



**CITY HIGH GIRLS TRACK AND FIELD
2014
DRAKE RELAYS APRIL 23RD-27TH**



3000M Thu-4:10p.m.	CARMAN 10:34.68 SB 17TH					
100M Prelims Fri-8:31a.m.	PLOCK 12.77 9TH					
Long Jump Fri- 9:30 a.m.	WASHPUN 18-04.75 SB 2ND					
SMR Fri-10:14a.m.	JOHNSON 12.12 (SHORT)	ALDERSON 13.69 (LONG)	CREW 27.07	F TRAORE 62.23	1:56.57	24TH
4X200 Fri-1:15p.m.	DEPRENGER 26.58*	PLOCK 25.24	CREW 25.19* (SHORT)	WASHPUN 25.93 SB	1:43.71 7TH ALL- TIME @ CHS	4TH
4x100 Prelims Fri- 5:10 p.m.	JOHNSON 12.9	ALDESON 13.8	HANRAHAN 12.0*	WASHPUN 12.4	51.32	35TH
4x400 Prelims Fri- 8:48 p.m.	DEPRENGER 61.90*	S TRAORE 61.97	CREW 62.91	PLOCK 59.74	4:06.53	16TH
4x800 Sat- 9:35 a.m.	CARMAN 2:24.3	SHEPHERD 2:28.5	ARCH 2:27.5	SAMMONS 2:29.5	9:51.14	14TH
1500M Sat-12:55 p.m.	CARMAN 5:06.02					
400M Hurdles Sat-1:35 p.m.	PLOCK 1:02.38 SB 1ST Becomes only the second Iowa HS Girl to win repeat Drake Relay titles in the 400 Hurdles					

SB=Seasons Best, Red= Standard of Excellence, * Personal Record