



CITY HIGH GIRLS TRACK AND FIELD 2013



CHAD GATES INVITATIONAL APRIL 11TH
TEAMS: WEST BRANCH, LONE TREE, CITY HIGH JV,
DURANT, SOLON, WILTON

SB=Seasons Best, Red= Standard of Excellence, * Personal Record #Issue with handoffs

Long Jump G/B 4:30p.m.						
High Jump B/G 4:30p.m.	HYPHE 4'4" SB 1ST	PRICE 4'4" 3RD	HARTLEY DNC			
Shot Put G/B 4:30p.m.						
Discus B/G 4:30p.m.						
3000M 5:00p.m.	PARROTT 12:06* SB 3RD	LEWERS 12:34* SB 5TH				
4X800 B/G	OMAR 2:36.7*	SHUTT 2:50.5*	CORNELL 2:55.1*	PETERSON 3:03.0 SB	11:25	3RD
BOYS 3200M						
SHR B/G						
100M G/B	HAUGE 15.36*	ALI 15.48	HEATH 15.46			
DMR	E. JOHNSON 29.9*	LANGENFELD 30.2 SB	KOSIER 1:09.5 SB	VERDICK 2:41.5	4:51.0	4TH
400M	GRALNEK 1:21.96*					
4X200	OMAR 32.8#	ANDERSON 29.4#	LANGENFELD 30.5#	E. JOHNSON 32.4#	DQ	
100M Hurdles	ALDERSON 19.3*	THOMPSON 18.14*				
BOYS 1600M						
800M	TEDUITS 2:49.0 6TH	CLEMONS 3:03.0*	BUTIKOFER 3:06*			
200M	HAUGE 34.87*	ALI 33.87 SB	HEATH 33.39			
400M Hurdles	ALDERSON 1:28 3RD					
BOYS DISTANCE MEDLEY RELAY						
SMR	ANDERSON 13.8*	KOSIER 14.0	E. JOHNSON 30.7	HEATH 1:16.7	2:15.0	3RD
1500M	SHUTT 5:52.0* 5TH	CORNELL 5:58.7*	PETERSON 6:14.0 SB			
BOYS 800M						
4x100	KOSIER 14.1	ANDERSON 13.8*	E. JOHNSON 14.5	LANGENFELD 14.6	57.19	4TH
4x400	VERDICK 1:10.3*	TEDUITS 1:18.5	LEWERS 1:19.1*	ALDERSON 1:16.3	5:04	

Team Scores: 1. Solon 132; 2. West Branch 87.5; 3. Durant 84; 4. Wilton 73; 5. City JV 59; 6. Lone Tree 44; 7. Calamus-Wheatland 23.5

The night was windy, cold, and wet but we made the most of it and earned some PRs and SBs along the way.

- The jumpers placed 1st and 3rd with Kesha Hyche and Rylee Price respectively.
- A new found 800 runner in Fatimah Omar ran a Personal Best time of 2:36.7 and all the members of the 4x800 had a PR or a SB.

It was a night where it was easy to give up mentally and succumb to the weather but our girls hung in there, battled the elements and competed well. Overall we had 19 Personal Bests and 5 Season Bests. This kind of determination, and drive, will only make us better as a team when the weather does cooperate. Great job ladies.