

## Prepared to perform

Written by Deb Egenberger

Wednesday, 12 May 2010 18:54 - Last Updated Wednesday, 12 May 2010 18:57

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### **Swede girls use Cozad meet to rest up for district.**

COZAD—The week before the district track meet is a time to take it easy and heal any nagging injuries.

Gothenburg track coach Steve Reeves held some Swede girls out of the Cozad Invite on Friday just to let them rest.

Others, he said, didn't compete in as many events as usual, hopefully saving some energy for this week's B-6 district meet.

Senior stand-out Emily Max didn't happen to fit into either of those categories.

"Emily is just a work horse," Reeves said.

That's the way she likes it.

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Max won both the 100- and 300-meter hurdle races as well as running legs on the first-place 4x100 relay and the second-place 4x400 relay.

“She does an outstanding job every time she competes,” Reeves said.



Other Swede girls to win gold medals at the Cozad meet were juniors Janae Wiggins and Ali Clark.

Wiggins won the triple jump with a distance of 31-6.5. Clark took the pole vault by clearing the bar at 9 feet.

“We had some good performances,” Reeves said. “Now we’re putting all of our focus on qualifying as many kids as possible for state.”

That won’t come easy for the Swedes, Reeves said. There is strong competition across the board in the district.

“McCook and Scottsbluff both have outstanding girls teams,” Reeves said. “We’re going to have to fight and claw for every place we get.”

The B-6 district begins with the first section of field events at 11 a.m. MT in Scottsbluff. The second section of field events will follow at approximately 12:30 p.m.

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Running events are scheduled to start at 1 p.m. MT with the 4x800 relay.

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