



# CITY HIGH GIRLS TRACK AND FIELD 2015

PLEASANT VALLEY INVITATIONAL FRIDAY APRIL 10<sup>TH</sup>



<b>4:00</b> Long Jump	Roerman 15-01.25	Franklin 14-08.00	Lindaman 13-04..00 5TH	Omar 11-06.00		
<b>4:00</b> High Jump	<b>Gamamou</b> <b>5-00.00 2ND</b>	Vanderhoef 4-08.00	Durian 4-06.00 2ND			
<b>4:00- V</b> Shot Put	Stamp 30-06.75	Jennings 25-02.25	Murphy 29-07.75			
<b>4:00- V</b> Discus	Stamp 84-06*	Jennings 64-04	Murphy 79.04			
<b>4:30</b> 3000M	Brown 11:54.54*	Chadwick 11:42.88* 6TH				
JV 3000	O Parrott 12:26.23 SB 2ND					
<b>5:15</b> 4x800	Smith 2:37.6	Joens 2:39.2	F Traore 2:33.2	Verdick 2:39.6	10:29.93	<b>4TH</b>
JV 4x800	McCormick 2:36.3	L Parrott 2:45.4	Goss 3:03.4	Pagan 3:06.0 SB	11:31.57	<b>2ND</b>
<b>5:30</b> SHR	<b>Blowers</b> <b>17.7</b>	<b>Windschitl</b> <b>17.7 SB</b>	<b>Thompson</b> <b>19.0</b>	<b>Plock</b> <b>16.2*</b>	<b>1:10.88</b>	<b>3RD</b>
<b>5:40</b> 100M Dash	Johnson 13.43 SB	<b>Gammamou</b> <b>13.28 6TH</b>	Vanderhoef 14.41* 6TH	Franklin 13.92 1ST		
<b>5:55</b> Medley	Lindaman 33.9	Pienta 31.1	A Traore 67.8	Flanagan 2:59.0*	5:11.33	
JV Medley	Omar 31.8*	Ali 32.4 SB	Titus 76.3 SB	Chadwick 2:44.0	5:04.98	<b>1ST</b>
<b>6:05</b> 400M		Bila 1:12.43	Lepcin 1:14.70*	Briggs 1:12.8* 5TH		
<b>6:15</b> 4x200	Johnson 29.4	S DePrenger 27.4	G Brown 29.4	Blowers 28.4	1:55.00	<b>5TH</b>
JV 4x200	Caris 31.2	Vanderhoef 33.3	Roggeveen 31.1*	Franklin 29.0	2:04.07	<b>3RD</b>
<b>6:25</b> 100M H	Windschitl 17.72 SB	Roerman 18.07*	Pienta 19.24 SB	Thompson 17.88 SB 2ND		
<b>6:40</b> 800M		A Traore 2:47.02	Noack 3:02.0 SB	Sanderfelt 3:02.1*		
<b>6:50</b> 200M	Joens 30.70*	Flanagan 29.00*	Ali 32.89 SB	Omar 31.72*		
<b>7:05</b> 400M H			Windschitl 1:17.65 2ND	Roerman 1:22.67 3RD		
<b>7:20</b> SMR	<b>Johnson</b> <b>12.9</b>	<b>Gamamou</b> <b>13.6</b>	<b>M DePrenger</b> <b>26.1*</b>	<b>Plock</b> <b>59.1</b>	<b>1:52.34</b>	<b>2ND</b>
JV SMR	Thompson 14.8	Durian (long)	Pienta (short)	L Parrott 68.8	2:07.42	<b>2ND</b>
<b>7:30</b> 1500M	<b>Shepherd</b> <b>4:57.44* 3RD</b>	<b>Arch</b> <b>5:02.15* 4TH</b>	<b>Brands</b> <b>5:14.95*</b>			
JV 1500	Bywater 5:16.93* 2ND	Hansen 5:19.21* 3RD	Morrow 5:27.95* 5TH			
<b>7:40</b> 4x100	Franklin 13.9	Hanrahan 13.2	Thompson 13.8	Lindaman 14.3	54.69	<b>6TH</b>
JV 4x100	Caris	Windschitl	Pienta	Roggeveen	57.24	<b>3RD</b>
<b>7:50</b> 4x400	Gamamou 62.7	S DePrenger 65.0	F Traore 64.6	Plock 59.6	4:12.50	<b>5TH</b>
JV 4x400	M DePrenger 63.6 SB	Smith 71.2	G Brown 65.2	Blowers 65.5	4:25.67	<b>1ST</b>

**Varsity:** Pleasant Valley- 143, Linn Mar- 96, Dub Whalert- 88, IC West- 76, Bett- 59, North Scott- 45, **CITY HIGH-41**, Clinton- 40

**Junior Varsity:** **CITY HIGH 120**, Pleasant Valley 117, Linn Mar-82, Bett- 67, Dub Whalert- 62, IC West 55, Clinton- 46, North Scott- 30