

UNI 2019

We were looking to improve over our first meet at UNI and I think we accomplished that goal. Tim Long had the highest finish of the night going 5'10 in the High Jump for 7th place overall. Karson Sharar added our second top 20 finish in the long Jump going 19'6.5 inches for 13th. Zack Huffman and Tim Long both set PR's in the 60m High Hurdles, with Huffman beating his record from UNI at 8.88 for 13th. Tim ran 9.20 for his PR. The 4x8 of Reed, Renaud, Cavner and Furns cut 25 seconds off their time at UNI to set a season best mark! Andrew Nicholson ran a strong Mile time of 5:17.83. The 1600 M Medley team of Sharar, Renaud, Janssen and Reed won their heat in 3:58.50 with strong legs by Janssen in the 400 (PR) and Reed taking the lead and holding it. The 4x4 dropped 5 seconds off their time Janssen, Mentzer, B. Reed, Renaud. Overall it was a good night, but we have a lot of work to do to be competitive at Nevada.

Nevada 2019

The Men's track team saw great improvement Tuesday night as they took on a tough field at the Nevada Cub Relays. Tim Long took first in the High Jump with a leap of 5'10! Koby Meyer and Dylan Madden went 1-2 in the Discus at 136'3.25 and 128'11. Magnum Hamilton set a PR in the Shot Put 34'8. The 800 M Medley took 4th and saw PR's from Eugenio, Mentzer and Janssen at 1:43.24. In the 3200 Nicholson and Michaelson both set PR's in the race. The 4x800 struck Gold with Reed, Cavner, Furns PR and Renaud with a season best 9:19.52. The Shuttle Hurdle also took gold with Huffman, Hamilton PR, Off and Long 1:07.66. Cavner and Hejlik set PRs in the 4&8 of the 1600 M Medley. Bessman set a PR in 4x2. Mentzer and Sharar set PR's in the open 200. In the 1600 Nicholson and Michaelson both set PR's again. The 4x400 set a season best with Janssen, Mentzer, Renaud and Reed. Overall I though we performed well and made a lot of improvement.

BCLUW 2019

The field was much bigger than anticipated at the Comet Early Bird. But the Cadets went to work and put together a fine meet! The Discus started off right with Madden and Meyer going 1-2, Madden set a new PR of 139'8 for the sophomore! The 800 M Medley placed 2nd with PR's from Mentzer and Huffman. In the 3200, Nicholson and Michaelson both PR'd! Tucker Hejlik PRed at 2:28 in the 4x8. The Shuttle Hurdle dropped more time: Huffman, Hamilton PR, Off and Long. Hamilton keeps his string of PR's going all the way back to the beginning of the 2018 season! Quite a streak! Eugenio and Reed both set new PR's in the 100. The 4x2 of Sharar, Mentzer, Bessman and B. Reed PR took 2nd in a season best time of 1:40.43. Caden Mentzer and Karson Sharar both set PR's in the 200 with Mentzer taking 3rd Place. Michaelson added another PR in the 1600. Overall we saw a lot of improvement and can't wait to see what comes next in Eagle Grove!

Eagle Grove 2019

The field events started off with a bang as Cody Reed had an outstanding night leading the fight for the Cadets. With a season best 5' going into the contest he soared to tie his own PR at 5'8 winning the high Jump. With the 4x8 looming- he declined his attempts to prepare for his first

race and it paid off! The dynamic duo of Madden and Meyer went 1-3 with Madden taking the Gold for the second meet in a row 136'4, Meyer following with 132'9 in third. A PR from Gavin Cutler in the Shot put and double placings from Sharar and Bessman in the Long Jump racked up 32 points in the field events. The 4x8 was joined by Blake Janssen and ran near a season best in the reorganized group with Cody Reed running a season best 2:09 split to take us to 4th. Magnum Hamilton set a PR in the opening 200 of the 1600 Med at 25.10. Garret Renaud set a PR in the open 400 at 57.39. Bessman and Eugenio both set PR's in the 4x200. Magnum Hamilton came back in the 110 M High Hurdles to set another PR at 18.09 Dalton Furns did the same at 20.74. Reed then took 3rd in a tough field of the 800. McCallaster Foley set a PR in the 400 Lows and shows that he has the guts this program loves! Then came the 4x4. In the 2nd leg Mentzer gets the baton in last place and starts driving catching us up and passing a couple runners. Magnum Hamilton, a last minute substitute with no prior 400 meter training takes the baton and runs a 59 moving us up one more spot and handing us off in 5th place, I think, now in comes Reed! Reed starts off like a rocket and passes one man and then starts to work on the next- seemingly impossible feet from as far back as we were. Reed come around the corner and starts to run down the kid from Webster City like a madman and passes him within 10 yards of the finish to take 2nd overall! Although we had 1/3 of our guys out for a variety of reasons, we still managed to put up a fight- but we need to fight even harder Friday night as the Cadets have their eye on a winning a Championship at Clarion!

