



CITY HIGH GIRLS TRACK AND FIELD

2013

9/10 CRANDIC MEET



We had the best weather for an evening meet so far this season! It was a great night for all of the 9th and 10th graders to compete against girls their own age from other conference teams. For not having competitors in 3 events, finishing second to Linn-Mar by 8 points is pretty outstanding. You should all feel good about that. We saw some girls show their true determination to staying ahead, catching up to, and passing the competition.

Long Jump						
High Jump	JOENS 4'-04"	PRICE 4'-06" 6TH				
Shot Put						
Discus	JOENS 79'-10" *SB 4TH					
3000M	LEWERS 12:28.36* 3RD	SHUTT 13:10.00 5TH				
4X800	SHEPHERD 2:29.6* SB	A TRAORE 2:33.2*	F. TRAORE 2:41.0	VERDICK 2:42.1	10:27.99	1ST
SHR						
100M	KOSIER 14.14	ANDERSON 13.95*				
DMR	E JOHNSON 30.1	WELLS 31.4	ALI 76.7 SB	NOACK 3:07.7*	5:26.04	6TH
400M	CARROLL 1:05.57 3RD	ANDERSON 1:14.68	VERDICK 1:14.60			
4X200	KOSIER 29.85 SB	H CREW 26.75*	GEVOCK 30.77	DEPRENGER 28.20	1:55.30	3RD
100M Hurdles	WINDSCHITL 20.08 (FELL)	THOMPSON 17.70 SB 3RD				
800M	A TRAORE 2:31.79* SB 1ST	TEDUITS 2:43.47*	GRALNEK 3:12.64* SB			
200M	GEVOCK 28.24* 6TH	ALI 31.83				
400M Hurdles	THOMPSON 1:12.95 1ST	DEPRENGER 1:14.06* SB 2ND				
SMR	E JOHNSON 14.1	WELLS 14.6 SB	WINDSCHITL 29.6*	H CREW 64.9*	2:03.27	1ST
1500M	PARROTT 5:35.42* 6TH	CORNELL 5:46.80*	SHEPHERD 5:07.10* 1ST			
4x100	ANDERSON 13.9*	KOSIER 14.2	WINDSCHITL 13.2*	DEPRENGER 13.7*	55.32	5TH
4x400	F TRAORE 62.9*	A TRAORE 66.9	CARROLL 64.4 SB	GEVOCK 66.5*	4:21.07	1ST

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

Team Scores: 1. Linn-Mar-117, 2. **City High-109**, 3. CR Prairie-83, 4. West High-80, 5. CR Kennedy-75, 6. CR Jefferson-59, 7. CR Washington-58