



CITY HIGH GIRLS TRACK AND FIELD 2015



FORWARD/COLEMAN RELAYS APRIL 16TH
TEAMS: CITY HIGH, MUSCATINE, PLEASANT VALLEY, CR
KENNEDY, WDM VALLEY, WEST HIGH, WAUKEE, LINN MAR

Long Jump	Roerman 15-07 SB	Franklin 15-00				
High Jump	Gamamou 5-00 3rd	Vanderhoef 5-00* 5th				
Shot Put	Stamp 34-05* 6th	Jennings 27-03*				
Discus	Stamp 84-03*	Jennings 68-05				
3000M	Arch 10:57.99 2nd	Hansen 11:38.70 (NS)	Chadwick 11:37.81* 4th			
4X800	Joens 2:36.9	Verdick 2:33.4	Morrow 2:34.7	Smith 2:34.2	10:19.85	7th
SHR B/G	Thompson 18.0SB	Roerman 18.2*	Windschitl 17.7SB	Blowers 17.3*	1:11.73	5th
100M G/B	Plock 12.57 SB 2nd	Johnson 13.40 SB 6th				
DMR	G Brown 28.3	Hanrahan 27.1	F Traore 62.9 SB	Shepherd 2:21.6*	4:20.21 SB	1st
400M	Plock 57.31* 1st	L Parrott 65.47*				
4X200	Johnson 27.7	S DePrenger 27.7	Blowers 27.4	M DePrenger 27.6	1:50.95	5th
100M Hurdles	Windschitl 17.50*	Roerman 18.28				
Masters 800	Trefz 2:11					
800M	Arch 2:24.49 5th	Brands 2:28.50* 8th				
200M	Joens 32.23	Thompson 30.51*				
400M Hurdles	Plock 60.55*	City High School Record, 2nd All- Time in State	M DePrenger 69.82*			
SMR	Johnson 12.9	Franklin 13.5	G Brown 28.3	Blowers 63.8*	1:59.01	5th
1500	Shepherd 5:00.39 6th	Bywater 5:09.49* 8th	O Parrott 5:41.28 SB			
4x100	Johnson 13.0	Franklin 12.7	Hanrahan 13.1	Vanderhoef 13.0	52.62	6th
4x400	F Traore 62.0 SB	Gamamou 59.9	Plock 56.4	S DePrenger 62.4	4:01.23 SB	1st

Team Scores: Waukee 177.5, PV 117.50, West 112.5, **CHS 105**, West Des Moines Valley 93.5, Muscatine 57, Linn-Mar 55, CR Kennedy 23