



## CITY HIGH GIRLS TRACK AND FIELD 2013

### Forwald/Coleman Relays

TEAMS: WEST, CITY HIGH, MUSCATINE, WAUKEE,  
ROOSEVELT, WDM VALLEY, KENNEDY, PLEASANT VALLEY

Great competition and 37 degrees (25 degree wind chill) provided quite a challenge last night. For the most part we responded well. Preparing for the toughest situations and fighting through it will make us better. We continue to show progress both in terms of performance and in toughness. We need both as we enter our final month of the season. Again, a special shout out to all the JV athletes who stayed to the bitter end and cheered on your team and helped with the running of the meet!

Long Jump G/B 4:15p.m.	WASPUN <b>17' 00.5" 2ND</b>					
High Jump B/G 4:15p.m.	SAEHLER <b>5' 0" SB 2ND</b>	HARTLEY DNC				
Shot Put G/B 4:15p.m.	GUSTAFSON <b>39' 7" 2ND</b>	LEHMAN <b>38' 11" SB 3RD</b>				
Discus B/G 4:15p.m.	GUSTAFSON <b>108'7" 5TH</b>	WORTMAN 96'00"				
3000M 4:30p.m.	CARMAN <b>10:29.17*2ND</b>	<b>6TH ALL-TIME IN CHS HISTORY</b>	SHEPHERD <b>10:58.75 5TH</b>	PARROTT 12:21.13		
4X800 B/G	F TRAORE 2:32.6	A TRAORE 2:33.8*	SIGLIN 2:45.7	PERRET 2:46.2	10:38.45	
SHR B/G	PEREZ <b>17.6</b>	BLOWERS <b>17.3*</b>	WINDSCHITL <b>17.4*</b>	MILLER <b>17.0*</b>	<b>1:09.62 10th All-Time</b>	<b>6TH</b>
100M G/B	H ANDERSON 14.56*					
DMR	DEPRENGER 28.4*	HANSCHKE 29.6	DANIELSON 63.0 SB	SAMMONS 2:29.9SB	4:31.37 SB	<b>2ND</b>
400M	<b>PLOCK 59.4 1ST</b>	<b>9TH ALL-TIME IN CHS HISTORY</b>	C CREW 1:01.46 <b>3RD</b>			
4X200	BLOWERS 30.4	H CREW 29.1	CARROLL 28.9	DEPRENGER 27.9*	1:56.55	<b>5TH</b>
100M Hurdles	PEREZ 17.40	<b>MILLER 17.34*</b>	<b>8TH ALL-TIME IN CHS HISTORY</b>			
800M	S TRAORE <b>2:28.53 SB (open) 5TH</b>	VERDICK 2:43.33 SB (open)				
200M	C CREW <b>27.25 3RD</b>	WASPUN 28.06 SB <b>6TH</b>				
400M Hurdles	PLOCK 1:07.09 <b>1ST</b>	THOMPSON 1:12.36 SB <b>4TH</b>				
SMR	ANDERSON 13.8	H CREW 14.1	BLOWERS 28.5	DANIELSON 64.2	2:00.87	<b>1ST</b>
1500M	CARMAN <b>4:59.38 2ND</b>	SHEPHERD 5:17.73	SIGLIN 5:42.42			
4x100	HANSCHKE <b>13.4</b>	PLOCK <b>12.8</b>	CREW <b>12.5</b>	WASPUN <b>12.9</b>	51.83	<b>2ND</b>
4x400	CREW <b>61.8</b>	S TRAORE 64.3	WASPUN 68.7	PLOCK <b>61.4</b>	4:17.39	<b>3RD</b>

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

Team Scores: **1.** West 132, **2. City High 120**, 3. Waukee 112, 4. Bettendorf DM Roosevelt 70, 5. CR Kennedy 58, 6. Pleasant Valley 47, 7. WDM Valley 36, 8. Muscatine 13