Clarion 2019

Although placing 4th was not the plan on Friday night, we saw some great performances and a lot of improvement as we are getting stronger and adding more guys every meet! In the Long Jump, we double placed with Bessman and Eugenio. Eugenio Long Jumping for the first time this year, smashed his PR going 17'4! In the High Jump, Cody Reed once again equaled his PR with a 5'8 jump and 3rd place points. In the Shot Put we didn't place but both Meyer and Cutler set new PR's in that event. The Discus remained consistent with Madden and Meyer both going over 130' for 2nd & 3rd. In the opening running event of the night, the 800 M Medley set a season best Huffman, Eugenio, Off PR, Mentzer PR 1:41.34 (3rd). One of the biggest events of the night was the emergence of the 4x8 as a state contender as Janssen PR, Caverner, Renaud PR, Reed took 1st- dropping their season best from 9:19 to 8:44- which at this time puts them 18th in 3A! 34 seconds in one week! The Shuttle Hurdle was close to a season best: Huffman PR, Off, Furns, Hamilton PR. Yes Hamilton's streak is still alive! Kaden Eugenio broke into the top six with a PR in the 100m Dash. The 1600 M Medley dropped 8 seconds from their season best taking 5th. In the 400, Blake Janssen and Sam Off both set PR's in that race with Janssen finishing 5th. The 4x2 set a season best of 1:39.33 Mentzer, Renaud PR, Bessman and B. Reed for 3rd. In the 800 the Cadets doubled with PR's from Reed 2nd and Janssen 5th. Dalton Furns set a PR in the 400m Lows. Jacob Michaelson set a PR in the 1600 going 5:44 for 6th. The 4x400 dropped 4 seconds Reed PR, Janssen, Renaud PR, Mentzer PR to take 2nd Place. Overall a lot of improvement and over twenty PR's and season bests. With two more varsity runners returning to the line-up next week we look to get stronger at the Cadet Relays Tuesday Night in Iowa Falls.

Cadet Relays 2019

Last night, as we were celebrating our big win in the locker room, I told the boys that I got the best compliment about our team, but that I wasn't going to share it now-I would share it in the meet summary. The reason I didn't want to share it was because everyone knows I can get a little emotional when talking about our team. A long time family friend came up to me somewhere close to midway of the meet and said "you know your dad would have been so proud of you" I think that is a reflection of the team we have right now. The Field Events continue to be consistent- racking up 39 points! In the High Jump, Cody Reed continues to improve winning the meet with a PR jump of 6'! Tim Long adds the double with 2nd at 5'10. The dynamic duo in the Discus went 2-3 with Coby Meyer taking 2nd and Dylan Madden adding 3rd. Kaden Eugenio set another PR in the long Jump at 17'7.75 for 5th place. Bessman adds the double at 6th. The Cadets went into overdrive as the running events began! The 800m Medley struck gold- Huffman, Eugenio, Off PR, Mentzer. Andrew Nicholson returned to the line-up with a PR and 1st place in the 3200 M Run 11:03.70. The 4x800 won our 3rd 1st place in a row: Janssen, Cavner, Renaud and Reed. The Shuttle Hurdle team set a new season best with 1:06.16 on their way to our 4th gold in a row: Huffman, Hamilton, Off and Long. In the 100, Briar Hoversten and Kaden Eugenio both set PR's with Hoversten placing 8th. The 1600 M Medley set a new season best with that group, Gavin Stalzer set a PR in the 800 leg of that race. In the 400m dash, Caden Mentzer made his first appearance and took the tape with a 54.43 followed by 3rd place Blake Janssen who also set a new PR. The 4x200, rebuilt after moving Mentzer to the 400, ran close to a season best taking first: Renaud, Bessman, B. Reed and Off PR! Cody Reed set a new PR in the 800 finishing 2nd at 2:07.02. In the 200m Dash, Mentzer and Brant Reed both set PR's placing 4th & 8th for the double. In the 400m Low Hurdles Long and Off PR, doubled at 3rd and 4th respectively. The 4x100 set a new season best: Huffman, Eugenio PR, Bessman PR and Reed placing 2nd. The night ended with a dominating performance by the 4x400: Reed Janssen, Renaud and Mentzer took first in 3:46.29! A truly great effort by a young team on the rise. Our performance last night pushed us to #26 in Class 3A and 4th in the NCC. Looking forward to more challenges as we turn to the South Hardin COED Friday in Eldora, 4:30 PM.

