

MVC Indoor Meet @ Cedar Falls 03/18/14

1:30 Dismiss from class - BE ON BUS BY 1:50

Wednesday: Weights 12:30 - 1:15

2:00 Bus leaves from gym parking lot

Thursday: Kingston 3:30 - 5:00

Shot Put	4:30	Kuba	Bolden	Stodola	Thurmond	Smith
		29-00.00	30-11.00	24-11.50	22-00.00	19-01.00
High Jump	4:30	Prohaska				
		4-04.00				
Long Jump	4:30	Autumn	Upshaw			
		13-04.00	13-02.50			
3000 M	4:30					
4x800 M	4:45	Koenigsfeld	Rolwes	Meyer	Hanna	
10:56.16		76/2:35.4	86/2:55.5	84/2:46.8	78/2:38.2	
Shut Hurd	5:15	Abilene	Kitterman	Parke	Madison	
1st--38.07		9.32	9.85	9.98	8.96	
		Autumn	Jenna	Trosky	Kuhn	
5th--42.62		10.44	11.07	9.86	11.25	
Dist Med	5:35	Belew	Beard	Clark	Ely	
4:48.12		29.24	29.41	69.93	76/2:39.4	
		Vanous	Kuhn	Antons	Netz	
5:28.06		33.41	33.09	74.77	89/3:06.7	
60 Dash	5:50	Schneek	Blue		Thurmond	
		7.68 - 1st	7.73 - 2nd		9.73	
400 Dash	6:10					
4x200 M	6:25	Abilene	Blue	Marge	Lucy	
1:47.32-1st		26.7	26.51	27.51	26.6	
		Clark	Trosky	Jenna Ander	Parke	
2:01.61		30.29	29.97	31.68	29.66	
60 Hurd	6:50	Madison	Kitterman	Vanous	Kuhn	
		8.82 - 1st	10.16 - 8th	11.68	11.39	
800 Run	7:10	Meyer	Bertram	Terry		
		78/2:44.86	82/2:54.87	86/3:11.15		
200 Dash	7:25	Prohaska	Bolden	Upshaw	Helgenberger	
		33.35	29.35	30.57	35.86	

Sprint Med	7:50	Clark	Kitterman	Belew	Parke
2:04.61			27.58	28.63	68.4
		Beard	Vanous	Antons	Jenna
2:12.41			29.34	30.24	72.83
1500 Run	8:05	Hanna	Ely	Netz	
		5:28.94	5:35.07	6:22.01	
4x100 M	8:25	Madison	Abilene	Marge	Autumn
51.09 1st					
		Clark	Antons	J. Anderson	Trosky
					57.89
4x400 M	8:45	Kitterman	Schneek	Koenigsfeld	Blue
4:10.03 -1st		63.05	63.25	62.86	60.87
		Rolwes	Hanna	Meyer	Bertram
4:49.89		73.17	68.68	70.61	77.43
		Abilene	Marge	Autumn	Belew
4:30.45		69.51	68.39	65.41	67.14
		Beard	Terry	Helgenberger	Rolwes ***
5:12.83		73.86	80.24	87.19	71.54

The bus leaves on time. Be in your uniform and sweats on bus 10 minutes prior to dep:
No Jewelry!!! No texting at meet site.

Bring food (low fat: fruits, bagels, sport drinks, energy bars) Have food for after meet.

WARM-UP BEFORE EACH EVENT and cool down immediately after each event.

Pay attention to reporting for your event. Times for events are only approximate. If the
gets ahead it will stay ahead of schedule.

Warm-up is 800-1600 meters before first event and drills: Askip/Bskip - Quad pull/toy
skipHop/lunges - high knee/butt kick -- 4x50 meter build ups. (2 in spikes)

After arrival and easy lap we all will meet in center of infield.

At end of meet we will always meet in the center of the infield and do a lap together.