



CITY HIGH GIRLS TRACK AND FIELD 2013



CO-ED LANCER INVITATIONAL APRIL 15TH
TEAMS: BETTENDORF, CLINTON, WEST, CITY HIGH,
MUSCATINE, NORTH SCOTT, PLEASANT VALLEY

SB=Seasons Best, Red= Standard of Excellence, * Personal Record # issue with handoffs or start

20 Woodcrest Ln NE 40, Iowa City, IA Long Jump G/B 4:15p.m.						
High Jump B/G 4:15p.m.	HYPHE 4'-04" * 4TH	HARTLEY DNC				
Shot Put G/B 4:15p.m.	MILLER 31'-07.50" 3RD	EMBERY 32'-07.00" SB 1ST				
Discus B/G 4:15p.m.	REYES 68'-09" 5TH	WORTMAN 100'-11" 1ST				
3000M 4:30p.m.	PETERSON 13:28.25 SB 4TH	CORNELL 12:16.37* SB 3RD				
4X800 B/G	PERRET 2:36.9SB	TEDUITS 2:50.2	VERDICK 2:42.9	SCHUTT 2:50.6	11:01.59	1ST
BOYS 3200M						
SHR B/G	PEREZ 17.2 SB	THOMPSON 18.2 SB	MILLER 17.2*	WINDSCHITL 17.6*	1:10.40 SB	1ST
100M G/B	H ANDERSON 14.50 3RD	E. JOHNSON 14.90 6TH				
DMR	DEPRENGER 28.6*	HEATH 29.9*	ALI 74.8 SB	CLEMONS 2:57.7*	DQ	
400M	BUTIKOFER 1:15.84* 5TH	GRALNEK 1:21.50*				
4X200	GEVOCK 29.6	KOSIER 30.1	LANGENFELD 29.9 SB	E JOHNSON 31.5	2:01.40	2ND
100M Hurdles	THOMPSON 18.00 2ND	ALDERSON 20.80				
BOYS 1600M						
800M	OMAR 2:36.90* 3RD	F. TRAORE 2:31.70* 1ST				
200M	DEPRENGER 29.30* 1ST	ANDERSON 31.70* 4TH				
400M Hurdles	THOMPSON 1:13.60 SB 3RD	ALDERSON 1:19.80* 6TH				
BOYS DISTANCE MEDLEY RELAY						
SMR	ANDERSON 15.9#	KOSIER 15.8	DEPRENGER 28.7	A TRAORE 67.8	2:08.90	1ST
1500M	LEWERS 5:43.80* 4TH	PARROTT 5:36.40* 2ND				
BOYS 800M						
4x100	E. JOHNSON 14.4	HEATH 15.3	LANGENFELD 14.9	ALI 14.7	59.10	4TH
4x400	OMAR 65.9	A TRAORE 70.2	GEVOCK 70.5	KOSIER 70.0	4:37.00	1ST

Team Scores: **1. City High-161pts**, 2. Pleasant Valley 116pts, 3. Davenport West 97pts, 4. Bettendorf 68pts, 5. North Scott 64pts, 6. Muscatine 57pts, 7. Clinton 19pts.

It was the usual weather for this year although it was warmer than last week at West Branch. You all did a great job of staying mentally strong and enthusiastic throughout the meet. We outscored the second place team by 45 points. We scored in the top 3 in all but 3 events and double scored in 8 events. Overall you competed well, and despite adverse conditions we once again saw several PRs and Season's Bests.

- The Shuttle Hurdle took off almost 2 seconds from the Clinton meet
- Fanta Traore was .71 seconds from attaining the Standard of Excellence in the 800.
- 4x4 finished in 1st by 13 seconds in a down pour!

Now we prepare for the challenge of the Forwald/Coleman Relays. Keep up the good work girls!



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