



CITY HIGH GIRLS TRACK AND FIELD 2014



FORWALD/COLEMAN RELAYS APRIL 17TH
TEAMS: CITY HIGH, MUSCATINE, PLEASANT VALLEY, CR
KENNEDY, WDM VALLEY, WEST HIGH, WAUKEE

Long Jump 4:30p.m.	WASPUN 18-04* 1ST MEET RECORD-TIED SCHOOL RECORD	ROEMERMAN 14-06.50				
High Jump 5:30p.m.	BLOWERS 4-06* 6TH	WILLIAMSON 4-04*				
Shot Put 4:30p.m.	LEHMAN 35-08 6TH	EMBERY 32-09				
Discus 5:30p.m.	LEHMAN 115-03SB 4TH	WORTMAN 106-00				
3000M 5:00p.m.	CARMAN 10:42.97 SB 6TH	PARROTT 12:04.09*				
4X800 B/G 5:25p.m.	ARCH 2:26.5	SAMMONS 2:26.6SB	VERDICK 2:36.6*	S TRAORE 2:28.9	9:59.22	4TH
SHR B/G 5:40p.m.	MILLER 17.1*	WINDSCHITL 17.5	THOMPSON 18.2SB	BLOWERS 17.6SB	1:10.72	5TH
100M G/B 5:55p.m.	PLOCK 12.67 2ND	JOHNSON 13.37 6TH				
DMR 6:05p.m.	HANRAHAN 28.2	BLOWERS 27.8	F TRAORE 65.8	SHEPHERD 2:25.1*	4:27.49	1ST
400M 6:15p.m.	CARIS 1:10.96	THOMPSON 1:09.47				
4X200 6:30p.m.	DEPRENGER 28.4	PLOCK 25.5	CREW 25.8 (SHORT)	WASPUN 26.3SB	1:46.55	1ST
100M Hurdles 6:40p.m.	MILLER 17.23SB	WINDSCHITL 18.03				
MASTERS 800	TREFZ 2:13SB					
800M 7:00p.m.	ARCH 2:26.29 3RD	VERDICK 2:37.65				
200M 7:10p.m.	HANRAHAN 28.15 6TH	ANDERSON 30.59SB				
400M Hurdles 7:25p.m.	SAMMONS 1:11.84 6TH	PLOCK 1:04.53 SB 1ST NEW MEET RECORD				
SMR 7:35p.m.	JOHNSON 12.9	ALDERSON 13.6	WASPUN 26.1	CREW 62.5*	1:55.98	4TH
1500M 7:45p.m.	CARMAN 4:58.75 3RD	SHEPHERD 5:11.45	APPLEBY 5:12.21			
4x100 8:00p.m.	JOHNSON 12.96	ALDERSON 13.03	HANRAHAN 12.98	WASPUN 13.00	51.93	4TH
4x400 8:10p.m.	DEPRENGER 61.6	F TRAORE 64.2	PLOCK 58.4	S TRAORE 61.3	DQ	

Red=Standard of Excellence *= personal record

Team Scores: Waukee 142, West High 118, PV- 99, **City High 84**, WDM Valley- 63, Muscatine- 50, CR Kennedy- 32