

CRANDIC JV 2010

What a great meet! In 103 minutes our athletes competed in an average of 3 events each. But fatigue did not stand in the way of an enthusiastic performance, individually and as a team. Several of you had your best meet of the season. The meet concluded with our 4x4. Among them they competed in 13 events! Appropriately enough for this meet they led the way from start to finish with their teammates lining the inside of the track cheering them on. Great job girls, and excellent singing on the way home!

Long Jump	Omar 12'11.5" (4th)			
High Jump				
Shot Put	Behlke 28.3.5" (2nd)	Mitchell 23'10"	Chambers 27'11" (3rd)*	
Discus	Behlke 61'7"	Chambers 82'9" (2nd)*	Mitchell 64'11" (5th)	
3000	Siglin 11:31.94 (1st)	Shinnick-Gordon 12:08.54 (2nd)		
	Mendenhall 12:41.55*	Peterson 12:32.74*	Mahaffa 12:23.10SB	
4 x 800m 10:36.86 (1 st) SB	Langenfeld 2:28.8SB	Hudachek 2:42.0SB	Beasley 2:38.6	De Boeck 2:47.5*
Shuttle				
100m	Kooker 14.11* (1st)	Cook 16.30*		
Distance 4:46.71 (1 st)	Kroeze 29.8	Langenfeld 29.2	Baker 70.4	Bui 2:36.9
400m	Omar 65.28 (1st)	De Boeck 70.57(5th)	Cook 81.2	
4 x 200m 2:02.04 (2 nd)	Kroeze 30.5	Kooker 28.6	Baker 30.6	Bui 32.2*
100m H	Enloe 19.65 (3rd)*			
800m	Siglin 2:38.47 (1st)	Scoblic 2:44.65 (3rd)SB	Aguilar-Rosales 2:47.9SB	
200m Dash	Cook 34.98	Omar 28.70 (1st)*		
400m Hurd	Hudachek 1:16.63 (2nd)	Enloe 1:20.75 (3rd)		
Sprint Med 2:07.29 (3 rd)	Kooker 14.1	Kroeze 13.6	Baker 31.3	Langenfeld 67.8
1500	Beasley 5:30.44 (1st)	Shinnick-G 5:58.80	Ali 5:50.63 (3rd)*	
4 x 100	Langenfeld 14.4*	Shinnick-G 15.5*	Hudachek 15.3*	Mahaffa 16.4*
4 x 400 V 4:40.97 (1 st)	Omar 63.9	Bui 69.5*	Peterson 75.3*	Baker 71.9

Team Scores: **CHS 170**, Xavier 143, Linn-Mar 111, Prairie 93, Kennedy 28

Red Name=Standard of Excellence
 Red Number=Place winner
 SB= Seasons's Best
 *= Personal Record