



CITY HIGH GIRLS TRACK AND FIELD 2015



JV CRANDIC MAY 11TH @ CR PRAIRIE
TEAMS: CR JEFFERSON, CR KENNEDY, CR PRAIRIE, CR
XAVIER, CITY HIGH, IC WEST HIGH, LINN-MAR

Long Jump	Swenning 13'8" * 2nd	Washington 13'4.75" 3rd				
High Jump	Morrow 4'4" * 5th	Vanderhoef 4'11" 1st (tie)				
Shot Put	Cassady 27'3.5" 8th					
Discus	Cassady 74'5" 6th					
4:30 3000M	McCormick 11:37.18 * 2nd	Chadwick 11:57.28 3rd				
4:45 4X800	Nyamboneka 2:40.2	Damhorst 3:00.20	Noack 2:59.2	Chapnick-Sorokin 3:07.5	11:46.78	3rd
5:00 SHR	Flannagan 18.8	Windshittl 17.9	Swenning 18.4	Dailey 18.5	1:14.07	2nd
5:10 100M	Grimes 14.53	Selamani 17.68 *				
5:20 DMR	Roggeveen 30.1	Washington 30.8	Lepcin 1:09.1	Carey 2:43.1 *	4:53.31	3rd
5:30 400M	Omar 1:15.56	Sow 1:12.68 * 8th	Nyamboneka 1:09.11 5th			
5:40 4X200	Flannagan 29.0 SB	Grimes 30.2 *	Bah 31.2 *	Mwenemkamba 33.8 *	2:04.35	3rd
5:45 100M H	Swenning 18.36 4th	Hill 18.73 * 5th				
6:00 800M	Rummelhart 2:45.02 * 6th	Morrow 2:38.57 SB 2nd				
6:10 200M	Hefley 39.94 *	Ramirez 44.04 *				
6:25 400M H	Hill 1:29.83 6th	Flannagan 1:13.97 * 3rd				
6:35 SMR	Grimes	Sow	Omar	Washington 1:12.2	2:13.34	6th
6:45 1500	Noack 6:26.57	Carey 5:58.92 * 7th	Damhorst 6:18.50 *	Chapnick-Sorokin 6:06.33	Parrott 5:38.76 SB 4th	Shutt 5:43.33 5th
6:55 4x100	Roggeveen 15.6	Sow 15.3	Mwenemkamba 14.4	Bah 14.7	1:00.15	4th
7:00 4x400	Nyamboneka 1:05.4 *	Lepcin 1:11.0	Morrow 1:10.9	Swenning 1:09.5 *	4:36.83	2nd

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

Team Scores: None kept