Lynx Relays 2019

We had higher expectations going into last night's meet-which we knew was going to be very tough to score points in. By 8:25 AM, the line up began to fall apart, as time after time we had to change things due to injuries and illnesses at the last minute. Kaden Eugenio continues to be consistent and improve in the Long Jump setting a new PR of 17'8! Tim Long finished 2nd and jumped a season best 6' in the High Jump. The 4x8 team of Janssen PR 2:09.67, Cavner, Renaud and Reed took 3rd. 21st in 3A. Jake Cavner set a 400 PR in the Medley as they ran a season best for that group. Zack Huffman took 2nd in the 110 HH with a PR 15.62. The 4x1 also set a season best of 47.71 Huffman, Eugenio, Bessman, B. Reed. The 4x4 improved to 3:38.62 33rd in 3A and just seconds from being in the top 15: Reed PR, Janssen PR, Renaud, Mentzer. Next Meet: Gilbert Bengal Relays Monday 4:30 PM

Bengal Relays 2019

Strong performances from the field events pushed the Cadets to 3rd place at the Bengal Relays in Gilbert. The Cadets racked up 44 points before the running events began! Race Bessman took 3rd in the Long Jump. Long and Reed went 1-3 in the High Jump at 5'10 each. Meyer and Madden took 1-2 in the Discus! Cody Reed took first in the 800. In the 400 M Lows, Tim Long took first and Sam Off came out of Lane 8 to take 3rd! Nicholson and Michaelson both set PR's in the 1600. Although the wind and rain made PR's tough to come by, I think we competed very well. Considering illness took Mentzer out of the line-up- scrambling 3 relays, I felt we handled the adversity better than we have all year. This team is learning to fight, we just need a night at full strength with good weather and I think we are ready to explode! We will next be at the Clary Invitational in Eldora- Friday Night 4:30 pm.

Jim Clary Relays

The Cadets had a big night at the Jim Clary Relays in Eldora- a 4 team Quad scoring over 150 points. Rafe Bessman jumped 18'4.25 for first Eugenio took 3rd. Long and Reed went 1-2 in the High Jump. Madden and Meyer went 2-3 in the discus. Andrew Nicholson set a new PR in the 3200 10:53.10. The 4x8 took first: Janssen, Cavner, Renaud and Reed. The Shuttle Hurdle set a season best 1:05.02 trimming more than a second: Huffman, Hamilton PR, Off and Long. The 4x2 of Hoversten, Bessman PR, Off and Renaud took 1st, despite dropping the baton and having to come back and get it. Reed and Janssen teamed up in the 800 for the 1-2 double! Caden Mentzer took 1st in the 200. Nicholson and Michaelson turned the 1-3 double, both setting PR's in the process. The 4x4 capped off the night with a win : Mentzer, Janssen, Renaud and Reed. Of particular note was Freshman Blake Janssen who ran 2-800's and 2-400's in less than two hours of running events with great effort! With very little recovery, the team performed very well and we were pleased with their effort. On to Nashua on Monday night for the Cowpath Relays at 4:30 pm.

