

Forwald Relays
4/16/15

HJ	Wieland	LJ	Trice	Burnett	Discus	McDonald	Martin	Shot	Martin	Johnson
Result	INJ		19'9.5" #	16'10.5" #		125'5"	140'1" #		45'9" #	44'11" #
Place			10th	15th		6th	2nd		3rd	5th
4x800	1	2	400	3	4	Split				
McDowell			57			2:02.75*				
Dancer			57			2:03.28*		Time	Place	
Seabold			58			2:07.08		8:21.40*	5th	
Omar			56			2:08.29				
3200	1	2	3	4	5	6	7	8	Time	Place
Dodge	67	72	77	79 (4:56)	80	80	82	71	10:13.29 #	7th
Berg	69	75	78	78 (5:02)	82	82	83	76	10:23.46 #	8th
Taylor	71	77	80	83 (5:13)	84	87	88	85	10:52.87	14th
SHR	Z Jones	Butler	Keita	J Jones	Time	Place				
Split	14.85*	14.61*	15.68	14.60*	1:00.02*	4th				
100	Runge	Riley		400	Firmstone	Rethwisch				
Time	11.21*	11.81*			52.40#	55.40				
Place	2nd	9th			1st	10th				
4x200	Dillon	M-B	Rodney	Burnett	Time	Place		110 HH	Z Jones	Butler
Split	22.93	22.73	22.71	22.81	1:31.48*	5th		Time	15.91#	16.88
								Place	5th	12th
1600	1	2	800	3	4	Time	Place			
Dodge	69	68	2:17	79	72	4:50.11	17th			
McDowell	66	70	2:16	75	75	4:48.31	15th			
Berg	72	77	2:29	82	74	5:04.52	21st			
200	M-B	Trice				400 H	Scott	Butler		
Time	23.22*	23.74#				Time	57.48#	58.24#		
Place	4th	7th				Place	4th	5th		
Medley	Dillon	Rodney	Bracko	Seabold	Time	Place				

Split	22.00	22.09	53.44*	2:08.45	3:48.34	8th				
800	1	2	400	3	4	Time	Place			
McMillan	29	29	58	32	31	2:01.23#	6th			
Dancer	29	29	58	33	35	2:07.69	12th			
4x100	Riley	M-B	Rodney	Burnett	Time	43.49*	Place	1st		
4x400	Firmstone	Omar	Rethwisch	Scott	Time	Place				
Split	52.13#	52.19*	52.95	52.20*	3:29.78	2nd				

*=SB (season best) #=PR (personal record)

What an awesome night for a Track Meet and once again WE GOT BETTER! In fact, we moved from # 19 to # 6 on the Iowa Association of Track Coaches Power Rankings after our performance at the Forwald Relays on Thursday night! However, we all know that we have an awful lot of work ahead of us if we want to continue to improve and be happiest in May! We now enter into a phase of the season where our focus needs to be razor sharp and with all of the distractions that come with the end of the school year (Prom, graduation, etc.) that can be a challenge for most high school aged athletes. Next week is the Drake Relays and many of you will not be competing for a week or two and while you won't be competing, you will be training. Keep up the great work and give yourself a chance to be "Happiest in May!"

14 PRs and 12 Season Best