1:28.98</b>
4 x 200 Relay		Corell, Alderson, Hauge, H. Langenfeld 32.2 33.8 31.2 30.3 2:07.90 (3 <sup>rd</sup> )
100 Meter Hurdles	Feeney- 17.40 SB, Kunc- 17.16SB	Miller- <b>19.13</b> , Sammons- <b>17.81</b> (5 <sup>th</sup> )
800 Meter Run		
200 Meter Dash		
400 Meter Hurdles	Sotelo- <b>1:09.08</b> (1 <sup>st</sup> ), Lines- 1:12.19 (4 <sup>th</sup> )	Kunc- 1:11.56 (1 <sup>st</sup> ), Perez- <b>1:14.18</b> (2 <sup>nd</sup> )
Sprint Medley	Kooker, Hanche, Sullivan, Nelson 14.2 13.7 26.8SB <b>64.1</b> 1:59.47 (3 <sup>rd</sup> )	
1500 Meter Run	Siglin- 5:20.52 SB (6 <sup>th</sup> ), Richardson- <b>5:02.16 SB</b> (1 <sup>st</sup> )	Arch- <b>5:39.26</b> (1 <sup>st</sup> )
4 x 100 Relay	Crew, Hanche, Kuddes, Washpun <b>13.4 13.1* 11.6* 12.74</b> 51.26 (3 <sup>rd</sup> )	Kooker, Hauge, Corell, Miller 13.9 <b>13.7</b> 13.5 15.7 58.20 (4 <sup>th</sup> )
4 x 400 Relay	K. Langenfeld, Sotelo, Kunc, Rethwisch 68.8 64.8 68.7 67.3 4:30.31 (5 <sup>th</sup> )	H. Langenfeld, Aumueller, Feeney, Traore 71.47 78.19 71.25 64.9 4:46.45 (3 <sup>rd</sup> )
TEAM SCORES	WDM- 148, Waukee- 138, City- 128, 5 others	Waukee- 148, SEP- 138, City- 108, 5 others

RED- PR

**Bold = Standard of Excellent**

SB= Season's Best