



# CITY HIGH GIRLS TRACK AND FIELD 2016



CRANDIC 9-10 @ CRP APRIL 25TH

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|              |                           |                            |                              |                        |          |                 |
|--------------|---------------------------|----------------------------|------------------------------|------------------------|----------|-----------------|
| LJ           | Cooper<br>15'10" 2nd      | Washington                 |                              |                        |          |                 |
| High Jump    |                           | Jones<br>4'6" 3rd          |                              |                        |          |                 |
| Shot Put     | Cassady<br>28'3" 4th      |                            |                              |                        |          |                 |
| Discus       | Cassady<br>81'1" 3rd      |                            |                              |                        |          |                 |
| 3000M        | Lindower<br>11:16.48 1st  | McCormick<br>12:06.75* 2nd |                              |                        |          |                 |
| 4x800        | Nyamboneka<br>2:40.7      | Brands<br>2:33.4 SB        | Smith<br>2:32.7              | Hecker<br>2:38.5       | 10:25.29 | 1st             |
| SHR          | Swenning<br>18.4          | Flannagan<br>18.4 SB       | Hill<br>18.6*                | Green<br>19.4*         | 1:14.93  | 2nd             |
| 100M Dash    | Clark<br>13.39 3rd        | Cooper<br>13.25* 1st       |                              |                        |          |                 |
| DMR          | Roggaveen<br>29.3         | Hill<br>29.3**             | L Parrott<br>1:07.0          | Jones<br>2:32.1        | 4:38.79  | 2nd             |
| 400M         | Green<br>1:10.49 5th      | Omar<br>1:16.17            | Damhorst<br>1:18.52          |                        |          |                 |
| 4x200        | DeNeice<br>27.9*          | Washington<br>30.8         | Roggeveen<br>30.5            | L Parrott<br>29.3      | 1:58.21  | 5th             |
| 100M Hurdles | Flannagan<br>18.75 SB 6th | Swenning<br>18.22 4th      |                              |                        |          |                 |
| 800M Run     | Hecker<br>2:35.31 3rd     | Carey<br>2:49.91           | Rummelhart<br>2:53.88*       |                        |          |                 |
| 200M Dash    | Cooper<br>27.92* 3rd      | Clark<br>27.45* 1st        |                              |                        |          |                 |
| 400M Hurdles | Flannagan<br>1:16.30 2nd  | Jones<br>1:12.99* 1st      |                              |                        |          |                 |
| SMR          | Grimes<br>14.1**          | Sow<br>15.4**              | DeNeice<br>28.2              | L Parrott<br>1:07.7    | 2:05.68  | 4 <sup>th</sup> |
| 1500M        | Smith<br>5:15.35* 4th     | Brands<br>5:15.68 SB 5th   | Chapnick-Sorokin<br>6:06.05* | Nyamboneka<br>5:39.39* |          |                 |
| 4x100        | Clark<br>12.6             | Cooper<br>13.5**           | Swenning<br>12.7**           | Washington<br>15.0     | 54.13    | 4th             |
| 4x400        | Clark<br>1:05.5           | Hecker<br>1:08.7           | DeNeice<br>1:05.8*           | Lindower<br>1:04.4*    | 4:24.73  | 2nd             |

Team Scores: CHS 160, Linn-Mar 111, Prairie 107, Wash 100, Kennedy 67, Xavier 49, West 33