Nashua 2019

Once again the Cadets were not at full strength as Cody Reed was out of the line-up due to illness. What has been a consistent source of points all year, the field events, got off to a slow start. Tim Long took second at 5'10 in the High Jump followed by a PR 5'4 from Brant Reed. Dylan Madden scored the only first throwing the discus 131'8 followed by Meyer with 4th place. Andrew Nicholson took 2nd in the 3200. The 4x800 took 3rd Blake Janssen led off with a 2:08 PR followed by Stalzer with a PR and finished with Cavner and Renaud. The Shuttle Hurdle provided the lift the team needed as they cut 3/10 of a second for 1:04.69. Huffman PR, Hamilton PR, Off PR, Long. The 1600 Medley team of Hamilton PR, Reed, Cavner and Furns PR took 3rd on the strength of Furns cutting off 13 seconds from his PR at 2:18.40! The 4x200 ran a season best 1:38 Hoversten, Bessman PR, Off PR, Renaud. Blake Janssen and Jake Cavner both PRed taking 2nd & 3rd in the 800! Tim Long set a new PR in the 400 Lows cracking the 1 minute barrier for the first time at 59.75 for 2nd. The 4x1 took 4th in a season best time of 47.36 Hoversten, Eugenio, Bessman and Renaud. Blake Janssen also PRed in the

4x4 at 53.98. Overall I thought it was a good effort for the most part, but we are going to have to crank it up to finish in the top half of the NCC on Thursday at Humboldt- who is hosting the event for the second year in a row.

NCC 2019

Warming up was our Achilles Heel tonight, which is a hard thing to admit as a coach that preaches warming up and warming down on a daily basis. After the field events and a couple races, IFA was in 2nd place and as soon as they announced that- things just seemed to unravel. We came in rated 6th by quikstats and we managed to hang on to 5th thanks to some gallant efforts in the last two races. Rated 1&2 in the High Jump we came out 2nd & 3rd in that event. One highlight was the Long Jumpers: Bessman with a season best and Kaden Eugenio with a PR placed 4th & 6th unexpectedly. In the Discus Meyer & Madden doubled. The 4x800 started with PR legs from Janssen (2:07) and Cavner (2:10) and finished at a season best by a few hundredths of a second with Renaud and Reed finishing it out. The Shuttle Hurdle set a new season best led by Magnum Hamilton's PR breaking into the 15's. Huffman, Off and Long rounded out the group. Blake Janssen set a PR in the 800 at 2:09.74 for 5th, Reed was 3rd with 2:09.05. The 4x4 had to run well for us to hold on to 5th Place and they got the job done: Mentzer, Janssen, Renaud PR, Reed PR. Overall I know we could have done better, but at least we finished higher than our seed as a team. We are going to get our aggressive runners out first and hope that our less aggressive runners can perform better. Districts are one week from today in Charles City.

District 3A-3 2019

I'm going to focus on the positive things we saw last night. In the High Jump, Tim Long and Cody Reed jumped about a notch below their best with Long going 6' for 4th and Reed 5'10 for 6th. Long has a strong chance to make it to state. The Sprint Medley team set a Season Best: Huffman, Eugenio PR, Off and Mentzer PR. 1:40.89 with a 52.71 anchor from Mentzer! Blake Janssen led the 4x8 off with a 2:08 PR leg! The Shuttle Hurdle team of Huffman, Hamilton, Off PR and Long ran a season best 1:02.92 and have a strong chance of making the state meet. The 4x2 of Renaud, Mentzer PR, Bessman and Off ran a season best 1:37.97 for 8th. Cody Reed ran a PR in the 800 at 2:06.70 for 5th. Dalton Furns set a PR in the 400 M Lows 1:06.60. The 4x400 set a season best 3:38.55 Janssen, Reed PR, Renaud, Mentzer.

State Meet 2019

The state track meet started off well for us as Tim Long moved through 5'9 and 5'11 with no misses stay cool and calm. He barely missed 6'1 which would have been a season high. (PR is 6'2 2018) By having no misses up to 6'1 he placed 12th overall. Great performance to end his High Jump career! Tim is the 8th athlete I have coached to jump at 6' and higher. The Shuttle Hurdle got off to a great run, but was way too early on one of the legs and as we were leaving the stadium we were alerted to our disqualification. Not quite the end that we expected but we did show we deserved to be there with a time near the middle of the pack. Overall I was

pleased with our efforts and was thankful we were able to make it in a couple events despite all the adversity we had seen this season. As we look to next season we can see a lot of promise.